

## Reference Report

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### NDB No 01001 Butter, salted

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Fluoride, F	D5001, D5007, D5021
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin B-12	S405
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
20:4 undifferentiated	S27
22:6 n-3	S27
18:4	S27
20:1	S27

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### **NDB No 01001 Butter, salted**

20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27
Stigmasterol	S27
Campesterol	S27
Beta-sitosterol	S27
17:0	S27
18:1 t	S27
18:2 i	S27
18:2 CLAs	S27
16:1 c	S27
18:1 c	S27
18:2 n-6 c,c	S27
18:3 n-3 c,c,c	S27

### **NDB No 01002 Butter, whipped, with salt**

Fluoride, F	D5001, D5007, D5021
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### **NDB No 01009 Cheese, cheddar**

Sucrose	S606
Lactose	S606
Maltose	S606
Sugars, total	S606
Fluoride, F	S26
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin K (phylloquinone)	D4002, S26

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

Fluoride, F D5001, D5002, D5007

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

Fluoride, F D5001, D5002, D5007

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

Fluoride, F D5001, D5002, D5007

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

Fluoride, F D5001, D5002, D5007

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

Fluoride, F D5001, D5002, D5007

**NDB No 01017 Cheese, cream**

Vitamin K (phylloquinone) D4002

**NDB No 01026 Cheese, mozzarella, whole milk**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Sucrose	S25, S606
Glucose (dextrose)	S25, S606
Fructose	S25
Lactose	S25, S606
Maltose	S25, S606
Water	S25
Sugars, total	S606
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25

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### NDB No 01026 Cheese, mozzarella, whole milk

Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27
Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27
Cholesterol	S25

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### **NDB No 01028 Cheese, mozzarella, part skim milk**

Calcium, Ca	S5
Sodium, Na	S5
Cholesterol	S5

### **NDB No 01029 Cheese, mozzarella, part skim milk, low moisture**

Total lipid (fat)	S27
Ash	S27
Water	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Vitamin B-12	S27
Choline, total	S27
Vitamin K (phylloquinone)	S27
Betaine	S27
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27
Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27

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

Serine	S27
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### NDB No 01032 Cheese, parmesan, grated

Protein	S19
Total lipid (fat)	S19
Ash	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19

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### NDB No 01032 Cheese, parmesan, grated

Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
15:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19

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### NDB No 01032 Cheese, parmesan, grated

13:0 S19

### NDB No 01040 Cheese, swiss

Total lipid (fat)	S27
Ash	S27
Sucrose	S606
Glucose (dextrose)	S606
Lactose	S606
Maltose	S606
Water	S27
Sugars, total	S606
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27, S81
Tocopherol, delta	S27, S81
Thiamin	S27
Riboflavin	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27

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

Calcium, Ca	S10, S11, S12, S19, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S19, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S19, S6, S7, S8, S9

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

Phosphorus, P	S10, S11, S12, S19, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S19, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S19, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S19, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S19, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S12, S19, S6, S7, S8, S9

### NDB No 01046 Cheese food, pasteurized process, american, without di sodium phosphate

Protein	S19
Total lipid (fat)	S19
Ash	S19
Glucose (dextrose)	S19
Fructose	S606
Lactose	S19, S606
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Fluoride, F	D5007
Manganese, Mn	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19

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**NDB No 01046 Cheese food, pasteurized process, american, without di sodium phosphate**

Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19

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**NDB No 01046 Cheese food, pasteurized process, american, without di sodium phosphate**

13:0 S19

**NDB No 01048 Cheese spread, pasteurized process, american, without di sodium phosphate**

Fluoride, F D5007

**NDB No 01049 Cream, fluid, half and half**

Fluoride, F D5007

Choline, total S3461

Vitamin K (phylloquinone) D4002

Betaine S3461

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

Fluoride, F D5007

**NDB No 01052 Cream, fluid, light whipping**

Fluoride, F D5007

**NDB No 01053 Cream, fluid, heavy whipping**

Fluoride, F D5007

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

Fluoride, F D5007

**NDB No 01056 Cream, sour, cultured**

Vitamin K (phylloquinone) D4002

**NDB No 01069 Cream substitute, powdered**

Fluoride, F D5007

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

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### NDB No 01069 Cream substitute, powdered

Tocopherol, delta S84

### NDB No 01077 Milk, whole, 3.25% milkfat

Protein	S27
Ash	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Calcium, Ca	S10, S11, S12, S27, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S27, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S27, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S27, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S27, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S27, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S27, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S27, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S27, S7, S8, S9
Selenium, Se	S10, S11, S12, S27, S6, S7, S8, S9
Carotene, beta	S1203, S27
Carotene, alpha	S1203, S27
Vitamin E (alpha-tocopherol)	S27
Vitamin D	S27
Cryptoxanthin, beta	S1203, S27
Lycopene	S1203, S27
Lutein + zeaxanthin	S1203, S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27

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**NDB No 01077 Milk, whole, 3.25% milkfat**

Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin B-12	S27
Choline, total	S3461
Vitamin K (phylloquinone)	S27
Betaine	S3461
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27
Alanine	S27
Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27
Cholesterol	S27
4:0	S27
6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27

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### NDB No 01077 Milk, whole, 3.25% milkfat

20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:6 n-3	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
18:4	S27
20:1	S27
20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27
15:0	S27
17:0	S27
24:0	S27
13:0	S27

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

Protein	S1063, S20
Total lipid (fat)	S1063, S20
Ash	S1063, S20
Sucrose	S1063, S20
Glucose (dextrose)	S1063, S20
Fructose	S1063, S20
Lactose	S1063, S20
Maltose	S1063, S20
Water	S1063, S20
Sugars, total	S1063, S20
Galactose	S1063, S20
Calcium, Ca	S10, S1063, S11, S12, S7, S8, S9
Iron, Fe	S1063
Magnesium, Mg	S10, S1063, S11, S12, S7, S8, S9
Phosphorus, P	S10, S1063, S11, S12, S7, S8, S9

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

Potassium, K	S10, S1063, S11, S12, S7, S8, S9
Sodium, Na	S10, S1063, S11, S12, S7, S8, S9
Zinc, Zn	S10, S1063, S11, S12, S7, S8, S9
Copper, Cu	S1063
Fluoride, F	S1063
Manganese, Mn	S1063
Selenium, Se	S10, S1063, S11, S12, S20, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063, S20
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063, S20
Thiamin	S1063, S20
Riboflavin	S1063, S20
Niacin	S1063, S20
Pantothenic acid	S1063, S20
Vitamin B-6	S1063, S20
Folate, total	S1063
Vitamin B-12	S1063, S20
Choline, total	S1063, S20
Vitamin K (phylloquinone)	S1063
Betaine	S1063, S20
Tryptophan	S1063, S20
Threonine	S1063, S20
Isoleucine	S1063, S20
Leucine	S1063, S20
Lysine	S1063, S20
Methionine	S1063, S20
Cystine	S1063, S20
Phenylalanine	S1063, S20
Tyrosine	S1063, S20
Valine	S1063, S20
Arginine	S1063, S20
Histidine	S1063, S20

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

Alanine	S1063, S20
Aspartic acid	S1063, S20
Glutamic acid	S1063, S20
Glycine	S1063, S20
Proline	S1063, S20
Hydroxyproline	S1063
Cholesterol	S1063, S20
4:0	S1063, S20
6:0	S1063
8:0	S1063, S20
10:0	S1063, S20
12:0	S1063, S20
14:0	S1063, S20
16:0	S1063, S20
18:0	S1063, S20
20:0	S1063
20:4 undifferentiated	S1063
22:6 n-3	S1063
22:0	S20
14:1	S1063, S20
18:4	S1063
20:1	S1063, S20
20:5 n-3	S1063
22:1 undifferentiated	S1063, S20
22:5 n-3	S1063
Stigmasterol	S1063
Campesterol	S1063
Beta-sitosterol	S1063
15:0	S1063, S20
17:0	S1063, S20
18:1 t	S1063
18:2 i	S1063
16:1 c	S1063
18:1 c	S1063
18:2 n-6 c,c	S1063

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

17:1	S1063, S20
20:3 undifferentiated	S20
13:0	S20
15:1	S1063, S20
18:3 n-3 c,c,c	S1063

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

Protein	S1063
Total lipid (fat)	S1063
Ash	S1063
Sucrose	S1063
Glucose (dextrose)	S1063
Fructose	S1063
Lactose	S1063
Maltose	S1063
Water	S1063
Sugars, total	S1063
Galactose	S1063
Calcium, Ca	S1063
Iron, Fe	S1063
Magnesium, Mg	S1063
Phosphorus, P	S1063
Potassium, K	S1063
Sodium, Na	S1063
Zinc, Zn	S1063
Copper, Cu	S1063
Fluoride, F	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063

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

Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin B-12	S1063
Choline, total	S1063
Vitamin K (phylloquinone)	S1063
Betaine	S1063
Tryptophan	S1063
Threonine	S1063
Isoleucine	S1063
Leucine	S1063
Lysine	S1063
Methionine	S1063
Cystine	S1063
Phenylalanine	S1063
Tyrosine	S1063
Valine	S1063
Arginine	S1063
Histidine	S1063
Alanine	S1063
Aspartic acid	S1063
Glutamic acid	S1063
Glycine	S1063
Proline	S1063
Serine	S1063
Cholesterol	S1063
4:0	S1063
6:0	S1063
8:0	S1063
10:0	S1063
12:0	S1063
14:0	S1063

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

16:0	S1063
18:0	S1063
20:0	S1063
20:4 undifferentiated	S1063
22:6 n-3	S1063
14:1	S1063
18:4	S1063
20:1	S1063
20:5 n-3	S1063
22:1 undifferentiated	S1063
22:5 n-3	S1063
Stigmasterol	S1063
Campesterol	S1063
Beta-sitosterol	S1063
15:0	S1063
17:0	S1063
18:1 t	S1063
18:2 i	S1063
16:1 c	S1063
18:1 c	S1063
18:2 n-6 c,c	S1063
17:1	S1063
15:1	S1063
18:3 n-3 c,c,c	S1063

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

Protein	S1063
Total lipid (fat)	S1063
Ash	S1063
Sucrose	S1063
Glucose (dextrose)	S1063
Fructose	S1063
Lactose	S1063
Maltose	S1063
Water	S1063

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

Sugars, total	S1063
Galactose	S1063
Calcium, Ca	S10, S1063, S11, S12, S7, S8, S9
Iron, Fe	S1063
Magnesium, Mg	S10, S1063, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S1063, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S1063, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S1063, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S1063, S11, S12, S6, S7, S8, S9
Copper, Cu	S1063
Fluoride, F	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Vitamin E (alpha-tocopherol)	S1063
Vitamin D	S1063
Tocopherol, beta	S1063
Tocopherol, gamma	S1063
Tocopherol, delta	S1063
Vitamin C, total ascorbic acid	S1063
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Vitamin B-12	S1063
Choline, total	S1063
Vitamin K (phylloquinone)	S1063
Betaine	S1063
Tryptophan	S1063
Threonine	S1063
Isoleucine	S1063
Leucine	S1063
Lysine	S1063
Methionine	S1063

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

Cystine	S1063
Phenylalanine	S1063
Tyrosine	S1063
Valine	S1063
Arginine	S1063
Histidine	S1063
Alanine	S1063
Aspartic acid	S1063
Glutamic acid	S1063
Glycine	S1063
Proline	S1063
Serine	S1063
Hydroxyproline	S1063

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

Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S82
Tocopherol, beta	S82
Tocopherol, gamma	S82
Tocopherol, delta	S82

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

Vitamin E (alpha-tocopherol)	S82
Tocopherol, beta	S82
Tocopherol, gamma	S82
Tocopherol, delta	S82

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

Fluoride, F	D5002, D5007
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### NDB No 01097 Milk, canned, evaporated, nonfat

Fluoride, F	D5002, D5007
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**NDB No 01102 Milk, chocolate, fluid, commercial, whole**

Fluoride, F D5007, D5021

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

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Caffeine	S1163
Theobromine	S1163
Fiber, total dietary	S1163
Calcium, Ca	S1163
Magnesium, Mg	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Fluoride, F	D5007, D5021
Manganese, Mn	S1163
Selenium, Se	S1163
Retinol	S1163
Carotene, beta	S1163
Carotene, alpha	S1163
Vitamin E (alpha-tocopherol)	S1163
Cryptoxanthin, beta	S1163
Lycopene	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163

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

Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Choline, total	S1163
Vitamin K (phylloquinone)	S1163
Betaine	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163

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

18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Stigmasterol	S1163
Campesterol	S1163
Beta-sitosterol	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

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

Fluoride, F	D5007, D5021
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### NDB No 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Fluoride, F	D5007
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### NDB No 01117 Yogurt, plain, low fat, 12 grams protein per 8 ounce

Fluoride, F	D5007
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**NDB No 01117 Yogurt, plain, low fat, 12 grams protein per 8 ounce**

Vitamin K (phylloquinone) D4002, D4043

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

Fluoride, F D5007

Vitamin K (phylloquinone) D4002, D4043

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

Fluoride, F D5007

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

Fluoride, F D5007

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

Fluoride, F D5007

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

Fluoride, F D5007

**NDB No 01123 Egg, whole, raw, fresh**

Protein S1063, S561

Total lipid (fat) S1063, S561

Ash S1063, S561

Sucrose S1063, S561

Glucose (dextrose) S1063, S561

Fructose S1063, S561

Lactose S1063, S561

Maltose S1063, S561

Water S1063, S561

Sugars, total S1063, S561

Galactose S1063, S561

Fiber, total dietary S1063

Calcium, Ca S1063, S561

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### NDB No 01123 Egg, whole, raw, fresh

Iron, Fe	S1063, S561
Magnesium, Mg	S1063, S561
Phosphorus, P	S1063, S561
Potassium, K	S1063, S561
Sodium, Na	S1063, S561
Zinc, Zn	S1063, S561
Copper, Cu	S1063, S561
Fluoride, F	D5021
Manganese, Mn	S1063, S561
Selenium, Se	S1063
Retinol	S1063, S561
Carotene, beta	S1063, S1203
Carotene, alpha	S1063, S1203
Vitamin E (alpha-tocopherol)	S1063, S561
Vitamin D	S1063, S561
Cryptoxanthin, beta	S1063, S1203
Lycopene	S1063, S1203
Tocopherol, beta	S1063, S561
Tocopherol, gamma	S1063, S561
Tocopherol, delta	S1063, S561
Vitamin C, total ascorbic acid	S1063, S561
Thiamin	S1063, S561
Riboflavin	S1063, S561
Niacin	S1063
Pantothenic acid	S1063, S561
Vitamin B-6	S1063
Folate, total	S1063, S561
Vitamin B-12	S1063, S561
Choline, total	S1063, S561
Vitamin K (phylloquinone)	S1063, S561
Betaine	S1063, S561
Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561

**NDB No 01123 Egg, whole, raw, fresh**

Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561
Cholesterol	S1063, S561

**NDB No 01124 Egg, white, raw, fresh**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065

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### NDB No 01124 Egg, white, raw, fresh

Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### NDB No 01125 Egg, yolk, raw, fresh

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065

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### **NDB No 01125 Egg, yolk, raw, fresh**

Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Vitamin D	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065

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### **NDB No 01125 Egg, yolk, raw, fresh**

Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S1065

### **NDB No 01128 Egg, whole, cooked, fried**

Fluoride, F	D5001, D5002, D5007, D5301
Tryptophan	S1063, S561
Threonine	S1063, S561
Isoleucine	S1063, S561
Leucine	S1063, S561
Lysine	S1063, S561
Methionine	S1063, S561
Cystine	S1063, S561
Phenylalanine	S1063, S561
Tyrosine	S1063, S561
Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561

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

Fluoride, F	D5001, D5002, D5007, D5301
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### NDB No 01130 Egg, whole, cooked, omelet

Fluoride, F	D5001, D5002, D5007, D5301
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Tryptophan	S1063, S561
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Threonine	S1063, S561
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Isoleucine	S1063, S561
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Leucine	S1063, S561
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Lysine	S1063, S561
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Methionine	S1063, S561
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Cystine	S1063, S561
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Phenylalanine	S1063, S561
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Tyrosine	S1063, S561
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Valine	S1063, S561
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Arginine	S1063, S561
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Histidine	S1063, S561
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Alanine	S1063, S561
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Aspartic acid	S1063, S561
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Glutamic acid	S1063, S561
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Glycine	S1063, S561
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Proline	S1063, S561
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Serine	S1063, S561
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### NDB No 01131 Egg, whole, cooked, poached

Fluoride, F	D5001, D5002, D5007, D5301
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Tryptophan	S1063, S561
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Threonine	S1063, S561
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Isoleucine	S1063, S561
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Leucine	S1063, S561
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Lysine	S1063, S561
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Methionine	S1063, S561
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Cystine	S1063, S561
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Phenylalanine	S1063, S561
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Tyrosine	S1063, S561
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**NDB No 01131 Egg, whole, cooked, poached**

Valine	S1063, S561
Arginine	S1063, S561
Histidine	S1063, S561
Alanine	S1063, S561
Aspartic acid	S1063, S561
Glutamic acid	S1063, S561
Glycine	S1063, S561
Proline	S1063, S561
Serine	S1063, S561

**NDB No 01132 Egg, whole, cooked, scrambled**

Fluoride, F	D5001, D5002, D5007, D5301
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**NDB No 01145 Butter, without salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Fluoride, F	D5001, D5007, D5021
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin B-12	S405
Vitamin K (phylloquinone)	D4002
Cholesterol	S27
4:0	S27

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**NDB No 01145 Butter, without salt**

6:0	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
20:4 undifferentiated	S27
22:6 n-3	S27
18:4	S27
20:1	S27
20:5 n-3	S27
22:1 undifferentiated	S27
22:5 n-3	S27
Stigmasterol	S27
Campesterol	S27
Beta-sitosterol	S27
17:0	S27
18:1 t	S27
18:2 i	S27
18:2 CLAs	S27
16:1 c	S27
18:1 c	S27
18:2 n-6 c,c	S27
18:3 n-3 c,c,c	S27

**NDB No 01147 Cheese, pasteurized process, american, without di sodium phosphate**

Fluoride, F D5007

**NDB No 01149 Cheese food, pasteurized process, american, with di sodium phosphate**

Fluoride, F D5007

**NDB No 01150 Cheese spread, pasteurized process, american, with di sodium phosphate**

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**NDB No 01150 Cheese spread, pasteurized process, american, with di sodium phosphate**

Fluoride, F D5007

**NDB No 01153 Milk, canned, evaporated, with added vitamin A**

Fluoride, F D5002, D5007

**NDB No 01168 Cheese, low fat, cheddar or colby**

Fluoride, F S26

**NDB No 01169 Cheese, low-sodium, cheddar or colby**

Fluoride, F S26

**NDB No 01184 Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener**

Fluoride, F D5007

**NDB No 01187 Yogurt, chocolate, nonfat milk**

Fluoride, F D5007

**NDB No 01199 Cream, half and half, fat free**

Fluoride, F D5007

**NDB No 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium**

Protein S1163

Total lipid (fat) S1163

Ash S1163

Starch S1163

Sucrose S1163

Glucose (dextrose) S1163

Fructose S1163

Lactose S1163

Maltose S1163

Water S1163

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### NDB No 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Caffeine	S1163
Theobromine	S1163
Fiber, total dietary	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Retinol	S1163
Carotene, beta	S1163
Carotene, alpha	S1163
Vitamin E (alpha-tocopherol)	S1163
Cryptoxanthin, beta	S1163
Lycopene	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163

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### NDB No 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium

Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163

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### NDB No 01202 Milk, chocolate, fluid, commercial, reduced fat, with added calcium

22:5 n-3	S1163
Stigmasterol	S1163
Campesterol	S1163
Beta-sitosterol	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 02001 Spices, allspice, ground

Vitamin B-6	D4381
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### NDB No 02002 Spices, anise seed

Vitamin B-6	D4381
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### NDB No 02003 Spices, basil, dried

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin E (alpha-tocopherol)	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069

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**NDB No 02003 Spices, basil, dried**

Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

**NDB No 02004 Spices, bay leaf**

Vitamin B-6	D4381
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**NDB No 02005 Spices, caraway seed**

Vitamin B-6	D4381
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**NDB No 02006 Spices, cardamom**

Vitamin B-6	D4381
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**NDB No 02007 Spices, celery seed**

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, beta	D4561
Tocopherol, gamma	D4561
Tocopherol, delta	D4561
Vitamin B-6	D4381

**NDB No 02008 Spices, chervil, dried**

Vitamin B-6	D4381
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**NDB No 02009 Spices, chili powder**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069

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### **NDB No 02009   Spices, chili powder**

Galactose	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### **NDB No 02010   Spices, cinnamon, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069

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**NDB No 02010 Spices, cinnamon, ground**

Vitamin K (phylloquinone)	S1069
Betaine	S1069

**NDB No 02011 Spices, cloves, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	D4561
Lycopene	S1069
Lutein + zeaxanthin	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

**NDB No 02012 Spices, coriander leaf, dried**

Vitamin B-6	D4381
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**NDB No 02014 Spices, cumin seed**

Sugars, total	D4682
Vitamin E (alpha-tocopherol)	D4561
Vitamin B-6	D4381

**NDB No 02015 Spices, curry powder**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069

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### **NDB No 02015 Spices, curry powder**

Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### **NDB No 02016 Spices, dill seed**

Vitamin B-6	D4381
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### **NDB No 02017 Spices, dill weed, dried**

Vitamin B-6	D4381
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### **NDB No 02018 Spices, fennel seed**

Vitamin B-6	D4381
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### **NDB No 02019 Spices, fenugreek seed**

Vitamin B-6	D4381
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### **NDB No 02020 Spices, garlic powder**

Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069

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### NDB No 02020 Spices, garlic powder

Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### NDB No 02021 Spices, ginger, ground

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### NDB No 02022 Spices, mace, ground

Vitamin B-6	D4381
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### NDB No 02023 Spices, marjoram, dried

Vitamin B-6	D4381
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### NDB No 02024 Spices, mustard seed, yellow

Sucrose	S1069
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Glucose (dextrose)	S1069
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Fructose	S1069
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Lactose	S1069
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Maltose	S1069
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Sugars, total	S1069
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Galactose	S1069
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Carotene, alpha	S1069
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Vitamin E (alpha-tocopherol)	S1069
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Cryptoxanthin, beta	S1069
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Lycopene	S1069
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Lutein + zeaxanthin	S1069
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Tocopherol, beta	S1069
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Tocopherol, gamma	S1069
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Tocopherol, delta	S1069
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Vitamin B-6	D4381
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Choline, total	S1069
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Vitamin K (phylloquinone)	S1069
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Betaine	S1069
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### NDB No 02025 Spices, nutmeg, ground

Vitamin E (alpha-tocopherol)	D4561
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Tocopherol, beta	D4561
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Tocopherol, gamma	D4561
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Tocopherol, delta	D4561
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Vitamin B-6	D4381
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### NDB No 02026 Spices, onion powder

Carotene, beta	S1069
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Carotene, alpha	S1069
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Vitamin E (alpha-tocopherol)	S1069
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### **NDB No 02026 Spices, onion powder**

Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### **NDB No 02027 Spices, oregano, dried**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Vitamin E (alpha-tocopherol)	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### **NDB No 02028 Spices, paprika**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069

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### NDB No 02028 Spices, paprika

Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Fiber, total dietary	S1069
Carotene, beta	D4721, D4722, S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	D4721, S1069
Lycopene	S1069
Lutein + zeaxanthin	D4721, S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin B-6	D4381
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### NDB No 02029 Spices, parsley, dried

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069

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### NDB No 02029 Spices, parsley, dried

Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### NDB No 02030 Spices, pepper, black

Sugars, total	S1069
Fluoride, F	D5001
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069

### NDB No 02031 Spices, pepper, red or cayenne

Vitamin B-6	D4381
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### NDB No 02032 Spices, pepper, white

Vitamin B-6	D4381
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### NDB No 02033 Spices, poppy seed

Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069

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### **NDB No 02033 Spices, poppy seed**

Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

### **NDB No 02034 Spices, poultry seasoning**

Vitamin B-6	D4381
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### **NDB No 02035 Spices, pumpkin pie spice**

Vitamin B-6	D4381
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### **NDB No 02036 Spices, rosemary, dried**

Vitamin B-6	D4381
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### **NDB No 02037 Spices, saffron**

Vitamin B-6	D4381
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### **NDB No 02038 Spices, sage, ground**

Vitamin B-6	D4381
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### **NDB No 02039 Spices, savory, ground**

Vitamin B-6	D4381
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### **NDB No 02041 Spices, tarragon, dried**

Vitamin B-6	D4381
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### **NDB No 02042 Spices, thyme, dried**

Vitamin B-6	D4381
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### **NDB No 02043 Spices, turmeric, ground**

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**NDB No 02043 Spices, turmeric, ground**

Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Sugars, total	S1069
Galactose	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Lutein + zeaxanthin	S1069
Tocopherol, beta	S1069
Tocopherol, gamma	S1069
Tocopherol, delta	S1069
Vitamin K (phylloquinone)	S1069

**NDB No 02044 Basil, fresh**

Sugars, total	S1069
Carotene, beta	D3964, D4701, S1069
Carotene, alpha	D4701
Cryptoxanthin, beta	D4701, S1069
Lycopene	D4701
Lutein + zeaxanthin	D4701, S1069
Vitamin K (phylloquinone)	S1069

**NDB No 02046 Mustard, prepared, yellow**

Protein	S2109, S5
Total lipid (fat)	S2109
Ash	S2109, S5
Starch	S2109
Sucrose	S2109, S3621
Glucose (dextrose)	S2109, S3621

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### NDB No 02046 Mustard, prepared, yellow

Fructose	S2109, S3621
Lactose	S2109, S3621
Maltose	S2109, S3621
Water	S1401, S2109, S2821, S5, S84
Fiber, total dietary	S1401, S2109
Calcium, Ca	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S5, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Fluoride, F	D5021
Manganese, Mn	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2109, S2682, S2683, S2684, S2821, S6, S7, S8, S9
Carotene, beta	S2109, S3621
Carotene, alpha	S2109
Vitamin E (alpha-tocopherol)	S2109, S84
Cryptoxanthin, beta	S2109
Lycopene	S2109
Tocopherol, beta	S2109, S84
Tocopherol, gamma	S2109, S84
Tocopherol, delta	S2109, S84
Vitamin C, total ascorbic acid	S2109, S3001, S3621, S3622
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Folate, total	S2109
Vitamin K (phylloquinone)	D4002, S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109

**NDB No 02046 Mustard, prepared, yellow**

Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
4:0	S2109
6:0	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109

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### NDB No 02046 Mustard, prepared, yellow

18:4	S2109
20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
16:1 t	S2109
18:1 t	S2109
22:1 t	S2109
18:2 t not further defined	S2109
18:2 CLAs	S2109
24:1 c	S2109
20:2 n-6 c,c	S2109
16:1 c	S2109
18:1 c	S2109
18:2 n-6 c,c	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109
20:3 n-3	S2109
20:3 n-6	S2109

### NDB No 02047 Salt, table

Fluoride, F	S2104
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### NDB No 02048 Vinegar, cider

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Sucrose	S2922
Glucose (dextrose)	S2922
Fructose	S2922
Lactose	S2922
Maltose	S2922
Water	S2109
Calcium, Ca	S2109, S2922
Iron, Fe	S2109, S2922
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109, S2922
Sodium, Na	S2109, S2922
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### NDB No 02049 Thyme, fresh

Vitamin A, IU	S405
Vitamin A, RAE	S405
Carotene, beta	S405

### NDB No 02050 Vanilla extract

Vitamin K (phylloquinone)	D4048
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### NDB No 02053 Vinegar, distilled

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109, S2922
Iron, Fe	S2109

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### NDB No 02053 Vinegar, distilled

Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109, S2922
Sodium, Na	S2109, S2922
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Vitamin K (phylloquinone)	D4048

### NDB No 02054 Capers, canned

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 02055 Horseradish, prepared

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 02068 Vinegar, red wine

Protein	S2109, S2781, S3021
Total lipid (fat)	S2109, S2781
Ash	S2109, S2781, S3021
Water	S2109
Sugars, total	S3021
Fiber, total dietary	S3021
Calcium, Ca	S2109, S2781, S3021
Iron, Fe	S2109, S2781, S3021
Magnesium, Mg	S2109, S2781
Phosphorus, P	S2109, S2781
Potassium, K	S2109, S2781, S3021
Sodium, Na	S2109, S2781, S3021
Zinc, Zn	S2109

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**NDB No 02068 Vinegar, red wine**

Copper, Cu	S2109
Manganese, Mn	S2109, S2781
Vitamin A, IU	S3021
Vitamin C, total ascorbic acid	S3021
Fatty acids, total trans	S3021
Fatty acids, total saturated	S3021

**NDB No 02069 Vinegar, balsamic**

Protein	S2109, S3021
Total lipid (fat)	S2109
Ash	S2109, S3021
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109, S3021
Sugars, total	S2109, S3021
Galactose	S2109
Calcium, Ca	S2109, S3021
Iron, Fe	S2109, S3021
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109, S3021, S3501
Sodium, Na	S2109, S3021
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Vitamin A, IU	S3021
Vitamin C, total ascorbic acid	S3021
Fatty acids, total trans	S3021
Fatty acids, total saturated	S3021

**NDB No 03003 Babyfood, meat, beef, junior**

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**NDB No 03003    Babyfood, meat, beef, junior**

Fluoride, F D5201

**NDB No 03009    Babyfood, meat, ham, junior**

Fluoride, F D5201

**NDB No 03011    Babyfood, meat, lamb, junior**

Fluoride, F D5201

**NDB No 03016    Babyfood, meat, turkey, junior**

Fluoride, F D5201

**NDB No 03050 Babyfood, dinner, spaghetti and tomato and meat, junior**

Fluoride, F D5201

**NDB No 03054 Babyfood, dinner, vegetables and beef, junior**

Fluoride, F D5201

**NDB No 03062 Babyfood, dinner, vegetables and ham, junior**

Fluoride, F D5201

**NDB No 03069    Babyfood, dinner, chicken noodle, junior**

Fluoride, F D5201

**NDB No 03083    Babyfood, dinner, turkey and rice, junior**

Fluoride, F D5201

**NDB No 03085 Babyfood, dinner, vegetables and turkey, junior**

Fluoride, F D5201

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**NDB No 03090 Babyfood, dinner, macaroni and cheese, junior**

Fluoride, F D5201

**NDB No 03091 Babyfood, vegetables, green beans, strained**

Fluoride, F D5201

**NDB No 03092 Babyfood, vegetables, green beans, junior**

Fluoride, F D5201

**NDB No 03099 Babyfood, vegetables, carrots, strained**

Fluoride, F D5201

**NDB No 03100 Babyfood, vegetables, carrots, junior**

Fluoride, F D5201

**NDB No 03104 Babyfood, vegetables, squash, strained**

Fluoride, F D5201

**NDB No 03105 Babyfood, vegetables, squash, junior**

Fluoride, F D5201

**NDB No 03108 Babyfood, vegetables, sweet potatoes strained**

Fluoride, F D5201

**NDB No 03109 Babyfood, vegetables, sweet potatoes, junior**

Fluoride, F D5201

**NDB No 03116 Babyfood, fruit, applesauce, strained**

Fluoride, F D5201

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**NDB No 03117 Babyfood, fruit, applesauce, junior**

Fluoride, F D5201

**NDB No 03120 Babyfood, vegetables, corn, creamed, junior**

Fluoride, F D5201

**NDB No 03121 Babyfood, vegetables, peas, strained**

Fluoride, F D5201

**NDB No 03122 Babyfood, peas, dices, toddler**

Fluoride, F D5201

**NDB No 03128 Babyfood, fruit, apricot with tapioca, junior**

Fluoride, F D5201

**NDB No 03129 Babyfood, fruit, bananas with tapioca, strained**

Fluoride, F D5201

**NDB No 03130 Babyfood, fruit, peaches, strained**

Fluoride, F D5201

**NDB No 03131 Babyfood, fruit, peaches, junior**

Fluoride, F D5201

**NDB No 03132 Babyfood, fruit, pears, strained**

Fluoride, F D5201

**NDB No 03133 Babyfood, fruit, pears, junior**

Fluoride, F D5201

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**NDB No 03135 Babyfood, fruit, plums with tapioca, without ascorbic acid, junior**

Fluoride, F D5201

**NDB No 03139 Babyfood, prunes, without vitamin c, strained**

Fluoride, F D5201

**NDB No 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior**

Fluoride, F D5201

**NDB No 03158 Babyfood, fruit, pears and pineapple, strained**

Fluoride, F D5201

**NDB No 03159 Babyfood, fruit, pears and pineapple, junior**

Fluoride, F D5201

**NDB No 03165 Babyfood, fruit, apple and blueberry, junior**

Fluoride, F D5201

**NDB No 03166    Babyfood, juice, apple**

Fluoride, F D5201

**NDB No 03169    Babyfood, apple-cranberry juice**

Fluoride, F D5201

**NDB No 03171    Babyfood, juice, apple and prune**

Fluoride, F D5201

**NDB No 03187 Babyfood, cereal, mixed, with applesauce and bananas, strained**

Fluoride, F D5201

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**NDB No 03192 Babyfood, cereal, oatmeal, with applesauce and bananas, junior**

Fluoride, F D5201

**NDB No 03195 Babyfood, cereal, rice, with applesauce and bananas, strained**

Fluoride, F D5201

**NDB No 03210 Babyfood, cereal, rice, with mixed fruit, junior**

Fluoride, F D5201

**NDB No 03221    Babyfood, dessert, dutch apple, junior**

Fluoride, F D5201

**NDB No 03228 Babyfood, dessert, peach cobbler, junior**

Fluoride, F D5201

**NDB No 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior**

Fluoride, F D5201

**NDB No 03246 Babyfood, dessert, custard pudding, vanilla, junior**

Fluoride, F D5201

**NDB No 03265    Babyfood, juice, apple and grape**

Fluoride, F D5201

**NDB No 03268    Babyfood, juice, apple and cherry**

Fluoride, F D5201

**NDB No 04002    Lard**

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

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### NDB No 04002 Lard

Tocopherol, delta S84

### NDB No 04017 Salad dressing, thousand island, commercial, regular

Protein S19

Total lipid (fat) S19

Ash S19

Starch S19

Sucrose S19

Glucose (dextrose) S19

Fructose S19

Lactose S19

Maltose S19

Water S19

Sugars, total S19

Galactose S19

Fiber, total dietary S19

Calcium, Ca S19

Iron, Fe S19

Magnesium, Mg S19

Phosphorus, P S19

Potassium, K S19

Sodium, Na S19

Zinc, Zn S19

Copper, Cu S19

Manganese, Mn S19

Selenium, Se S19

Carotene, beta S19

Cryptoxanthin, beta S19

Lycopene S19

Vitamin C, total ascorbic acid S19

Thiamin S19

Riboflavin S19

Niacin S19

Pantothenic acid S19

Vitamin B-6 S19

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### NDB No 04017 Salad dressing, thousand island, commercial, regular

Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19

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### NDB No 04017 Salad dressing, thousand island, commercial, regular

22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### NDB No 04018 Salad dressing, mayonnaise type, regular, with salt

Sugars, total	S5
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002, D4072

### NDB No 04020 Salad dressing, french dressing, reduced fat

Protein	S19
Total lipid (fat)	S19
Ash	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19

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### NDB No 04020 Salad dressing, french dressing, reduced fat

Copper, Cu	S19
Manganese, Mn	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

### NDB No 04021 Salad dressing, italian dressing, reduced fat

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19

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**NDB No 04021 Salad dressing, italian dressing, reduced fat**

Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19

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### NDB No 04021 Salad dressing, italian dressing, reduced fat

22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### NDB No 04023 Salad dressing, thousand island dressing, reduced fat

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19

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### NDB No 04023 Salad dressing, thousand island dressing, reduced fat

Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19

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### NDB No 04023 Salad dressing, thousand island dressing, reduced fat

18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### NDB No 04025 Salad dressing, mayonnaise, soybean oil, with salt

Total lipid (fat)	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Vitamin K (phylloquinone)	D4002, D4072
Cholesterol	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22

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### NDB No 04025 Salad dressing, mayonnaise, soybean oil, with salt

20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
18:4	S22
20:1	S22
20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
Stigmasterol	S22
Campesterol	S22
Beta-sitosterol	S22
17:0	S22
24:0	S22
18:1 t	S22
18:2 i	S22
18:2 CLAs	S22
24:1 c	S22
20:2 n-6 c,c	S22
16:1 c	S22
18:1 c	S22
18:2 n-6 c,c	S22
17:1	S22
20:3 undifferentiated	S22

### NDB No 04026 Salad dressing, mayonnaise, soybean and safflower oil, with salt

Vitamin K (phylloquinone)	D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19
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### NDB No 04031 Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87

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### **NDB No 04031 Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)**

Tocopherol, delta S81, S87

### **NDB No 04034 Oil, soybean, salad or cooking, (hydrogenated)**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04037 Oil, vegetable, rice bran**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04038 Oil, wheat germ**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04042 Oil, peanut, salad or cooking**

Vitamin E (alpha-tocopherol) S87

Tocopherol, beta S87

Tocopherol, gamma S87

Tocopherol, delta S87

Vitamin K (phylloquinone) D4050, D4051

### **NDB No 04044 Oil, soybean, salad or cooking**

Vitamin E (alpha-tocopherol) S87

Vitamin K (phylloquinone) D4042, D4051, D4071, D4072, D4074, D4077

### **NDB No 04047 Vegetable oil, coconut**

Carotene, beta D3920

Vitamin E (alpha-tocopherol) S84

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

Vitamin K (phylloquinone) D4050

### **NDB No 04053 Oil, olive, salad or cooking**

**NDB No 04053 Oil, olive, salad or cooking**

Protein	S19
Total lipid (fat)	S19, S87
Ash	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19

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### **NDB No 04053 Oil, olive, salad or cooking**

16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### **NDB No 04055 Oil, vegetable, palm**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phyloquinone)	D4050

### **NDB No 04058 Oil, sesame, salad or cooking**

Vitamin K (phyloquinone)	D4050, D4051
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### **NDB No 04060 Oil, vegetable, sunflower, linoleic (less than 60%)**

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phyloquinone)	D4043, D4050, D4051, D4071, D4073

### **NDB No 04114 Salad dressing, italian dressing, commercial, regular**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19

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**NDB No 04114 Salad dressing, italian dressing, commercial, regular**

Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19

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### NDB No 04114 Salad dressing, italian dressing, commercial, regular

Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

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**NDB No 04120 Salad dressing, french dressing, commercial, regular**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19

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### NDB No 04120 Salad dressing, french dressing, commercial, regular

8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

### NDB No 04141 Salad dressing, french dressing, commercial, regular, without salt

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19

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**NDB No 04141 Salad dressing, french dressing, commercial, regular, without salt**

Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19

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**NDB No 04141 Salad dressing, french dressing, commercial, regular, without salt**

22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19

**NDB No 04142 Salad dressing, french dressing, reduced fat, without salt**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19

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### NDB No 04142 Salad dressing, french dressing, reduced fat, without salt

Vitamin B-6	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:1	S19

### NDB No 04143 Salad dressing, italian dressing, commercial, regular, without salt

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19

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**NDB No 04143 Salad dressing, italian dressing, commercial, regular, without salt**

Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19
15:1	S19

**NDB No 04144 Salad dressing, italian dressing, reduced fat, without salt**

Protein	S19
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**NDB No 04144 Salad dressing, italian dressing, reduced fat, without salt**

Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19

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### NDB No 04144 Salad dressing, italian dressing, reduced fat, without salt

12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
17:0	S19
24:0	S19
17:1	S19

### NDB No 04367 Salad dressing, french dressing, fat-free

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Maltose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19

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**NDB No 04367 Salad dressing, french dressing, fat-free**

Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Folate, total	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

**NDB No 04501 Oil, vegetable, cocoa butter**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

**NDB No 04502 Oil, vegetable, cottonseed, salad or cooking**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

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### **NDB No 04506 Oil, vegetable, sunflower, linoleic, (approx. 65%)**

Vitamin E (alpha-tocopherol) S84

Vitamin K (phylloquinone) D4043, D4050, D4051, D4071, D4073

### **NDB No 04510 Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)**

Vitamin K (phylloquinone) D4048, D4050, D4051

### **NDB No 04513 Vegetable oil, palm kernel**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking**

Vitamin K (phylloquinone) D4043, D4051, D4072, D4073

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

18:4 S2221

20:1 S2221

20:5 n-3 S2221

22:1 undifferentiated S2221

22:5 n-3 S2221

15:0 S2221

17:0 S2221

18:1 t S2221

18:2 i S2221

16:1 c S2221

18:1 c S2221

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### **NDB No 04518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking**

18:2 n-6 c,c S2221

18:3 n-3 c,c,c S2221

18:3i S2221

### **NDB No 04543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04545 Oil, vegetable, sunflower, linoleic, (hydrogenated)**

Vitamin E (alpha-tocopherol) S84

Vitamin K (phylloquinone) D4043, D4050, D4051, D4071, D4073

### **NDB No 04547 Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)**

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

### **NDB No 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)**

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

### **NDB No 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)**

Total lipid (fat) S87

Water S81

### **NDB No 04552 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon**

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**NDB No 04552 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

**NDB No 04554 Shortening industrial, soybean (hydrogenated) and cottonseed**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

**NDB No 04560 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)**

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87

**NDB No 04582 Vegetable oil, canola**

Vitamin E (alpha-tocopherol)	S82, S87
Tocopherol, beta	S82, S87
Tocopherol, gamma	S82, S87
Tocopherol, delta	S82, S87
Vitamin K (phyloquinone)	D4042, D4051, D4071, D4072

**NDB No 04584 Oil, vegetable, sunflower, high oleic (70% and over)**

Vitamin E (alpha-tocopherol)	S84
Vitamin K (phyloquinone)	D4043, D4050, D4051, D4071, D4073

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**NDB No 04585    Margarine-butter blend, soybean oil and butter**

Protein	S3548
Total lipid (fat)	S3548
Ash	S3548
Water	S3548
Calcium, Ca	S3548
Iron, Fe	S3548
Magnesium, Mg	S3548
Phosphorus, P	S3548
Potassium, K	S3548
Sodium, Na	S3548
Zinc, Zn	S3548
Copper, Cu	S3548
Manganese, Mn	S3548
Vitamin E (alpha-tocopherol)	S3548
Tocopherol, beta	S3548
Tocopherol, gamma	S3548
Tocopherol, delta	S3548
Thiamin	S3548
Riboflavin	S3548
Niacin	S3548
Pantothenic acid	S3548
Vitamin B-6	S3548
Vitamin B-12	S3548
Cholesterol	S3548
Fatty acids, total trans	S3548
Fatty acids, total saturated	S3548
4:0	S3548
6:0	S3548
8:0	S3548
10:0	S3548
12:0	S3548
14:0	S3548
16:0	S3548
18:0	S3548
20:0	S3548

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### NDB No 04585 Margarine-butter blend, soybean oil and butter

18:1 undifferentiated	S3548
18:2 undifferentiated	S3548
18:3 undifferentiated	S3548
20:4 undifferentiated	S3548
22:6 n-3	S3548
22:0	S3548
14:1	S3548
16:1 undifferentiated	S3548
18:4	S3548
20:1	S3548
20:5 n-3	S3548
22:1 undifferentiated	S3548
22:5 n-3	S3548
Fatty acids, total monounsaturated	S3548
Fatty acids, total polyunsaturated	S3548
15:0	S3548
17:0	S3548
24:0	S3548
18:1 t	S3548
18:2 i	S3548
24:1 c	S3548
16:1 c	S3548
18:1 c	S3548
18:2 n-6 c,c	S3548
22:1 c	S3548
17:1	S3548
Fatty acids, total trans-monoenoic	S3548
Fatty acids, total trans-polyenoic	S3548
18:3 n-3 c,c,c	S3548

### NDB No 04586 Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Total lipid (fat)	S87
Water	S81
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87

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### **NDB No 04586 Shortening, special purpose for cakes and frostings, soybean (hydrogenated)**

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

### **NDB No 04587 Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed**

Total lipid (fat) S87

Water S81

Vitamin E (alpha-tocopherol) S81, S87

Tocopherol, beta S87

Tocopherol, gamma S81, S87

Tocopherol, delta S81, S87

### **NDB No 04588 Vegetable oil, oat**

Vitamin K (phylloquinone) D4043, D4048, D4050, D4051, D4072, D4073, D4074, S19

### **NDB No 04610 Margarine, regular, stick, composite, 80% fat, with salt**

Protein S18

Total lipid (fat) S18

Ash S18

Water S18

Calcium, Ca S18

Iron, Fe S18

Magnesium, Mg S18

Phosphorus, P S18

Potassium, K S18

Sodium, Na S18

Zinc, Zn S18

Vitamin E (alpha-tocopherol) S18

Thiamin S18

Riboflavin S18

Niacin S18

Pantothenic acid S18

Vitamin B-6 S18

Folate, total S18

Cholesterol S18

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### NDB No 04610 Margarine, regular, stick, composite, 80% fat, with salt

4:0	S18
6:0	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
24:1 c	S18
20:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

### NDB No 04612 Margarine, vegetable oil spread, 60% fat, stick

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19

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### NDB No 04612 Margarine, vegetable oil spread, 60% fat, stick

20:0	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### NDB No 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle

Total lipid (fat)	S19
Water	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19

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### NDB No 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle

22:0	S19
14:1	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19
22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### NDB No 04614 Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Vitamin K (phylloquinone)	S19
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### NDB No 04615 Shortening, vegetable, household, composite

Protein	S27, S3548
Total lipid (fat)	S27, S3548
Ash	S27, S3548
Water	S27, S3548
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27

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### NDB No 04615 Shortening, vegetable, household, composite

Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Vitamin E (alpha-tocopherol)	S81, S87
Tocopherol, beta	S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27
Cholesterol	S27
4:0	S27, S3548
6:0	S27, S3548
8:0	S27, S3548
10:0	S27, S3548
12:0	S27, S3548
14:0	S27, S3548
16:0	S27, S3548
18:0	S27, S3548
20:0	S27, S3548
20:4 undifferentiated	S27, S3548
22:6 n-3	S27, S3548
22:0	S27, S3548
14:1	S27, S3548
16:1 undifferentiated	S27, S3548
18:4	S27, S3548
20:1	S27, S3548
20:5 n-3	S27, S3548

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### NDB No 04615 Shortening, vegetable, household, composite

22:1 undifferentiated	S27, S3548
22:5 n-3	S27, S3548
Stigmasterol	S27
Campesterol	S27
Beta-sitosterol	S27
17:0	S27, S3548
24:0	S27, S3548
18:1 t	S27, S3548
18:2 i	S27, S3548
18:2 CLAs	S27
24:1 c	S27, S3548
18:1 c	S27, S3548
18:2 n-6 c,c	S27, S3548
18:3 n-3 c,c,c	S27, S3548

### NDB No 04619 Margarine, vegetable oil spread, 60% fat, stick, no salt

Vitamin K (phylloquinone)	S19
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### NDB No 04620 Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Vitamin K (phylloquinone)	S19
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### NDB No 04624 Margarine-like spread, fat free, liquid, salted

Vitamin K (phylloquinone)	S20
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### NDB No 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18

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**NDB No 04628    Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils**

Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Vitamin E (alpha-tocopherol)	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin K (phylloquinone)	S18
Cholesterol	S18
4:0	S18
6:0	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:6 n-3	S18
22:0	S18
14:1	S18
18:4	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18

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### NDB No 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

### NDB No 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Manganese, Mn	S18
Thiamin	S18
Riboflavin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18

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**NDB No 04629    Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)**

12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

**NDB No 04630    Margarine Spread, approximately 48% fat, tub**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Water	S19
Calcium, Ca	S19

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**NDB No 04630    Margarine Spread, approximately 48% fat, tub**

Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin E (alpha-tocopherol)	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19
4:0	S19
6:0	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
20:4 undifferentiated	S19
22:6 n-3	S19
22:0	S19
14:1	S19
18:4	S19
20:1	S19
20:5 n-3	S19
22:1 undifferentiated	S19

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### NDB No 04630 Margarine Spread, approximately 48% fat, tub

22:5 n-3	S19
Stigmasterol	S19
Campesterol	S19
Beta-sitosterol	S19
15:0	S19
17:0	S19
24:0	S19
16:1 t	S19
18:1 t	S19
18:2 i	S19
24:1 c	S19
20:2 n-6 c,c	S19
16:1 c	S19
18:1 c	S19
18:2 n-6 c,c	S19
20:3 undifferentiated	S19
18:3 n-3 c,c,c	S19

### NDB No 04631 Margarine spread, fat-free, tub

Protein	S20
Total lipid (fat)	S20
Ash	S20
Water	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20

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### NDB No 04631 Margarine spread, fat-free, tub

Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Vitamin K (phylloquinone)	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
20:4 undifferentiated	S20
22:6 n-3	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Stigmasterol	S20
Campesterol	S20
Beta-sitosterol	S20
18:1 t	S20
18:1 c	S20
18:2 n-6 c,c	S20
18:3 n-3 c,c,c	S20

### NDB No 04635 Salad dressing, thousand island dressing, fat-free

Protein	S19
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### NDB No 04635 Salad dressing, thousand island dressing, fat-free

Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Vitamin K (phylloquinone)	S19
Cholesterol	S19

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### NDB No 04635 Salad dressing, thousand island dressing, fat-free

12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
17:0	S19
24:0	S19
20:2 n-6 c,c	S19
17:1	S19

### NDB No 04636 Salad dressing, italian dressing, fat-free

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Lactose	S19
Maltose	S19
Water	S19
Sugars, total	S19
Galactose	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19

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**NDB No 04636 Salad dressing, italian dressing, fat-free**

Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Carotene, beta	S19
Cryptoxanthin, beta	S19
Lycopene	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
22:1 undifferentiated	S19
15:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

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### NDB No 04638 Salad dressing, ranch dressing, fat-free

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Galactose	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26

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### NDB No 04638 Salad dressing, ranch dressing, fat-free

16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

### NDB No 04639 Salad dressing, ranch dressing, commercial, regular

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26

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**NDB No 04639 Salad dressing, ranch dressing, commercial, regular**

Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26

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**NDB No 04639 Salad dressing, ranch dressing, commercial, regular**

17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

**NDB No 04640 Salad dressing, ranch dressing, reduced fat**

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26

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**NDB No 04640 Salad dressing, ranch dressing, reduced fat**

Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26

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### NDB No 04640 Salad dressing, ranch dressing, reduced fat

14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

### NDB No 04641 Salad dressing, mayonnaise, light

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25

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**NDB No 04641 Salad dressing, mayonnaise, light**

Zinc, Zn	S25
Copper, Cu	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin B-12	S25
Folic acid	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25

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### NDB No 04641 Salad dressing, mayonnaise, light

Beta-sitosterol	S25
17:0	S25
24:0	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
24:1 c	S25
16:1 c	S25
18:1 c	S25
18:2 n-6 c,c	S25
18:3 n-3 c,c,c	S25

### NDB No 04642 Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221

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**NDB No 04642 Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings**

16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221

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**NDB No 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying**

18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04644 Oil, vegetable, industrial, canola for salads, woks and light frying**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221

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**NDB No 04644 Oil, vegetable, industrial, canola for salads, woks and light frying**

18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04645 Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts**

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### NDB No 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221

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**NDB No 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts**

18:3 n-3 c,c,c S2221

18:3i S2221

**NDB No 04648 Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables**

Total lipid (fat) S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

16:1 undifferentiated S2221

18:4 S2221

20:1 S2221

20:5 n-3 S2221

22:1 undifferentiated S2221

22:5 n-3 S2221

Fatty acids, total monounsaturated S2221

Fatty acids, total polyunsaturated S2221

15:0 S2221

17:0 S2221

18:1 t S2221

18:2 i S2221

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**NDB No 04648 Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables**

16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221

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### NDB No 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Fatty acids, total polyunsaturated S2221

15:0 S2221

17:0 S2221

18:1 t S2221

18:2 i S2221

16:1 c S2221

18:1 c S2221

18:2 n-6 c,c S2221

Fatty acids, total trans-monoenoic S2221

Fatty acids, total trans-polyenoic S2221

18:3 n-3 c,c,c S2221

18:3i S2221

### NDB No 04650 Oil, vegetable, industrial, soy, refined, for woks and light frying

Total lipid (fat) S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

16:1 undifferentiated S2221

18:4 S2221

20:1 S2221

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### NDB No 04650 Oil, vegetable, industrial, soy, refined, for woks and light frying

20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04651 Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221

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### NDB No 04651 Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04652 Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221

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### NDB No 04652 Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose

18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04653 Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221

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**NDB No 04653 Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry**

14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221

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### **NDB No 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening**

Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

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**NDB No 04655**    **Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04656**    **Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221

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**NDB No 04656 Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter**

Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221

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### **NDB No 04656 Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter**

Fatty acids, total trans-monoenoic S2221

Fatty acids, total trans-polyenoic S2221

18:3i S2221

### **NDB No 04657 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter**

Protein S2221

Total lipid (fat) S2221

Ash S2221

Water S2221

Calcium, Ca S2221

Iron, Fe S2221

Magnesium, Mg S2221

Phosphorus, P S2221

Potassium, K S2221

Sodium, Na S2221

Zinc, Zn S2221

Copper, Cu S2221

Manganese, Mn S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

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**NDB No 04657 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter**

16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

**NDB No 04658 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221

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**NDB No 04658 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product**

8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

**NDB No 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221

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**NDB No 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221

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### **NDB No 04659 Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Fatty acids, total trans-polyenoic S2221

18:3i S2221

### **NDB No 04660 Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy**

Protein S2221

Total lipid (fat) S2221

Ash S2221

Water S2221

Calcium, Ca S2221

Iron, Fe S2221

Magnesium, Mg S2221

Phosphorus, P S2221

Potassium, K S2221

Sodium, Na S2221

Zinc, Zn S2221

Copper, Cu S2221

Manganese, Mn S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

16:1 undifferentiated S2221

18:4 S2221

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**NDB No 04660 Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy**

20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

**NDB No 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners**

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221

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### NDB No 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### NDB No 04662 Oil, vegetable, industrial, palm and palm kernel, filling fat

Protein	S2221
Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221

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### NDB No 04662 Oil, vegetable, industrial, palm and palm kernel, filling fat

Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
18:1 t	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3i	S2221

### NDB No 04663 Oil, industrial, palm kernel (hydrogenated), filling fat

Protein	S2221
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### NDB No 04663 Oil, industrial, palm kernel (hydrogenated), filling fat

Total lipid (fat)	S2221
Ash	S2221
Water	S2221
Calcium, Ca	S2221
Iron, Fe	S2221
Magnesium, Mg	S2221
Phosphorus, P	S2221
Potassium, K	S2221
Sodium, Na	S2221
Zinc, Zn	S2221
Copper, Cu	S2221
Manganese, Mn	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221

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### NDB No 04663 Oil, industrial, palm kernel (hydrogenated), filling fat

Fatty acids, total polyunsaturated S2221

18:1 t S2221

18:1 c S2221

18:2 n-6 c,c S2221

Fatty acids, total trans-monoenoic S2221

Fatty acids, total trans-polyenoic S2221

18:3i S2221

### NDB No 04664 Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings

Total lipid (fat) S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

16:1 undifferentiated S2221

18:4 S2221

20:1 S2221

20:5 n-3 S2221

22:1 undifferentiated S2221

22:5 n-3 S2221

Fatty acids, total monounsaturated S2221

Fatty acids, total polyunsaturated S2221

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**NDB No 04664 Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings**

15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04665 Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries**

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221

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**NDB No 04665    Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries**

18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04666    Shortening, industrial, soy (partially hydrogenated ) and corn for frying**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221

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### **NDB No 04666    Shortening, industrial, soy (partially hydrogenated ) and corn for frying**

Fatty acids, total polyunsaturated S2221

15:0 S2221

17:0 S2221

18:1 t S2221

18:2 i S2221

16:1 c S2221

18:1 c S2221

18:2 n-6 c,c S2221

Fatty acids, total trans-monoenoic S2221

Fatty acids, total trans-polyenoic S2221

18:3 n-3 c,c,c S2221

18:3i S2221

### **NDB No 04667    Shortening, industrial, soy (partially hydrogenated ) for baking and confections**

Total lipid (fat) S2221

Fatty acids, total trans S2221

Fatty acids, total saturated S2221

4:0 S2221

6:0 S2221

8:0 S2221

10:0 S2221

12:0 S2221

14:0 S2221

16:0 S2221

18:0 S2221

20:0 S2221

18:1 undifferentiated S2221

18:2 undifferentiated S2221

18:3 undifferentiated S2221

20:4 undifferentiated S2221

22:6 n-3 S2221

22:0 S2221

16:1 undifferentiated S2221

18:4 S2221

20:1 S2221

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### NDB No 04667 Shortening, industrial, soy (partially hydrogenated ) for baking and confections

20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04668 Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Total lipid (fat)	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221

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### **NDB No 04668    Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy**

22:1 undifferentiated	S2221
22:5 n-3	S2221
15:0	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No 04669    USDA Commodity Food, oil, vegetable, soybean, refined**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221

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### **NDB No 04669    USDA Commodity Food, oil, vegetable, soybean, refined**

20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### **NDB No 04670    USDA Commodity Food, oil, vegetable, low saturated fat**

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221

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### NDB No 04670 USDA Commodity Food, oil, vegetable, low saturated fat

16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04671 USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221
16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221

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### NDB No 04671 USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

### NDB No 04672 USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

Total lipid (fat)	S2221
Fatty acids, total trans	S2221
Fatty acids, total saturated	S2221
4:0	S2221
6:0	S2221
8:0	S2221
10:0	S2221
12:0	S2221
14:0	S2221

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**NDB No 04672    USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed**

16:0	S2221
18:0	S2221
20:0	S2221
18:1 undifferentiated	S2221
18:2 undifferentiated	S2221
18:3 undifferentiated	S2221
20:4 undifferentiated	S2221
22:6 n-3	S2221
22:0	S2221
16:1 undifferentiated	S2221
18:4	S2221
20:1	S2221
20:5 n-3	S2221
22:1 undifferentiated	S2221
22:5 n-3	S2221
Fatty acids, total monounsaturated	S2221
Fatty acids, total polyunsaturated	S2221
17:0	S2221
18:1 t	S2221
18:2 i	S2221
16:1 c	S2221
18:1 c	S2221
18:2 n-6 c,c	S2221
Fatty acids, total trans-monoenoic	S2221
Fatty acids, total trans-polyenoic	S2221
18:3 n-3 c,c,c	S2221
18:3i	S2221

**NDB No 04673    Margarine-like spread, SMART BALANCE Regular Buttery Spread**

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401

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### NDB No 04673 Margarine-like spread, SMART BALANCE Regular Buttery Spread

Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### NDB No 04674 Margarine-like spread, SMART BALANCE Light Buttery Spread

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

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### NDB No 04675 Margarine-like spread, SMART BEAT Super Light without saturated fat

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### NDB No 04676 Margarine-like spread, SMART BEAT Smart Squeeze

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401

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### NDB No 04676 Margarine-like spread, SMART BEAT Smart Squeeze

Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### NDB No 04677 Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

Protein	S2401
Total lipid (fat)	S2401
Carbohydrate, by difference	S2401
Ash	S2401
Energy	S2401
Water	S2401
Sugars, total	S2401
Fiber, total dietary	S2401
Phosphorus, P	S2401
Potassium, K	S2401
Sodium, Na	S2401
Vitamin A, IU	S2401
Vitamin E (alpha-tocopherol)	S2401
Vitamin K (phylloquinone)	S2401
Cholesterol	S2401
Fatty acids, total trans	S2401
Fatty acids, total saturated	S2401
Phytosterols	S2401
Stigmasterol	S2401
Campesterol	S2401
Beta-sitosterol	S2401
Fatty acids, total monounsaturated	S2401
Fatty acids, total polyunsaturated	S2401

### NDB No 04679 Oil, PAM cooking spray, original

Protein	S3742
Carbohydrate, by difference	S3742

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### NDB No 04679 Oil, PAM cooking spray, original

Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Sodium, Na	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 04680 Shortening, CRISCO 0 Grams Trans Fat Per Serving All-Vegetable, can

Protein	S3548
Water	S3548
Fatty acids, total trans	S3548
Fatty acids, total saturated	S3548
4:0	S3548
6:0	S3548
8:0	S3548
10:0	S3548
12:0	S3548
14:0	S3548
16:0	S3548
18:0	S3548
20:0	S3548
18:1 undifferentiated	S3548
18:2 undifferentiated	S3548
18:3 undifferentiated	S3548
20:4 undifferentiated	S3548
22:6 n-3	S3548
22:0	S3548
14:1	S3548

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### NDB No 04680 Shortening, CRISCO 0 Grams Trans Fat Per Serving All-Vegetable, can

16:1 undifferentiated	S3548
18:4	S3548
20:1	S3548
20:5 n-3	S3548
22:1 undifferentiated	S3548
22:5 n-3	S3548
Fatty acids, total monounsaturated	S3548
Fatty acids, total polyunsaturated	S3548
15:0	S3548
17:0	S3548
24:0	S3548
18:1 t	S3548
18:2 i	S3548
24:1 c	S3548
16:1 c	S3548
18:1 c	S3548
18:2 n-6 c,c	S3548
22:1 c	S3548
17:1	S3548
Fatty acids, total trans-monoenoic	S3548
Fatty acids, total trans-polyenoic	S3548
18:3 n-3 c,c,c	S3548

### NDB No 04681 Shortening, CRISCO 0 Grams Trans Fat Per Serving All-Vegetable, sticks

Protein	S3548
Total lipid (fat)	S3548
Ash	S3548
Water	S3548
Fatty acids, total trans	S3548
Fatty acids, total saturated	S3548
4:0	S3548
6:0	S3548
8:0	S3548
10:0	S3548
12:0	S3548

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**NDB No 04681 Shortening, CRISCO 0 Grams Trans Fat Per Serving All-Vegetable, sticks**

14:0	S3548
16:0	S3548
18:0	S3548
20:0	S3548
18:1 undifferentiated	S3548
18:2 undifferentiated	S3548
18:3 undifferentiated	S3548
20:4 undifferentiated	S3548
22:6 n-3	S3548
22:0	S3548
14:1	S3548
16:1 undifferentiated	S3548
18:4	S3548
20:1	S3548
20:5 n-3	S3548
22:1 undifferentiated	S3548
22:5 n-3	S3548
Fatty acids, total monounsaturated	S3548
Fatty acids, total polyunsaturated	S3548
15:0	S3548
17:0	S3548
24:0	S3548
18:1 t	S3548
18:2 i	S3548
24:1 c	S3548
16:1 c	S3548
18:1 c	S3548
18:2 n-6 c,c	S3548
22:1 c	S3548
17:1	S3548
Fatty acids, total trans-monoenoic	S3548
Fatty acids, total trans-polyenoic	S3548
18:3 n-3 c,c,c	S3548

**NDB No 05006 Chicken, broilers or fryers, meat and skin, raw**

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**NDB No 05006 Chicken, broilers or fryers, meat and skin, raw**

Choline, total S3461

Betaine S3461

**NDB No 05007 Chicken, broilers or fryers, meat and skin, cooked, fried, batter**

Fluoride, F D5002, D5007, D5301

**NDB No 05008 Chicken, broilers or fryers, meat and skin, cooked, fried, flour**

Fluoride, F D5002, D5007, D5301

**NDB No 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted**

Fluoride, F D5002, D5007, D5301

Choline, total S3461

Betaine S3461

**NDB No 05011 Chicken, broilers or fryers, meat only, raw**

Choline, total S3461

Betaine S3461

**NDB No 05013 Chicken, broilers or fryers, meat only, roasted**

Choline, total S3461

Betaine S3461

**NDB No 05023 Chicken, gizzard, all classes, raw**

Protein S1581

Total lipid (fat) S1581

Ash S1581

Water S1581

Calcium, Ca S1581

Iron, Fe S1581

Magnesium, Mg S1581

Phosphorus, P S1581

Potassium, K S1581

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### NDB No 05023 Chicken, gizzard, all classes, raw

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581

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### NDB No 05023 Chicken, gizzard, all classes, raw

20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 05024 Chicken, gizzard, all classes, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581

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### NDB No 05024 Chicken, gizzard, all classes, cooked, simmered

Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581

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### NDB No 05024 Chicken, gizzard, all classes, cooked, simmered

20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 05027 Chicken, liver, all classes, raw

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166

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### **NDB No 05027    Chicken, liver, all classes, raw**

Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082

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### **NDB No 05027 Chicken, liver, all classes, raw**

14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No 05028 Chicken, liver, all classes, cooked, simmered**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166

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### NDB No 05028 Chicken, liver, all classes, cooked, simmered

Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082, S1166
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082

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### **NDB No 05028 Chicken, liver, all classes, cooked, simmered**

14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No 05112 Chicken, roasting, meat and skin, cooked, roasted**

Fluoride, F	D5002, D5007, D5301
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### **NDB No 05136 Chicken, capons, meat and skin, cooked, roasted**

Fluoride, F	D5002, D5007, D5301
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### **NDB No 05166 Turkey, all classes, meat and skin, cooked, roasted**

Fluoride, F	D5001
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### **NDB No 05173 Turkey, gizzard, all classes, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581

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### NDB No 05173 Turkey, gizzard, all classes, raw

Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Choline, total	S1581
Vitamin K (phylloquinone)	S1581
Betaine	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581

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### NDB No 05173 Turkey, gizzard, all classes, raw

10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 05174 Turkey, gizzard, all classes, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581

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### NDB No 05174 Turkey, gizzard, all classes, cooked, simmered

Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Choline, total	S1581
Vitamin K (phylloquinone)	S1581
Betaine	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581

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### NDB No 05174 Turkey, gizzard, all classes, cooked, simmered

Fatty acids, total monounsaturated S1581

Fatty acids, total polyunsaturated S1581

15:0 S1581

17:0 S1581

20:2 n-6 c,c S1581

18:3 n-6 c,c,c S1581

20:3 undifferentiated S1581

15:1 S1581

18:3 n-3 c,c,c S1581

### NDB No 05175 Turkey, heart, all classes, raw

Protein S1581

Total lipid (fat) S1581

Ash S1581

Water S1581

Calcium, Ca S1581

Iron, Fe S1581

Magnesium, Mg S1581

Phosphorus, P S1581

Potassium, K S1581

Sodium, Na S1581

Zinc, Zn S1581

Copper, Cu S1581

Manganese, Mn S1581

Selenium, Se S1581

Retinol S1581

Carotene, beta S1581

Carotene, alpha S1581

Vitamin E (alpha-tocopherol) S1581

Cryptoxanthin, beta S1581

Lycopene S1581

Tocopherol, beta S1581

Tocopherol, gamma S1581

Tocopherol, delta S1581

Vitamin C, total ascorbic acid S1581

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### NDB No 05175 Turkey, heart, all classes, raw

Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Choline, total	S1581
Vitamin K (phylloquinone)	S1581
Betaine	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581

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### NDB No 05175 Turkey, heart, all classes, raw

18:3 n-3 c,c,c S1581

### NDB No 05176 Turkey, heart, all classes, cooked, simmered

Protein S1581

Total lipid (fat) S1581

Ash S1581

Water S1581

Calcium, Ca S1581

Iron, Fe S1581

Magnesium, Mg S1581

Phosphorus, P S1581

Potassium, K S1581

Sodium, Na S1581

Zinc, Zn S1581

Copper, Cu S1581

Manganese, Mn S1581

Selenium, Se S1581

Retinol S1581

Vitamin E (alpha-tocopherol) S1581

Lycopene S1581

Tocopherol, beta S1581

Tocopherol, gamma S1581

Tocopherol, delta S1581

Vitamin C, total ascorbic acid S1581

Thiamin S1581

Riboflavin S1581

Niacin S1581

Pantothenic acid S1581

Vitamin B-6 S1581

Folate, total S1581

Vitamin B-12 S1581

Choline, total S1581

Vitamin K (phylloquinone) S1581

Betaine S1581

Cholesterol S1581

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### NDB No 05176 Turkey, heart, all classes, cooked, simmered

Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 05177 Turkey, liver, all classes, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

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### NDB No 05177 Turkey, liver, all classes, raw

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Choline, total	S1581
Vitamin K (phylloquinone)	S1581
Betaine	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581

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### NDB No 05177 Turkey, liver, all classes, raw

18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 05178 Turkey, liver, all classes, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581

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### NDB No 05178 Turkey, liver, all classes, cooked, simmered

Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Choline, total	S1581
Vitamin K (phylloquinone)	S1581
Betaine	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581

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### **NDB No 05178 Turkey, liver, all classes, cooked, simmered**

Fatty acids, total polyunsaturated S1581

15:0 S1581

17:0 S1581

20:2 n-6 c,c S1581

18:3 n-6 c,c,c S1581

20:3 undifferentiated S1581

15:1 S1581

18:3 n-3 c,c,c S1581

### **NDB No 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted**

Fluoride, F D5001

### **NDB No 05232 Turkey, young hen, meat and skin, cooked, roasted**

Fluoride, F D5001

### **NDB No 05256 Turkey, young tom, meat and skin, cooked, roasted**

Fluoride, F D5001

### **NDB No 05308 Chicken, cornish game hens, meat and skin, cooked, roasted**

Fluoride, F D5002, D5007, D5301

### **NDB No 05312 Chicken, wing, frozen, glazed, barbecue flavored**

Protein S26

Total lipid (fat) S26

Ash S26

Starch S26

Sucrose S26

Glucose (dextrose) S26

Fructose S26

Lactose S26

Maltose S26

Water S26

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### **NDB No 05312 Chicken, wing, frozen, glazed, barbecue flavored**

Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26

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### **NDB No 05312    Chicken, wing, frozen, glazed, barbecue flavored**

Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
15:0	S26
17:0	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

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### NDB No 05313 Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26

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### **NDB No 05313    Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)**

Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
Fatty acids, total saturated	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26

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### **NDB No 05313 Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)**

20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
17:0	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### **NDB No 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)**

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26

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### NDB No 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Selenium, Se	S26
Retinol	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26
Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
Fatty acids, total saturated	S26
8:0	S26

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### NDB No 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
17:0	S26
24:0	S26
20:2 n-6 c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### NDB No 05623 Emu, fan fillet, raw

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282

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### **NDB No 05623    Emu, fan fillet, raw**

Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282
Fatty acids, total saturated	D4282
Fatty acids, total monounsaturated	D4282
Fatty acids, total polyunsaturated	D4282

### **NDB No 05624    Emu, fan fillet, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

### **NDB No 05625    Emu, flat fillet, raw**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282

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### NDB No 05625 Emu, flat fillet, raw

Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### NDB No 05626 Emu, full rump, raw

Protein	D4281, D4282
Total lipid (fat)	D4281, D4282
Ash	D4281, D4282
Water	D4281, D4282
Calcium, Ca	D4281, D4282
Iron, Fe	D4281, D4282
Magnesium, Mg	D4282
Potassium, K	D4281, D4282
Sodium, Na	D4281, D4282
Zinc, Zn	D4281, D4282
Vitamin A, IU	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
Cholesterol	D4282
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281
22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281

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### **NDB No 05626    Emu, full rump, raw**

20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No 05627    Emu, full rump, cooked, broiled**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Retinol	D4282
Vitamin C, total ascorbic acid	D4282
Thiamin	D4282
Vitamin B-12	D4282
Cholesterol	D4282
14:0	D4282
16:0	D4282
18:0	D4282
20:0	D4282
18:1 undifferentiated	D4282
18:2 undifferentiated	D4282
18:3 undifferentiated	D4282
20:4 undifferentiated	D4282
22:6 n-3	D4282
22:0	D4282
14:1	D4282
16:1 undifferentiated	D4282

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### NDB No 05627 Emu, full rump, cooked, broiled

20:1	D4282
20:5 n-3	D4282
22:1 undifferentiated	D4282
15:0	D4282
17:0	D4282
24:0	D4282
20:2 n-6 c,c	D4282
17:1	D4282

### NDB No 05628 Emu, inside drum, raw

Protein	D4281, D4282
Total lipid (fat)	D4281, D4282
Ash	D4281, D4282
Water	D4281, D4282
Calcium, Ca	D4281, D4282
Iron, Fe	D4281, D4282
Magnesium, Mg	D4282
Potassium, K	D4281, D4282
Sodium, Na	D4281, D4282
Zinc, Zn	D4281, D4282
Vitamin A, IU	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
Cholesterol	D4282
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281

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### **NDB No 05628    Emu, inside drum, raw**

22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281
20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No 05629    Emu, inside drums, cooked, broiled**

Protein	D4281
Total lipid (fat)	D4281
Ash	D4281
Water	D4281
Calcium, Ca	D4281
Iron, Fe	D4281
Potassium, K	D4281
Sodium, Na	D4281
Zinc, Zn	D4281
Retinol	D4281
Vitamin C, total ascorbic acid	D4281
Thiamin	D4281
Vitamin B-12	D4281
14:0	D4281
16:0	D4281
18:0	D4281
20:0	D4281
18:1 undifferentiated	D4281
18:2 undifferentiated	D4281
18:3 undifferentiated	D4281
20:4 undifferentiated	D4281
22:6 n-3	D4281

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### **NDB No 05629    Emu, inside drums, cooked, broiled**

22:0	D4281
14:1	D4281
16:1 undifferentiated	D4281
20:1	D4281
20:5 n-3	D4281
22:1 undifferentiated	D4281
15:0	D4281
17:0	D4281
24:0	D4281
20:2 n-6 c,c	D4281
17:1	D4281

### **NDB No 05630    Emu, outside drum, raw**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282
Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### **NDB No 05631    Emu, oyster, raw**

Protein	D4282
Total lipid (fat)	D4282
Ash	D4282
Water	D4282
Calcium, Ca	D4282
Iron, Fe	D4282
Magnesium, Mg	D4282
Potassium, K	D4282

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### **NDB No 05631    Emu, oyster, raw**

Sodium, Na	D4282
Zinc, Zn	D4282
Cholesterol	D4282

### **NDB No 05632    Emu, top loin, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

### **NDB No 05643    Ostrich, fan, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301

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### **NDB No 05643 Ostrich, fan, raw**

20:4 undifferentiated D4301

16:1 undifferentiated D4301

### **NDB No 05644 Ostrich, inside leg, raw**

Protein D4301

Total lipid (fat) D4301

Water D4301

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301

14:0 D4301

16:0 D4301

18:0 D4301

18:1 undifferentiated D4301

18:2 undifferentiated D4301

18:3 undifferentiated D4301

20:4 undifferentiated D4301

16:1 undifferentiated D4301

### **NDB No 05645 Ostrich, inside leg, cooked**

Protein D4301

Total lipid (fat) D4301

Water D4301

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301

14:0 D4301

16:0 D4301

18:0 D4301

18:1 undifferentiated D4301

18:2 undifferentiated D4301

18:3 undifferentiated D4301

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### **NDB No 05645 Ostrich, inside leg, cooked**

20:4 undifferentiated D4301

16:1 undifferentiated D4301

### **NDB No 05646 Ostrich, inside strip, raw**

Protein D4301

Total lipid (fat) D4301

Ash D4301

Water D4301

Calcium, Ca D4301

Iron, Fe D4301

Sodium, Na D4301

Cholesterol D4301

12:0 D4301

14:0 D4301

16:0 D4301

18:0 D4301

18:1 undifferentiated D4301

18:2 undifferentiated D4301

18:3 undifferentiated D4301

20:4 undifferentiated D4301

22:6 n-3 D4301

22:0 D4301

14:1 D4301

16:1 undifferentiated D4301

20:1 D4301

20:5 n-3 D4301

15:0 D4301

17:0 D4301

20:2 n-6 c,c D4301

17:1 D4301

### **NDB No 05647 Ostrich, inside strip, cooked**

Protein D4301

Total lipid (fat) D4301

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### **NDB No 05647 Ostrich, inside strip, cooked**

Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05648 Ostrich, outside leg, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05649 Ostrich, outside strip, raw**

Protein	D4301
Total lipid (fat)	D4301

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### **NDB No 05649 Ostrich, outside strip, raw**

Ash	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
12:0	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
22:6 n-3	D4301
22:0	D4301
14:1	D4301
16:1 undifferentiated	D4301
20:1	D4301
20:5 n-3	D4301
15:0	D4301
17:0	D4301
20:2 n-6 c,c	D4301
17:1	D4301

### **NDB No 05650 Ostrich, outside strip, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### **NDB No 05650 Ostrich, outside strip, cooked**

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05651 Ostrich, oyster, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05652 Ostrich, oyster, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### **NDB No 05652 Ostrich, oyster, cooked**

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05653 Ostrich, round, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05654 Ostrich, tenderloin, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### **NDB No 05654 Ostrich, tenderloin, raw**

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05655 Ostrich, tip trimmed, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05656 Ostrich, tip trimmed, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### **NDB No 05656 Ostrich, tip trimmed, cooked**

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05657 Ostrich, top loin, raw**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301
18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### **NDB No 05658 Ostrich, top loin, cooked**

Protein	D4301
Total lipid (fat)	D4301
Water	D4301
Calcium, Ca	D4301
Iron, Fe	D4301
Sodium, Na	D4301
Cholesterol	D4301
14:0	D4301
16:0	D4301

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### NDB No 05658 Ostrich, top loin, cooked

18:0	D4301
18:1 undifferentiated	D4301
18:2 undifferentiated	D4301
18:3 undifferentiated	D4301
20:4 undifferentiated	D4301
16:1 undifferentiated	D4301

### NDB No 05661 Chicken, liver, all classes, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082

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**NDB No 05661 Chicken, liver, all classes, cooked, pan-fried**

Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082

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### **NDB No 05661 Chicken, liver, all classes, cooked, pan-fried**

20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No 06016 Soup, cream of chicken, canned, condensed, commercial**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18

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**NDB No 06016 Soup, cream of chicken, canned, condensed, commercial**

Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18

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### **NDB No 06016    Soup, cream of chicken, canned, condensed, commercial**

17:1	S18
20:3 undifferentiated	S18
13:0	S18
15:1	S18

### **NDB No 06019    Soup, chicken noodle, canned, condensed, commercial**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Carotene, beta	S405
Carotene, alpha	S405
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18

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**NDB No 06019 Soup, chicken noodle, canned, condensed, commercial**

Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18

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### NDB No 06019 Soup, chicken noodle, canned, condensed, commercial

20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
20:3 undifferentiated	S18
15:1	S18

### NDB No 06040 Soup, minestrone, canned, condensed, commercial

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

### NDB No 06043 Soup, cream of mushroom, canned, condensed, commercial

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Sugars, total	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18

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**NDB No 06043 Soup, cream of mushroom, canned, condensed, commercial**

Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
15:1	S18

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### **NDB No 06068    Soup, vegetarian vegetable, canned, condensed, commercial**

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

### **NDB No 06071    Soup, vegetable beef, canned, condensed, commercial**

Carotene, beta	D3851
Carotene, alpha	D3851
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851

### **NDB No 06094    Soup, onion mix, dehydrated, dry form**

Protein	S18
Total lipid (fat)	S18
Ash	S18
Sucrose	S18
Glucose (dextrose)	S18
Water	S18
Sugars, total	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18

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### NDB No 06094 Soup, onion mix, dehydrated, dry form

Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Fatty acids, total saturated	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
20:2 n-6 c,c	S18
17:1	S18
13:0	S18
15:1	S18

### NDB No 06128 Soup, chicken noodle mix, dehydrated, dry form

Protein	S18
Total lipid (fat)	S18
Ash	S18

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### NDB No 06128 Soup, chicken noodle mix, dehydrated, dry form

Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18

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### NDB No 06128 Soup, chicken noodle mix, dehydrated, dry form

Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18

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### NDB No 06128 Soup, chicken noodle mix, dehydrated, dry form

24:0	S18
20:2 n-6 c,c	S18
17:1	S18
13:0	S18
15:1	S18

### NDB No 06144 Sauce, HUNT'S, Traditional Tomato Spaghetti Sauce

Protein	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 06159 Soup, tomato, canned, condensed, commercial

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18

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**NDB No 06159 Soup, tomato, canned, condensed, commercial**

Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S18
Cryptoxanthin, beta	D3851
Lycopene	D3851
Lutein + zeaxanthin	D3851
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Choline, total	S18
Betaine	S18
Fatty acids, total saturated	S18
12:0	S18

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### NDB No 06159 Soup, tomato, canned, condensed, commercial

14:0	S18
16:0	S18
18:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18
13:0	S18
15:1	S18

### NDB No 06164 Sauce, ready-to-serve, salsa

Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23
Carotene, beta	S23

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### NDB No 06164 Sauce, ready-to-serve, salsa

Carotene, alpha	S23
Cryptoxanthin, beta	S23
Lycopene	S23
Lutein + zeaxanthin	S23
Vitamin C, total ascorbic acid	S23
Thiamin	S23
Niacin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23
Choline, total	S18
Vitamin K (phylloquinone)	S23
Betaine	S18

### NDB No 06314 Soup, HEALTHY CHOICE Chicken Noodle Soup, canned

Protein	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 06315 Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

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### **NDB No 06315 Soup, HEALTHY CHOICE Chicken and Rice Soup, canned**

Protein	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### **NDB No 06316 Soup, HEALTHY CHOICE Garden Vegetable Soup, canned**

Protein	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

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### NDB No 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve

Total lipid (fat)	S22
Ash	S22
Water	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Carotene, beta	S22
Carotene, alpha	S22
Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Vitamin K (phylloquinone)	S22
16:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22

### NDB No 06982 Soup, ramen noodle, beef flavor, dehydrated, dry

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18

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**NDB No 06982 Soup, ramen noodle, beef flavor, dehydrated, dry**

Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18
Isoleucine	S18
Leucine	S18

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### NDB No 06982 Soup, ramen noodle, beef flavor, dehydrated, dry

Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
22:0	S18
20:1	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
17:0	S18
20:2 n-6 c,c	S18
17:1	S18
15:1	S18

### NDB No 06983 Soup, ramen noodle, chicken flavor, dehydrated, dry

Protein	S18
Total lipid (fat)	S18

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**NDB No 06983 Soup, ramen noodle, chicken flavor, dehydrated, dry**

Ash	S18
Starch	S18
Sucrose	S18
Glucose (dextrose)	S18
Fructose	S18
Lactose	S18
Maltose	S18
Water	S18
Sugars, total	S18
Galactose	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin E (alpha-tocopherol)	S18
Tocopherol, beta	S18
Tocopherol, gamma	S18
Tocopherol, delta	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
Tryptophan	S18
Threonine	S18

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**NDB No 06983 Soup, ramen noodle, chicken flavor, dehydrated, dry**

Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Cystine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:1	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
20:2 n-6 c,c	S18
17:1	S18

**NDB No 06984 Soup, SWANSON Chicken Broth 99% Fat Free**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104

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### NDB No 06984 Soup, SWANSON Chicken Broth 99% Fat Free

Starch	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104
Vitamin B-12	S2104
Vitamin K (phylloquinone)	S2104
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104

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### NDB No 06984 Soup, SWANSON Chicken Broth 99% Fat Free

Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
Fatty acids, total saturated	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
Fatty acids, total monounsaturated	S2104
Fatty acids, total polyunsaturated	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104

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### NDB No 06984 Soup, SWANSON Chicken Broth 99% Fat Free

17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### NDB No 06985 Gravy, HEINZ Home Style Savory Beef Gravy

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

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### NDB No 06985 Gravy, HEINZ Home Style Savory Beef Gravy

Folate, total	S2104
Vitamin B-12	S2104
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Hydroxyproline	S2104
Cholesterol	S2104
Fatty acids, total saturated	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104

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### NDB No 06985 Gravy, HEINZ Home Style Savory Beef Gravy

14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
Fatty acids, total monounsaturated	S2104
Fatty acids, total polyunsaturated	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### NDB No 07002 Beerwurst, beer salami, pork and beef

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222
Magnesium, Mg	S222
Phosphorus, P	S222
Potassium, K	S222
Sodium, Na	S222
Zinc, Zn	S222
Copper, Cu	S222
Fluoride, F	D5001, D5007
Manganese, Mn	S222

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### NDB No 07002 Beerwurst, beer salami, pork and beef

Selenium, Se	S222
Vitamin A, IU	S222
Retinol	S222
Vitamin C, total ascorbic acid	S222
Thiamin	S222
Riboflavin	S222
Niacin	S222
Pantothenic acid	S222
Vitamin B-6	S222
Folate, total	S222
Vitamin B-12	S222
Cholesterol	S222
Fatty acids, total saturated	S222
4:0	S222
6:0	S222
8:0	S222
10:0	S222
12:0	S222
14:0	S222
16:0	S222
18:0	S222
18:1 undifferentiated	S222
18:2 undifferentiated	S222
18:3 undifferentiated	S222
20:4 undifferentiated	S222
22:6 n-3	S222
16:1 undifferentiated	S222
18:4	S222
20:1	S222
20:5 n-3	S222
22:1 undifferentiated	S222
22:5 n-3	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

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### **NDB No 07003 Beerwurst, beer salami, pork**

Fluoride, F	D5001, D5007
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### **NDB No 07004 Sausage, Berliner, pork, beef**

Caffeine	S248
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Sugars, total	S248
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Vitamin D	S248
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### **NDB No 07005 Blood sausage**

Protein	S248
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Total lipid (fat)	S248
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Ash	S248
-----	------

Energy	S248
--------	------

Water	S248
-------	------

Caffeine	S248
----------	------

Sugars, total	S248
---------------	------

Fiber, total dietary	S248
----------------------	------

Calcium, Ca	S248
-------------	------

Iron, Fe	S248
----------	------

Magnesium, Mg	S248
---------------	------

Phosphorus, P	S248
---------------	------

Potassium, K	S248
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Sodium, Na	S248
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Zinc, Zn	S248
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Copper, Cu	S248
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Manganese, Mn	S248
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Vitamin A, IU	S248
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Vitamin C, total ascorbic acid	S248
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Thiamin	S248
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Riboflavin	S248
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Niacin	S248
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Pantothenic acid	S248
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Vitamin B-6	S248
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Folate, total	S248
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Vitamin B-12	S248
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### **NDB No 07005    Blood sausage**

Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248
Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248

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### NDB No 07005 Blood sausage

20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### NDB No 07006 Bockwurst, pork, veal, raw

Protein	S247
Total lipid (fat)	S247
Carbohydrate, by difference	S247
Ash	S247
Energy	S247
Water	S247
Fiber, total dietary	S247
Calcium, Ca	S247
Iron, Fe	S247
Sodium, Na	S247
Vitamin A, IU	S247
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247
Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

### NDB No 07007 Bologna, beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164

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### NDB No 07007 Bologna, beef

Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	D5007, D5021, D5301
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Betaine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164

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### NDB No 07007 Bologna, beef

12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07008 Bologna, beef and pork

Protein	S238
Total lipid (fat)	S238
Ash	S238
Water	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238

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### NDB No 07008 Bologna, beef and pork

Zinc, Zn	S238
Copper, Cu	S238
Fluoride, F	D5007, D5021, D5301
Vitamin A, IU	S238
Vitamin D	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
18:0	S238

### NDB No 07010 Bologna, pork

Fluoride, F	D5007, D5021, D5301
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### NDB No 07011 Bologna, turkey

Protein	S227, S281
Total lipid (fat)	S227, S281
Ash	S281
Water	S227, S281
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227, S281
Fluoride, F	D5007, D5021, D5301
Vitamin A, IU	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227, S281

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### **NDB No 07013   Bratwurst, pork, cooked**

Protein	S242, S281
Total lipid (fat)	S242, S281
Carbohydrate, by difference	S242, S281
Ash	S281
Water	S242, S281
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242, S281
Vitamin A, IU	S242, S281
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242, S281
Fatty acids, total saturated	S242, S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No 07014   Braunschweiger (a liver sausage), pork**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### **NDB No 07015   Brotwurst, pork, beef, link**

Protein	S248
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### **NDB No 07015   Brotwurst, pork, beef, link**

Total lipid (fat)	S248
Carbohydrate, by difference	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248

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### **NDB No 07015 Brotwurst, pork, beef, link**

Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### **NDB No 07016 Cheesefurter, cheese smokie, pork, beef**

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### **NDB No 07016    Cheesefurter, cheese smokie, pork, beef**

Protein	S248
Total lipid (fat)	S248
Ash	S248
Water	S248
Caffeine	S248
Sugars, total	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248
Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Tryptophan	S248
Threonine	S248
Isoleucine	S248
Leucine	S248
Lysine	S248
Methionine	S248
Cystine	S248
Phenylalanine	S248

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### NDB No 07016 Cheesefurter, cheese smokie, pork, beef

Tyrosine	S248
Valine	S248
Arginine	S248
Histidine	S248
Alanine	S248
Aspartic acid	S248
Glutamic acid	S248
Glycine	S248
Proline	S248
Serine	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### NDB No 07017 Chicken roll, light meat

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### **NDB No 07017    Chicken roll, light meat**

Caffeine	S248
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### **NDB No 07018    Chicken spread**

Protein	S226
Total lipid (fat)	S226
Ash	S226
Water	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Cholesterol	S226

### **NDB No 07021    Dutch brand loaf, chicken, pork and beef**

Protein	S237
Total lipid (fat)	S237
Ash	S237
Water	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Cholesterol	S237

### **NDB No 07022    Frankfurter, beef**

Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21

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### **NDB No 07022    Frankfurter, beef**

Water	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Fluoride, F	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

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### **NDB No 07022    Frankfurter, beef**

Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

### **NDB No 07023    Frankfurter, beef and pork**

Protein	S242
Total lipid (fat)	S242
Water	S242
Sugars, total	S242
Vitamin A, IU	S242

### **NDB No 07024    Frankfurter, chicken**

Choline, total	S21
Betaine	S21

### **NDB No 07027    Ham, chopped, not canned**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281

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### **NDB No 07027 Ham, chopped, not canned**

Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281
Fatty acids, total saturated	S281

### **NDB No 07028 Ham, sliced, extra lean**

Protein	S225, S230, S281
Total lipid (fat)	S225, S230, S281
Ash	S225, S230, S281
Water	S225, S230, S281
Calcium, Ca	S225, S230
Iron, Fe	S225, S230
Sodium, Na	S225, S230, S281
Vitamin A, IU	S281
Niacin	S230
Cholesterol	S225, S230, S281
4:0	S225
6:0	S225
8:0	S225
10:0	S225
12:0	S225
14:0	S225
16:0	S225
18:0	S225
20:0	S225
18:1 undifferentiated	S225
18:2 undifferentiated	S225
18:3 undifferentiated	S225
20:4 undifferentiated	S225
22:6 n-3	S225
22:0	S225
14:1	S225
16:1 undifferentiated	S225
20:1	S225
20:5 n-3	S225

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### NDB No 07028 Ham, sliced, extra lean

22:1 undifferentiated	S225
15:0	S225
17:0	S225
24:0	S225
17:1	S225
20:3 undifferentiated	S225

### NDB No 07029 Ham, sliced, regular (approximately 11% fat)

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07032 Ham and cheese loaf or roll

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Fluoride, F	D5301
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07034 Headcheese, pork

Protein	S249
Total lipid (fat)	S249
Ash	S249
Water	S249
Calcium, Ca	S249
Iron, Fe	S249
Phosphorus, P	S249

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### **NDB No 07034 Headcheese, pork**

Sodium, Na	S249
Zinc, Zn	S249
Thiamin	S249
Riboflavin	S249
Niacin	S249
Cholesterol	S249

### **NDB No 07035 Honey loaf, pork, beef**

Caffeine	S248
Vitamin D	S248

### **NDB No 07038 Knackwurst, knockwurst, pork, beef**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No 07039 Lebanon bologna, beef**

Protein	S244
Total lipid (fat)	S244
Ash	S244
Energy	S244
Water	S244
Caffeine	S244
Fiber, total dietary	S244
Calcium, Ca	S244
Iron, Fe	S244
Magnesium, Mg	S244
Phosphorus, P	S244
Potassium, K	S244
Sodium, Na	S244

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### **NDB No 07039 Lebanon bologna, beef**

Zinc, Zn	S244
Copper, Cu	S244
Manganese, Mn	S244
Selenium, Se	S244
Vitamin A, IU	S244
Vitamin C, total ascorbic acid	S244
Thiamin	S244
Riboflavin	S244
Niacin	S244
Pantothenic acid	S244
Vitamin B-6	S244
Folate, total	S244
Vitamin B-12	S244
Cholesterol	S244

### **NDB No 07043 Luncheon meat, beef, thin sliced**

Protein	S230
Total lipid (fat)	S230
Ash	S230
Water	S230
Calcium, Ca	S230
Iron, Fe	S230
Sodium, Na	S230
Niacin	S230
Cholesterol	S230

### **NDB No 07052 Pastrami, turkey**

Protein	S227
Total lipid (fat)	S227
Ash	S227
Water	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227

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### **NDB No 07052 Pastrami, turkey**

Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Retinol	S227
Carotene, beta	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227

### **NDB No 07056 Peppered loaf, pork, beef**

Protein	S248
Total lipid (fat)	S248
Carbohydrate, by difference	S248
Ash	S248
Energy	S248
Water	S248
Caffeine	S248
Energy	S248
Fiber, total dietary	S248
Calcium, Ca	S248
Iron, Fe	S248
Magnesium, Mg	S248
Phosphorus, P	S248
Potassium, K	S248
Sodium, Na	S248
Zinc, Zn	S248
Copper, Cu	S248
Manganese, Mn	S248
Selenium, Se	S248
Vitamin A, IU	S248
Vitamin D	S248
Vitamin C, total ascorbic acid	S248
Thiamin	S248
Riboflavin	S248

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### NDB No 07056 Peppered loaf, pork, beef

Niacin	S248
Pantothenic acid	S248
Vitamin B-6	S248
Folate, total	S248
Vitamin B-12	S248
Cholesterol	S248
Fatty acids, total saturated	S248
4:0	S248
6:0	S248
8:0	S248
10:0	S248
12:0	S248
14:0	S248
16:0	S248
18:0	S248
18:1 undifferentiated	S248
18:2 undifferentiated	S248
18:3 undifferentiated	S248
20:4 undifferentiated	S248
22:6 n-3	S248
16:1 undifferentiated	S248
18:4	S248
20:1	S248
20:5 n-3	S248
22:1 undifferentiated	S248
22:5 n-3	S248
Fatty acids, total monounsaturated	S248
Fatty acids, total polyunsaturated	S248

### NDB No 07057 Pepperoni, pork, beef

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sugars, total	S238

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### NDB No 07057 Pepperoni, pork, beef

Fiber, total dietary	S235, S238
Calcium, Ca	S235, S238
Iron, Fe	S235, S238
Magnesium, Mg	S238
Phosphorus, P	S235, S238
Potassium, K	S235, S238
Sodium, Na	S281
Zinc, Zn	S238
Copper, Cu	S238
Vitamin A, IU	S281
Vitamin D	S238
Vitamin C, total ascorbic acid	S235, S238
Thiamin	S235, S238
Riboflavin	S235, S238
Niacin	S235, S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S281
18:0	S238

### NDB No 07058 Pickle and pimiento loaf, pork

Protein	S237
Total lipid (fat)	S237
Ash	S237
Water	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Vitamin A, IU	S237
Retinol	S237
Vitamin C, total ascorbic acid	S237
Cholesterol	S237
14:0	S237

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### **NDB No 07058 Pickle and pimiento loaf, pork**

16:0	S237
18:0	S237
20:0	S237
18:1 undifferentiated	S237
18:2 undifferentiated	S237
18:3 undifferentiated	S237
16:1 undifferentiated	S237
20:1	S237
17:0	S237

### **NDB No 07063 Pork sausage, fresh, raw**

Protein	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Water	S1164, S582
Calcium, Ca	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582

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**NDB No 07063 Pork sausage, fresh, raw**

Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582
Folate, total	S1164
Vitamin B-12	S1164, S582
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Valine	S1164, S582
Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582

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### NDB No 07063 Pork sausage, fresh, raw

14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582
14:1	S1164, S582
16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582
20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582

### NDB No 07064 Pork Sausage, Fresh, Cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

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### NDB No 07064 Pork Sausage, Fresh, Cooked

Fluoride, F	D5007, D5301
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164, S3461
Vitamin K (phylloquinone)	S1164
Betaine	S1164, S3461
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164

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### NDB No 07064 Pork Sausage, Fresh, Cooked

18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07068 Salami, cooked, beef

Protein	S1041
Total lipid (fat)	S1041
Carbohydrate, by difference	S1041
Ash	S1041
Energy	S1041
Water	S1041
Sugars, total	S1041
Fiber, total dietary	S1041
Calcium, Ca	S1041
Iron, Fe	S1041
Magnesium, Mg	S1041
Phosphorus, P	S1041
Potassium, K	S1041
Sodium, Na	S1041
Zinc, Zn	S1041
Copper, Cu	S1041
Fluoride, F	D5001, D5007
Vitamin C, total ascorbic acid	S1041

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### **NDB No 07068    Salami, cooked, beef**

Cholesterol	S1041
12:0	S1041
14:0	S1041
16:0	S1041
18:0	S1041
18:1 undifferentiated	S1041
18:2 undifferentiated	S1041
18:3 undifferentiated	S1041
16:1 undifferentiated	S1041

### **NDB No 07069    Salami, cooked, beef and pork**

Fluoride, F	D5001, D5007
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### **NDB No 07070    Salami, cooked, turkey**

Fiber, total dietary	S238
Fluoride, F	D5001, D5007
Vitamin A, IU	S238
Vitamin D	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238

### **NDB No 07072    Salami, dry or hard, pork, beef**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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### NDB No 07075 Sausage, smoked link sausage, pork and beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Hydroxyproline	S1164
Cholesterol	S1164

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### NDB No 07075 Sausage, smoked link sausage, pork and beef

Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added

Sugars, total	S239
Calcium, Ca	S239
Iron, Fe	S239
Sodium, Na	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239

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### NDB No 07078 Thuringer, cervelat, summer sausage, beef, pork

Protein	S228, S281
Total lipid (fat)	S228, S281
Ash	S228, S281
Water	S228, S281
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228
Iron, Fe	S228, S281
Potassium, K	S228
Sodium, Na	S228, S281
Vitamin C, total ascorbic acid	S228, S281
Cholesterol	S228, S281

### NDB No 07079 Turkey breast meat

Protein	S13, S227, S281
Total lipid (fat)	S13, S227, S281
Ash	S13, S281
Water	S13, S227, S281
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S13, S227
Potassium, K	S227
Sodium, Na	S13, S227, S281
Vitamin A, IU	S227
Retinol	S227
Vitamin C, total ascorbic acid	S227
Thiamin	S227
Riboflavin	S227
Niacin	S227
Cholesterol	S13, S227, S281
Fatty acids, total saturated	S13, S227, S281
Fatty acids, total monounsaturated	S13, S227, S281
Fatty acids, total polyunsaturated	S13, S227, S281

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### **NDB No 07080 Turkey ham, cured turkey thigh meat**

Protein	S227
Total lipid (fat)	S227
Water	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

### **NDB No 07083 Sausage, Vienna, canned, chicken, beef, pork**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281

### **NDB No 07089 Sausage, Italian, pork, cooked**

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### NDB No 07089 Sausage, Italian, pork, cooked

Protein	S241, S251
Total lipid (fat)	S241, S251
Ash	S241
Water	S241, S251
Sugars, total	S241, S251
Fiber, total dietary	S241, S251
Calcium, Ca	S241, S251
Iron, Fe	S241, S251
Sodium, Na	S241, S251
Vitamin A, IU	S241, S251
Retinol	S251
Vitamin C, total ascorbic acid	S241, S251
Cholesterol	S241, S251
Fatty acids, total saturated	S241, S251

### NDB No 07201 OSCAR MAYER, Bologna (beef)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07202 OSCAR MAYER, Bologna (beef light)

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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### **NDB No 07205 OSCAR MAYER, Bologna Light (pork, chicken, beef)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No 07207 OSCAR MAYER, Braunschweiger Liver Sausage (sliced)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No 07209 OSCAR MAYER, Chicken Breast (honey glazed)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No 07211 OSCAR MAYER, Ham and Cheese Loaf**

Protein	S281
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### NDB No 07211 OSCAR MAYER, Ham and Cheese Loaf

Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07212 OSCAR MAYER, Ham (chopped with natural juice)

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

### NDB No 07230 OSCAR MAYER, Salami (hard)

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

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### **NDB No 07233 OSCAR MAYER, Smokies (beef)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### **NDB No 07240 OSCAR MAYER, Wieners (pork, turkey)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281

### **NDB No 07241 OSCAR MAYER, Wieners (beef franks)**

Total lipid (fat)	S21
Ash	S21
Starch	S21
Water	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21

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### NDB No 07241 OSCAR MAYER, Wieners (beef franks)

Selenium, Se	S21
Thiamin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
20:1	S21
15:0	S21
17:0	S21

### NDB No 07242 OSCAR MAYER, Wieners (beef franks, bun length)

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

### NDB No 07254 LOUIS RICH, Turkey Bacon

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281

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### **NDB No 07254 LOUIS RICH, Turkey Bacon**

Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No 07255 LOUIS RICH, Turkey Bologna**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No 07256 LOUIS RICH, Turkey Breast and White Turkey (oven roasted)**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

### **NDB No 07268 LOUIS RICH, Turkey Smoked Sausage**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Sodium, Na	S281
Cholesterol	S281

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### NDB No 07276 HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S259, S281
Theobromine	S259, S281
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S281
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259, S281
Carotene, beta	S259, S281
Carotene, alpha	S259, S281
Cryptoxanthin, beta	S259, S281
Lycopene	S259, S281
Lutein + zeaxanthin	S259, S281
Vitamin C, total ascorbic acid	S259
Cholesterol	S281
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### NDB No 07277 HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Caffeine	S259
Theobromine	S259
Fiber, total dietary	S259
Carotene, beta	S259

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### NDB No 07277 HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### NDB No 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

Protein	S259
Total lipid (fat)	S259
Ash	S259
Water	S259
Caffeine	S259
Theobromine	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Carotene, beta	S259
Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259

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### NDB No 07278 HORMEL Pillow Pak Sliced Turkey Pepperoni

Lutein + zeaxanthin	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### NDB No 07279 HORMEL WRANGLER Beef Franks

Protein	S259
Total lipid (fat)	S259
Ash	S259
Energy	S259
Water	S259
Sugars, total	S259
Fiber, total dietary	S259
Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
Fatty acids, total saturated	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259

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**NDB No 07279 HORMEL WRANGLER Beef Franks**

18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259
Fatty acids, total monounsaturated	S259
Fatty acids, total polyunsaturated	S259

**NDB No 07905 Frankfurter, beef, pork, and turkey, fat free**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

**NDB No 07906 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281

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**NDB No 07906 Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium**

Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281

**NDB No 07908 Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)**

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281

**NDB No 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite**

Protein	S259
Total lipid (fat)	S259
Carbohydrate, by difference	S259
Ash	S259
Energy	S259
Water	S259
Caffeine	S259
Theobromine	S259
Sugars, total	S259
Fiber, total dietary	S259

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### NDB No 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

Calcium, Ca	S259
Iron, Fe	S259
Magnesium, Mg	S259
Potassium, K	S259
Sodium, Na	S259
Zinc, Zn	S259
Copper, Cu	S259
Vitamin A, IU	S259
Carotene, beta	S259
Carotene, alpha	S259
Cryptoxanthin, beta	S259
Lycopene	S259
Lutein + zeaxanthin	S259
Vitamin C, total ascorbic acid	S259
Cholesterol	S259
12:0	S259
14:0	S259
16:0	S259
18:0	S259
18:1 undifferentiated	S259
18:2 undifferentiated	S259
18:3 undifferentiated	S259
16:1 undifferentiated	S259

### NDB No 07910 Bratwurst, veal, cooked

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245

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### NDB No 07910 Bratwurst, veal, cooked

Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245
Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Vitamin A, RAE	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
18:0	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

### NDB No 07911 Liverwurst spread

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226

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### **NDB No 07911 Liverwurst spread**

Water	S226
Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Retinol	S226
Carotene, beta	S226
Carotene, alpha	S226
Cryptoxanthin, beta	S226
Lycopene	S226
Lutein + zeaxanthin	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226

### **NDB No 07912 Roast beef spread**

Protein	S226
Total lipid (fat)	S226
Carbohydrate, by difference	S226
Ash	S226
Energy	S226
Water	S226
Caffeine	S226
Theobromine	S226
Sugars, total	S226
Fiber, total dietary	S226
Calcium, Ca	S226
Iron, Fe	S226
Sodium, Na	S226
Vitamin A, IU	S226
Vitamin A, RAE	S226

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### **NDB No 07912    Roast beef spread**

Carotene, beta	S226
Carotene, alpha	S226
Cryptoxanthin, beta	S226
Lycopene	S226
Lutein + zeaxanthin	S226
Vitamin C, total ascorbic acid	S226
Cholesterol	S226
Fatty acids, total saturated	S226
4:0	S226

### **NDB No 07913    Salami, pork, beef, less sodium**

Protein	S238
Total lipid (fat)	S238
Carbohydrate, by difference	S238
Ash	S238
Energy	S238
Water	S238
Caffeine	S238
Theobromine	S238
Sugars, total	S238
Fiber, total dietary	S238
Calcium, Ca	S238
Iron, Fe	S238
Magnesium, Mg	S238
Phosphorus, P	S238
Potassium, K	S238
Sodium, Na	S238
Zinc, Zn	S238
Copper, Cu	S238
Fluoride, F	D5001, D5007
Vitamin A, IU	S238
Vitamin A, RAE	S238
Carotene, beta	S238
Carotene, alpha	S238
Vitamin D	S238

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### **NDB No 07913 Salami, pork, beef, less sodium**

Cryptoxanthin, beta	S238
Lycopene	S238
Lutein + zeaxanthin	S238
Vitamin C, total ascorbic acid	S238
Thiamin	S238
Riboflavin	S238
Niacin	S238
Pantothenic acid	S238
Vitamin B-6	S238
Folate, total	S238
Vitamin B-12	S238
Cholesterol	S238
Fatty acids, total saturated	S238
18:0	S238
Fatty acids, total monounsaturated	S238
Fatty acids, total polyunsaturated	S238

### **NDB No 07914 Sausage, Italian, sweet, links**

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252
Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252
Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252

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### NDB No 07914 Sausage, Italian, sweet, links

Lutein + zeaxanthin	S252
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### NDB No 07915 Sausage, Polish, beef with chicken, hot

Protein	S281
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Total lipid (fat)	S281
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Carbohydrate, by difference	S281
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Ash	S281
-----	------

Energy	S281
--------	------

Water	S281
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Caffeine	S281
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Theobromine	S281
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Sugars, total	S281
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Fiber, total dietary	S281
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Iron, Fe	S281
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Sodium, Na	S281
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Vitamin A, IU	S281
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Vitamin A, RAE	S281
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Carotene, beta	S281
----------------	------

Carotene, alpha	S281
-----------------	------

Cryptoxanthin, beta	S281
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Lycopene	S281
----------	------

Lutein + zeaxanthin	S281
---------------------	------

Cholesterol	S281
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Fatty acids, total saturated	S281
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Fatty acids, total monounsaturated	S281
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Fatty acids, total polyunsaturated	S281
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### NDB No 07916 Sausage, Polish, pork and beef, smoked

Protein	S242
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Total lipid (fat)	S242
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Carbohydrate, by difference	S242
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Ash	S242
-----	------

Energy	S242
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Water	S242
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### **NDB No 07916 Sausage, Polish, pork and beef, smoked**

Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Fatty acids, total saturated	S242

### **NDB No 07917 Sausage, pork and beef, with cheddar cheese, smoked**

Protein	S242
Total lipid (fat)	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242

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### **NDB No 07917 Sausage, pork and beef, with cheddar cheese, smoked**

Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### **NDB No 07918 Sausage, summer, pork and beef, sticks, with cheddar cheese**

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Vitamin A, RAE	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### **NDB No 07919 Sausage, turkey, breakfast links, mild**

Protein	S252
Total lipid (fat)	S252
Carbohydrate, by difference	S252
Ash	S252

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### NDB No 07919 Sausage, turkey, breakfast links, mild

Energy	S252
Water	S252
Caffeine	S252
Theobromine	S252
Sugars, total	S252
Fiber, total dietary	S252
Calcium, Ca	S252
Iron, Fe	S252
Sodium, Na	S252
Vitamin A, IU	S252
Vitamin A, RAE	S252
Carotene, beta	S252
Carotene, alpha	S252
Cryptoxanthin, beta	S252
Lycopene	S252
Lutein + zeaxanthin	S252

### NDB No 07920 Swisswurst, pork and beef, with swiss cheese, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242

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### NDB No 07920 Swisswurst, pork and beef, with swiss cheese, smoked

Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### NDB No 07921 Bacon and beef sticks

Protein	S228
Total lipid (fat)	S228
Carbohydrate, by difference	S228
Ash	S228
Energy	S228
Water	S228
Caffeine	S228
Theobromine	S228
Sugars, total	S228
Fiber, total dietary	S228
Calcium, Ca	S228
Iron, Fe	S228
Potassium, K	S228
Sodium, Na	S228
Vitamin A, IU	S228
Vitamin A, RAE	S228
Carotene, beta	S228
Carotene, alpha	S228
Cryptoxanthin, beta	S228
Lycopene	S228
Lutein + zeaxanthin	S228
Cholesterol	S228
Fatty acids, total saturated	S228
Fatty acids, total monounsaturated	S228
Fatty acids, total polyunsaturated	S228

### NDB No 07922 Bratwurst, beef and pork, smoked

Protein	S242
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### NDB No 07922 Bratwurst, beef and pork, smoked

Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242
Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### NDB No 07923 Bratwurst, chicken, cooked

Protein	S245
Total lipid (fat)	S245
Carbohydrate, by difference	S245
Ash	S245
Energy	S245
Water	S245
Caffeine	S245
Theobromine	S245
Sugars, total	S245
Fiber, total dietary	S245
Calcium, Ca	S245
Iron, Fe	S245
Magnesium, Mg	S245

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### NDB No 07923 Bratwurst, chicken, cooked

Phosphorus, P	S245
Potassium, K	S245
Sodium, Na	S245
Zinc, Zn	S245
Copper, Cu	S245
Vitamin A, IU	S245
Carotene, beta	S245
Carotene, alpha	S245
Cryptoxanthin, beta	S245
Lycopene	S245
Lutein + zeaxanthin	S245
Vitamin C, total ascorbic acid	S245
Thiamin	S245
Riboflavin	S245
Niacin	S245
Pantothenic acid	S245
Vitamin B-6	S245
Folate, total	S245
Vitamin B-12	S245
Cholesterol	S245
Fatty acids, total saturated	S245
Fatty acids, total monounsaturated	S245
Fatty acids, total polyunsaturated	S245

### NDB No 07924 Bratwurst, pork, beef and turkey, lite, smoked

Protein	S242
Total lipid (fat)	S242
Carbohydrate, by difference	S242
Ash	S242
Water	S242
Caffeine	S242
Theobromine	S242
Sugars, total	S242
Fiber, total dietary	S242
Calcium, Ca	S242

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### NDB No 07924 Bratwurst, pork, beef and turkey, lite, smoked

Iron, Fe	S242
Sodium, Na	S242
Vitamin A, IU	S242
Carotene, beta	S242
Carotene, alpha	S242
Cryptoxanthin, beta	S242
Lycopene	S242
Lutein + zeaxanthin	S242
Vitamin C, total ascorbic acid	S242
Folate, total	S242
Cholesterol	S242

### NDB No 07925 Pastrami, beef, 98% fat-free

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281

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### NDB No 07925 Pastrami, beef, 98% fat-free

Fatty acids, total monounsaturated S281

Fatty acids, total polyunsaturated S281

### NDB No 07926 Salami, Italian, pork

Protein S228

Total lipid (fat) S228

Carbohydrate, by difference S228

Ash S228

Water S228

Caffeine S228

Theobromine S228

Sugars, total S228

Fiber, total dietary S228

Calcium, Ca S228

Iron, Fe S228

Potassium, K S228

Sodium, Na S228

Fluoride, F D5001, D5007

Carotene, beta S228

Carotene, alpha S228

Cryptoxanthin, beta S228

Lycopene S228

Lutein + zeaxanthin S228

Vitamin C, total ascorbic acid S228

Cholesterol S228

Fatty acids, total saturated S228

Fatty acids, total monounsaturated S228

Fatty acids, total polyunsaturated S228

### NDB No 07927 Sausage, Italian, turkey, smoked

Protein S227

Total lipid (fat) S227

Carbohydrate, by difference S227

Ash S227

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### NDB No 07927 Sausage, Italian, turkey, smoked

Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227

### NDB No 07928 Sausage, chicken, beef, pork, skinless, smoked

Protein	S225
Total lipid (fat)	S225
Carbohydrate, by difference	S225
Ash	S225
Energy	S225
Water	S225
Caffeine	S225
Theobromine	S225
Sugars, total	S225
Fiber, total dietary	S225
Calcium, Ca	S225
Iron, Fe	S225
Sodium, Na	S225
Carotene, beta	S225
Carotene, alpha	S225

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### NDB No 07928 Sausage, chicken, beef, pork, skinless, smoked

Cryptoxanthin, beta	S225
Lycopene	S225
Lutein + zeaxanthin	S225
Vitamin C, total ascorbic acid	S225
Cholesterol	S225
Fatty acids, total saturated	S225

### NDB No 07929 Sausage, turkey, hot, smoked

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227
Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227

### NDB No 07930 Yachtwurst, with pistachio nuts, cooked

Protein	S222
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### NDB No 07930 Yachtwurst, with pistachio nuts, cooked

Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222
Sodium, Na	S222
Vitamin A, IU	S222
Carotene, beta	S222
Carotene, alpha	S222
Cryptoxanthin, beta	S222
Lycopene	S222
Lutein + zeaxanthin	S222
Vitamin C, total ascorbic acid	S222
Cholesterol	S222
Fatty acids, total saturated	S222

### NDB No 07931 Beerwurst, pork and beef

Protein	S222
Total lipid (fat)	S222
Carbohydrate, by difference	S222
Ash	S222
Energy	S222
Water	S222
Caffeine	S222
Theobromine	S222
Sugars, total	S222
Fiber, total dietary	S222
Calcium, Ca	S222
Iron, Fe	S222

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### NDB No 07931 Beerwurst, pork and beef

Magnesium, Mg	S222
Phosphorus, P	S222
Potassium, K	S222
Sodium, Na	S222
Zinc, Zn	S222
Copper, Cu	S222
Manganese, Mn	S222
Selenium, Se	S222
Vitamin A, IU	S222
Vitamin C, total ascorbic acid	S222
Thiamin	S222
Riboflavin	S222
Niacin	S222
Pantothenic acid	S222
Vitamin B-6	S222
Folate, total	S222
Vitamin B-12	S222
Cholesterol	S222
Fatty acids, total saturated	S222
4:0	S222
6:0	S222
8:0	S222
10:0	S222
12:0	S222
14:0	S222
16:0	S222
18:0	S222
18:1 undifferentiated	S222
18:2 undifferentiated	S222
18:3 undifferentiated	S222
20:4 undifferentiated	S222
22:6 n-3	S222
16:1 undifferentiated	S222
18:4	S222
20:1	S222

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### **NDB No 07931 Beerwurst, pork and beef**

20:5 n-3	S222
22:1 undifferentiated	S222
22:5 n-3	S222
Fatty acids, total monounsaturated	S222
Fatty acids, total polyunsaturated	S222

### **NDB No 07932 Chicken breast, fat-free, mesquite flavor, sliced**

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

### **NDB No 07933 Chicken breast, oven-roasted, fat-free, sliced**

Protein	S224
Total lipid (fat)	S224

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### **NDB No 07933 Chicken breast, oven-roasted, fat-free, sliced**

Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224
Cholesterol	S224
Fatty acids, total saturated	S224

### **NDB No 07934 Kielbasa, Polish, turkey and beef, smoked**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Iron, Fe	S281
Sodium, Na	S281

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### NDB No 07934 Kielbasa, Polish, turkey and beef, smoked

Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### NDB No 07935 Oven-roasted chicken breast roll

Protein	S224
Total lipid (fat)	S224
Carbohydrate, by difference	S224
Ash	S224
Energy	S224
Water	S224
Caffeine	S224
Theobromine	S224
Sugars, total	S224
Fiber, total dietary	S224
Calcium, Ca	S224
Iron, Fe	S224
Sodium, Na	S224
Vitamin A, IU	S224
Vitamin A, RAE	S224
Carotene, beta	S224
Carotene, alpha	S224
Cryptoxanthin, beta	S224
Lycopene	S224
Lutein + zeaxanthin	S224
Vitamin C, total ascorbic acid	S224

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### NDB No 07935 Oven-roasted chicken breast roll

Cholesterol	S224
Fatty acids, total saturated	S224

### NDB No 07936 Bologna, pork and turkey, lite

Protein	S247
Total lipid (fat)	S247
Carbohydrate, by difference	S247
Ash	S247
Energy	S247
Water	S247
Caffeine	S247
Theobromine	S247
Sugars, total	S247
Fiber, total dietary	S247
Calcium, Ca	S247
Iron, Fe	S247
Sodium, Na	S247
Vitamin A, IU	S247
Carotene, beta	S247
Carotene, alpha	S247
Cryptoxanthin, beta	S247
Lycopene	S247
Lutein + zeaxanthin	S247
Vitamin C, total ascorbic acid	S247
Cholesterol	S247
Fatty acids, total saturated	S247
Fatty acids, total monounsaturated	S247
Fatty acids, total polyunsaturated	S247

### NDB No 07937 Bologna, pork, turkey and beef

Protein	S239
Total lipid (fat)	S239
Caffeine	S239
Theobromine	S239

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### **NDB No 07937 Bologna, pork, turkey and beef**

Sugars, total	S239
Fiber, total dietary	S239
Calcium, Ca	S239
Iron, Fe	S239
Sodium, Na	S239
Fluoride, F	D5007, D5021, D5301
Vitamin A, IU	S239
Carotene, beta	S239
Carotene, alpha	S239
Cryptoxanthin, beta	S239
Lycopene	S239
Lutein + zeaxanthin	S239
Vitamin C, total ascorbic acid	S239
Cholesterol	S239
Fatty acids, total saturated	S239

### **NDB No 07938 Ham, honey, smoked, cooked**

Protein	S233
Total lipid (fat)	S233
Carbohydrate, by difference	S233
Ash	S233
Energy	S233
Water	S233
Caffeine	S233
Theobromine	S233
Sugars, total	S233
Fiber, total dietary	S233
Calcium, Ca	S233
Iron, Fe	S233
Magnesium, Mg	S233
Phosphorus, P	S233
Potassium, K	S233
Sodium, Na	S233
Zinc, Zn	S233
Copper, Cu	S233

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### **NDB No 07938 Ham, honey, smoked, cooked**

Manganese, Mn	S233
Selenium, Se	S233
Vitamin A, IU	S233
Carotene, beta	S233
Carotene, alpha	S233
Cryptoxanthin, beta	S233
Lycopene	S233
Lutein + zeaxanthin	S233
Vitamin C, total ascorbic acid	S233
Thiamin	S233
Riboflavin	S233
Niacin	S233
Pantothenic acid	S233
Vitamin B-6	S233
Folate, total	S233
Vitamin B-12	S233
Cholesterol	S233
Fatty acids, total saturated	S233

### **NDB No 07939 Frankfurter, pork**

Protein	S235
Total lipid (fat)	S235
Carbohydrate, by difference	S235
Ash	S235
Energy	S235
Water	S235
Caffeine	S235
Theobromine	S235
Sugars, total	S235
Fiber, total dietary	S235
Calcium, Ca	S235
Iron, Fe	S235
Magnesium, Mg	S235
Phosphorus, P	S235
Potassium, K	S235

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### NDB No 07939 Frankfurter, pork

Sodium, Na	S235
Zinc, Zn	S235
Copper, Cu	S235
Manganese, Mn	S235
Selenium, Se	S235
Vitamin A, IU	S235
Carotene, beta	S235
Carotene, alpha	S235
Cryptoxanthin, beta	S235
Lycopene	S235
Lutein + zeaxanthin	S235
Vitamin C, total ascorbic acid	S235
Thiamin	S235
Riboflavin	S235
Niacin	S235
Pantothenic acid	S235
Vitamin B-6	S235
Folate, total	S235
Vitamin B-12	S235
Cholesterol	S235
Fatty acids, total saturated	S235
10:0	S235
12:0	S235
14:0	S235
16:0	S235
18:0	S235
18:1 undifferentiated	S235
18:2 undifferentiated	S235
18:3 undifferentiated	S235
20:4 undifferentiated	S235
16:1 undifferentiated	S235
18:4	S235
20:1	S235
Fatty acids, total monounsaturated	S235
Fatty acids, total polyunsaturated	S235

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### **NDB No 07940 Macaroni and cheese loaf, chicken, pork and beef**

Protein	S237
Total lipid (fat)	S237
Carbohydrate, by difference	S237
Ash	S237
Energy	S237
Water	S237
Caffeine	S237
Theobromine	S237
Sugars, total	S237
Fiber, total dietary	S237
Calcium, Ca	S237
Iron, Fe	S237
Sodium, Na	S237
Carotene, beta	S237
Carotene, alpha	S237
Cryptoxanthin, beta	S237
Lycopene	S237
Cholesterol	S237
Fatty acids, total saturated	S237
Fatty acids, total monounsaturated	S237
Fatty acids, total polyunsaturated	S237

### **NDB No 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium**

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281

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### NDB No 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Vitamin C, total ascorbic acid	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### NDB No 07942 Pate, truffle flavor

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281
Iron, Fe	S281
Sodium, Na	S281
Vitamin A, IU	S281
Carotene, beta	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### NDB No 07943 Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Protein	S281
Total lipid (fat)	S281
Carbohydrate, by difference	S281
Ash	S281
Energy	S281
Water	S281

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### NDB No 07943 Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Caffeine	S281
Theobromine	S281
Sugars, total	S281
Fiber, total dietary	S281
Sodium, Na	S281
Vitamin A, IU	S281
Vitamin A, RAE	S281
Carotene, beta	S281
Carotene, alpha	S281
Cryptoxanthin, beta	S281
Lycopene	S281
Lutein + zeaxanthin	S281
Cholesterol	S281
Fatty acids, total saturated	S281
Fatty acids, total monounsaturated	S281
Fatty acids, total polyunsaturated	S281

### NDB No 07944 Turkey, white, rotisserie, deli cut

Protein	S227
Total lipid (fat)	S227
Carbohydrate, by difference	S227
Ash	S227
Energy	S227
Water	S227
Caffeine	S227
Theobromine	S227
Sugars, total	S227
Fiber, total dietary	S227
Calcium, Ca	S227
Iron, Fe	S227
Potassium, K	S227
Sodium, Na	S227
Vitamin A, IU	S227
Carotene, beta	S227
Carotene, alpha	S227

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### NDB No 07944 Turkey, white, rotisserie, deli cut

Cryptoxanthin, beta	S227
Lycopene	S227
Lutein + zeaxanthin	S227
Vitamin C, total ascorbic acid	S227
Cholesterol	S227
Fatty acids, total saturated	S227
Fatty acids, total monounsaturated	S227
Fatty acids, total polyunsaturated	S227

### NDB No 07945 Frankfurter, beef, heated

Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Galactose	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21

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### **NDB No 07945    Frankfurter, beef, heated**

Folate, total	S21
Vitamin B-12	S21
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
14:1	S21
16:1 undifferentiated	S21
20:1	S21
22:1 undifferentiated	S21
15:0	S21
17:0	S21

### **NDB No 07949    Frankfurter, meat, heated**

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### NDB No 07949 Frankfurter, meat, heated

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23

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### **NDB No 07949    Frankfurter, meat, heated**

18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

### **NDB No 07950    Frankfurter, meat**

Protein	S23
Total lipid (fat)	S23
Ash	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2

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### **NDB No 07950    Frankfurter, meat**

Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S23
14:0	S23
16:0	S23
18:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
16:1 undifferentiated	S23
20:1	S23
22:1 undifferentiated	S23

### **NDB No 07951    Scrapple, pork**

Protein	S243
Total lipid (fat)	S243
Ash	S243
Sucrose	S243
Glucose (dextrose)	S243
Fructose	S243
Lactose	S243
Maltose	S243
Water	S243
Fiber, total dietary	S243
Calcium, Ca	S243
Iron, Fe	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Potassium, K	S243
Sodium, Na	S243
Zinc, Zn	S243

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### **NDB No 07951    Scrapple, pork**

Copper, Cu	S243
Vitamin A, IU	S243
Vitamin C, total ascorbic acid	S243
Thiamin	S243
Riboflavin	S243
Niacin	S243
Cholesterol	S243

### **NDB No 07952    Bologna, chicken, turkey, pork**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	D5007, D5021, D5301
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164

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### NDB No 07952 Bologna, chicken, turkey, pork

Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Betaine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164

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### **NDB No 07952 Bologna, chicken, turkey, pork**

20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### **NDB No 07953 Pork sausage, pre-cooked**

Protein	S1164, S582
Total lipid (fat)	S1164, S582
Ash	S1164, S582
Water	S1164, S582
Calcium, Ca	S1164, S582
Iron, Fe	S1164, S582
Magnesium, Mg	S1164, S582
Phosphorus, P	S1164, S582
Potassium, K	S1164, S582
Sodium, Na	S1164, S582
Zinc, Zn	S1164, S582
Copper, Cu	S1164, S582
Manganese, Mn	S1164, S582
Selenium, Se	S1164, S582
Retinol	S1164, S582
Carotene, beta	S1164, S582
Carotene, alpha	S1164, S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S582
Lycopene	S1164, S582
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164, S582
Thiamin	S1164, S582
Riboflavin	S1164, S582
Niacin	S1164, S582
Pantothenic acid	S1164, S582
Vitamin B-6	S1164, S582
Folate, total	S1164

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### NDB No 07953 Pork sausage, pre-cooked

Vitamin B-12	S1164, S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164, S582
Threonine	S1164, S582
Isoleucine	S1164, S582
Leucine	S1164, S582
Lysine	S1164, S582
Methionine	S1164, S582
Cystine	S1164, S582
Phenylalanine	S1164, S582
Tyrosine	S1164, S582
Valine	S1164, S582
Arginine	S1164, S582
Histidine	S1164, S582
Alanine	S1164, S582
Aspartic acid	S1164, S582
Glutamic acid	S1164, S582
Glycine	S1164, S582
Proline	S1164, S582
Serine	S1164, S582
Hydroxyproline	S1164, S582
Cholesterol	S1164, S582
Fatty acids, total trans	S1164, S582
Fatty acids, total saturated	S1164, S582
8:0	S1164, S582
10:0	S1164, S582
12:0	S1164, S582
14:0	S1164, S582
16:0	S1164, S582
18:0	S1164, S582
20:0	S1164, S582
18:1 undifferentiated	S1164, S582
18:2 undifferentiated	S1164, S582
20:4 undifferentiated	S1164, S582
22:0	S1164, S582

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### NDB No 07953 Pork sausage, pre-cooked

14:1	S1164, S582
16:1 undifferentiated	S1164, S582
20:1	S1164, S582
Fatty acids, total monounsaturated	S1164, S582
Fatty acids, total polyunsaturated	S1164, S582
15:0	S1164, S582
17:0	S1164, S582
20:2 n-6 c,c	S1164, S582
18:3 n-6 c,c,c	S1164, S582
20:3 undifferentiated	S1164, S582
15:1	S1164, S582
18:3 n-3 c,c,c	S1164, S582

### NDB No 07954 Beef sausage, pre-cooked

Protein	S582
Total lipid (fat)	S582
Ash	S582
Water	S582
Calcium, Ca	S582
Iron, Fe	S582
Magnesium, Mg	S582
Phosphorus, P	S582
Potassium, K	S582
Sodium, Na	S582
Zinc, Zn	S582
Copper, Cu	S582
Manganese, Mn	S582
Selenium, Se	S582
Retinol	S582
Carotene, beta	S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S582
Lycopene	S582
Tocopherol, beta	S1164

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### **NDB No 07954 Beef sausage, pre-cooked**

Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S582
Thiamin	S582
Riboflavin	S582
Niacin	S582
Pantothenic acid	S582
Vitamin B-6	S582
Folate, total	S1164
Vitamin B-12	S582
Vitamin K (phylloquinone)	S1164
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582
Hydroxyproline	S582
Cholesterol	S582
Fatty acids, total trans	S582
Fatty acids, total saturated	S582
8:0	S582
10:0	S582

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### NDB No 07954 Beef sausage, pre-cooked

12:0	S582
14:0	S582
16:0	S582
18:0	S582
20:0	S582
18:1 undifferentiated	S582
18:2 undifferentiated	S582
20:4 undifferentiated	S582
22:0	S582
14:1	S582
16:1 undifferentiated	S582
20:1	S582
Fatty acids, total monounsaturated	S582
Fatty acids, total polyunsaturated	S582
15:0	S582
17:0	S582
20:2 n-6 c,c	S582
18:3 n-6 c,c,c	S582
20:3 undifferentiated	S582
15:1	S582
18:3 n-3 c,c,c	S582

### NDB No 07955 Turkey sausage, fresh, raw

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

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### NDB No 07955 Turkey sausage, fresh, raw

Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164

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### NDB No 07955 Turkey sausage, fresh, raw

Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07956 Beef sausage, fresh, cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164

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### **NDB No 07956 Beef sausage, fresh, cooked**

Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164

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### NDB No 07956 Beef sausage, fresh, cooked

Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164

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### NDB No 07956 Beef sausage, fresh, cooked

18:3 n-3 c,c,c S1164

### NDB No 07957 Pork and turkey sausage, pre-cooked

Protein S1164

Total lipid (fat) S1164

Ash S1164

Water S1164

Calcium, Ca S1164

Iron, Fe S1164

Magnesium, Mg S1164

Phosphorus, P S1164

Potassium, K S1164

Sodium, Na S1164

Zinc, Zn S1164

Copper, Cu S1164

Manganese, Mn S1164

Selenium, Se S1164

Retinol S1164

Carotene, beta S1164

Carotene, alpha S1164

Vitamin E (alpha-tocopherol) S1164

Cryptoxanthin, beta S1164

Lycopene S1164

Tocopherol, beta S1164

Tocopherol, gamma S1164

Tocopherol, delta S1164

Vitamin C, total ascorbic acid S1164

Thiamin S1164

Riboflavin S1164

Niacin S1164

Pantothenic acid S1164

Vitamin B-6 S1164

Folate, total S1164

Vitamin B-12 S1164

Vitamin K (phylloquinone) S1164

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### NDB No 07957 Pork and turkey sausage, pre-cooked

Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164

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### NDB No 07957 Pork and turkey sausage, pre-cooked

20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07958 Turkey sausage, fresh, cooked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164

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### NDB No 07958 Turkey sausage, fresh, cooked

Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164

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### NDB No 07958 Turkey sausage, fresh, cooked

12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07959 Bologna, chicken, pork, beef

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164

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### NDB No 07959 Bologna, chicken, pork, beef

Copper, Cu	S1164
Fluoride, F	D5007, D5021, D5301
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Betaine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164

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### NDB No 07959 Bologna, chicken, pork, beef

20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 07960 Bologna, chicken, pork

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Energy	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	D5007, D5021, D5301
Manganese, Mn	S1164
Selenium, Se	S1164

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### NDB No 07960 Bologna, chicken, pork

Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164

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### NDB No 07960 Bologna, chicken, pork

Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S3421

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### NDB No 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Ash	S1065
Energy	S3421
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S3421
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	D3358, D3359, S1065
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065

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### NDB No 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065

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### NDB No 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Fatty acids, total monounsaturated S3421

Fatty acids, total polyunsaturated S3421

15:0 S1065

17:0 S1065

### NDB No 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Copper, Cu S2664

Vitamin A, IU S2664

Vitamin D S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

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### NDB No 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Copper, Cu S2664

Vitamin A, IU S2664

Vitamin D S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

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### NDB No 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Protein	S702
Total lipid (fat)	S702

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### NDB No 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Protein	S1065
Total lipid (fat)	S1065
Carbohydrate, by difference	S702
Ash	S1065

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### NDB No 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S1065
Riboflavin	S702
Niacin	S1065
Pantothenic acid	S702
Vitamin B-6	S1065
Folate, total	S702
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065

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### NDB No 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S702
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065

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### NDB No 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Fluoride, F	D5007, D5021, D5301
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Choline, total	S1065
Betaine	S1065

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### NDB No 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S922
Fatty acids, total trans	S922
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065

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### NDB No 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
Fatty acids, total polyunsaturated	S922
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S2664
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S2664
Copper, Cu	S1065
Manganese, Mn	S1065

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### NDB No 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Selenium, Se	S1065
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S2664
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065

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### NDB No 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08015 Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

Fluoride, F	D5001, D5007, D5021, D5301
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### NDB No 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922

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### NDB No 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### NDB No 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922

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### NDB No 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065

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### NDB No 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Carotene, alpha	S1065
Vitamin D	S2664
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664
8:0	S1065
10:0	S1065
12:0	S1065

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### NDB No 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664

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### NDB No 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08025 Cereals ready-to-eat, Ralston Crispy Rice

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662

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### **NDB No 08025   Cereals ready-to-eat, Ralston Crispy Rice**

Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662

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### NDB No 08025 Cereals ready-to-eat, Ralston Crispy Rice

Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662

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### **NDB No 08025 Cereals ready-to-eat, Ralston Crispy Rice**

15:1	S2662
21:5	S2662
22:4	S2662

### **NDB No 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran**

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### **NDB No 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664

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### NDB No 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes

Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Energy	S2664
Starch	S1065

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### NDB No 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S2664
Vitamin D	S2161
Vitamin C, total ascorbic acid	S2664
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065

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### NDB No 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2664
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065

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### NDB No 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

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### NDB No 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922

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### NDB No 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total monounsaturated	S922

### NDB No 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922

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### NDB No 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922

### NDB No 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702

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### NDB No 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

Selenium, Se	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922

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### NDB No 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### NDB No 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### NDB No 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

Protein S922

Carbohydrate, by difference S922

Ash S922

Energy S922

Water S922

Sugars, total S922

Fiber, total dietary S922

Calcium, Ca S922

Iron, Fe S922

Magnesium, Mg S922

Phosphorus, P S922

Potassium, K S922

Sodium, Na S922

Zinc, Zn S922

Vitamin A, IU S922

Vitamin D S922

Vitamin C, total ascorbic acid S922

Thiamin S922

Riboflavin S922

Niacin S922

Vitamin B-6 S922

Folate, total S922

Vitamin B-12 S922

Cholesterol S922

Fatty acids, total trans S922

Fatty acids, total monounsaturated S922

Fatty acids, total polyunsaturated S922

### NDB No 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Protein S702

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### NDB No 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

Protein	S922
Carbohydrate, by difference	S922

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### **NDB No 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX**

Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S603
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S603
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922

### **NDB No 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664

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### NDB No 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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### NDB No 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### NDB No 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065

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### NDB No 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
8:0	S1065

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### NDB No 08061 Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S603

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### NDB No 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

Calcium, Ca	S922
Iron, Fe	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Protein	S1065, S2662
Total lipid (fat)	S1065, S2662
Ash	S1065, S2662
Energy	S2664
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S1065, S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S1065, S2662
Calcium, Ca	S1065, S2662
Iron, Fe	S1065, S2662
Magnesium, Mg	S1065, S2662
Phosphorus, P	S1065, S2662

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### NDB No 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Potassium, K	S1065, S2662
Sodium, Na	S1065, S2662
Zinc, Zn	S1065, S2662
Copper, Cu	S1065, S2662
Manganese, Mn	S1065, S2662
Selenium, Se	S1065, S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S1065, S2662
Thiamin	S1065, S2662
Riboflavin	S1065, S2662
Niacin	S1065, S2662
Pantothenic acid	S1065, S2662
Vitamin B-6	S1065, S2662
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065, S2662
Tryptophan	S1065, S2662
Threonine	S1065, S2662
Isoleucine	S1065, S2662
Leucine	S1065, S2662
Lysine	S1065, S2662
Methionine	S1065, S2662
Cystine	S1065, S2662
Phenylalanine	S1065, S2662
Tyrosine	S1065, S2662
Valine	S1065, S2662
Arginine	S1065, S2662
Histidine	S1065, S2662
Alanine	S1065, S2662
Aspartic acid	S1065, S2662
Glutamic acid	S1065, S2662

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### NDB No 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Glycine	S1065, S2662
Proline	S1065, S2662
Serine	S1065, S2662
Cholesterol	S2664
8:0	S1065, S2662
10:0	S1065, S2662
12:0	S1065, S2662
14:0	S1065, S2662
16:0	S1065, S2662
18:0	S1065, S2662
20:0	S1065, S2662
18:1 undifferentiated	S1065, S2662
18:2 undifferentiated	S1065, S2662
18:3 undifferentiated	S1065, S2662
20:4 undifferentiated	S1065, S2662
22:6 n-3	S1065, S2662
22:0	S1065, S2662
14:1	S1065, S2662
16:1 undifferentiated	S1065, S2662
18:4	S1065, S2662
20:1	S1065, S2662
20:5 n-3	S1065, S2662
22:1 undifferentiated	S1065, S2662
22:5 n-3	S1065, S2662
15:0	S1065, S2662
17:0	S1065, S2662
24:0	S1065, S2662
24:1 c	S2662
20:2 n-6 c,c	S1065, S2662
17:1	S1065, S2662
20:3 undifferentiated	S1065, S2662
15:1	S1065, S2662
21:5	S2662
22:4	S2662

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### NDB No 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Protein	S2664
Total lipid (fat)	S2664

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### NDB No 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664

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### NDB No 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664

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### NDB No 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Phosphorus, P	S2664
Potassium, K	S2664

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### NDB No 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS

Sodium, Na	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08074 Cereals ready-to-eat, Ralston TASTEEOS

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662

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### NDB No 08074 Cereals ready-to-eat, Ralston TASTEEOS

Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662

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### NDB No 08074 Cereals ready-to-eat, Ralston TASTEEOS

8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Protein	S922
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### NDB No 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Selenium, Se	S1065
Vitamin A, IU	S922
Vitamin E (alpha-tocopherol)	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Pantothenic acid	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Cystine	S1065
Phenylalanine	S1065

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### NDB No 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S922
Fatty acids, total trans	S922
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065

### NDB No 08078 Cereals ready-to-eat, GENERAL MILLS, TRIx

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922

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### NDB No 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX

Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922

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### NDB No 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502

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### NDB No 08083 Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS

Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08084 Cereals ready-to-eat, wheat germ, toasted, plain

Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

### NDB No 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

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**NDB No 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ**

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

**NDB No 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch**

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922

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### **NDB No 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch**

Fatty acids, total trans S922

Fatty acids, total monounsaturated S922

Fatty acids, total polyunsaturated S922

### **NDB No 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios**

Protein S922

Carbohydrate, by difference S922

Ash S922

Energy S922

Water S922

Sugars, total S922

Fiber, total dietary S922

Calcium, Ca S922

Iron, Fe S922

Magnesium, Mg S922

Phosphorus, P S922

Potassium, K S922

Sodium, Na S922

Zinc, Zn S922

Copper, Cu S922

Vitamin A, IU S922

Vitamin E (alpha-tocopherol) S922

Vitamin D S922

Vitamin C, total ascorbic acid S922

Thiamin S922

Riboflavin S922

Niacin S922

Pantothenic acid S922

Vitamin B-6 S922

Folate, total S922

Vitamin B-12 S922

Cholesterol S922

Fatty acids, total trans S922

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### NDB No 08088 Cereals ready-to-eat, GENERAL MILLS, Team CHEERIOS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Pantothenic acid	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922

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### NDB No 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08090 Cereals, corn grits, white, regular and quick, enriched, dry

Folate, total	D4901
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### NDB No 08092 Cereals, QUAKER, corn grits, instant, plain, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702

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### NDB No 08092 Cereals, QUAKER, corn grits, instant, plain, dry

Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### NDB No 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08102 Cereals, CREAM OF WHEAT, regular, dry

Selenium, Se	D3359
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### NDB No 08112 Cereals, farina, enriched, dry

Folate, total	D4901
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### NDB No 08116 Cereals, MALT-O-MEAL, plain, dry

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502

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### NDB No 08116 Cereals, MALT-O-MEAL, plain, dry

Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08120 Cereals, oats, regular and quick and instant, not fortified, dry

Fiber, total dietary	D3771
Vitamin A, IU	D3921
Vitamin A, RAE	D3921
Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4043, D4048, D4068, D4073

### NDB No 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702

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### NDB No 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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### NDB No 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702

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### NDB No 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

### NDB No 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502

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### NDB No 08138 Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS

Fatty acids, total polyunsaturated S2502

### NDB No 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

Protein	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### NDB No 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702

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### NDB No 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Protein	S1065, S2422
Total lipid (fat)	S1065, S2422
Carbohydrate, by difference	S2422
Ash	S1065, S2422
Energy	S2422
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065

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### NDB No 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Lactose	S1065
Maltose	S1065
Water	S1065, S2422
Caffeine	S2422
Sugars, total	S2422
Fiber, total dietary	S1065, S2422
Calcium, Ca	S1065, S2422
Iron, Fe	S1065, S2422
Magnesium, Mg	S1065, S2422
Phosphorus, P	S1065, S2422
Potassium, K	S1065, S2422
Sodium, Na	S1065, S2422
Zinc, Zn	S1065, S2422
Copper, Cu	S1065, S2422
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S2422
Retinol	S2422
Carotene, beta	S2422
Vitamin E (alpha-tocopherol)	S2422
Vitamin D	S2422
Vitamin C, total ascorbic acid	S1065, S2422
Thiamin	S1065, S2422
Riboflavin	S1065, S2422
Niacin	S1065, S2422
Pantothenic acid	S1065, S2422
Vitamin B-6	S1065, S2422
Folate, total	S1065, S2422
Vitamin B-12	S1065, S2422
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065

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### NDB No 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S2422
Fatty acids, total trans	S2422
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065

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### NDB No 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08177 Cereals, MALT-O-MEAL, chocolate, dry

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Protein	S2664
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### NDB No 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922

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### NDB No 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, APPLE CINNAMON

Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922

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### NDB No 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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### NDB No 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922

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### NDB No 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds

Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502

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### **NDB No 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS**

Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

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### NDB No 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### NDB No 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OHIO

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

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### NDB No 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

Fatty acids, total polyunsaturated S702

### NDB No 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

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### NDB No 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

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### NDB No 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Protein	S702
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### NDB No 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664

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### NDB No 08217 Cereals ready to eat, composite character cereals (movies, TV), brand A

Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065

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**NDB No 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins**

Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065

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**NDB No 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins**

Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065
Cholesterol	S702
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065
15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

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### NDB No 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Protein	S702
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### NDB No 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702

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### NDB No 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Carotene, beta	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702

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### NDB No 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702

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### NDB No 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702

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### NDB No 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702

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### NDB No 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08239 Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922

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**NDB No 08239 Cereals ready-to-eat, GENERAL MILLS, GENERAL MILLS Berry Burst CHEERIOS, all flavors**

Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922

**NDB No 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS**

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922

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### NDB No 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

Protein	S922
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### NDB No 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Crisp, Raisin

Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Calcium, Ca	S603
Iron, Fe	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603

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### NDB No 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Pantothenic acid	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Fatty acids, total saturated	S603

### NDB No 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin E (alpha-tocopherol)	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Pantothenic acid	S922

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### NDB No 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421

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### NDB No 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

Fatty acids, total monounsaturated S3421

Fatty acids, total polyunsaturated S3421

### NDB No 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Copper, Cu S2664

Vitamin A, IU S2664

Vitamin E (alpha-tocopherol) S2664

Vitamin D S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Pantothenic acid S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

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### NDB No 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Fatty acids, total polyunsaturated S2664

### NDB No 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Protein	S2662
Total lipid (fat)	S2662
Carbohydrate, by difference	S2664
Ash	S2662
Energy	S2664
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Vitamin D	S2664
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662

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### NDB No 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Folate, total	S2664
Vitamin B-12	S2664
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Cholesterol	S2664
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662

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### NDB No 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922

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### NDB No 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Protein	S922
Total lipid (fat)	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922

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### NDB No 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922

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### NDB No 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922

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### NDB No 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

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### NDB No 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

Fatty acids, total monounsaturated S922

### NDB No 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Fluoride, F	D5001, D5007, D5021
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922

### NDB No 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Protein	S922
Carbohydrate, by difference	S922
Ash	S922

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### NDB No 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922

### NDB No 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922

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### NDB No 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Copper, Cu	S922

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### NDB No 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH

Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Protein	S922
Total lipid (fat)	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S603
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922

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### NDB No 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Protein	S922
Total lipid (fat)	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922

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### NDB No 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### NDB No 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Protein	S922
Carbohydrate, by difference	S922
Ash	S922

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### NDB No 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S603
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664

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### NDB No 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664

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### NDB No 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664

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### NDB No 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664

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### NDB No 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS

Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664

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**NDB No 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal**

Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

**NDB No 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664

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### NDB No 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

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### **NDB No 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS**

Fatty acids, total polyunsaturated S702

### **NDB No 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS**

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### **NDB No 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS**

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### **NDB No 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES**

Protein	S2664
Total lipid (fat)	S2664

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### NDB No 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702

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### NDB No 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08316 Cereals, QUAKER, hominy grits, white, regular, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702

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### NDB No 08316 Cereals, QUAKER, hominy grits, white, regular, dry

Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702

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### NDB No 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

### NDB No 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664

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### NDB No 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664

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### **NDB No 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size**

Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX**

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin E (alpha-tocopherol)	S84
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922

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### **NDB No 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX**

Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total polyunsaturated	S922

### **NDB No 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502

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### NDB No 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502

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### NDB No 08348 Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice

Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502

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### **NDB No 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES**

Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502

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### NDB No 08350 Cereals, ready-to-eat, MALT-O-MEAL, TOASTY O'S

Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### NDB No 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### NDB No 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

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### NDB No 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Protein	S702
Total lipid (fat)	S702

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### NDB No 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702

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### NDB No 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702

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### NDB No 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### NDB No 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08359 Cereals ready-to-eat, QUAKER, Frosted Oats

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702

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### **NDB No 08359 Cereals ready-to-eat, QUAKER, Frosted Oats**

Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702

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### NDB No 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702

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### NDB No 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702

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### NDB No 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702

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**NDB No 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran**

Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

**NDB No 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### **NDB No 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal**

Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702

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### NDB No 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### NDB No 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Protein S922

Carbohydrate, by difference S922

Ash S922

Energy S922

Water S922

Sugars, total S922

Fiber, total dietary S922

Calcium, Ca S922

Iron, Fe S922

Magnesium, Mg S922

Phosphorus, P S922

Potassium, K S922

Sodium, Na S922

Zinc, Zn S922

Copper, Cu S922

Vitamin A, IU S922

Vitamin D S922

Vitamin C, total ascorbic acid S922

Thiamin S922

Riboflavin S922

Niacin S922

Vitamin B-6 S922

Folate, total S922

Vitamin B-12 S922

Cholesterol S922

Fatty acids, total trans S922

### NDB No 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Protein S2664

Total lipid (fat) S2664

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### NDB No 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Protein	S1209
Total lipid (fat)	S1209
Carbohydrate, by difference	S1209
Ash	S1209
Energy	S1209

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### NDB No 08375 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRUNCHEROOS

Water	S1209
Sugars, total	S1209
Fiber, total dietary	S1209
Calcium, Ca	S1209
Magnesium, Mg	S1209
Phosphorus, P	S1209
Potassium, K	S1209
Sodium, Na	S1209
Zinc, Zn	S1209
Copper, Cu	S1209
Vitamin A, IU	S1209
Vitamin C, total ascorbic acid	S1209
Thiamin	S1209
Riboflavin	S1209
Niacin	S1209
Vitamin B-6	S1209
Folate, total	S1209
Vitamin B-12	S1209
Cholesterol	S1209
Fatty acids, total saturated	S1209
Fatty acids, total monounsaturated	S1209
Fatty acids, total polyunsaturated	S1209

### NDB No 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Phosphorus, P	S2664

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### NDB No 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice

Protein	S2161
Total lipid (fat)	S2161
Carbohydrate, by difference	S2161
Ash	S2161
Energy	S2161
Water	S2161
Sugars, total	S2161
Fiber, total dietary	S2161
Calcium, Ca	S2161
Iron, Fe	S2161
Magnesium, Mg	S2161
Phosphorus, P	S2161
Potassium, K	S2161
Sodium, Na	S2161
Zinc, Zn	S2161
Copper, Cu	S2161

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### **NDB No 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice**

Cholesterol	S2161
Fatty acids, total trans	S2161
Fatty acids, total saturated	S2161
Fatty acids, total monounsaturated	S2161
Fatty acids, total polyunsaturated	S2161

### **NDB No 08379 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664

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**NDB No 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH**

Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

**NDB No 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664

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### NDB No 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Selenium, Se	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664

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### NDB No 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Manganese, Mn	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664

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### NDB No 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Pantothenic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08386 Cereals ready-to-eat, KASHI GOLEAN CRUNCH! by KELLOGG

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Manganese, Mn	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664

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### NDB No 08386 Cereals ready-to-eat, KASHI GOLEAN CRUNCH! by KELLOGG

Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin E (alpha-tocopherol)	S2664
Vitamin C, total ascorbic acid	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664

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### NDB No 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08388 Cereals ready-to-eat, Puffed KASHI by Kellogg

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Iron, Fe S2664

Phosphorus, P S682

Potassium, K S2664

Sodium, Na S2664

Thiamin S682

Riboflavin S2664

Niacin S682

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08389 Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Iron, Fe S682

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### NDB No 08389 Cereals ready-to-eat, Honey Puffed KASHI by Kellogg

Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S2664
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S2664
Fatty acids, total trans	S2664

### NDB No 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664

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### NDB No 08390 Cereals ready-to-eat, KASHI Good Friends by Kellogg

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08391 Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Protein S682

Total lipid (fat) S682

Carbohydrate, by difference S682

Ash S682

Energy S682

Water S682

Sugars, total S682

Fiber, total dietary S682

Calcium, Ca S682

Iron, Fe S682

Phosphorus, P S682

Potassium, K S682

Sodium, Na S682

Thiamin S682

Riboflavin S682

Niacin S682

Vitamin B-6 S682

Folate, total S682

Cholesterol S682

### NDB No 08392 Cereals ready-to-eat, KASHI Medley by Kellogg

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

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### NDB No 08392 Cereals ready-to-eat, KASHI Medley by Kellogg

Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Thiamin	S682
Riboflavin	S682
Niacin	S682
Vitamin B-6	S682
Folate, total	S682
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08393 Cereals ready-to-eat, KASHI GOLEAN by Kellogg

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664

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### NDB No 08393 Cereals ready-to-eat, KASHI GOLEAN by Kellogg

Vitamin A, IU	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702

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### **NDB No 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP**

Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### **NDB No 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702

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### NDB No 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Fatty acids, total polyunsaturated S702

### NDB No 08396 Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

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### NDB No 08398 Cereals ready-to-eat, GENERAL MILLS, HARMONY

Protein	S603
Total lipid (fat)	S603
Carbohydrate, by difference	S603
Ash	S603
Energy	S603
Water	S603
Fiber, total dietary	S603
Calcium, Ca	S603
Iron, Fe	S603
Magnesium, Mg	S603
Phosphorus, P	S603
Potassium, K	S603
Sodium, Na	S603
Zinc, Zn	S603
Copper, Cu	S603
Vitamin A, IU	S603
Vitamin D	S603
Vitamin C, total ascorbic acid	S603
Thiamin	S603
Riboflavin	S603
Niacin	S603
Vitamin B-6	S603
Folate, total	S603
Vitamin B-12	S603
Cholesterol	S603
Fatty acids, total saturated	S603

### NDB No 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881

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### NDB No 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Fiber, total dietary	S881
Calcium, Ca	S881
Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881
Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

### NDB No 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Protein	S881
Total lipid (fat)	S881
Carbohydrate, by difference	S881
Ash	S881
Energy	S881
Water	S881
Sugars, total	S881
Fiber, total dietary	S881
Calcium, Ca	S881

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### NDB No 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Iron, Fe	S881
Magnesium, Mg	S881
Phosphorus, P	S881
Potassium, K	S881
Sodium, Na	S881
Zinc, Zn	S881
Copper, Cu	S881
Manganese, Mn	S881
Selenium, Se	S881
Vitamin A, IU	S881
Vitamin D	S881
Vitamin C, total ascorbic acid	S881
Thiamin	S881
Riboflavin	S881
Niacin	S881
Pantothenic acid	S881
Vitamin B-6	S881
Folate, total	S881
Vitamin B-12	S881
Cholesterol	S881
Fatty acids, total saturated	S881
Fatty acids, total monounsaturated	S881
Fatty acids, total polyunsaturated	S881

### NDB No 08402 Cereals, QUAKER, Quick Oats, Dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702

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### NDB No 08402 Cereals, QUAKER, Quick Oats, Dry

Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502

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### NDB No 08408 Cereals ready-to-eat, MALT-O-MEAL, Apple Cinnamon TOASTY O's

Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502

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### NDB No 08409 Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes

Fatty acids, total polyunsaturated S2502

### NDB No 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Carotene, beta	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702

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### NDB No 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

Fatty acids, total polyunsaturated S702

### NDB No 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Protein S702

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### NDB No 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702

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### **NDB No 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry**

Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### **NDB No 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### NDB No 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08415 Cereals, QUAKER, Instant Oatmeal,TREASURE HUNT, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702

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### NDB No 08415 Cereals, QUAKER, Instant Oatmeal,TREASURE HUNT, dry

Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702

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### NDB No 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### NDB No 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

Vitamin B-12	S702
Cholesterol	S702

### NDB No 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

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### NDB No 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Carotene, beta	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Protein	S702
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### NDB No 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702

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**NDB No 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry**

Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

**NDB No 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry**

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702

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### NDB No 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry

Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

### NDB No 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065

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### NDB No 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin B-12	S1065
Vitamin K (phylloquinone)	S1065
8:0	S1065
10:0	S1065
12:0	S1065
14:0	S1065
16:0	S1065
18:0	S1065
20:0	S1065
18:1 undifferentiated	S1065
18:2 undifferentiated	S1065
18:3 undifferentiated	S1065
20:4 undifferentiated	S1065
22:6 n-3	S1065
22:0	S1065
14:1	S1065
16:1 undifferentiated	S1065
18:4	S1065
20:1	S1065
20:5 n-3	S1065
22:1 undifferentiated	S1065
22:5 n-3	S1065

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### NDB No 08435 Cereals ready-to-eat, UNCLE SAM CEREAL

15:0	S1065
17:0	S1065
24:0	S1065
20:2 n-6 c,c	S1065
17:1	S1065
20:3 undifferentiated	S1065
15:1	S1065

### NDB No 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702

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### NDB No 08436 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry

Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702

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### NDB No 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

### NDB No 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

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### NDB No 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Fatty acids, total polyunsaturated S702

### NDB No 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Protein S702

Total lipid (fat) S702

Carbohydrate, by difference S702

Ash S702

Energy S702

Water S702

Sugars, total S702

Fiber, total dietary S702

Calcium, Ca S702

Iron, Fe S702

Magnesium, Mg S702

Phosphorus, P S702

Potassium, K S702

Sodium, Na S702

Zinc, Zn S702

Copper, Cu S702

Manganese, Mn S702

Selenium, Se S702

Vitamin A, IU S702

Vitamin D S702

Vitamin C, total ascorbic acid S702

Thiamin S702

Riboflavin S702

Niacin S702

Pantothenic acid S702

Vitamin B-6 S702

Folate, total S702

Vitamin B-12 S702

Cholesterol S702

Fatty acids, total saturated S702

Fatty acids, total monounsaturated S702

Fatty acids, total polyunsaturated S702

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### NDB No 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Protein	S702
Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Sugars, total	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Protein	S702
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### NDB No 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Total lipid (fat)	S702
Carbohydrate, by difference	S702
Ash	S702
Energy	S702
Water	S702
Fiber, total dietary	S702
Calcium, Ca	S702
Iron, Fe	S702
Magnesium, Mg	S702
Phosphorus, P	S702
Potassium, K	S702
Sodium, Na	S702
Zinc, Zn	S702
Copper, Cu	S702
Manganese, Mn	S702
Selenium, Se	S702
Vitamin A, IU	S702
Vitamin D	S702
Vitamin C, total ascorbic acid	S702
Thiamin	S702
Riboflavin	S702
Niacin	S702
Pantothenic acid	S702
Vitamin B-6	S702
Folate, total	S702
Vitamin B-12	S702
Cholesterol	S702
Fatty acids, total saturated	S702
Fatty acids, total monounsaturated	S702
Fatty acids, total polyunsaturated	S702

### NDB No 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664

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### NDB No 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S1209
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08455 Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664

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### NDB No 08455 Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX

Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08456 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Iron, Fe	S2664

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### **NDB No 08456   Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon**

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No 08457   Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664

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### **NDB No 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry**

Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664

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### **NDB No 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry**

Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### **NDB No 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size**

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664

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### **NDB No 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size**

Fatty acids, total polyunsaturated S2664

### **NDB No 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS**

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Vitamin A, IU S2664

Vitamin D S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### **NDB No 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG**

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### NDB No 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat by KELLOGG

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664

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### NDB No 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat by KELLOGG

Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08463 Cereals ready-to-eat, KASHI ORGANIC PROMISE STRAWBERRY FIELDS by KELLOGG

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Iron, Fe	S3421
Potassium, K	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664

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### NDB No 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG

Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Sodium, Na	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08465 Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664

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### NDB No 08465 Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS

Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08466 Cereals ready-to-eat, KELLOGG, SCOOPY-DOO! Berry Bones

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

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### NDB No 08467 Cereals ready-to-eat, KASHI ORGANIC PROMISE CRANBERRY SUNSHINE by KELLOGG

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Iron, Fe	S3421
Potassium, K	S3421
Sodium, Na	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08468 Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664

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### NDB No 08468 Cereals ready-to-eat, KELLOGG'S, FROOT LOOPS 1/3 Less Sugar

Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08469 Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664

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### NDB No 08469 Cereals ready-to-eat, KELLOGG'S, FROSTED FLAKES 1/3 Less Sugar

Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664

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### NDB No 08470 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Banana Berry

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### NDB No 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Copper, Cu S2664

Manganese, Mn S2664

Selenium, Se S2664

Vitamin A, IU S2664

Vitamin E (alpha-tocopherol) S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

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### **NDB No 08471 Cereals ready-to-eat, KELLOGG'S, SPECIAL K Low Carb Lifestyle**

Fatty acids, total polyunsaturated S2664

### **NDB No 08472 Cereals ready-to-eat, KELLOGG'S, CORN FLAKES With Real Bananas**

Protein S2664

Total lipid (fat) S2664

Carbohydrate, by difference S2664

Ash S2664

Energy S2664

Water S2664

Sugars, total S2664

Fiber, total dietary S2664

Calcium, Ca S2664

Iron, Fe S2664

Magnesium, Mg S2664

Phosphorus, P S2664

Potassium, K S2664

Sodium, Na S2664

Zinc, Zn S2664

Vitamin D S2664

Vitamin C, total ascorbic acid S2664

Thiamin S2664

Riboflavin S2664

Niacin S2664

Vitamin B-6 S2664

Folate, total S2664

Vitamin B-12 S2664

Cholesterol S2664

Fatty acids, total trans S2664

Fatty acids, total saturated S2664

Fatty acids, total monounsaturated S2664

Fatty acids, total polyunsaturated S2664

### **NDB No 08473 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO**

Protein S2664

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### NDB No 08473 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR FINDING NEMO

Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664
Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Copper, Cu	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08474 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR INCREDIBLES

Protein	S2664
Total lipid (fat)	S2664
Carbohydrate, by difference	S2664
Ash	S2664

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### NDB No 08474 Cereals ready-to-eat, KELLOGG'S, DISNEY PIXAR INCREDIBLES

Energy	S2664
Water	S2664
Sugars, total	S2664
Fiber, total dietary	S2664
Calcium, Ca	S2664
Iron, Fe	S2664
Magnesium, Mg	S2664
Phosphorus, P	S2664
Potassium, K	S2664
Sodium, Na	S2664
Zinc, Zn	S2664
Vitamin A, IU	S2664
Vitamin D	S2664
Vitamin C, total ascorbic acid	S2664
Thiamin	S2664
Riboflavin	S2664
Niacin	S2664
Vitamin B-6	S2664
Folate, total	S2664
Vitamin B-12	S2664
Cholesterol	S2664
Fatty acids, total trans	S2664
Fatty acids, total saturated	S2664
Fatty acids, total monounsaturated	S2664
Fatty acids, total polyunsaturated	S2664

### NDB No 08476 Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502

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### NDB No 08476 Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS

Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502

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### NDB No 08478 Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS

Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502

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### NDB No 08481 Cereals ready-to-eat, Malt-O-Meal Honey Graham Cereal

Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08482 Cereals ready-to-eat, MALT-O-MEAL, Perfect Balance Hot Wheat Cereal, dry

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08483 Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

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### NDB No 08483 Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502

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### NDB No 08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal

Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502

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### NDB No 08487 Cereals ready-to-eat, MALT-O-MEAL, Blueberry Muffin Tops Cereal

Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08488 Cereals ready-to-eat, MALT-O-MEAL, Farina Hot Wheat Cereal, dry

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

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### NDB No 08489 Cereals ready-to-eat, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08490 Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502

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### NDB No 08490 Cereals ready-to-eat, MALT-O-MEAL, High Fiber Bran Flakes

Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin E (alpha-tocopherol)	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08491 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502

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### NDB No 08491 Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal

Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Cholesterol	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502

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### NDB No 08492 Cereals ready-to-eat, MALT-O-MEAL, Puffed Rice Cereal

Fatty acids, total polyunsaturated S2502

### NDB No 08493 Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

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### NDB No 08494 Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08495 Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502

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### NDB No 08495 Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES

Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08497 Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502

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### NDB No 08497 Cereals ready-to-eat, MALT-O-MEAL, Corn Flakes

Potassium, K	S2502
Sodium, Na	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08498 Cereals ready-to-eat, MALT-O-MEAL, Lightly Frosted Bran Flakes with Strawberries

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin E (alpha-tocopherol)	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502

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### NDB No 08498 Cereals ready-to-eat, MALT-O-MEAL, Lightly Frosted Bran Flakes with Strawberries

Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### NDB No 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Magnesium, Mg	S2502
Phosphorus, P	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Copper, Cu	S2502
Vitamin A, IU	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502

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### **NDB No 08500 Cereals ready-to-eat, MALT-O-MEAL, Frosted Whole Wheat Cereal**

Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

### **NDB No 08501 Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES**

Protein	S2502
Carbohydrate, by difference	S2502
Ash	S2502
Energy	S2502
Water	S2502
Sugars, total	S2502
Fiber, total dietary	S2502
Calcium, Ca	S2502
Iron, Fe	S2502
Potassium, K	S2502
Sodium, Na	S2502
Zinc, Zn	S2502
Vitamin A, IU	S2502
Vitamin D	S2502
Vitamin C, total ascorbic acid	S2502
Thiamin	S2502
Riboflavin	S2502
Niacin	S2502
Vitamin B-6	S2502
Vitamin B-12	S2502
Folic acid	S2502
Cholesterol	S2502
Fatty acids, total trans	S2502
Fatty acids, total saturated	S2502
Fatty acids, total monounsaturated	S2502
Fatty acids, total polyunsaturated	S2502

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### NDB No 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Starch	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662

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### NDB No 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662

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### NDB No 08504 Cereals ready-to-eat, Ralston Enriched Bran flakes

20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662

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### NDB No 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662

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### NDB No 08505 Cereals ready-to-eat, Ralston Corn Biscuits

Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662

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### NDB No 08505 Cereals ready-to-eat, Ralston Corn Biscuits

21:5 S2662

22:4 S2662

### NDB No 08506 Cereals ready-to-eat, Ralston Corn Flakes

Protein S2662

Total lipid (fat) S2662

Ash S2662

Starch S2662

Sucrose S2662

Glucose (dextrose) S2662

Fructose S2662

Lactose S2662

Maltose S2662

Water S2662

Sugars, total S2662

Galactose S2662

Fiber, total dietary S2662

Calcium, Ca S2662

Iron, Fe S2662

Magnesium, Mg S2662

Phosphorus, P S2662

Potassium, K S2662

Sodium, Na S2662

Zinc, Zn S2662

Copper, Cu S2662

Manganese, Mn S2662

Selenium, Se S2662

Retinol S2662

Carotene, beta S2662

Carotene, alpha S2662

Vitamin E (alpha-tocopherol) S2662

Cryptoxanthin, beta S2662

Lycopene S2662

Tocopherol, beta S2662

Tocopherol, gamma S2662

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### NDB No 08506 Cereals ready-to-eat, Ralston Corn Flakes

Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662

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### NDB No 08506 Cereals ready-to-eat, Ralston Corn Flakes

18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662

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### **NDB No 08507   Cereals ready-to-eat, Ralston Crispy Hexagons**

Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662

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### NDB No 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662

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### NDB No 08507 Cereals ready-to-eat, Ralston Crispy Hexagons

15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

Protein	S2662
Total lipid (fat)	S2662
Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662

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**NDB No 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)**

Carotene, beta	S2662
Carotene, alpha	S2662
Vitamin E (alpha-tocopherol)	S2662
Cryptoxanthin, beta	S2662
Lycopene	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662
Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662

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### NDB No 08508 Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)

10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662
22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

Protein	S2662
Total lipid (fat)	S2662

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**NDB No 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)**

Ash	S2662
Sucrose	S2662
Glucose (dextrose)	S2662
Fructose	S2662
Lactose	S2662
Maltose	S2662
Water	S2662
Sugars, total	S2662
Galactose	S2662
Fiber, total dietary	S2662
Calcium, Ca	S2662
Iron, Fe	S2662
Magnesium, Mg	S2662
Phosphorus, P	S2662
Potassium, K	S2662
Sodium, Na	S2662
Zinc, Zn	S2662
Copper, Cu	S2662
Manganese, Mn	S2662
Selenium, Se	S2662
Retinol	S2662
Vitamin E (alpha-tocopherol)	S2662
Tocopherol, beta	S2662
Tocopherol, gamma	S2662
Tocopherol, delta	S2662
Vitamin C, total ascorbic acid	S2662
Thiamin	S2662
Riboflavin	S2662
Niacin	S2662
Pantothenic acid	S2662
Vitamin B-6	S2662
Vitamin K (phylloquinone)	S2662
Tryptophan	S2662
Threonine	S2662
Isoleucine	S2662

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**NDB No 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)**

Leucine	S2662
Lysine	S2662
Methionine	S2662
Cystine	S2662
Phenylalanine	S2662
Tyrosine	S2662
Valine	S2662
Arginine	S2662
Histidine	S2662
Alanine	S2662
Aspartic acid	S2662
Glutamic acid	S2662
Glycine	S2662
Proline	S2662
Serine	S2662
Fatty acids, total saturated	S2662
8:0	S2662
10:0	S2662
12:0	S2662
14:0	S2662
16:0	S2662
18:0	S2662
20:0	S2662
18:1 undifferentiated	S2662
18:2 undifferentiated	S2662
18:3 undifferentiated	S2662
20:4 undifferentiated	S2662
22:6 n-3	S2662
22:0	S2662
14:1	S2662
16:1 undifferentiated	S2662
18:4	S2662
20:1	S2662
20:5 n-3	S2662
22:1 undifferentiated	S2662

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### NDB No 08509 Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)

22:5 n-3	S2662
Fatty acids, total monounsaturated	S2662
Fatty acids, total polyunsaturated	S2662
15:0	S2662
17:0	S2662
24:0	S2662
24:1 c	S2662
20:2 n-6 c,c	S2662
17:1	S2662
20:3 undifferentiated	S2662
15:1	S2662
21:5	S2662
22:4	S2662

### NDB No 08513 Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922

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### NDB No 08513 Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS

Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922

### NDB No 08514 Cereals ready-to-eat, GENERAL MILLS, Frosted CHEX

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922

### NDB No 08515 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Triple Berry

Protein	S922
Carbohydrate, by difference	S922
Ash	S922

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### NDB No 08515 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Triple Berry

Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08516 Cereals ready-to-eat, GENERAL MILLS, Peanut Butter Cookie Crisp

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922

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### NDB No 08516 Cereals ready-to-eat, GENERAL MILLS, Peanut Butter Cookie Crisp

Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922
Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08517 Cereals ready-to-eat, GENERAL MILLS Mills Peanut Butter Toast Crunch

Protein	S922
Carbohydrate, by difference	S922
Ash	S922
Energy	S922
Water	S922
Sugars, total	S922
Fiber, total dietary	S922
Calcium, Ca	S922
Iron, Fe	S922
Magnesium, Mg	S922
Phosphorus, P	S922
Potassium, K	S922
Sodium, Na	S922

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### NDB No 08517 Cereals ready-to-eat, GENERAL MILLS Mills Peanut Butter Toast Crunch

Zinc, Zn	S922
Vitamin A, IU	S922
Vitamin D	S922
Vitamin C, total ascorbic acid	S922
Thiamin	S922
Riboflavin	S922
Niacin	S922
Vitamin B-6	S922
Folate, total	S922
Vitamin B-12	S922
Cholesterol	S922
Fatty acids, total trans	S922
Fatty acids, total saturated	S922
Fatty acids, total monounsaturated	S922
Fatty acids, total polyunsaturated	S922

### NDB No 08518 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421

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### NDB No 08518 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Yogurt Bites

Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Pantothenic acid	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08519 Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421

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### NDB No 08519 Cereals ready-to-eat, KELLOGG, Berry RICE KRISPIES

Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08520 Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421

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### NDB No 08520 Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ

Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08521 Cereals ready-to-eat, KELLOGG, CRAN-VANILLA Crunch

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421

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### **NDB No 08521 Cereals ready-to-eat, KELLOGG, CRAN-VANILLA Crunch**

Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### **NDB No 08522 Cereals ready-to-eat, KELLOGG, DISNEY'S Pirates of the Caribbean**

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

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### NDB No 08523 Cereals ready-to-eat, KELLOGG, DISNEY PRINCESS cereal

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin E (alpha-tocopherol)	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08524 Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Protein	S3421
Total lipid (fat)	S3421

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### NDB No 08524 Cereals ready-to-eat, KELLOGG, EGGO Crunch Cereal, maple flavored

Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08525 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS Bite Size Vanilla Creme

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421

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### NDB No 08525 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS Bite Size Vanilla Creme

Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08526 Cereals ready-to-eat, KELLOGG, Marshmallow FROOT LOOPS, Rainbow Breeze

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Sodium, Na	S3421

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**NDB No 08526 Cereals ready-to-eat, KELLOGG, Marshmallow FROOT LOOPS, Rainbow Breeze**

Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

**NDB No 08527 Cereals ready-to-eat, KELLOGG, Robots**

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421

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### **NDB No 08527 Cereals ready-to-eat, KELLOGG, Robots**

Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### **NDB No 08528 Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart**

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Pantothenic acid	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421

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### NDB No 08528 Cereals ready-to-eat, KELLOGG, Smart Start Healthy Heart

Cholesterol	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08529 Cereals ready-to-eat, KELLOGG, SMART START Healthy Heart, Maple Brown Sugar

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Pantothenic acid	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421

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### NDB No 08529 Cereals ready-to-eat, KELLOGG, SMART START Healthy Heart, Maple Brown Sugar

Fatty acids, total polyunsaturated S3421

### NDB No 08530 Cereals ready-to-eat, KELLOGG, SMORZ

Protein S3421

Total lipid (fat) S3421

Carbohydrate, by difference S3421

Ash S3421

Energy S3421

Water S3421

Sugars, total S3421

Fiber, total dietary S3421

Calcium, Ca S3421

Iron, Fe S3421

Magnesium, Mg S3421

Phosphorus, P S3421

Potassium, K S3421

Sodium, Na S3421

Zinc, Zn S3421

Vitamin A, IU S3421

Vitamin D S3421

Vitamin C, total ascorbic acid S3421

Thiamin S3421

Riboflavin S3421

Niacin S3421

Vitamin B-6 S3421

Folate, total S3421

Vitamin B-12 S3421

Cholesterol S3421

Fatty acids, total trans S3421

Fatty acids, total saturated S3421

Fatty acids, total monounsaturated S3421

Fatty acids, total polyunsaturated S3421

### NDB No 08531 Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

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### NDB No 08531 Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08532 Cereals ready-to-eat, KELLOGG, SpongeBob SquarePants

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421

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### **NDB No 08532 Cereals ready-to-eat, KELLOGG, SpongeBob SquarePants**

Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### **NDB No 08533 Cereals ready-to-eat, KELLOGG, Star Wars**

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421

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### NDB No 08533 Cereals ready-to-eat, KELLOGG, Star Wars

Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08534 Cereals ready-to-eat, KELLOGG, TIGER POWER

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421

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### NDB No 08534 Cereals ready-to-eat, KELLOGG, TIGER POWER

Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08535 Cereals ready-to-eat, KELLOGG, Toasted Honey Crunch

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421

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### NDB No 08535 Cereals ready-to-eat, KELLOGG, Toasted Honey Crunch

Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Pantothenic acid	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08536 Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Fudge Ripple

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Copper, Cu	S3421
Vitamin A, IU	S3421
Vitamin D	S3421

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### NDB No 08536 Cereals ready-to-eat, KELLOGG, MINI SWIRLZ Fudge Ripple

Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08537 Cereals ready-to-eat, KASHI 7 Whole Grain Flakes by KELLOGG

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

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### NDB No 08538 Cereals ready-to-eat, KASHI HEART TO HEART Wild Blueberry by KELLOGG

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin E (alpha-tocopherol)	S3421
Vitamin C, total ascorbic acid	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08539 Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST by KELLOGG

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421

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### NDB No 08539 Cereals ready-to-eat, KASHI ORGANIC PROMISE CINNAMON HARVEST by KELLOGG

Iron, Fe	S3421
Potassium, K	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08540 Cereals ready-to-eat, KASHI MIGHTY BITES Cinnamon Cereal

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin E (alpha-tocopherol)	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421

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### NDB No 08540 Cereals ready-to-eat, KASHI MIGHTY BITES Cinnamon Cereal

Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421
Fatty acids, total polyunsaturated	S3421

### NDB No 08541 Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal

Protein	S3421
Total lipid (fat)	S3421
Carbohydrate, by difference	S3421
Ash	S3421
Energy	S3421
Water	S3421
Sugars, total	S3421
Fiber, total dietary	S3421
Calcium, Ca	S3421
Iron, Fe	S3421
Magnesium, Mg	S3421
Phosphorus, P	S3421
Potassium, K	S3421
Sodium, Na	S3421
Zinc, Zn	S3421
Vitamin A, IU	S3421
Vitamin E (alpha-tocopherol)	S3421
Vitamin D	S3421
Vitamin C, total ascorbic acid	S3421
Thiamin	S3421
Riboflavin	S3421
Niacin	S3421
Vitamin B-6	S3421
Folate, total	S3421
Vitamin B-12	S3421
Cholesterol	S3421
Fatty acids, total trans	S3421
Fatty acids, total saturated	S3421
Fatty acids, total monounsaturated	S3421

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### **NDB No 08541 Cereals ready-to-eat, KASHI MIGHTY BITES, Honey Crunch Cereal**

Fatty acids, total polyunsaturated S3421

### **NDB No 08542 Cereals ready-to-eat, KELLOGG, Frosted MINI-WHEATS bite size STRAWBERRY DELIGHT**

Protein S3421

Total lipid (fat) S3421

Carbohydrate, by difference S3421

Ash S3421

Energy S3421

Water S3421

Sugars, total S3421

Fiber, total dietary S3421

Calcium, Ca S3421

Iron, Fe S3421

Sodium, Na S3421

Zinc, Zn S3421

Copper, Cu S3421

Thiamin S3421

Riboflavin S3421

Niacin S3421

Vitamin B-6 S3421

Folate, total S3421

Vitamin B-12 S3421

Cholesterol S3421

Fatty acids, total trans S3421

Fatty acids, total saturated S3421

Fatty acids, total monounsaturated S3421

Fatty acids, total polyunsaturated S3421

### **NDB No 09003 Apples, raw, with skin**

Protein S1183, S502, S561

Total lipid (fat) S1183, S502, S561, S87

Ash S1183, S502, S561

Starch S561

Sucrose S502, S561

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### NDB No 09003 Apples, raw, with skin

Glucose (dextrose)	S502, S561
Fructose	S502, S561
Lactose	S502, S561
Maltose	S502, S561
Water	S1183, S502, S561, S87
Sugars, total	S502, S561
Galactose	S502, S561
Fiber, total dietary	S1183, S502, S561
Calcium, Ca	D4070, S1183, S502, S561
Iron, Fe	D4070, S1183, S561
Magnesium, Mg	D4070, S1183, S502, S561
Phosphorus, P	S1183, S502, S561
Potassium, K	D4070, S1183, S502, S561
Sodium, Na	D4070, S1183
Zinc, Zn	D4070, S1183, S502, S561
Copper, Cu	D4070, S561
Fluoride, F	S502
Manganese, Mn	D4070, S1183, S502, S561
Selenium, Se	S502, S561
Vitamin A, IU	S502, S561
Vitamin A, RAE	S502, S561
Carotene, beta	S502, S561
Carotene, alpha	S502, S561
Vitamin E (alpha-tocopherol)	S561, S87
Cryptoxanthin, beta	S502, S561
Lycopene	S502, S561
Lutein + zeaxanthin	S502, S561
Tocopherol, beta	S561, S87
Tocopherol, gamma	S561, S87
Tocopherol, delta	S561, S87
Vitamin C, total ascorbic acid	S1183
Thiamin	S1183, S502, S561
Riboflavin	S502, S561
Niacin	S1183, S561
Pantothenic acid	S1183, S502, S561

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### NDB No 09003 Apples, raw, with skin

Vitamin B-6	S1183, S502, S561
Choline, total	S561
Vitamin K (phylloquinone)	S502, S561
Betaine	S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Glycine	S561
Proline	S561
Serine	S561

### NDB No 09004 Apples, raw, without skin

Protein	S502
Total lipid (fat)	S502, S84
Ash	S502
Sucrose	S502
Glucose (dextrose)	S502
Fructose	S502
Lactose	S502
Maltose	S502
Water	S502, S84
Sugars, total	S502
Galactose	S502

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**NDB No 09004 Apples, raw, without skin**

Fiber, total dietary	S502
Calcium, Ca	S502
Magnesium, Mg	S502
Phosphorus, P	S502
Potassium, K	S502
Zinc, Zn	S502
Manganese, Mn	S502
Vitamin A, IU	S502
Vitamin A, RAE	S502
Carotene, beta	S502
Carotene, alpha	S502
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S502
Lycopene	S502
Lutein + zeaxanthin	S502
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Thiamin	S502
Riboflavin	S502
Pantothenic acid	S502
Vitamin B-6	S502
Vitamin K (phylloquinone)	S502
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561
Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561

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### **NDB No 09004 Apples, raw, without skin**

Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Proline	S561
Serine	S561

### **NDB No 09011 Apples, dried, sulfured, uncooked**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic acid**

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Vitamin K (phylloquinone)	D4002

### **NDB No 09020 Applesauce, canned, sweetened, without salt**

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581
Fluoride, F	D5002, D5007
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 09021 Apricots, raw**

Sucrose	D3321, D3344, S604
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### NDB No 09021 Apricots, raw

Glucose (dextrose)	D3321, D3344, S604
Fructose	D3321, D3344, S604
Maltose	D3321
Fiber, total dietary	D3780, S604
Calcium, Ca	S10, S11, S12, S206, S208, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S7, S8, S9
Vitamin A, IU	D3887, D3924, D3949
Vitamin A, RAE	D3887, D3924, D3949
Carotene, beta	D3887, D3924, D3949
Carotene, alpha	D3887, D3924, D3949
Cryptoxanthin, beta	D3887, D3924, D3949
Lutein + zeaxanthin	D3924, D3949
Vitamin K (phylloquinone)	D4002

### NDB No 09032 Apricots, dried, sulfured, uncooked

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	D3780, S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	D3780, S21

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**NDB No 09032 Apricots, dried, sulfured, uncooked**

Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S21
Vitamin A, RAE	S21
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S21
Tocopherol, gamma	S21
Tocopherol, delta	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Choline, total	S21
Vitamin K (phylloquinone)	D4002, S21
Betaine	S21
Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21

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### **NDB No 09032 Apricots, dried, sulfured, uncooked**

Cystine	S21
Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21
Proline	S21
Serine	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21

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**NDB No 09032 Apricots, dried, sulfured, uncooked**

17:0	S21
24:0	S21

**NDB No 09033 Apricots, dried, sulfured, stewed, without added sugar**

Tryptophan	S21
Threonine	S21
Isoleucine	S21
Leucine	S21
Lysine	S21
Methionine	S21
Cystine	S21
Phenylalanine	S21
Tyrosine	S21
Valine	S21
Arginine	S21
Histidine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Glycine	S21
Proline	S21
Serine	S21

**NDB No 09036 Apricot nectar, canned, without added ascorbic acid**

Fluoride, F	D5021, D5201
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**NDB No 09037 Avocados, raw, all commercial varieties**

Protein	S1031, S1621, S381, S481, S502
Total lipid (fat)	S1031, S121, S1621, S381, S481, S502
Ash	S1031, S1621, S381, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837

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### NDB No 09037 Avocados, raw, all commercial varieties

Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S381, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S381, S481, S502, S642, S837
Calcium, Ca	D4070, S1031, S1621, S381, S481, S502
Iron, Fe	D4070, S1031, S1621, S381, S481, S502
Magnesium, Mg	D4070, S1031, S381, S481, S502
Phosphorus, P	S1031, S381, S481, S502
Potassium, K	D4070, S1031, S1621, S381, S481, S502
Sodium, Na	D4070, S1031, S1621, S381, S481
Zinc, Zn	D4070, S1031, S381, S481, S502
Copper, Cu	D4070, S1031, S381, S481, S502
Fluoride, F	D5007
Manganese, Mn	D4070, S1031, S381, S481, S502
Selenium, Se	S481, S502
Vitamin A, IU	S1031, S1621, S381, S481, S502, S986
Vitamin A, RAE	S1621, S381, S481, S502, S986
Carotene, beta	S1031, S1621, S381, S481, S502, S986
Carotene, alpha	S1031, S1621, S381, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S381, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621, S381
Thiamin	S1031, S381, S481, S502
Riboflavin	S1031, S381, S481, S502
Niacin	S1031, S381, S481, S502
Pantothenic acid	S1031, S381, S481, S502
Vitamin B-6	S1031, S381, S481, S502
Folate, total	S1031, S1621, S381, S481

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### NDB No 09037 Avocados, raw, all commercial varieties

Vitamin K (phylloquinone)	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502
20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

### NDB No 09038 Avocados, raw, California

Protein	S1031, S1621, S481, S502
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### NDB No 09038 Avocados, raw, California

Total lipid (fat)	S1031, S121, S1621, S481, S502
Ash	S1031, S1621, S481, S502
Starch	S481, S502
Sucrose	S481, S502, S837
Glucose (dextrose)	S481, S502, S837
Fructose	S481, S502, S837
Lactose	S481, S502, S837
Maltose	S481, S502, S837
Water	S1031, S121, S1401, S1621, S481, S502, S837
Sugars, total	S1621, S481, S502, S837
Galactose	S481, S502
Fiber, total dietary	S1031, S1401, S1621, S481, S502, S642, S837
Calcium, Ca	S1031, S1621, S481, S502
Iron, Fe	S1031, S1621, S481, S502
Magnesium, Mg	S1031, S481, S502
Phosphorus, P	S1031, S481, S502
Potassium, K	S1031, S1621, S481, S502
Sodium, Na	S1031, S1621, S481
Zinc, Zn	S1031, S481, S502
Copper, Cu	S1031, S481, S502
Manganese, Mn	S1031, S481, S502
Selenium, Se	S481, S502
Vitamin A, IU	S1031, S1621, S502, S986
Vitamin A, RAE	S481, S502, S986
Carotene, beta	S1031, S1621, S481, S502, S986
Carotene, alpha	S1031, S1621, S481, S502, S986
Vitamin E (alpha-tocopherol)	S1031, S121, S1621, S481, S502
Cryptoxanthin, beta	S1621, S481, S502, S986
Lycopene	S481, S502
Lutein + zeaxanthin	S1621, S481, S502
Tocopherol, beta	S121, S481, S502
Tocopherol, gamma	S121, S1621, S481, S502
Tocopherol, delta	S121, S481, S502
Vitamin C, total ascorbic acid	S1031, S1621
Thiamin	S1031, S481, S502

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**NDB No 09038 Avocados, raw, California**

Riboflavin	S1031, S481, S502
Niacin	S1031, S481, S502
Pantothenic acid	S1031, S481, S502
Vitamin B-6	S1031, S481, S502
Folate, total	S1031, S1621, S481
Choline, total	S481, S502
Vitamin K (phylloquinone)	S481, S502
Betaine	S481, S502
Tryptophan	S481, S502
Threonine	S481, S502
Isoleucine	S481, S502
Leucine	S481, S502
Lysine	S481, S502
Methionine	S481, S502
Cystine	S481, S502
Phenylalanine	S481, S502
Tyrosine	S481, S502
Valine	S481, S502
Arginine	S481, S502
Histidine	S481, S502
Alanine	S481, S502
Aspartic acid	S481, S502
Glutamic acid	S481, S502
Glycine	S481, S502
Proline	S481, S502
Serine	S481, S502
8:0	S481, S502
10:0	S481, S502
12:0	S481, S502
14:0	S481, S502
16:0	S481, S502
18:0	S481, S502
20:0	S481, S502
18:1 undifferentiated	S481, S502
18:2 undifferentiated	S481, S502

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### NDB No 09038 Avocados, raw, California

20:4 undifferentiated	S481, S502
22:6 n-3	S502
22:0	S481, S502
14:1	S481, S502
16:1 undifferentiated	S481, S502
18:4	S502
20:1	S481, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
Stigmasterol	D4761
Campesterol	D4761
Beta-sitosterol	D4761
15:0	S481, S502
17:0	S481, S502
24:0	S502
20:2 n-6 c,c	S481, S502
18:3 n-6 c,c,c	S481
17:1	S481, S502
20:3 undifferentiated	S481, S502
15:1	S481, S502
18:3 n-3 c,c,c	S481

### NDB No 09039 Avocados, raw, Florida

Protein	S381
Total lipid (fat)	S381
Ash	S381
Sucrose	S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S121, S1401, S381, S837
Sugars, total	S837
Fiber, total dietary	S1401, S381, S837

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### NDB No 09039 Avocados, raw, Florida

Calcium, Ca	D4070, S381
Iron, Fe	D4070, S381
Magnesium, Mg	D4070, S381
Phosphorus, P	S381
Potassium, K	D4070, S381
Sodium, Na	D4070, S381
Zinc, Zn	D4070, S381
Copper, Cu	D4070, S381
Manganese, Mn	D4070, S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	S381
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### NDB No 09040 Bananas, raw

Protein	S1023, S481, S562
Total lipid (fat)	S1023, S121, S481, S562, S87
Ash	S1023, S481, S562
Starch	S481, S562
Sucrose	S481, S562
Glucose (dextrose)	S481, S562
Fructose	S481, S562
Lactose	S481, S562

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### NDB No 09040 Bananas, raw

Maltose	S481, S562
Water	D3764, S1023, S121, S481, S562, S87
Sugars, total	S481, S562
Galactose	S481, S562
Fiber, total dietary	D3764, S1023, S481, S562, S642
Calcium, Ca	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1023, S11, S12, S206, S208, S562, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Fluoride, F	S481
Manganese, Mn	S10, S1023, S11, S12, S206, S208, S481, S562, S6, S7, S73, S74, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S481, S562, S6, S7, S8, S9
Vitamin A, IU	S1023, S481, S562
Vitamin A, RAE	S1023, S481, S562
Carotene, beta	S1023, S481, S562
Carotene, alpha	S1023, S481, S562
Vitamin E (alpha-tocopherol)	S121, S481, S562, S87
Cryptoxanthin, beta	S481, S562
Lycopene	S481, S562
Lutein + zeaxanthin	S481, S562
Tocopherol, beta	S121, S481, S562, S87
Tocopherol, gamma	S121, S481, S562, S87
Tocopherol, delta	S121, S481, S562, S87
Vitamin C, total ascorbic acid	S1023, S562
Thiamin	S1023, S481, S562
Riboflavin	S1023, S481, S562
Niacin	S1023, S481, S562
Pantothenic acid	S1023, S481, S562
Vitamin B-6	S1023, S481, S562
Folate, total	S1023, S481, S562
Choline, total	S481

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### **NDB No 09040 Bananas, raw**

Vitamin K (phylloquinone)	D4002, D4048, S562
Betaine	S481
Tryptophan	S481, S562
Threonine	S481, S562
Isoleucine	S481, S562
Leucine	S481, S562
Lysine	S481, S562
Methionine	S481, S562
Cystine	S481, S562
Phenylalanine	S481, S562
Tyrosine	S481, S562
Valine	S481, S562
Arginine	S481, S562
Histidine	S481, S562
Alanine	S481, S562
Aspartic acid	S481, S562
Glutamic acid	S481, S562
Glycine	S481, S562
Proline	S481, S562
Serine	S481, S562

### **NDB No 09042 Blackberries, raw**

Protein	S461, S566
Total lipid (fat)	S461, S566
Ash	S461, S566
Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566
Maltose	S461, S566
Water	S461, S566
Sugars, total	S461, S566
Galactose	S461, S566
Fiber, total dietary	S461, S566

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### NDB No 09042 Blackberries, raw

Calcium, Ca	S461, S566
Iron, Fe	S461, S566
Magnesium, Mg	S461, S566
Phosphorus, P	S461, S566
Potassium, K	S566
Sodium, Na	S566
Zinc, Zn	S461, S566
Copper, Cu	S461, S566
Manganese, Mn	S461, S566
Selenium, Se	S566
Vitamin A, IU	S461, S566
Vitamin A, RAE	S461, S566
Carotene, beta	S461, S566
Carotene, alpha	S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Thiamin	S461, S566
Riboflavin	S461, S566
Niacin	S461, S566
Pantothenic acid	S461, S566
Vitamin B-6	S461, S566
Folate, total	S461, S566
Choline, total	S461
Vitamin K (phylloquinone)	S461, S566
Betaine	S461

### NDB No 09050 Blueberries, raw

Protein	S1141, S421, S441
Total lipid (fat)	S1141, S421, S441
Ash	S1141, S421, S441

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### NDB No 09050 Blueberries, raw

Starch	S421
Sucrose	S421, S441
Glucose (dextrose)	S421, S441
Fructose	S421, S441
Lactose	S421, S441
Maltose	S421, S441
Water	S1141, S421, S441
Sugars, total	S421, S441
Galactose	S421, S441
Fiber, total dietary	S421
Calcium, Ca	S1141, S421, S441
Iron, Fe	S1141, S421, S441
Magnesium, Mg	S1141, S421, S441
Phosphorus, P	S1141, S421, S441
Potassium, K	S1141, S441
Sodium, Na	S1141, S441
Zinc, Zn	S1141, S421, S441
Copper, Cu	S1141, S421, S441
Manganese, Mn	S1141, S421
Selenium, Se	S441
Vitamin A, IU	S1141, S421, S441
Vitamin A, RAE	S1141, S421, S441
Carotene, beta	D3887, S1141, S421, S441
Carotene, alpha	D3887, S421, S441
Vitamin E (alpha-tocopherol)	S421
Cryptoxanthin, beta	D3887, S421, S441
Lycopene	S421, S441
Lutein + zeaxanthin	S421, S441
Tocopherol, beta	S421
Tocopherol, gamma	S421
Tocopherol, delta	S421
Vitamin C, total ascorbic acid	S1141
Thiamin	S1141, S421, S441
Riboflavin	S1141, S421, S441
Niacin	S1141, S421, S441

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### NDB No 09050 Blueberries, raw

Pantothenic acid	S1141, S421, S441
Vitamin B-6	S1141, S421, S441
Folate, total	S1141, S421, S441
Choline, total	S421
Vitamin K (phylloquinone)	S421, S441
Betaine	S421

### NDB No 09052 Blueberries, canned, heavy syrup, solids and liquids

Vitamin K (phylloquinone)	D4048
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### NDB No 09059 Breadfruit, raw

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

### NDB No 09060 Carambola, (starfruit), raw

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	D4070, S381
Iron, Fe	D4070, S381
Magnesium, Mg	D4070, S381
Phosphorus, P	S381
Potassium, K	D4070, S381
Sodium, Na	D4070, S381
Zinc, Zn	D4070, S381
Copper, Cu	D4070, S381
Manganese, Mn	D4070, S381
Vitamin A, IU	S381
Vitamin A, RAE	S381

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### NDB No 09060 Carambola, (starfruit), raw

Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Lycopene	D3969
Lutein + zeaxanthin	D3969
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### NDB No 09062 Cherimoya, raw

Protein	S381, S404
Total lipid (fat)	S381, S404
Ash	S381, S404
Sucrose	S404
Water	S381, S404
Fiber, total dietary	S381
Calcium, Ca	S381, S404
Iron, Fe	S381, S404
Magnesium, Mg	S381, S404
Phosphorus, P	S381, S404
Potassium, K	S381, S404
Sodium, Na	S381, S404
Zinc, Zn	S381, S404
Copper, Cu	S381, S404
Manganese, Mn	S381, S404
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381

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### NDB No 09062 Cherimoya, raw

Thiamin	S381, S404
Riboflavin	S381, S404
Niacin	S381, S404
Pantothenic acid	S381, S404
Vitamin B-6	S381, S404
Folate, total	S381

### NDB No 09063 Cherries, sour, red, raw

Sucrose	D3321
Glucose (dextrose)	D3321, D3336
Fructose	D3321, D3336

### NDB No 09070 Cherries, sweet, raw

Protein	S53, S582
Total lipid (fat)	S53, S582
Ash	S53, S582
Starch	S582
Sucrose	D3321, D3336, D3344, S582
Glucose (dextrose)	D3321, D3336, D3344, S582
Fructose	D3321, D3336, D3344, S582
Lactose	S582
Maltose	D3321, S582
Water	D3344, S121, S53, S582
Galactose	S582
Fiber, total dietary	S53, S582
Calcium, Ca	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53,

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### NDB No 09070 Cherries, sweet, raw

	S582, S6, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Fluoride, F	D5007
Manganese, Mn	D4070, S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S53, S582, S6, S73, S74, S8, S9
Selenium, Se	S582
Vitamin A, IU	S53, S582
Vitamin A, RAE	S53, S582
Carotene, beta	S53, S582
Carotene, alpha	S582
Vitamin E (alpha-tocopherol)	S121, S582
Cryptoxanthin, beta	S582
Lycopene	S582
Lutein + zeaxanthin	S582
Tocopherol, beta	S121, S582
Tocopherol, gamma	S121, S582
Tocopherol, delta	S121, S582
Vitamin C, total ascorbic acid	S53, S582
Thiamin	S53, S582
Riboflavin	S53, S582
Niacin	S53, S582
Pantothenic acid	S53, S582
Vitamin B-6	S53, S582
Folate, total	S53
Vitamin K (phylloquinone)	D4002, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582

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### **NDB No 09070 Cherries, sweet, raw**

Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582
Serine	S582

### **NDB No 09074 Cherries, sweet, canned, heavy syrup pack, solids and liquids**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No 09078 Cranberries, raw**

Protein	S561
Total lipid (fat)	S561
Ash	S561
Starch	S561
Sucrose	S561
Glucose (dextrose)	S561
Fructose	S561
Lactose	S561
Maltose	S561
Water	S561
Sugars, total	S561
Galactose	S561
Fiber, total dietary	S561
Calcium, Ca	S561
Iron, Fe	S561
Magnesium, Mg	S561

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### NDB No 09078 Cranberries, raw

Phosphorus, P	S561
Potassium, K	S561
Sodium, Na	S561
Zinc, Zn	S561
Copper, Cu	S561
Manganese, Mn	S561
Selenium, Se	S561
Vitamin A, IU	S561
Vitamin A, RAE	S561
Carotene, beta	S561
Carotene, alpha	S561
Vitamin E (alpha-tocopherol)	S561
Cryptoxanthin, beta	S561
Lycopene	S561
Lutein + zeaxanthin	S561
Tocopherol, beta	S561
Tocopherol, gamma	S561
Tocopherol, delta	S561
Vitamin C, total ascorbic acid	S561
Thiamin	S561
Riboflavin	S561
Niacin	S561
Pantothenic acid	S561
Vitamin B-6	S561
Folate, total	S561
Choline, total	S561
Vitamin K (phylloquinone)	S561
Betaine	S561
Tryptophan	S561
Threonine	S561
Isoleucine	S561
Leucine	S561
Lysine	S561
Methionine	S561
Cystine	S561

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### **NDB No 09078 Cranberries, raw**

Phenylalanine	S561
Tyrosine	S561
Valine	S561
Arginine	S561
Histidine	S561
Alanine	S561
Aspartic acid	S561
Glutamic acid	S561
Glycine	S561
Proline	S561
Serine	S561

### **NDB No 09079 Cranberries, dried, sweetened**

Protein	S1701
Total lipid (fat)	S1701
Ash	S1701
Water	S1701
Sugars, total	S1701
Fiber, total dietary	S1701
Calcium, Ca	S1701
Iron, Fe	S1701
Magnesium, Mg	S1701
Phosphorus, P	S1701
Potassium, K	S1701
Sodium, Na	S1701
Zinc, Zn	S1701
Copper, Cu	S1701
Vitamin A, IU	S1701
Vitamin C, total ascorbic acid	S1701
Thiamin	S1701
Riboflavin	S1701
Niacin	S1701

### **NDB No 09081 Cranberry sauce, canned, sweetened**

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### **NDB No 09081 Cranberry sauce, canned, sweetened**

Fluoride, F	D5001
Vitamin K (phylloquinone)	D4048

### **NDB No 09084 Currants, red and white, raw**

Sucrose	D3321
Glucose (dextrose)	D3321
Fructose	D3321
Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Vitamin K (phylloquinone)	D4052

### **NDB No 09087 Dates, deglet noor**

Protein	S1032, S564, S582
Total lipid (fat)	S1032, S564, S582
Ash	S1032, S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582
Lactose	S564, S582
Maltose	S564, S582
Water	S1032, S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S1032, S564, S582
Calcium, Ca	S1032, S564, S582
Iron, Fe	S1032, S564, S582
Magnesium, Mg	S1032, S564, S582
Phosphorus, P	S1032, S564, S582
Potassium, K	S1032, S564, S582

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### NDB No 09087 Dates, deglet noor

Sodium, Na	S1032, S564
Zinc, Zn	S1032, S564, S582
Copper, Cu	S1032, S564, S582
Manganese, Mn	S1032, S564, S582
Selenium, Se	S564, S582
Vitamin A, IU	S564, S582
Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582
Carotene, alpha	S564, S582
Vitamin E (alpha-tocopherol)	S564
Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Tocopherol, beta	S564
Tocopherol, gamma	S564
Tocopherol, delta	S564
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S1032, S564, S582
Riboflavin	S1032, S564, S582
Niacin	S1032, S564, S582
Pantothenic acid	S1032, S564, S582
Vitamin B-6	S1032, S564, S582
Folate, total	S1032, S564, S582
Choline, total	S564, S582
Vitamin K (phylloquinone)	S564, S582
Betaine	S564, S582
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582
Phenylalanine	S564, S582
Tyrosine	S564, S582

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### **NDB No 09087** Dates, deglet noor

Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No 09094** Figs, dried, uncooked

Protein	S363, S582
Total lipid (fat)	S363, S582

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**NDB No 09094 Figs, dried, uncooked**

Ash	S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582
Calcium, Ca	S363, S582
Iron, Fe	S363, S582
Magnesium, Mg	S363, S582
Phosphorus, P	S363, S582
Potassium, K	S363, S582
Sodium, Na	S363, S582
Zinc, Zn	S363, S582
Copper, Cu	S363, S582
Manganese, Mn	S363, S582
Selenium, Se	S363
Vitamin A, IU	S363, S582
Vitamin A, RAE	S363, S582
Carotene, beta	S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S363, S582
Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S363, S582
Thiamin	S363, S582
Riboflavin	S363, S582

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### **NDB No 09094 Figs, dried, uncooked**

Niacin	S363, S582
Pantothenic acid	S363, S582
Vitamin B-6	S363, S582
Folate, total	S363, S582
Choline, total	S363, S582
Vitamin K (phylloquinone)	S363, S582
Betaine	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### **NDB No 09095 Figs, dried, stewed**

Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582

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### **NDB No 09095 Figs, dried, stewed**

Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### **NDB No 09099 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids**

Fluoride, F	D5001, D5003, D5007
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No 09111 Grapefruit, raw, pink and red and white, all areas**

Fluoride, F	D5007
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563

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### NDB No 09111 Grapefruit, raw, pink and red and white, all areas

Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### NDB No 09112 Grapefruit, raw, pink and red, all areas

Protein	S482, S563
Total lipid (fat)	S482, S563
Ash	S482, S563
Starch	S563
Sucrose	S482, S563
Glucose (dextrose)	S482, S563
Fructose	S482, S563
Lactose	S482, S563
Maltose	S482, S563
Water	D3764, S482, S563
Sugars, total	S482, S563
Galactose	S482, S563
Fiber, total dietary	D3764, S563
Calcium, Ca	D4070, S482, S563
Iron, Fe	D4070, S563
Magnesium, Mg	D4070, S482, S563
Phosphorus, P	S482, S563
Potassium, K	D4070, S482, S563
Zinc, Zn	D4070, S482, S563
Copper, Cu	D4070, S563

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### NDB No 09112 Grapefruit, raw, pink and red, all areas

Manganese, Mn	D4070, S482, S563
Selenium, Se	S563
Carotene, beta	D3845, D3887, D3888, D3904, D3912, S1203, S482, S563
Carotene, alpha	D3887, D3888, D3904, S1203, S482, S563
Vitamin E (alpha-tocopherol)	S482, S563
Cryptoxanthin, beta	D3887, D3904, D3912, S1203, S482, S563
Lycopene	D3845, D3904, S1203, S482, S563
Lutein + zeaxanthin	D3904, S1203, S482, S563
Tocopherol, beta	S482, S563
Tocopherol, gamma	S482, S563
Tocopherol, delta	S482, S563
Vitamin C, total ascorbic acid	S482, S563
Thiamin	S482, S563
Riboflavin	S482, S563
Niacin	S482, S563
Pantothenic acid	S482, S563
Vitamin B-6	S482, S563
Folate, total	S482, S563
Choline, total	S482
Vitamin K (phylloquinone)	S482, S563
Betaine	S482
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563

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### **NDB No 09112 Grapefruit, raw, pink and red, all areas**

Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09113 Grapefruit, raw, pink and red, California and Arizona**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09114 Grapefruit, raw, pink and red, Florida**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563

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### **NDB No 09114 Grapefruit, raw, pink and red, Florida**

Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09116 Grapefruit, raw, white, all areas**

Carotene, beta	D3888
Carotene, alpha	D3888
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

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### **NDB No 09117 Grapefruit, raw, white, California**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09118 Grapefruit, raw, white, Florida**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563

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### **NDB No 09118 Grapefruit, raw, white, Florida**

Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09119 Grapefruit, sections, canned, water pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09120 Grapefruit, sections, canned, juice pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563

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### **NDB No 09120    Grapefruit, sections, canned, juice pack, solids and liquids**

Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09121    Grapefruit, sections, canned, light syrup pack, solids and liquids**

Tryptophan	S482, S563
Threonine	S482, S563
Isoleucine	S482, S563
Leucine	S482, S563
Lysine	S482, S563
Methionine	S482, S563
Cystine	S482, S563
Phenylalanine	S482, S563
Tyrosine	S482, S563
Valine	S482, S563
Arginine	S482, S563
Histidine	S482, S563
Alanine	S482, S563
Aspartic acid	S482, S563
Glutamic acid	S482, S563
Glycine	S482, S563
Proline	S482, S563
Serine	S482, S563

### **NDB No 09123    Grapefruit juice, white, canned, unsweetened**

Fluoride, F	D5001, D5021, D5201
Vitamin K (phylloquinone)	D4048

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### NDB No 09128 Grapefruit juice, white, raw

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### NDB No 09132 Grapes, red or green (European type, such as Thompson seedless), raw

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Sugars, total	S1062
Galactose	S1062
Fiber, total dietary	S1062
Calcium, Ca	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Iron, Fe	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Magnesium, Mg	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Potassium, K	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Sodium, Na	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Zinc, Zn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Copper, Cu	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Fluoride, F	D5007, D5301
Manganese, Mn	D4070, S10, S1062, S11, S12, S206, S208, S6, S7, S8, S9
Selenium, Se	S1062
Carotene, beta	S1206
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S1062, S121
Lycopene	D3919
Lutein + zeaxanthin	D3919

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**NDB No 09132 Grapes, red or green (European type, such as Thompson seedless), raw**

Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

**NDB No 09135 Grape juice, canned or bottled, unsweetened, without added vitamin C**

Fluoride, F	S1067
Vitamin E (alpha-tocopherol)	S121, S81
Tocopherol, beta	S121, S81

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### **NDB No 09135 Grape juice, canned or bottled, unsweetened, without added vitamin C**

Tocopherol, gamma	S121, S81
Tocopherol, delta	S121, S81
Choline, total	S1067
Vitamin K (phylloquinone)	D4002
Betaine	S1067

### **NDB No 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C**

Vitamin K (phylloquinone)	D4002
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### **NDB No 09139 Guavas, common, raw**

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Carotene, beta	D3899, D4863, D4864
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899
Lycopene	D4863, D4864
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

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### NDB No 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Protein	S1033, S363, S582
Total lipid (fat)	S1033, S363, S582
Ash	S1033, S363, S582
Starch	S363
Sucrose	S363, S582
Glucose (dextrose)	S363, S582
Fructose	S363, S582
Lactose	S363, S582
Maltose	S363, S582
Water	S1033, S363, S582
Sugars, total	S363, S582
Galactose	S363, S582
Fiber, total dietary	S363, S582
Calcium, Ca	D4070, S1033, S363, S582
Iron, Fe	D4070, S1033, S363, S582
Magnesium, Mg	D4070, S1033, S363, S582
Phosphorus, P	S1033, S363, S582
Potassium, K	D4070, S1033, S363
Sodium, Na	D4070, S1033, S363, S582
Zinc, Zn	D4070, S1033, S363, S582
Copper, Cu	D4070, S1033, S363, S582
Manganese, Mn	D4070, S1033, S363
Selenium, Se	S363, S582
Vitamin A, IU	S1033, S363, S582
Vitamin A, RAE	S1033, S363, S582
Carotene, beta	S1033, S363, S582
Carotene, alpha	S363, S582
Vitamin E (alpha-tocopherol)	S1033, S363
Cryptoxanthin, beta	S363, S582
Lycopene	S363, S582
Lutein + zeaxanthin	S363, S582
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1033, S582

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### NDB No 09148 Kiwi fruit, (chinese gooseberries), fresh, raw

Thiamin	S582
Riboflavin	S1033, S363, S582
Niacin	S1033, S363, S582
Pantothenic acid	S1033, S363, S582
Vitamin B-6	S1033, S363, S582
Folate, total	S1033, S363, S582
Choline, total	S363, S582
Vitamin K (phylloquinone)	S363, S582
Betaine	S363, S582
Tryptophan	S363, S582
Threonine	S363, S582
Isoleucine	S363, S582
Leucine	S363, S582
Lysine	S363, S582
Methionine	S363, S582
Cystine	S363, S582
Phenylalanine	S363, S582
Tyrosine	S363, S582
Valine	S363, S582
Arginine	S363, S582
Histidine	S363, S582
Alanine	S363, S582
Aspartic acid	S363, S582
Glutamic acid	S363, S582
Glycine	S363, S582
Proline	S363, S582
Serine	S363, S582

### NDB No 09149 Kumquats, raw

Protein	S381
Total lipid (fat)	S381
Ash	S381
Water	S381
Fiber, total dietary	S381
Calcium, Ca	S381

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### NDB No 09149 Kumquats, raw

Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899, S381
Carotene, alpha	D3899, S381
Cryptoxanthin, beta	D3899, S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### NDB No 09150 Lemons, raw, without peel

Carotene, beta	D3919, D3949
Carotene, alpha	D3919, D3949
Cryptoxanthin, beta	D3949
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3949

### NDB No 09153 Lemon juice, canned or bottled

Vitamin K (phylloquinone)	D4048
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### NDB No 09160 Lime juice, raw

Protein	S1065
Total lipid (fat)	S1065

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### NDB No 09160 Lime juice, raw

Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Sugars, total	S1065
Galactose	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Vitamin A, IU	S1065
Vitamin A, RAE	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Vitamin E (alpha-tocopherol)	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Lutein + zeaxanthin	S1065
Tocopherol, beta	S1065
Tocopherol, gamma	S1065
Tocopherol, delta	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065

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### **NDB No 09160**    **Lime juice, raw**

Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### **NDB No 09176**    **Mangos, raw**

Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

### **NDB No 09177**    **Mangosteen, canned, syrup pack**

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202

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### **NDB No 09177 Mangosteen, canned, syrup pack**

Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 09181 Melons, cantaloupe, raw**

Protein	S1024, S1121, S461
Total lipid (fat)	S1024, S1121, S121, S461, S87
Ash	S1024, S1121, S461
Starch	S461
Sucrose	S1121, S461, S604, S606
Glucose (dextrose)	S1121, S461, S604, S606
Fructose	S1121, S461, S604, S606
Lactose	S1121, S461
Maltose	S1121, S461, S604
Water	S1024, S1121, S121, S461, S604, S606, S87
Galactose	S1121, S461
Fiber, total dietary	S1024, S1121, S461
Calcium, Ca	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S1024, S11, S1121, S12, S206, S208, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Fluoride, F	D5007
Manganese, Mn	D4070, S10, S1024, S11, S1121, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S1121
Carotene, beta	D3887, D3889, D3912, S1024, S1121, S1203, S461
Carotene, alpha	D3887, D3889, D3904, S1121, S1203, S461
Vitamin E (alpha-tocopherol)	S121, S461, S87
Cryptoxanthin, beta	D3887, D3904, S1121, S1203, S461
Lycopene	D3904, S1121, S1203, S461
Lutein + zeaxanthin	D3904, S1121, S1203, S461
Tocopherol, beta	S121, S461, S87
Tocopherol, gamma	S121, S461, S87

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### NDB No 09181 Melons, cantaloupe, raw

Tocopherol, delta	S121, S461, S87
Vitamin C, total ascorbic acid	S1024
Thiamin	S1024, S1121, S461
Riboflavin	S1121
Niacin	S1024, S1121, S461
Pantothenic acid	S1024, S1121, S461
Vitamin B-6	S1024, S1121
Folate, total	S1024, S1121, S461
Choline, total	S461
Vitamin K (phylloquinone)	S1121, S461
Betaine	S461
Tryptophan	S1121
Threonine	S1121
Isoleucine	S1121
Leucine	S1121
Lysine	S1121
Methionine	S1121
Cystine	S1121
Phenylalanine	S1121
Tyrosine	S1121
Valine	S1121
Arginine	S1121
Histidine	S1121
Alanine	S1121
Aspartic acid	S1121
Glutamic acid	S1121
Glycine	S1121
Proline	S1121
Serine	S1121

### NDB No 09183 Melons, casaba, raw

Protein	S381
Ash	S381
Water	S381
Fiber, total dietary	S381

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### NDB No 09183 Melons, casaba, raw

Calcium, Ca	S381
Iron, Fe	S381
Magnesium, Mg	S381
Phosphorus, P	S381
Potassium, K	S381
Sodium, Na	S381
Zinc, Zn	S381
Copper, Cu	S381
Manganese, Mn	S381
Vitamin A, IU	S381
Vitamin A, RAE	S381
Carotene, beta	S381
Carotene, alpha	S381
Cryptoxanthin, beta	S381
Vitamin C, total ascorbic acid	S381
Thiamin	S381
Riboflavin	S381
Niacin	S381
Pantothenic acid	S381
Vitamin B-6	S381
Folate, total	S381

### NDB No 09184 Melons, honeydew, raw

Protein	S1026, S562, S565
Total lipid (fat)	S562, S565
Ash	S1026, S562, S565
Starch	S562
Sucrose	S562, S565
Glucose (dextrose)	S562, S565
Fructose	S562, S565
Lactose	S562, S565
Maltose	S562, S565
Water	D3765, S1026, S562, S565
Sugars, total	S562, S565
Galactose	S562, S565

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### NDB No 09184 Melons, honeydew, raw

Fiber, total dietary	D3765, S1026, S562, S565
Calcium, Ca	D4070, S1026, S562, S565
Iron, Fe	D4070, S1026, S562, S565
Magnesium, Mg	D4070, S1026, S562, S565
Phosphorus, P	S1026, S562, S565
Potassium, K	D4070, S1026, S562, S565
Sodium, Na	D4070, S1026, S562, S565
Zinc, Zn	D4070, S1026, S562, S565
Copper, Cu	D4070, S1026, S562, S565
Manganese, Mn	D4070, S1026, S562, S565
Selenium, Se	S562
Vitamin A, IU	S1026, S562, S565
Vitamin A, RAE	S1026, S562, S565
Carotene, beta	S1026, S562, S565
Carotene, alpha	S562, S565
Vitamin E (alpha-tocopherol)	S562
Cryptoxanthin, beta	S562, S565
Lycopene	S562, S565
Lutein + zeaxanthin	S562, S565
Tocopherol, beta	S562
Tocopherol, gamma	S562
Tocopherol, delta	S562
Vitamin C, total ascorbic acid	S1026, S562
Thiamin	S1026, S562
Riboflavin	S562, S565
Niacin	S1026, S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S1026, S562, S565
Folate, total	S1026, S562, S565
Vitamin K (phylloquinone)	S562, S565
Tryptophan	S562, S565
Threonine	S562, S565
Isoleucine	S562, S565
Leucine	S562, S565
Lysine	S562, S565

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### NDB No 09184 Melons, honeydew, raw

Methionine	S562, S565
Cystine	S562, S565
Phenylalanine	S562, S565
Tyrosine	S562, S565
Valine	S562, S565
Arginine	S562, S565
Histidine	S562, S565
Alanine	S562, S565
Aspartic acid	S562, S565
Glutamic acid	S562, S565
Glycine	S562, S565
Proline	S562, S565
Serine	S562, S565

### NDB No 09191 Nectarines, raw

Protein	S421, S582
Total lipid (fat)	S421, S582, S84
Ash	S421, S582
Starch	S421
Sucrose	D3344, S421, S582
Glucose (dextrose)	D3344, S421, S582
Fructose	D3344, S421, S582
Lactose	S421, S582
Maltose	S421, S582
Water	D3344, D3764, S1206, S421, S582, S837, S84
Sugars, total	S421, S582
Galactose	S421, S582
Fiber, total dietary	D3764, S1206, S421, S582, S837
Calcium, Ca	D4070, S421
Iron, Fe	D4070, S421, S582
Magnesium, Mg	D4070, S421, S582
Phosphorus, P	S421, S582
Potassium, K	D4070, S421, S582
Sodium, Na	D4070, S582
Zinc, Zn	D4070, S421, S582

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### NDB No 09191 Nectarines, raw

Copper, Cu	D4070, S421, S582
Manganese, Mn	D4070, S421, S582
Selenium, Se	S582
Carotene, beta	D3888, S1206, S421, S582
Carotene, alpha	D3888, S421, S582
Vitamin E (alpha-tocopherol)	S421, S84
Cryptoxanthin, beta	S1206, S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S421, S84
Tocopherol, gamma	S421, S84
Tocopherol, delta	S421, S84
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S582
Choline, total	S421
Vitamin K (phylloquinone)	S421, S582
Betaine	S421
Tryptophan	S421, S582
Threonine	S421, S582
Isoleucine	S421, S582
Leucine	S421, S582
Lysine	S421, S582
Methionine	S421, S582
Cystine	S421, S582
Phenylalanine	S421, S582
Tyrosine	S421, S582
Valine	S421, S582
Arginine	S421, S582
Histidine	S421, S582
Alanine	S421, S582
Aspartic acid	S421, S582

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### NDB No 09191 Nectarines, raw

Glutamic acid	S421, S582
Glycine	S421, S582
Proline	S421, S582
Serine	S421, S582

### NDB No 09193 Olives, ripe, canned (small-extra large)

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### NDB No 09194 Olives, ripe, canned (jumbo-super colossal)

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### NDB No 09195 Olives, pickled, canned or bottled, green

Protein	S1202, S1562
Total lipid (fat)	S1202, S1562, S84
Ash	S1202
Water	S1202, S1562, S84
Fiber, total dietary	S1202, S1562
Calcium, Ca	S1202, S1562
Iron, Fe	S1202, S1562
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202, S1562
Sodium, Na	S1202, S1562
Zinc, Zn	S1202
Copper, Cu	S1202
Vitamin A, IU	D3919, S1202, S1562

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### NDB No 09195 Olives, pickled, canned or bottled, green

Vitamin A, RAE	D3919, S1202
Carotene, beta	D3919, S1202
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919, S1202
Lycopene	D3919
Lutein + zeaxanthin	D3919
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1202, S1562
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 09200 Oranges, raw, all commercial varieties

Vitamin A, IU	D3887, S1203, S482
Vitamin A, RAE	D3887, S1203, S482
Carotene, beta	D3887, S1203, S482
Carotene, alpha	D3887, S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564, S84
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Vitamin K (phyloquinone)	D4002, D4048, S482, S564

### NDB No 09202 Oranges, raw, navels

Protein	S482, S564
Total lipid (fat)	S482, S564
Ash	S482, S564
Starch	S564

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### NDB No 09202 Oranges, raw, navels

Sucrose	S482, S564, S837
Glucose (dextrose)	S482, S564, S837
Fructose	S482, S564, S837
Lactose	S482, S564, S837
Maltose	S482, S564, S837
Water	S482, S564, S837
Sugars, total	S482, S564, S837
Galactose	S482, S564
Fiber, total dietary	S564, S837
Calcium, Ca	S482, S564
Iron, Fe	S564
Magnesium, Mg	S482, S564
Phosphorus, P	S482, S564
Potassium, K	S482, S564
Sodium, Na	S564
Zinc, Zn	S482, S564
Copper, Cu	S564
Manganese, Mn	S482, S564
Selenium, Se	S564
Vitamin A, IU	S1203, S482
Vitamin A, RAE	S1203, S482
Carotene, beta	S1203, S482
Carotene, alpha	S1203, S482
Vitamin E (alpha-tocopherol)	S482, S564
Cryptoxanthin, beta	S1203, S482
Lycopene	S1203, S482
Lutein + zeaxanthin	S1203, S482
Tocopherol, beta	S482, S564
Tocopherol, gamma	S482, S564
Tocopherol, delta	S482, S564
Vitamin C, total ascorbic acid	S482, S564
Thiamin	S482, S564
Riboflavin	S482, S564
Niacin	S482, S564
Pantothenic acid	S482, S564

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### NDB No 09202 Oranges, raw, navels

Vitamin B-6	S482, S564
Choline, total	S482, S564
Vitamin K (phylloquinone)	S482, S564
Betaine	S482, S564
Tryptophan	S482, S564
Threonine	S482, S564
Isoleucine	S482, S564
Leucine	S482, S564
Lysine	S482, S564
Methionine	S482, S564
Cystine	S482, S564
Phenylalanine	S482, S564
Tyrosine	S482, S564
Valine	S482, S564
Arginine	S482, S564
Histidine	S482, S564
Alanine	S482, S564
Aspartic acid	S482, S564
Glutamic acid	S482, S564
Glycine	S482, S564
Proline	S482, S564
Serine	S482, S564

### NDB No 09207 Orange juice, canned, unsweetened

Fluoride, F	S1067
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### NDB No 09209 Orange juice, chilled, includes from concentrate

Choline, total	S22
Betaine	S22

### NDB No 09214 Orange juice, frozen concentrate, unsweetened, undiluted

Fluoride, F	S23
Choline, total	S23
Vitamin K (phylloquinone)	S23

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### NDB No 09214 Orange juice, frozen concentrate, unsweetened, undiluted

Betaine	S23
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### NDB No 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Sucrose	S404, S837
Glucose (dextrose)	S404, S837
Fructose	S404, S837
Lactose	S837
Maltose	S837
Vitamin A, IU	D3848, S1203, S23
Vitamin A, RAE	D3848, S1203, S23
Carotene, beta	D3848, D3912, S1203, S23
Carotene, alpha	D3848, S1203, S23
Vitamin E (alpha-tocopherol)	S81, S84
Cryptoxanthin, beta	D3848, D3912, S1203, S23
Lycopene	S1203, S23
Lutein + zeaxanthin	S1203, S23
Tocopherol, beta	S81, S84
Tocopherol, gamma	S81, S84
Tocopherol, delta	S81, S84

### NDB No 09218 Tangerines, (mandarin oranges), raw

Protein	S1065, S1161
Total lipid (fat)	S1065, S1161
Ash	S1065, S1161
Starch	S1065
Sucrose	S1065, S606
Glucose (dextrose)	S1065, S606
Fructose	S1065, S606
Lactose	S1065
Maltose	S1065
Water	D3764, S1065, S1161, S3281, S606
Sugars, total	S1065, S606
Galactose	S1065
Fiber, total dietary	D3764, S1065, S3281, S642

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### NDB No 09218 Tangerines, (mandarin oranges), raw

Calcium, Ca	S1065, S1161
Iron, Fe	S1065, S1161
Magnesium, Mg	S1065, S1161
Phosphorus, P	S1065, S1161
Potassium, K	S1065, S1161
Sodium, Na	S1065
Zinc, Zn	S1065, S1161
Copper, Cu	S1065, S1161
Manganese, Mn	S1065, S1161
Selenium, Se	S1065
Vitamin A, IU	S1161, S1203
Vitamin A, RAE	S1161, S1203
Carotene, beta	S1065, S1161, S1203
Carotene, alpha	S1065, S1203
Vitamin E (alpha-tocopherol)	S1065
Cryptoxanthin, beta	S1065, S1203
Lycopene	S1065, S1203
Lutein + zeaxanthin	S1065, S1203
Tocopherol, beta	S1065
Tocopherol, gamma	S1065
Tocopherol, delta	S1065
Vitamin C, total ascorbic acid	S1065, S1161
Thiamin	S1065, S1161
Riboflavin	S1065, S1161
Niacin	S1065, S1161
Pantothenic acid	S1065, S1161
Vitamin B-6	S1065, S1161
Folate, total	S1065, S1161
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065

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### NDB No 09218 Tangerines, (mandarin oranges), raw

Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### NDB No 09221 Tangerine juice, raw

Vitamin A, IU	D3849
Vitamin A, RAE	D3849
Carotene, beta	D3849
Carotene, alpha	D3849
Cryptoxanthin, beta	D3849
Lutein + zeaxanthin	D3849

### NDB No 09224 Tangerine juice, frozen concentrate, sweetened, undiluted

Vitamin A, IU	D3912
Vitamin A, RAE	D3912
Carotene, beta	D3912
Cryptoxanthin, beta	D3912

### NDB No 09226 Papayas, raw

Carotene, beta	D3842, D3912, S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	D3842, D3912, S1203
Lycopene	S1203

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### NDB No 09226 Papayas, raw

Lutein + zeaxanthin S1203

### NDB No 09231 Passion-fruit, (granadilla), purple, raw

Vitamin A, IU D3899

Vitamin A, RAE D3899

Carotene, beta D3899

Carotene, alpha D3899

Cryptoxanthin, beta D3899

### NDB No 09236 Peaches, raw

Protein S461, S582

Total lipid (fat) S121, S461, S582

Ash S461, S582

Starch S461

Sucrose S461, S582

Glucose (dextrose) S461, S582

Fructose S461, S582

Lactose S461, S582

Maltose S461, S582

Water S121, S461, S582

Sugars, total S461, S582

Galactose S461, S582

Fiber, total dietary S461, S582

Calcium, Ca D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9

Iron, Fe D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Magnesium, Mg D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Phosphorus, P S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Potassium, K D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Sodium, Na D4070, S10, S11, S12, S582, S6, S7, S73, S74, S8, S9

Zinc, Zn D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Copper, Cu D4070, S10, S11, S12, S461, S582, S6, S7, S73, S74, S8, S9

Fluoride, F D5007

Manganese, Mn D4070, S10, S11, S12, S461, S6, S7, S73, S74, S8, S9

Selenium, Se S582

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### NDB No 09236 Peaches, raw

Vitamin A, IU	D3887, D3904, S1203, S461, S582
Vitamin A, RAE	D3887, D3904, S1203, S461, S582
Carotene, beta	D3887, D3904, S1203, S461, S582
Carotene, alpha	D3887, D3904, S1203, S461, S582
Vitamin E (alpha-tocopherol)	S121, S461
Cryptoxanthin, beta	D3887, D3904, S1203, S461, S582
Lycopene	D3904, S1203, S461, S582
Lutein + zeaxanthin	D3904, S1203, S461, S582
Tocopherol, beta	S121, S461
Tocopherol, gamma	S121, S461
Tocopherol, delta	S121, S461
Thiamin	S461, S582
Riboflavin	S461, S582
Niacin	S461, S582
Pantothenic acid	S461, S582
Vitamin B-6	S461, S582
Folate, total	S582
Choline, total	S461
Vitamin K (phylloquinone)	D4002, S582
Betaine	S461
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582

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### **NDB No 09236 Peaches, raw**

Glycine	S582
Proline	S582
Serine	S582

### **NDB No 09241 Peaches, canned, heavy syrup pack, solids and liquids**

Fluoride, F	D5001, D5002, D5003, D5007, D5021, D5301
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### **NDB No 09246 Peaches, dried, sulfured, uncooked**

Sucrose	D3315, S606
Glucose (dextrose)	D3315, S606
Fructose	D3315, S606
Sugars, total	D3315, S606
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 09251 Peach nectar, canned, without added ascorbic acid**

Fluoride, F	D5021, D5201
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### **NDB No 09252 Pears, raw**

Protein	S482, S541
Total lipid (fat)	S482, S541
Ash	S482, S541
Sucrose	S482, S541
Glucose (dextrose)	S482, S541
Fructose	S482, S541
Lactose	S482, S541
Maltose	S482, S541
Water	S482, S541
Sugars, total	S482, S541
Galactose	S482, S541
Fiber, total dietary	S482, S541

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### NDB No 09252 Pears, raw

Calcium, Ca	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Iron, Fe	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Magnesium, Mg	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Potassium, K	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Sodium, Na	D4070, S10, S11, S12, S206, S208, S541, S6, S7, S73, S74, S8, S9
Zinc, Zn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Copper, Cu	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Fluoride, F	D5002, D5003, D5007
Manganese, Mn	D4070, S10, S11, S12, S206, S208, S482, S541, S6, S7, S73, S74, S8, S9
Selenium, Se	S541
Vitamin A, IU	S1206, S482, S541
Vitamin A, RAE	S1206, S482, S541
Carotene, beta	S1206, S482, S541
Carotene, alpha	S1206, S482, S541
Vitamin E (alpha-tocopherol)	S541
Cryptoxanthin, beta	S482, S541
Lycopene	S482, S541
Lutein + zeaxanthin	S482, S541
Tocopherol, beta	S541
Tocopherol, gamma	S541
Tocopherol, delta	S541
Vitamin C, total ascorbic acid	S482, S541
Thiamin	S482, S541
Riboflavin	S482, S541
Niacin	S482, S541
Pantothenic acid	S482, S541
Vitamin B-6	S482, S541
Folate, total	S482, S541
Vitamin K (phylloquinone)	S482, S541
Tryptophan	S541
Threonine	S541
Isoleucine	S541
Leucine	S541
Lysine	S541

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### NDB No 09252 Pears, raw

Methionine	S541
Cystine	S541
Phenylalanine	S541
Tyrosine	S541
Valine	S541
Arginine	S541
Histidine	S541
Alanine	S541
Aspartic acid	S541
Glutamic acid	S541
Glycine	S541
Proline	S541
Serine	S541

### NDB No 09253 Pears, canned, water pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### NDB No 09254 Pears, canned, juice pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### NDB No 09256 Pears, canned, light syrup pack, solids and liquids

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841

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### **NDB No 09256 Pears, canned, light syrup pack, solids and liquids**

Maltose	D4841
Sugars, total	D4841
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 09257 Pears, canned, heavy syrup pack, solids and liquids**

Sucrose	D4841
Glucose (dextrose)	D4841
Fructose	D4841
Maltose	D4841
Sugars, total	D4841
Fluoride, F	D5002, D5003, D5007
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 09259 Pears, dried, sulfured, uncooked**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 09262 Pear nectar, canned, without added ascorbic acid**

Fluoride, F	D5021, D5201
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### **NDB No 09263 Persimmons, japanese, raw**

Sucrose	D4941, S606
Glucose (dextrose)	D4941, S606
Fructose	D4941, S606
Sugars, total	D4941, S606
Carotene, beta	D3842, D3912
Cryptoxanthin, beta	D3842, D3912
Lycopene	D3842
Lutein + zeaxanthin	D3842

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### NDB No 09264 Persimmons, japanese, dried

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

### NDB No 09266 Pineapple, raw, all varieties

Protein	S1167, S441, S561
Total lipid (fat)	S1167, S441, S561
Ash	S1167, S441, S561
Starch	S561
Sucrose	S441, S561
Glucose (dextrose)	S441, S561
Fructose	S441, S561
Lactose	S441, S561
Maltose	S441, S561
Water	S1167, S441, S561
Sugars, total	S441, S561
Galactose	S441, S561
Fiber, total dietary	S561
Calcium, Ca	D4070, S1167, S441, S561
Iron, Fe	D4070, S1167, S441, S561
Magnesium, Mg	D4070, S1167, S441, S561
Phosphorus, P	S1167, S441, S561
Potassium, K	D4070, S1167, S441, S561
Zinc, Zn	D4070, S1167, S441, S561
Copper, Cu	D4070, S1167, S441, S561
Manganese, Mn	D4070, S1167, S441, S561
Selenium, Se	S441, S561
Vitamin A, IU	S1167, S441, S561
Vitamin A, RAE	S1167, S441, S561
Carotene, beta	S1167, S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561
Cryptoxanthin, beta	S441, S561

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### NDB No 09266 Pineapple, raw, all varieties

Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S1167, S441, S561
Thiamin	S1167, S441, S561
Riboflavin	S1167, S441, S561
Niacin	S1167, S441, S561
Pantothenic acid	S1167, S441, S561
Vitamin B-6	S1167, S441, S561
Folate, total	S1167, S441, S561
Vitamin K (phylloquinone)	S441, S561
Tryptophan	S441, S561
Threonine	S441, S561
Isoleucine	S441, S561
Leucine	S441, S561
Lysine	S441, S561
Methionine	S441, S561
Cystine	S441, S561
Phenylalanine	S441, S561
Tyrosine	S441, S561
Valine	S441, S561
Arginine	S441, S561
Histidine	S441, S561
Alanine	S441, S561
Aspartic acid	S441, S561
Glutamic acid	S441, S561
Glycine	S441, S561
Proline	S441, S561
Serine	S441, S561

### NDB No 09268 Pineapple, canned, juice pack, solids and liquids

Sucrose	D3315
Glucose (dextrose)	D3315

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### **NDB No 09268 Pineapple, canned, juice pack, solids and liquids**

Fructose	D3315
Sugars, total	D3315
Fluoride, F	D5007, D5301
Vitamin K (phylloquinone)	D4002

### **NDB No 09270 Pineapple, canned, heavy syrup pack, solids and liquids**

Sucrose	D3315
Glucose (dextrose)	D3315
Fructose	D3315
Sugars, total	D3315

### **NDB No 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid**

Protein	S2104, S2985
Total lipid (fat)	S2104, S2985
Ash	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104, S2985
Iron, Fe	S2104, S2985
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104, S2985
Sodium, Na	S2104, S2985
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Thiamin	S2104, S2985

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### NDB No 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid

Riboflavin	S2104, S2985
Niacin	S2104, S2985
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104

### NDB No 09275 Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Vitamin K (phylloquinone)	D4002
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### NDB No 09279 Plums, raw

Protein	S421, S582
Total lipid (fat)	S121, S421, S582
Ash	S421, S582
Starch	S421
Sucrose	S421, S582
Glucose (dextrose)	S421, S582
Fructose	S421, S582
Lactose	S421, S582
Maltose	S421, S582
Water	S121, S421, S582
Sugars, total	S421, S582
Galactose	S421, S582
Fiber, total dietary	S421, S582
Calcium, Ca	S10, S11, S12, S206, S208, S421, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S582, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S12, S206, S208, S421, S582, S6, S7, S73, S74, S8, S9
Selenium, Se	S582

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### NDB No 09279 Plums, raw

Vitamin A, IU	S421, S582
Vitamin A, RAE	S421, S582
Carotene, beta	S421, S582
Carotene, alpha	S421, S582
Vitamin E (alpha-tocopherol)	S121, S421
Cryptoxanthin, beta	S421, S582
Lycopene	S421, S582
Lutein + zeaxanthin	S421, S582
Tocopherol, beta	S121, S421
Tocopherol, gamma	S121, S421
Tocopherol, delta	S121, S421
Thiamin	S421, S582
Riboflavin	S421, S582
Niacin	S421, S582
Pantothenic acid	S421, S582
Vitamin B-6	S421, S582
Folate, total	S421, S582
Vitamin K (phylloquinone)	D4002, S421, S582
Tryptophan	S582
Threonine	S582
Isoleucine	S582
Leucine	S582
Lysine	S582
Methionine	S582
Cystine	S582
Phenylalanine	S582
Tyrosine	S582
Valine	S582
Arginine	S582
Histidine	S582
Alanine	S582
Aspartic acid	S582
Glutamic acid	S582
Glycine	S582
Proline	S582

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### NDB No 09279 Plums, raw

Serine S582

### NDB No 09287 Prickly pears, raw

Vitamin A, IU D3899, S1202

Vitamin A, RAE D3899, S1202

Carotene, beta D3899, S1202

Carotene, alpha D3899, S1202

Cryptoxanthin, beta D3899, S1202

### NDB No 09291 Plums, dried (prunes), uncooked

Protein S564, S566

Total lipid (fat) S121, S564, S566

Ash S564, S566

Starch S564, S566

Sucrose D3315, S564, S566, S606, S837

Glucose (dextrose) D3315, D3318, S564, S566, S606, S837

Fructose D3315, D3318, S564, S566, S606, S837

Lactose S564, S566, S837

Maltose S564, S566, S837

Water D3780, S121, S564, S566, S606, S837

Sugars, total D3315, S566, S606, S837

Galactose S566

Fiber, total dietary D3780, S564, S566

Calcium, Ca S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Iron, Fe S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Magnesium, Mg S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Phosphorus, P S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Potassium, K S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Sodium, Na S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Zinc, Zn S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Copper, Cu S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Fluoride, F D5007

Manganese, Mn S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9

Selenium, Se S564, S566

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**NDB No 09291 Plums, dried (prunes), uncooked**

Vitamin A, IU	S1341, S564, S566
Vitamin A, RAE	S1341, S564, S566
Carotene, beta	S1341, S564, S566
Carotene, alpha	S1341, S564, S566
Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S1341, S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S1341, S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566
Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Choline, total	S564, S566
Vitamin K (phylloquinone)	S564, S566
Betaine	S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566
Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566

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### NDB No 09291 Plums, dried (prunes), uncooked

Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566
Serine	S564, S566
8:0	S564, S566
10:0	S564, S566
12:0	S564, S566
14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566
20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

### NDB No 09294 Prune juice, canned

Fluoride, F	D5005, D5007, D5008
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

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### NDB No 09295 Pummelo, raw

Vitamin A, IU	D3899
Vitamin A, RAE	D3899
Carotene, beta	D3899
Carotene, alpha	D3899
Cryptoxanthin, beta	D3899

### NDB No 09298 Raisins, seedless

Protein	S5, S564, S566
Total lipid (fat)	S121, S5, S564, S566
Ash	S564, S566
Starch	S564, S566
Sucrose	D3315, S564, S566, S837
Glucose (dextrose)	D3315, S564, S566, S837
Fructose	D3315, S564, S566, S837
Lactose	S564, S566
Maltose	S564, S566
Water	D3764, D3779, S121, S564, S566
Sugars, total	D3315, S564, S566, S837
Galactose	S564, S566
Fiber, total dietary	D3764, D3779, S5, S564, S566, S837
Calcium, Ca	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S5, S564, S566, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Fluoride, F	S566
Manganese, Mn	S10, S11, S12, S206, S208, S564, S566, S6, S7, S73, S74, S8, S9
Selenium, Se	S564, S566
Vitamin A, IU	S564, S566
Vitamin A, RAE	S564, S566
Carotene, beta	S564, S566
Carotene, alpha	S564, S566

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### NDB No 09298 Raisins, seedless

Vitamin E (alpha-tocopherol)	S121, S564
Cryptoxanthin, beta	S564, S566
Lycopene	S564, S566
Lutein + zeaxanthin	S564, S566
Tocopherol, beta	S121, S564
Tocopherol, gamma	S121, S564
Tocopherol, delta	S121, S564
Vitamin C, total ascorbic acid	S5, S564, S566
Thiamin	S564, S566
Riboflavin	S564, S566
Niacin	S564, S566
Pantothenic acid	S564, S566
Vitamin B-6	S564, S566
Folate, total	S564
Choline, total	S564, S566
Vitamin K (phylloquinone)	D4002, S564, S566
Betaine	S564, S566
Tryptophan	S564, S566
Threonine	S564, S566
Isoleucine	S564, S566
Leucine	S564, S566
Lysine	S564, S566
Methionine	S564, S566
Cystine	S564, S566
Phenylalanine	S564, S566
Tyrosine	S564, S566
Valine	S564, S566
Arginine	S564, S566
Histidine	S564, S566
Alanine	S564, S566
Aspartic acid	S564, S566
Glutamic acid	S564, S566
Glycine	S564, S566
Proline	S564, S566
Serine	S564, S566

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### NDB No 09298 Raisins, seedless

8:0	S564, S566
10:0	S564, S566
12:0	S564, S566
14:0	S564, S566
16:0	S564, S566
18:0	S564, S566
20:0	S564, S566
18:1 undifferentiated	S564, S566
18:2 undifferentiated	S564, S566
18:3 undifferentiated	S564, S566
20:4 undifferentiated	S564, S566
22:0	S564, S566
14:1	S564, S566
16:1 undifferentiated	S564, S566
20:1	S564, S566
15:0	S564, S566
17:0	S564, S566
20:2 n-6 c,c	S564, S566
18:3 n-6 c,c,c	S564
17:1	S564, S566
20:3 undifferentiated	S564, S566
15:1	S564, S566

### NDB No 09301 Rambutan, canned, syrup pack

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 09302 Raspberries, raw

Protein	S381, S461, S566, S963
Total lipid (fat)	S381, S461, S566, S963
Ash	S381, S461, S566, S963

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### NDB No 09302 Raspberries, raw

Starch	S461
Sucrose	S461, S566
Glucose (dextrose)	S461, S566
Fructose	S461, S566
Lactose	S461, S566
Maltose	S461, S566
Water	D3780, S381, S461, S566, S963
Sugars, total	S461, S566
Galactose	S461, S566
Fiber, total dietary	D3780, S381, S461, S566, S963
Calcium, Ca	S381, S461, S566, S963
Iron, Fe	S381, S461, S566, S963
Magnesium, Mg	S381, S461, S566, S963
Phosphorus, P	S381, S461, S566, S963
Potassium, K	S381, S461, S566, S963
Sodium, Na	S381, S566, S963
Zinc, Zn	S381, S461, S566, S963
Copper, Cu	S381, S461, S566, S963
Manganese, Mn	S381, S461, S566, S963
Selenium, Se	S566
Carotene, beta	D3887, D3899, S461, S566, S963
Carotene, alpha	D3887, D3899, S461, S566
Vitamin E (alpha-tocopherol)	S461, S566
Cryptoxanthin, beta	D3887, D3899, S461, S566
Lycopene	S461, S566
Lutein + zeaxanthin	S461, S566
Tocopherol, beta	S461, S566
Tocopherol, gamma	S461, S566
Tocopherol, delta	S461, S566
Vitamin C, total ascorbic acid	S381, S461, S566, S963
Thiamin	S381, S461, S566, S963
Riboflavin	S381, S461, S566, S963
Niacin	S381, S461, S566, S963
Pantothenic acid	S381, S461, S566, S963
Vitamin B-6	S381, S461, S566, S963

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### NDB No 09302 Raspberries, raw

Folate, total	S381, S461, S566, S963
Choline, total	S461
Vitamin K (phylloquinone)	S461, S566
Betaine	S461

### NDB No 09307 Rhubarb, raw

Vitamin A, IU	D3919
Vitamin A, RAE	D3919
Carotene, beta	D3919
Carotene, alpha	D3919
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919

### NDB No 09316 Strawberries, raw

Protein	S1162, S421, S566, S581, S604
Total lipid (fat)	S1162, S421, S566, S581, S604
Ash	S1162, S421, S566, S581, S604
Starch	S421, S566
Sucrose	S3402, S421, S566, S606
Glucose (dextrose)	S3402, S421, S566, S604, S606
Fructose	S3402, S421, S566, S604, S606
Lactose	S3402, S421, S566
Maltose	S3402, S421, S566
Water	D3764, S1162, S421, S566, S581, S604, S606
Galactose	S3402, S421, S566
Fiber, total dietary	D3764, S1162, S421, S566, S581, S604, S642
Calcium, Ca	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S3402, S421, S566, S581, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S3402, S421, S566, S581, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9

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### NDB No 09316 Strawberries, raw

Potassium, K	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S11, S1162, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S566, S581, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S581, S6, S7, S73, S74, S8, S9
Fluoride, F	D5007, D5301
Manganese, Mn	S10, S11, S12, S182, S183, S201, S202, S203, S204, S205, S206, S208, S421, S566, S581, S6, S7, S73, S74, S8, S9
Selenium, Se	S566
Vitamin A, IU	S421, S581
Vitamin A, RAE	S421, S581
Carotene, beta	S421, S566, S581
Carotene, alpha	S421, S566
Vitamin E (alpha-tocopherol)	S421, S566
Cryptoxanthin, beta	S421, S566
Lycopene	S421, S566
Lutein + zeaxanthin	S421, S566
Tocopherol, beta	S421, S566
Tocopherol, gamma	S421, S566
Tocopherol, delta	S421, S566
Vitamin C, total ascorbic acid	S1162, S421, S581
Thiamin	S421, S566, S581
Riboflavin	S421, S566, S581
Niacin	S421, S566, S581
Pantothenic acid	S421, S566, S581
Vitamin B-6	S421, S566, S581
Folate, total	D4781, S1662
Choline, total	S421
Vitamin K (phylloquinone)	D4002, S421, S566
Betaine	S421

### NDB No 09318 Strawberries, frozen, unsweetened

Sucrose	S604
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### NDB No 09318 Strawberries, frozen, unsweetened

Glucose (dextrose)	S604, S606
Fructose	S604, S606

### NDB No 09326 Watermelon, raw

Protein	S1027, S441, S461
Total lipid (fat)	S1027, S441, S461
Ash	S1027, S441, S461
Starch	S461
Sucrose	S441, S461, S837
Glucose (dextrose)	S441, S461, S837
Fructose	S441, S461, S837
Lactose	S441, S461, S837
Maltose	S441, S461, S837
Water	D3764, S1027, S441, S461, S837, S84
Sugars, total	S441, S461, S837
Galactose	S441, S461
Fiber, total dietary	D3764, S1027, S461, S837
Calcium, Ca	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Iron, Fe	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Magnesium, Mg	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Phosphorus, P	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Potassium, K	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Sodium, Na	S10, S1027, S11, S12, S206, S208, S441, S6, S7, S73, S74, S8, S9
Zinc, Zn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Copper, Cu	S10, S1027, S11, S12, S206, S208, S461, S6, S7, S73, S74, S8, S9
Fluoride, F	D5007, D5301
Manganese, Mn	S10, S1027, S11, S12, S206, S208, S441, S461, S6, S7, S73, S74, S8, S9
Selenium, Se	S441
Vitamin A, IU	S1027, S441, S461
Vitamin A, RAE	S441, S461
Carotene, beta	D3912, S1027, S1203, S441, S461
Carotene, alpha	S1203, S441, S461
Vitamin E (alpha-tocopherol)	S441, S461, S84
Cryptoxanthin, beta	D3912, S1203, S441, S461
Lycopene	D4801, S1203, S441, S461

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### NDB No 09326 Watermelon, raw

Lutein + zeaxanthin	S1203, S441, S461
Tocopherol, beta	S441, S461, S84
Tocopherol, gamma	S441, S461, S84
Tocopherol, delta	S441, S461, S84
Vitamin C, total ascorbic acid	S1027, S461
Thiamin	S1027, S441, S461
Riboflavin	S1027, S441, S461
Niacin	S1027, S441, S461
Pantothenic acid	S1027, S441, S461
Vitamin B-6	S1027, S441, S461
Folate, total	S441
Choline, total	S461
Vitamin K (phylloquinone)	D4002, S441, S461
Betaine	S461

### NDB No 09328 Maraschino cherries, canned, drained

Protein	S1206
Total lipid (fat)	S1206
Ash	S1206
Water	S1206
Fiber, total dietary	S1206
Calcium, Ca	S1206
Iron, Fe	S1206
Magnesium, Mg	S1206
Phosphorus, P	S1206
Potassium, K	S1206
Sodium, Na	S1206
Zinc, Zn	S1206
Copper, Cu	S1206
Manganese, Mn	S1206
Riboflavin	S1206
Niacin	S1206
Pantothenic acid	S1206
Vitamin B-6	S1206

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### **NDB No 09351 Fruit cocktail, canned, heavy syrup, drained**

Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### **NDB No 09354 Pineapple, canned, juice pack, drained**

Carotene, beta	D3912
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### **NDB No 09357 Apricots, canned, heavy syrup, drained**

Carotene, beta	D3843, D3846, D3912, D3919, D3924
Carotene, alpha	D3919, D3924
Cryptoxanthin, beta	D3919, D3924
Lutein + zeaxanthin	D3919, D3924

### **NDB No 09370 Peaches, canned, heavy syrup, drained**

Fluoride, F	D5001, D5002, D5003, D5007, D5021, D5301
Vitamin A, IU	D3843, D3904, D3912
Vitamin A, RAE	D3843, D3904, D3912
Carotene, beta	D3843, D3904, D3912
Carotene, alpha	D3904
Cryptoxanthin, beta	D3904, D3912
Lycopene	D3904
Lutein + zeaxanthin	D3904

### **NDB No 09374 Pears, canned, heavy syrup, drained**

Fluoride, F	D5002, D5003, D5007
Carotene, beta	D3843

### **NDB No 09400 Apple juice, canned or bottled, unsweetened, with added ascorbic acid**

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**NDB No 09400 Apple juice, canned or bottled, unsweetened, with added ascorbic acid**

Fluoride, F S1067

**NDB No 09403 Apricot nectar, canned, with added ascorbic acid**

Fluoride, F D5021, D5201

**NDB No 09407 Peach nectar, canned, with added ascorbic acid**

Fluoride, F D5021, D5201

**NDB No 09408 Pear nectar, canned, with added ascorbic acid**

Fluoride, F D5021, D5201

**NDB No 09409 Pineapple juice, canned, unsweetened, with added ascorbic acid**

Protein S2104, S2985

Total lipid (fat) S2104, S2985

Ash S2104

Sucrose S2104

Glucose (dextrose) S2104

Fructose S2104

Lactose S2104

Maltose S2104

Water S2104

Sugars, total S2104

Galactose S2104

Fiber, total dietary S2104

Calcium, Ca S2104, S2985

Iron, Fe S2104, S2985

Magnesium, Mg S2104

Phosphorus, P S2104

Potassium, K S2104, S2985

Sodium, Na S2104, S2985

Zinc, Zn S2104

Copper, Cu S2104

Fluoride, F D5002, D5003, D5007, D5201

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### NDB No 09409 Pineapple juice, canned, unsweetened, with added ascorbic acid

Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104, S2985
Riboflavin	S2104, S2985
Niacin	S2104, S2985
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104

### NDB No 09421 Dates, medjool

Protein	S564, S582
Total lipid (fat)	S564, S582
Ash	S564, S582
Sucrose	S564, S582
Glucose (dextrose)	S564, S582
Fructose	S564, S582
Lactose	S564, S582
Maltose	S564, S582
Water	S564, S582
Sugars, total	S564, S582
Galactose	S564, S582
Fiber, total dietary	S564, S582
Calcium, Ca	S564, S582
Iron, Fe	S564, S582
Magnesium, Mg	S564, S582
Phosphorus, P	S564, S582
Potassium, K	S564, S582
Sodium, Na	S564, S582
Zinc, Zn	S564, S582
Copper, Cu	S564, S582
Manganese, Mn	S564, S582
Vitamin A, IU	S564, S582
Vitamin A, RAE	S564, S582
Carotene, beta	S564, S582
Carotene, alpha	S564, S582

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### NDB No 09421 Dates, medjool

Cryptoxanthin, beta	S564, S582
Lycopene	S564, S582
Lutein + zeaxanthin	S564, S582
Vitamin C, total ascorbic acid	S564, S582
Thiamin	S564, S582
Riboflavin	S564, S582
Niacin	S564, S582
Pantothenic acid	S564, S582
Vitamin B-6	S564, S582
Folate, total	S564
Choline, total	S564
Vitamin K (phylloquinone)	S564, S582
Betaine	S564
Tryptophan	S564, S582
Threonine	S564, S582
Isoleucine	S564, S582
Leucine	S564, S582
Lysine	S564, S582
Methionine	S564, S582
Cystine	S564, S582
Phenylalanine	S564, S582
Tyrosine	S564, S582
Valine	S564, S582
Arginine	S564, S582
Histidine	S564, S582
Alanine	S564, S582
Aspartic acid	S564, S582
Glutamic acid	S564, S582
Glycine	S564, S582
Proline	S564, S582
Serine	S564, S582

### NDB No 09422 Durian, raw or frozen

Protein	S1202
Total lipid (fat)	S1202

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### NDB No 09422 Durian, raw or frozen

Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 09427 Abiyuch, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053

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### NDB No 09427 Abiyuch, raw

Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

### NDB No 09428 Rowal, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053

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### NDB No 09428 Rowal, raw

Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Carotene, beta	D4053
Carotene, alpha	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

### NDB No 09429 Pineapple, raw, traditional varieties

Protein	S1167, S441
Total lipid (fat)	S1167, S441
Ash	S1167, S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S1167, S441
Sugars, total	S441
Galactose	S441
Calcium, Ca	D4070, S1167, S441
Iron, Fe	D4070, S1167, S441
Magnesium, Mg	D4070, S1167, S441
Phosphorus, P	S1167, S441
Potassium, K	D4070, S1167, S441
Zinc, Zn	D4070, S1167, S441
Copper, Cu	D4070, S1167, S441
Manganese, Mn	D4070, S1167, S441
Selenium, Se	S441
Vitamin A, IU	S1167, S441
Vitamin A, RAE	S1167, S441
Carotene, beta	S1167, S441

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### NDB No 09429 Pineapple, raw, traditional varieties

Carotene, alpha	S441
Cryptoxanthin, beta	S441
Lycopene	S441
Lutein + zeaxanthin	S441
Vitamin C, total ascorbic acid	S1167, S441
Thiamin	S1167, S441
Riboflavin	S1167, S441
Niacin	S1167, S441
Pantothenic acid	S1167, S441
Vitamin B-6	S1167, S441
Folate, total	S1167, S441
Choline, total	S561
Vitamin K (phylloquinone)	S441
Betaine	S561

### NDB No 09430 Pineapple, raw, extra sweet variety

Protein	S441, S561
Total lipid (fat)	S441, S561
Ash	S441, S561
Starch	S561
Sucrose	S441, S561
Glucose (dextrose)	S441, S561
Fructose	S441, S561
Lactose	S441, S561
Maltose	S441, S561
Water	S441, S561
Sugars, total	S441, S561
Galactose	S441, S561
Fiber, total dietary	S561
Calcium, Ca	S441, S561
Iron, Fe	S441, S561
Magnesium, Mg	S441, S561
Phosphorus, P	S441, S561
Potassium, K	S441, S561
Zinc, Zn	S441, S561

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### NDB No 09430 Pineapple, raw, extra sweet variety

Copper, Cu	S441, S561
Manganese, Mn	S441, S561
Selenium, Se	S561
Vitamin A, IU	S441, S561
Vitamin A, RAE	S441, S561
Carotene, beta	S441, S561
Carotene, alpha	S441, S561
Vitamin E (alpha-tocopherol)	S441, S561
Cryptoxanthin, beta	S441, S561
Lycopene	S441, S561
Lutein + zeaxanthin	S441, S561
Tocopherol, beta	S441, S561
Tocopherol, gamma	S441, S561
Tocopherol, delta	S441, S561
Vitamin C, total ascorbic acid	S441, S561
Thiamin	S441, S561
Riboflavin	S441, S561
Niacin	S441, S561
Pantothenic acid	S441, S561
Vitamin B-6	S441, S561
Folate, total	S441, S561
Choline, total	S441
Vitamin K (phylloquinone)	S441, S561
Betaine	S441

### NDB No 09431 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203

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**NDB No 09431    USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained**

Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Carotene, beta	S2203
Carotene, alpha	S2203
Cryptoxanthin, beta	S2203
Lycopene	S2203
Lutein + zeaxanthin	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203

**NDB No 09432    USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids**

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203

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**NDB No 09432    USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids**

Calcium, Ca	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Carotene, beta	S2203
Carotene, alpha	S2203
Cryptoxanthin, beta	S2203
Lycopene	S2203
Lutein + zeaxanthin	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203

**NDB No 09433    Clementines, raw**

Protein	S2105, S2961
Total lipid (fat)	S2105, S2961
Ash	S2105, S2961
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105, S2961
Sugars, total	S2105
Galactose	S2105

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### NDB No 09433 Clementines, raw

Fiber, total dietary	S2105, S2961
Calcium, Ca	S2105, S2961
Iron, Fe	S2105, S2961
Magnesium, Mg	S2105, S2961
Phosphorus, P	S2105, S2961
Potassium, K	S2105, S2961
Sodium, Na	S2961
Zinc, Zn	S2105, S2961
Copper, Cu	S2105, S2961
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105, S2961
Riboflavin	S2105, S2961
Niacin	S2105, S2961
Pantothenic acid	S2105, S2961
Vitamin B-6	S2105, S2961
Folate, total	S2105, S2961
Choline, total	S2105
Vitamin K (phylloquinone)	S2105
Betaine	S2105

### NDB No 09434 Guanabana nectar, canned

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661

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### NDB No 09434 Guanabana nectar, canned

Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Vitamin A, IU	S2661
Vitamin A, RAE	S2661
Carotene, beta	S2661
Carotene, alpha	S2661
Vitamin E (alpha-tocopherol)	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661

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### NDB No 09435 Guava nectar, canned

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Carotene, beta	S2661
Carotene, alpha	S2661
Vitamin E (alpha-tocopherol)	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Lutein + zeaxanthin	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661

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### NDB No 09435 Guava nectar, canned

Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661

### NDB No 09436 Mango nectar, canned

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Carotene, beta	S2661
Carotene, alpha	S2661
Vitamin E (alpha-tocopherol)	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Lutein + zeaxanthin	S2661

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### NDB No 09436 Mango nectar, canned

Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661

### NDB No 09437 Tamarind nectar, canned

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661

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### **NDB No 09437 Tamarind nectar, canned**

Copper, Cu	S2661
Manganese, Mn	S2661
Carotene, beta	S2661
Carotene, alpha	S2661
Vitamin E (alpha-tocopherol)	S2661
Cryptoxanthin, beta	S2661
Lycopene	S2661
Lutein + zeaxanthin	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661

### **NDB No 09438 USDA Commodity peaches, canned, light syrup, drained**

Protein	S3542
Total lipid (fat)	S3542
Ash	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Fructose	S3542
Lactose	S3542
Maltose	S3542
Water	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542

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### NDB No 09438 USDA Commodity peaches, canned, light syrup, drained

Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Vitamin A, IU	S3542
Vitamin A, RAE	S3542
Carotene, beta	S3542
Carotene, alpha	S3542
Vitamin E (alpha-tocopherol)	S3542
Cryptoxanthin, beta	S3542
Lycopene	S3542
Tocopherol, beta	S3542
Tocopherol, gamma	S3542
Tocopherol, delta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Folate, food	S3542

### NDB No 09439 USDA Commodity pears, canned, juice pack, drained

Protein	S3542
Total lipid (fat)	S3542
Ash	S3542
Sucrose	S3542

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### NDB No 09439 USDA Commodity pears, canned, juice pack, drained

Glucose (dextrose)	S3542
Fructose	S3542
Lactose	S3542
Maltose	S3542
Water	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542
Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, beta	S3542
Tocopherol, gamma	S3542
Tocopherol, delta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Folate, food	S3542

### NDB No 09440 USDA Commodity pears, canned, light syrup, drained

Protein	S3542
Total lipid (fat)	S3542

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### NDB No 09440 USDA Commodity pears, canned, light syrup, drained

Ash	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Fructose	S3542
Lactose	S3542
Maltose	S3542
Water	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542
Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, beta	S3542
Tocopherol, gamma	S3542
Tocopherol, delta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Folate, food	S3542

### NDB No 10007 Pork, fresh, separable fat, cooked

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**NDB No 10007 Pork, fresh, separable fat, cooked**

Choline, total	S1166
Betaine	S1166

**NDB No 10058 Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled**

Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Folate, total	S1166

**NDB No 10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked**

Folate, total	S1166
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**NDB No 10098 Pork, fresh, variety meats and by-products, chitterlings, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581

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**NDB No 10098 Pork, fresh, variety meats and by-products, chitterlings, raw**

Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581

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### **NDB No 10098    Pork, fresh, variety meats and by-products, chitterlings, raw**

20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### **NDB No 10099    Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581

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### NDB No 10099 Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 10102 Pork, fresh, variety meats and by-products, feet, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581

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### NDB No 10102 Pork, fresh, variety meats and by-products, feet, raw

Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581

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### NDB No 10102 Pork, fresh, variety meats and by-products, feet, raw

22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 10119 Pork, fresh, variety meats and by-products, stomach, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581

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### NDB No 10119 Pork, fresh, variety meats and by-products, stomach, raw

Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 10123 Pork, cured, bacon, raw

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**NDB No 10123    Pork, cured, bacon, raw**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Fluoride, F	D5021
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1166
Vitamin K (phylloquinone)	S1166
Betaine	S1166
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082

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**NDB No 10123    Pork, cured, bacon, raw**

Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082

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### NDB No 10123 Pork, cured, bacon, raw

20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Fluoride, F	D5001, D5007, D5301
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082

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**NDB No 10124    Pork, cured, bacon, cooked, broiled, pan-fried or roasted**

Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082

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### NDB No 10124 Pork, cured, bacon, cooked, broiled, pan-fried or roasted

18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10132 Pork, cured, feet, pickled

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301

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### NDB No 10132 Pork, cured, feet, pickled

Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Cholesterol	S3301
Fatty acids, total trans	S3301
Fatty acids, total saturated	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
18:1 undifferentiated	S3301
18:2 undifferentiated	S3301
18:3 undifferentiated	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
Fatty acids, total monounsaturated	S3301
Fatty acids, total polyunsaturated	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301

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### NDB No 10132 Pork, cured, feet, pickled

17:1	S3301
20:3 undifferentiated	S3301
Fatty acids, total trans-monoenoic	S3301
Fatty acids, total trans-polyenoic	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### NDB No 10151 Pork, cured, ham, whole, separable lean and fat, roasted

Fluoride, F	D5001, D5007, D5021
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### NDB No 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581

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### NDB No 10173 Pork, fresh, variety meats and by-products, feet, cooked, simmered

Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

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**NDB No 10188 Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked**

Fluoride, F D5001, D5007

**NDB No 10858 Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled**

Protein	S1082
Total lipid (fat)	S1082, S1166
Ash	S1082
Water	S1082, S1166
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082

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**NDB No 10858    Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled**

Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
6:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082

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**NDB No 10858    Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled**

17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

**NDB No 10860    Pork, cured, bacon, cooked, baked**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082

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### NDB No 10860 Pork, cured, bacon, cooked, baked

Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1166
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082

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### NDB No 10860 Pork, cured, bacon, cooked, baked

22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10861 Pork, cured, bacon, cooked, microwaved

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Thiamin	S1082

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**NDB No 10861    Pork, cured, bacon, cooked, microwaved**

Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1166
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082

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### NDB No 10861 Pork, cured, bacon, cooked, microwaved

18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10862 Pork, cured, bacon, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166

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**NDB No 10862 Pork, cured, bacon, cooked, pan-fried**

Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1166
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082

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### NDB No 10862 Pork, cured, bacon, cooked, pan-fried

12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581

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**NDB No 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered**

Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581

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### NDB No 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered

20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 10864 Pork, bacon, rendered fat, cooked

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Vitamin B-12	S1082
Choline, total	S1082
Betaine	S1082

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### NDB No 10864 Pork, bacon, rendered fat, cooked

Cholesterol	S1082
Fatty acids, total trans	S1082
Fatty acids, total saturated	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 10865 Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301

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**NDB No 10865    Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted**

Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301

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**NDB No 10865    Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted**

Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301

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**NDB No 10865    Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted**

18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10866    Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301

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**NDB No 10866 Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated**

Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301

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**NDB No 10867    Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted**

Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301

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**NDB No 10867 Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted**

Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10868 Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301

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**NDB No 10868    Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil**

Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301

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**NDB No 10868    Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil**

Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301

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**NDB No 10868 Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil**

18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10869 Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301

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**NDB No 10869    Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil**

Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301

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**NDB No 10869 Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil**

18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301

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**NDB No 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil**

Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301

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**NDB No 10870 Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil**

Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted**

Protein	S3301
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**NDB No 10871    Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted**

Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301

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**NDB No 10871    Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted**

Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301

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**NDB No 10871 Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted**

18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301

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**NDB No 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated**

Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301

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**NDB No 10872 Pork, cured, ham and water product, whole, boneless, separable lean only, unheated**

10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301

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**NDB No 10873    Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted**

Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301

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**NDB No 10873    Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted**

Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301

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**NDB No 10873 Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted**

15:1 S3301

18:3 n-3 c,c,c S3301

**NDB No 10874 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted**

Protein S3301

Total lipid (fat) S3301

Ash S3301

Sucrose S3301

Glucose (dextrose) S3301

Fructose S3301

Lactose S3301

Maltose S3301

Water S3301

Sugars, total S3301

Galactose S3301

Calcium, Ca S3301

Iron, Fe S3301

Magnesium, Mg S3301

Phosphorus, P S3301

Potassium, K S3301

Sodium, Na S3301

Zinc, Zn S3301

Copper, Cu S3301

Manganese, Mn S3301

Selenium, Se S3301

Retinol S3301

Vitamin E (alpha-tocopherol) S3301

Tocopherol, beta S3301

Tocopherol, gamma S3301

Tocopherol, delta S3301

Thiamin S3301

Riboflavin S3301

Niacin S3301

Pantothenic acid S3301

Vitamin B-6 S3301

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**NDB No 10874    Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted**

Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301

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**NDB No 10874 Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted**

14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10875 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301

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**NDB No 10875    Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil**

Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301

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**NDB No 10875 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil**

Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301

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**NDB No 10876    Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted**

Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301

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**NDB No 10876**   **Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted**

Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301

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**NDB No 10876**   **Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted**

20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10877**   **Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301

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**NDB No 10877 Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted**

Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301

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**NDB No 10877 Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted**

12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301

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**NDB No 10878    Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil**

Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301

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**NDB No 10878    Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil**

Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301

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**NDB No 10878 Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil**

18:3 n-3 c,c,c S3301

**NDB No 10879 Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted**

Protein S3301

Total lipid (fat) S3301

Ash S3301

Sucrose S3301

Glucose (dextrose) S3301

Fructose S3301

Lactose S3301

Maltose S3301

Water S3301

Sugars, total S3301

Galactose S3301

Calcium, Ca S3301

Iron, Fe S3301

Magnesium, Mg S3301

Phosphorus, P S3301

Potassium, K S3301

Sodium, Na S3301

Zinc, Zn S3301

Copper, Cu S3301

Manganese, Mn S3301

Selenium, Se S3301

Retinol S3301

Vitamin E (alpha-tocopherol) S3301

Tocopherol, beta S3301

Tocopherol, gamma S3301

Tocopherol, delta S3301

Thiamin S3301

Riboflavin S3301

Niacin S3301

Pantothenic acid S3301

Vitamin B-6 S3301

Folate, total S3301

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**NDB No 10879    Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted**

Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301

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**NDB No 10879 Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted**

16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301

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**NDB No 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated**

Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301

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**NDB No 10880 Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated**

Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10881 Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301

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**NDB No 10881    Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted**

Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301

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**NDB No 10881    Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted**

Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301

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**NDB No 10881    Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted**

18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10882    Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301

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**NDB No 10882    Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil**

Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301

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**NDB No 10882 Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil**

18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301

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**NDB No 10883    Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted**

Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301

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**NDB No 10883 Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted**

Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated**

Protein	S3301
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**NDB No 10884    Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated**

Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301

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**NDB No 10884    Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated**

Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Hydroxyproline	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301

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**NDB No 10884 Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated**

17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

**NDB No 10885 Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301

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**NDB No 10885 Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated**

Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10886 Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301

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**NDB No 10886 Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated**

Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301

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**NDB No 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated**

Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10888 Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301

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**NDB No 10888    Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated**

Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

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**NDB No 10889    Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301

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**NDB No 10889    Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only**

Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10890    Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301

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**NDB No 10890    Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated**

Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10891    Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301

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**NDB No 10891    Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated**

Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10892    Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301

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**NDB No 10892 Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated**

Pantothenic acid	S3301
Vitamin B-6	S3301
Vitamin B-12	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10893 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301

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**NDB No 10893 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated**

Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10894 Pork, cured, ham, separable fat, boneless, heated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301

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**NDB No 10894    Pork, cured, ham, separable fat, boneless, heated**

Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Folic acid	S3301
Folate, food	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301

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### NDB No 10894 Pork, cured, ham, separable fat, boneless, heated

Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
Fatty acids, total trans	S3301
Fatty acids, total saturated	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
18:1 undifferentiated	S3301
18:2 undifferentiated	S3301
18:3 undifferentiated	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
Fatty acids, total monounsaturated	S3301
Fatty acids, total polyunsaturated	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
18:2 CLAs	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301

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### NDB No 10894 Pork, cured, ham, separable fat, boneless, heated

Fatty acids, total trans-monoenoic S3301

Fatty acids, total trans-polyenoic S3301

15:1 S3301

18:3 n-3 c,c,c S3301

### NDB No 10895 Pork, cured, ham, separable fat, boneless, unheated

Protein S3301

Total lipid (fat) S3301

Ash S3301

Sucrose S3301

Glucose (dextrose) S3301

Fructose S3301

Lactose S3301

Maltose S3301

Water S3301

Sugars, total S3301

Galactose S3301

Calcium, Ca S3301

Iron, Fe S3301

Magnesium, Mg S3301

Phosphorus, P S3301

Potassium, K S3301

Sodium, Na S3301

Zinc, Zn S3301

Copper, Cu S3301

Manganese, Mn S3301

Selenium, Se S3301

Retinol S3301

Vitamin E (alpha-tocopherol) S3301

Tocopherol, beta S3301

Tocopherol, gamma S3301

Tocopherol, delta S3301

Thiamin S3301

Riboflavin S3301

Niacin S3301

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**NDB No 10895 Pork, cured, ham, separable fat, boneless, unheated**

Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Hydroxyproline	S3301
Cholesterol	S3301
Fatty acids, total trans	S3301
Fatty acids, total saturated	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301

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### NDB No 10895 Pork, cured, ham, separable fat, boneless, unheated

16:0	S3301
18:0	S3301
20:0	S3301
18:1 undifferentiated	S3301
18:2 undifferentiated	S3301
18:3 undifferentiated	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
Fatty acids, total monounsaturated	S3301
Fatty acids, total polyunsaturated	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
Fatty acids, total trans-monoenoic	S3301
Fatty acids, total trans-polyenoic	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### NDB No 10898 Pork, pickled pork hocks

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301

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### **NDB No 10898    Pork, pickled pork hocks**

Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Retinol	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Cholesterol	S3301
Fatty acids, total trans	S3301
Fatty acids, total saturated	S3301
8:0	S3301
10:0	S3301

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### NDB No 10898 Pork, pickled pork hocks

12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
18:1 undifferentiated	S3301
18:2 undifferentiated	S3301
18:3 undifferentiated	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
Fatty acids, total monounsaturated	S3301
Fatty acids, total polyunsaturated	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
Fatty acids, total trans-monoenoic	S3301
Fatty acids, total trans-polyenoic	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### NDB No 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301

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### NDB No 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301

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**NDB No 10899    Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil**

Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301

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### NDB No 10899 Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil

18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### NDB No 10931 Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301

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**NDB No 10931    Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted**

Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301

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### **NDB No 10931    Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted**

20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301
18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### **NDB No 10932    Pork, cured, ham, rump, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301

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### **NDB No 10932    Pork, cured, ham, rump, bone-in, separable lean only, unheated**

Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

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**NDB No 10933    Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Sucrose	S3301
Glucose (dextrose)	S3301
Fructose	S3301
Lactose	S3301
Maltose	S3301
Water	S3301
Sugars, total	S3301
Galactose	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301

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**NDB No 10933    Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted**

Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301
8:0	S3301
10:0	S3301
12:0	S3301
14:0	S3301
16:0	S3301
18:0	S3301
20:0	S3301
20:4 undifferentiated	S3301
22:0	S3301
14:1	S3301
16:1 undifferentiated	S3301
20:1	S3301
15:0	S3301
17:0	S3301

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### NDB No 10933 Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted

18:1 t	S3301
18:2 t,t	S3301
20:2 n-6 c,c	S3301
18:1 c	S3301
18:2 n-6 c,c	S3301
18:3 n-6 c,c,c	S3301
17:1	S3301
20:3 undifferentiated	S3301
15:1	S3301
18:3 n-3 c,c,c	S3301

### NDB No 10934 Pork, cured, ham, shank, bone-in, separable lean only, unheated

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301
Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301

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**NDB No 10934 Pork, cured, ham, shank, bone-in, separable lean only, unheated**

Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301
Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 10938 Pork, cured, ham, slice, bone-in, separable lean only, unheated**

Protein	S3301
Total lipid (fat)	S3301
Ash	S3301
Water	S3301
Calcium, Ca	S3301
Iron, Fe	S3301
Magnesium, Mg	S3301

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**NDB No 10938    Pork, cured, ham, slice, bone-in, separable lean only, unheated**

Phosphorus, P	S3301
Potassium, K	S3301
Sodium, Na	S3301
Zinc, Zn	S3301
Copper, Cu	S3301
Manganese, Mn	S3301
Selenium, Se	S3301
Vitamin E (alpha-tocopherol)	S3301
Tocopherol, beta	S3301
Tocopherol, gamma	S3301
Tocopherol, delta	S3301
Thiamin	S3301
Riboflavin	S3301
Niacin	S3301
Pantothenic acid	S3301
Vitamin B-6	S3301
Folate, total	S3301
Vitamin B-12	S3301
Choline, total	S3301
Vitamin K (phylloquinone)	S3301
Folic acid	S3301
Folate, food	S3301
Betaine	S3301
Tryptophan	S3301
Threonine	S3301
Isoleucine	S3301
Leucine	S3301
Lysine	S3301
Methionine	S3301
Cystine	S3301
Phenylalanine	S3301
Tyrosine	S3301
Valine	S3301
Arginine	S3301
Histidine	S3301

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**NDB No 10938 Pork, cured, ham, slice, bone-in, separable lean only, unheated**

Alanine	S3301
Aspartic acid	S3301
Glutamic acid	S3301
Glycine	S3301
Proline	S3301
Serine	S3301
Cholesterol	S3301

**NDB No 11001 Alfalfa seeds, sprouted, raw**

Sucrose	S606
Glucose (dextrose)	S604, S606
Fructose	S604, S606
Water	S604, S606
Sugars, total	S606
Choline, total	S3461
Betaine	S3461

**NDB No 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt**

Sugars, total	S565
Carotene, beta	S565
Carotene, alpha	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

**NDB No 11011 Asparagus, raw**

Protein	S1069
Total lipid (fat)	S1069, S81
Ash	S1069
Sucrose	D3321, S1069
Glucose (dextrose)	D3321, D3326, S1069
Fructose	D3321, D3326, S1069
Lactose	S1069

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### NDB No 11011 Asparagus, raw

Maltose	S1069
Water	D3326, S1069, S81
Sugars, total	D3326
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Carotene, beta	D3887, D3888
Carotene, alpha	D3887, D3888
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	D3887
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069
Methionine	S1069
Cystine	S1069

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### NDB No 11011 Asparagus, raw

Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069

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### NDB No 11011 Asparagus, raw

17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### NDB No 11012 Asparagus, cooked, boiled, drained

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Fluoride, F	D5001, D5007
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069

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### NDB No 11012 Asparagus, cooked, boiled, drained

Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069
Methionine	S1069
Cystine	S1069
Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069

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### **NDB No 11012 Asparagus, cooked, boiled, drained**

22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### **NDB No 11019 Asparagus, frozen, cooked, boiled, drained, without salt**

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

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### NDB No 11024 Balsam-pear (bitter gourd), pods, raw

Carotene, beta	D3844
Carotene, alpha	D3844
Lutein + zeaxanthin	D3844

### NDB No 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Sugars, total	S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Fluoride, F	D5007
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

### NDB No 11052 Beans, snap, green, raw

Fluoride, F	D5002, D5003, D5007, D5021
Carotene, beta	D3853, D3887, D3889, D3905
Carotene, alpha	D3887, D3889, D3905
Cryptoxanthin, beta	D3887, D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

### NDB No 11053 Beans, snap, green, cooked, boiled, drained, without salt

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### **NDB No 11053   Beans, snap, green, cooked, boiled, drained, without salt**

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S202, S203
Vitamin K (phylloquinone)	D4002

### **NDB No 11056   Beans, snap, green, canned, regular pack, drained solids**

Protein	S3542
Total lipid (fat)	S3542
Ash	S3542
Starch	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Fructose	S3542
Lactose	S3542
Maltose	S3542
Water	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542
Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Carotene, beta	S3542

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### **NDB No 11056 Beans, snap, green, canned, regular pack, drained solids**

Carotene, alpha	S3542
Cryptoxanthin, beta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Folate, food	S3542

### **NDB No 11060 Beans, snap, green, frozen, all styles, unprepared**

Carotene, beta	D3853
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### **NDB No 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt**

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Sodium, Na	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Choline, total	S3461
Betaine	S3461

### **NDB No 11080 Beets, raw**

Choline, total	S3461
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### NDB No 11080 Beets, raw

Betaine	S3461
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### NDB No 11082 Beets, canned, regular pack, solids and liquids

Protein	S625, S626, S627
Total lipid (fat)	S625, S626, S627
Ash	S625, S626, S627
Sucrose	D3321, S406
Glucose (dextrose)	D3321
Fructose	D3321
Water	S406, S625, S626, S627
Galactose	D3305
Fiber, total dietary	S625, S626, S627
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Fluoride, F	D5001, D5007
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S202, S203, S6
Vitamin K (phylloquinone)	D4052

### NDB No 11084 Beets, canned, drained solids

Fiber, total dietary	S2122
Fluoride, F	D5001, D5007
Choline, total	S3461
Betaine	S3461

### NDB No 11086 Beet greens, raw

Protein	S1821
Total lipid (fat)	S1821

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### **NDB No 11086 Beet greens, raw**

Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Carotene, beta	D3846, D3887
Carotene, alpha	D3887
Cryptoxanthin, beta	D3887

### **NDB No 11090 Broccoli, raw**

Protein	S1121, S564, S619
Total lipid (fat)	S1121, S121, S564, S619, S87
Ash	S1121, S564, S619
Starch	S564
Sucrose	D3321, S1121, S564, S604, S606, S837
Glucose (dextrose)	D3321, S1121, S564, S604, S606, S837
Fructose	D3321, S1121, S564, S604, S606, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Water	D3773, S1121, S121, S2122, S564, S604, S606, S619, S837, S87
Sugars, total	S564, S606, S837
Galactose	D3305, S564
Fiber, total dietary	D3773, S564, S604, S606, S837
Calcium, Ca	S1121, S564, S619
Iron, Fe	S1121, S564, S619
Magnesium, Mg	S1121, S564, S619
Phosphorus, P	S1121, S564, S619
Potassium, K	S1121, S1164, S564, S619
Sodium, Na	S1121, S1164, S564, S619
Zinc, Zn	S1121, S564, S619
Copper, Cu	S1121, S564, S619
Manganese, Mn	S1121, S564, S619
Selenium, Se	S2122, S564
Vitamin A, IU	S619
Carotene, beta	D3846, D3853, D3887, D3888, D3889, D3901, S1121, S1164, S564

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### NDB No 11090 Broccoli, raw

Carotene, alpha	D3887, D3888, D3901, S1121, S1164, S564
Vitamin E (alpha-tocopherol)	S1121, S121, S564, S87
Cryptoxanthin, beta	D3887, D3901, S1121, S1164, S564
Lycopene	D3901, S1121, S1164, S564
Lutein + zeaxanthin	D3901, S1121, S564
Tocopherol, beta	S1121, S121, S564, S87
Tocopherol, gamma	S1121, S121, S564, S87
Tocopherol, delta	S1121, S121, S564, S87
Vitamin C, total ascorbic acid	S1164, S619
Thiamin	S1121, S564, S619
Riboflavin	S1121, S564, S619
Niacin	S1121, S564, S619
Pantothenic acid	S1121, S564, S619
Vitamin B-6	S1121, S564, S619
Folate, total	S1121, S1164, S564, S619
Choline, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
Betaine	S1121, S564
Tryptophan	S1121, S564
Threonine	S1121, S564
Isoleucine	S1121, S564
Leucine	S1121, S564
Lysine	S1121, S564
Methionine	S1121, S564
Cystine	S1121, S564
Phenylalanine	S1121, S564
Tyrosine	S1121, S564
Valine	S1121, S564
Arginine	S1121, S564
Histidine	S1121, S564
Alanine	S1121, S564
Aspartic acid	S1121, S564
Glutamic acid	S1121, S564
Glycine	S1121, S564
Proline	S1121, S564

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### NDB No 11090 Broccoli, raw

Serine	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### NDB No 11091 Broccoli, cooked, boiled, drained, without salt

Protein	S1121, S564
Total lipid (fat)	S1121, S564
Ash	S1121, S564
Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Water	S1121, S564, S606, S837

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### NDB No 11091 Broccoli, cooked, boiled, drained, without salt

Sugars, total	S564, S837
Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564
Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Sodium, Na	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Fluoride, F	D5007
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	D3890, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564

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### **NDB No 11091 Broccoli, cooked, boiled, drained, without salt**

16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### **NDB No 11092 Broccoli, frozen, chopped, unprepared**

Glucose (dextrose)	S822
Fructose	S822
Carotene, beta	D3846
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

### **NDB No 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt**

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6

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**NDB No 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt**

Sodium, Na	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6

**NDB No 11096 Broccoli raab, raw**

Protein	S1121, S482
Total lipid (fat)	S1121, S482
Ash	S1121, S482
Sucrose	S1121, S482
Glucose (dextrose)	S1121, S482
Fructose	S1121, S482
Lactose	S1121, S482
Maltose	S1121, S482
Water	S1121, S482
Sugars, total	S1121
Galactose	S1121
Fiber, total dietary	S1121, S482
Calcium, Ca	S1121, S482
Iron, Fe	S1121, S482
Magnesium, Mg	S1121, S482
Phosphorus, P	S1121, S482
Potassium, K	S1121, S482
Sodium, Na	S1121, S482
Zinc, Zn	S1121, S482
Copper, Cu	S1121, S482
Manganese, Mn	S1121, S482
Selenium, Se	S1121
Carotene, beta	S1121, S482
Carotene, alpha	S1121, S482
Vitamin E (alpha-tocopherol)	S1121, S482
Cryptoxanthin, beta	S1121, S482
Lycopene	S1121, S482
Lutein + zeaxanthin	S1121, S482

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### NDB No 11096 Broccoli raab, raw

Tocopherol, beta	S1121, S482
Tocopherol, gamma	S1121, S482
Tocopherol, delta	S1121, S482
Vitamin C, total ascorbic acid	S1121, S482
Thiamin	S1121, S482
Riboflavin	S1121, S482
Niacin	S1121, S482
Pantothenic acid	S1121, S482
Vitamin B-6	S1121, S482
Folate, total	S1121, S482
Choline, total	S1121, S482
Vitamin K (phylloquinone)	S1121, S482
Betaine	S1121, S482
Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482
Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482
Proline	S1121, S482
Serine	S1121, S482

### NDB No 11097 Broccoli raab, cooked

Protein	S482
Total lipid (fat)	S482

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### NDB No 11097 Broccoli raab, cooked

Ash	S482
Sucrose	S482
Glucose (dextrose)	S482
Fructose	S482
Lactose	S482
Maltose	S482
Water	S482
Fiber, total dietary	S482
Calcium, Ca	S482
Iron, Fe	S482
Magnesium, Mg	S482
Phosphorus, P	S482
Potassium, K	S482
Sodium, Na	S482
Zinc, Zn	S482
Copper, Cu	S482
Manganese, Mn	S482
Selenium, Se	S482
Carotene, beta	S482
Carotene, alpha	S482
Vitamin E (alpha-tocopherol)	S482
Cryptoxanthin, beta	S482
Lycopene	S482
Lutein + zeaxanthin	S482
Tocopherol, beta	S482
Tocopherol, gamma	S482
Tocopherol, delta	S482
Vitamin C, total ascorbic acid	S482
Thiamin	S482
Riboflavin	S482
Niacin	S482
Pantothenic acid	S482
Vitamin B-6	S482
Folate, total	S482
Choline, total	S1121, S482

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### NDB No 11097 Broccoli raab, cooked

Vitamin K (phylloquinone)	S482
Betaine	S1121, S482
Tryptophan	S1121, S482
Threonine	S1121, S482
Isoleucine	S1121, S482
Leucine	S1121, S482
Lysine	S1121, S482
Methionine	S1121, S482
Cystine	S1121, S482
Phenylalanine	S1121, S482
Tyrosine	S1121, S482
Valine	S1121, S482
Arginine	S1121, S482
Histidine	S1121, S482
Alanine	S1121, S482
Aspartic acid	S1121, S482
Glutamic acid	S1121, S482
Glycine	S1121, S482
Proline	S1121, S482
Serine	S1121, S482
8:0	S482
10:0	S482
12:0	S482
14:0	S482
16:0	S482
18:0	S482
20:0	S482
18:1 undifferentiated	S482
18:2 undifferentiated	S482
18:3 undifferentiated	S482
20:4 undifferentiated	S482
22:6 n-3	S482
22:0	S482
14:1	S482
16:1 undifferentiated	S482

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### NDB No 11097 Broccoli raab, cooked

18:4	S482
20:1	S482
20:5 n-3	S482
22:1 undifferentiated	S482
22:5 n-3	S482
15:0	S482
17:0	S482
24:0	S482
20:2 n-6 c,c	S482
17:1	S482
20:3 undifferentiated	S482
15:1	S482

### NDB No 11098 Brussels sprouts, raw

Carotene, beta	D3846, D3889, D3901
Carotene, alpha	D3889, D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### NDB No 11099 Brussels sprouts, cooked, boiled, drained, without salt

Total lipid (fat)	S84
Water	S84
Carotene, beta	D3846, D3901
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### NDB No 11100 Brussels sprouts, frozen, unprepared

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### NDB No 11100 Brussels sprouts, frozen, unprepared

Carotene, beta D3846

### NDB No 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Calcium, Ca S10, S11, S12, S6, S7, S8, S9  
Iron, Fe S10, S11, S12, S6, S7, S8, S9  
Magnesium, Mg S10, S11, S12, S6, S7, S8, S9  
Phosphorus, P S10, S11, S12, S6, S7, S8, S9  
Potassium, K S10, S11, S12, S6, S7, S8, S9  
Sodium, Na S10, S11, S12, S6, S7, S8, S9  
Zinc, Zn S10, S11, S12, S6, S7, S8, S9  
Copper, Cu S10, S11, S12, S6, S7, S8, S9  
Manganese, Mn S10, S11, S12, S6, S7, S8, S9  
Selenium, Se S10, S11, S12, S6, S7, S8, S9  
Vitamin K (phylloquinone) D4002

### NDB No 11109 Cabbage, raw

Protein S1069  
Total lipid (fat) S1069, S121, S81, S87  
Ash S1069  
Starch S1069  
Sucrose D3311, S1069, S606, S837  
Glucose (dextrose) D3311, S1069, S606, S837  
Fructose D3311, S1069, S606, S837  
Lactose S1069, S837  
Maltose S1069, S606, S837  
Water S1069, S121, S606, S81, S837, S87  
Sugars, total S606, S837  
Calcium, Ca S1069, S183, S201, S202, S203  
Iron, Fe S1069, S183, S201, S202, S203  
Magnesium, Mg S1069, S183, S201, S202, S203  
Phosphorus, P S1069, S183, S201, S202, S203  
Potassium, K S1069, S183, S201, S202, S203  
Zinc, Zn S1069, S183, S201, S202, S203  
Copper, Cu S1069, S183, S201, S202, S203

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### NDB No 11109 Cabbage, raw

Fluoride, F	D5007
Manganese, Mn	S1069, S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3860, D3901, D3924, S1202
Carotene, alpha	D3901, S1202
Vitamin E (alpha-tocopherol)	S121, S81, S87
Cryptoxanthin, beta	D3901, S1202
Lycopene	D3901
Lutein + zeaxanthin	D3860, D3901, D3924
Tocopherol, beta	S121, S81, S87
Tocopherol, gamma	S121, S81, S87
Tocopherol, delta	S121, S81, S87
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	D4052, D4066, S1069
Betaine	S1069
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069
Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069

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### NDB No 11109 Cabbage, raw

Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069
Fatty acids, total saturated	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
Fatty acids, total monounsaturated	S1069
Fatty acids, total polyunsaturated	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

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### NDB No 11110 Cabbage, cooked, boiled, drained, without salt

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	D3775, S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Fluoride, F	D5007
Manganese, Mn	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
Tryptophan	S1065, S1069
Threonine	S1065, S1069

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### NDB No 11110 Cabbage, cooked, boiled, drained, without salt

Isoleucine	S1065, S1069
Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069
Fatty acids, total saturated	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069

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### NDB No 11110 Cabbage, cooked, boiled, drained, without salt

22:1 undifferentiated	S1069
22:5 n-3	S1069
Fatty acids, total monounsaturated	S1069
Fatty acids, total polyunsaturated	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### NDB No 11112 Cabbage, red, raw

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	D3326, S1065
Glucose (dextrose)	D3326, S1065
Fructose	D3326, S1065
Lactose	S1065
Maltose	S1065
Water	D3326, S1065
Sugars, total	D3326
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065

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### NDB No 11112 Cabbage, red, raw

Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069
Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069

### NDB No 11113 Cabbage, red, cooked, boiled, drained, without salt

Protein	S1065
Total lipid (fat)	S1065

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**NDB No 11113 Cabbage, red, cooked, boiled, drained, without salt**

Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Sodium, Na	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Choline, total	S1065
Vitamin K (phylloquinone)	S1065
Betaine	S1065
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069

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### NDB No 11113 Cabbage, red, cooked, boiled, drained, without salt

Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069

### NDB No 11124 Carrots, raw

Protein	S1062, S618
Total lipid (fat)	S1062, S618, S84, S87
Ash	S1062, S618
Starch	S1062
Sucrose	S1062, S604, S606, S837
Glucose (dextrose)	S1062, S604, S606, S837
Fructose	S1062, S604, S606, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	S1062, S604, S606, S618, S837, S84, S87
Sugars, total	S606, S837
Fiber, total dietary	S1062
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S618
Iron, Fe	S1062, S183, S201, S202, S203, S6, S618
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S618
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S618
Potassium, K	S1062, S183, S201, S202, S203, S6, S618
Sodium, Na	S1062, S183, S201, S202, S203, S6, S618

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### NDB No 11124 Carrots, raw

Zinc, Zn	S1062, S183, S201, S202, S203, S6, S618
Copper, Cu	S1062, S183, S201, S202, S203, S6, S618
Fluoride, F	D5002, D5007, D5021
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S618
Selenium, Se	S183, S202, S203, S6
Vitamin A, IU	D5261
Vitamin A, RAE	D5261
Carotene, beta	D3843, D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, D5261, S1062, S1381, S2644
Carotene, alpha	D3846, D3847, D3850, D3885, D3887, D3888, D3889, D3900, D3909, D3911, S1062, S1381, S2644
Vitamin E (alpha-tocopherol)	S1062, S84, S87
Cryptoxanthin, beta	D3887, S1062
Lycopene	D3911, S1062
Tocopherol, beta	S1062, S84, S87
Tocopherol, gamma	S1062, S84, S87
Tocopherol, delta	S1062, S84, S87
Vitamin C, total ascorbic acid	S1062, S618
Thiamin	S1062, S618
Riboflavin	S1062, S618
Niacin	S1062, S618
Pantothenic acid	S1062, S618
Vitamin B-6	S1062, S618
Folate, total	S1062, S618
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25

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### NDB No 11124 Carrots, raw

Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062

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### NDB No 11124 Carrots, raw

15:1 S1062

### NDB No 11125 Carrots, cooked, boiled, drained, without salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Fluoride, F	D5001
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062

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### NDB No 11125 Carrots, cooked, boiled, drained, without salt

Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062

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### **NDB No 11125 Carrots, cooked, boiled, drained, without salt**

20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No 11128 Carrots, canned, regular pack, drained solids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No 11130 Carrots, frozen, unprepared**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25

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### NDB No 11130 Carrots, frozen, unprepared

Maltose	S25
Water	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
18:2 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25

### NDB No 11131 Carrots, frozen, cooked, boiled, drained, without salt

Protein	S25
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### NDB No 11131 Carrots, frozen, cooked, boiled, drained, without salt

Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25

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### NDB No 11131 Carrots, frozen, cooked, boiled, drained, without salt

22:0	S25
14:1	S25
18:4	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
24:0	S25

### NDB No 11135 Cauliflower, raw

Total lipid (fat)	S121
Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4002, D4043, D4052, D4073

### NDB No 11136 Cauliflower, cooked, boiled, drained, without salt

Fiber, total dietary	D3775, D3776
Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S202, S203
Choline, total	S3461
Betaine	S3461

### NDB No 11143 Celery, raw

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### NDB No 11143 Celery, raw

Protein	S1121, S564
Total lipid (fat)	S1121, S564, S84, S87
Ash	S1121, S564
Starch	S564
Sucrose	D3284, D3321, S1121, S564, S604
Glucose (dextrose)	D3284, D3321, S1121, S564, S604
Fructose	D3284, D3321, S1121, S564, S604
Lactose	S1121, S564
Maltose	S1121, S564
Water	S1121, S564, S604, S84, S87
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S1121, S564
Calcium, Ca	S1121, S183, S201, S202, S203, S564, S6
Iron, Fe	S1121, S183, S201, S202, S203, S564, S6
Magnesium, Mg	S1121, S183, S201, S202, S203, S564, S6
Phosphorus, P	S1121, S183, S201, S202, S203, S564, S6
Potassium, K	S1121, S183, S201, S202, S203, S564, S6
Sodium, Na	S1121, S183, S201, S202, S203, S564, S6
Zinc, Zn	S1121, S183, S201, S202, S203, S564, S6
Copper, Cu	S1121, S183, S201, S202, S203, S564, S6
Fluoride, F	D5007
Manganese, Mn	S1121, S183, S201, S202, S203, S564, S6
Selenium, Se	S183, S564, S6
Carotene, beta	S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564, S84, S87
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	S1121, S564
Tocopherol, beta	S1121, S564, S84, S87
Tocopherol, gamma	S1121, S564, S84, S87
Tocopherol, delta	S1121, S564, S84, S87
Vitamin C, total ascorbic acid	S1121, S564
Thiamin	S1121, S564

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### NDB No 11143 Celery, raw

Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564
Choline, total	S1121, S564
Vitamin K (phylloquinone)	D4002, S1121, S564
Betaine	S1121, S564

### NDB No 11147 Chard, swiss, raw

Carotene, beta	D3887, D3889
Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

### NDB No 11149 Chayote, fruit, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 11157 Chrysanthemum, garland, raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202

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### NDB No 11157 Chrysanthemum, garland, raw

Carotene, beta	D3869, D3870, S1202
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870, S1202
Lutein + zeaxanthin	D3869
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

### NDB No 11159 Coleslaw, home-prepared

Fluoride, F	D5007, D5301
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### NDB No 11161 Collards, raw

Carotene, beta	D3846
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### NDB No 11162 Collards, cooked, boiled, drained, without salt

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Sodium, Na	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203

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### **NDB No 11162 Collards, cooked, boiled, drained, without salt**

Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

### **NDB No 11163 Collards, frozen, chopped, unprepared**

Carotene, beta	D3846
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### **NDB No 11165 Coriander (cilantro) leaves, raw**

Carotene, beta	D3863, D3956, D3964, D3969
Carotene, alpha	D3969
Cryptoxanthin, beta	D3969
Lycopene	D3969
Lutein + zeaxanthin	D3956, D3969
Vitamin B-6	D390

### **NDB No 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S201, S202, S203

### **NDB No 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Fluoride, F	D5007
Selenium, Se	S183, S6
Carotene, beta	D3907
Carotene, alpha	D3907
Vitamin E (alpha-tocopherol)	S121

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### **NDB No 11170    Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids**

Cryptoxanthin, beta	D3907
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 11172    Corn, sweet, yellow, canned, whole kernel, drained solids**

Protein	S3542
Total lipid (fat)	S3542
Ash	S3542
Starch	S3542
Sucrose	S3542, S406
Glucose (dextrose)	S3542, S406
Fructose	S3542, S406
Lactose	S3542
Maltose	S3542
Water	D3773, S3542, S406
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	D3773, S3542
Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Carotene, beta	S3542
Carotene, alpha	S3542
Vitamin E (alpha-tocopherol)	S3542
Cryptoxanthin, beta	S3542
Lycopene	S3542
Tocopherol, beta	S3542
Tocopherol, gamma	S3542

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### NDB No 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

Tocopherol, delta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Folate, total	S3542
Vitamin K (phylloquinone)	S3542
Folic acid	S3542
Folate, food	S3542
Tryptophan	S3542
Threonine	S3542
Isoleucine	S3542
Leucine	S3542
Lysine	S3542
Methionine	S3542
Cystine	S3542
Phenylalanine	S3542
Tyrosine	S3542
Valine	S3542
Arginine	S3542
Histidine	S3542
Alanine	S3542
Aspartic acid	S3542
Glutamic acid	S3542
Glycine	S3542
Proline	S3542
Serine	S3542
Hydroxyproline	S3542
Fatty acids, total saturated	S3542
8:0	S3542
10:0	S3542
12:0	S3542
14:0	S3542

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### NDB No 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

16:0	S3542
18:0	S3542
20:0	S3542
18:1 undifferentiated	S3542
18:2 undifferentiated	S3542
18:3 undifferentiated	S3542
20:4 undifferentiated	S3542
22:0	S3542
14:1	S3542
16:1 undifferentiated	S3542
20:1	S3542
Fatty acids, total monounsaturated	S3542
Fatty acids, total polyunsaturated	S3542
15:0	S3542
17:0	S3542
20:2 n-6 c,c	S3542
18:3 n-6 c,c,c	S3542
17:1	S3542
20:3 undifferentiated	S3542
15:1	S3542
18:3 n-3 c,c,c	S3542

### NDB No 11174 Corn, sweet, yellow, canned, cream style, regular pack

Fluoride, F	D5007
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### NDB No 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Fluoride, F	D5021
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### NDB No 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Sugars, total	S837
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Sodium, Na	S405, S6
Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Selenium, Se	S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405
Choline, total	S3461

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### NDB No 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Vitamin K (phylloquinone) D4002

Betaine S3461

### NDB No 11205 Cucumber, with peel, raw

Protein S1062

Total lipid (fat) S1062, S121

Ash S1062

Starch S1062

Sucrose S1062

Glucose (dextrose) S1062, S604

Fructose S1062, S604

Lactose S1062

Maltose S1062, S604

Water D3773, S1062, S121, S604

Fiber, total dietary D3773

Calcium, Ca S1062

Iron, Fe S1062

Magnesium, Mg S1062

Phosphorus, P S1062

Potassium, K S1062

Zinc, Zn S1062

Copper, Cu S1062

Fluoride, F D5007, D5021

Manganese, Mn S1062

Selenium, Se S1062

Vitamin E (alpha-tocopherol) S1062, S121

Tocopherol, beta S1062, S121

Tocopherol, gamma S1062, S121

Tocopherol, delta S1062, S121

Vitamin C, total ascorbic acid S1062

Thiamin S1062

Riboflavin S1062

Niacin S1062

Pantothenic acid S1062

Vitamin B-6 S1062

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### NDB No 11205 Cucumber, with peel, raw

Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11206 Cucumber, peeled, raw

Protein	S1062
Total lipid (fat)	S1062, S121, S81

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**NDB No 11206 Cucumber, peeled, raw**

Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062, S121, S81
Calcium, Ca	S1062, S183, S201, S202, S203, S6
Iron, Fe	S1062, S183, S201, S202, S203, S6
Magnesium, Mg	S1062, S183, S201, S202, S203, S6
Phosphorus, P	S1062, S183, S201, S202, S203, S6
Potassium, K	S1062, S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S1062, S183, S201, S202, S203, S6
Copper, Cu	S1062, S183, S201, S202, S203, S6
Fluoride, F	D5007, D5021
Manganese, Mn	S1062, S183, S201, S202, S203, S6
Selenium, Se	S1062, S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S1062, S121, S81
Tocopherol, beta	S1062, S121, S81
Tocopherol, gamma	S1062, S121, S81
Tocopherol, delta	S1062, S121, S81
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	D4002, D4052, S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062

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**NDB No 11206 Cucumber, peeled, raw**

Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062

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### NDB No 11206 Cucumber, peeled, raw

15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11209 Eggplant, raw

Protein	S615
Total lipid (fat)	S615
Ash	S615
Water	D3326, S615
Sugars, total	D3326
Fiber, total dietary	S615
Calcium, Ca	S615
Iron, Fe	S615
Magnesium, Mg	S615
Phosphorus, P	S615
Potassium, K	S615
Sodium, Na	S615
Zinc, Zn	S615
Copper, Cu	S615
Manganese, Mn	S615
Vitamin A, IU	S615
Carotene, beta	S615
Vitamin C, total ascorbic acid	S615
Thiamin	S615
Riboflavin	S615
Niacin	S615
Pantothenic acid	S615
Vitamin B-6	S615
Folate, total	S615

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### NDB No 11210 Eggplant, cooked, boiled, drained, without salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### NDB No 11211 Edamame, frozen, unprepared

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Vitamin E (alpha-tocopherol)	S2661

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### NDB No 11211 Edamame, frozen, unprepared

Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661
Tryptophan	S2661
Threonine	S2661
Isoleucine	S2661
Leucine	S2661
Lysine	S2661
Methionine	S2661
Cystine	S2661
Phenylalanine	S2661
Tyrosine	S2661
Valine	S2661
Arginine	S2661
Histidine	S2661
Alanine	S2661
Aspartic acid	S2661
Glutamic acid	S2661
Glycine	S2661
Proline	S2661
Serine	S2661
Hydroxyproline	S2661

### NDB No 11212 Edamame, frozen, prepared

Protein	S2661
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### NDB No 11212 Edamame, frozen, prepared

Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661

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### NDB No 11212 Edamame, frozen, prepared

Tryptophan	S2661
Threonine	S2661
Isoleucine	S2661
Leucine	S2661
Lysine	S2661
Methionine	S2661
Cystine	S2661
Phenylalanine	S2661
Tyrosine	S2661
Valine	S2661
Arginine	S2661
Histidine	S2661
Alanine	S2661
Aspartic acid	S2661
Glutamic acid	S2661
Glycine	S2661
Proline	S2661
Serine	S2661
Hydroxyproline	S2661
Fatty acids, total trans	S2661
Fatty acids, total saturated	S2661
4:0	S2661
6:0	S2661
8:0	S2661
10:0	S2661
12:0	S2661
14:0	S2661
16:0	S2661
18:0	S2661
20:0	S2661
18:1 undifferentiated	S2661
18:2 undifferentiated	S2661
18:3 undifferentiated	S2661
20:4 undifferentiated	S2661
22:6 n-3	S2661

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### NDB No 11212 Edamame, frozen, prepared

22:0	S2661
14:1	S2661
16:1 undifferentiated	S2661
18:4	S2661
20:1	S2661
20:5 n-3	S2661
22:1 undifferentiated	S2661
22:5 n-3	S2661
Fatty acids, total monounsaturated	S2661
Fatty acids, total polyunsaturated	S2661
15:0	S2661
17:0	S2661
24:0	S2661
16:1 t	S2661
18:1 t	S2661
22:1 t	S2661
18:2 t not further defined	S2661
18:2 CLAs	S2661
24:1 c	S2661
20:2 n-6 c,c	S2661
16:1 c	S2661
18:1 c	S2661
18:2 n-6 c,c	S2661
18:3 n-6 c,c,c	S2661
17:1	S2661
20:3 undifferentiated	S2661
Fatty acids, total trans-monoenoic	S2661
Fatty acids, total trans-polyenoic	S2661
15:1	S2661
18:3 n-3 c,c,c	S2661
20:3 n-3	S2661
20:3 n-6	S2661
22:4	S2661

### NDB No 11233 Kale, raw

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### **NDB No 11233 Kale, raw**

Carotene, beta	D3843, D3846, D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No 11234 Kale, cooked, boiled, drained, without salt**

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Choline, total	S3461
Betaine	S3461

### **NDB No 11243 Mushrooms, portabella, grilled**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941

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### NDB No 11243 Mushrooms, portabella, grilled

Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

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### NDB No 11243 Mushrooms, portabella, grilled

Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### NDB No 11250 Lettuce, butterhead (includes boston and bibb types), raw

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### NDB No 11250 Lettuce, butterhead (includes boston and bibb types), raw

Protein	S562, S565
Total lipid (fat)	S562, S565
Ash	S562, S565
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562
Water	S562, S565
Galactose	S562
Fiber, total dietary	S562
Calcium, Ca	S562, S565
Iron, Fe	S562, S565
Magnesium, Mg	S562, S565
Phosphorus, P	S562, S565
Potassium, K	S562, S565
Zinc, Zn	S562, S565
Copper, Cu	S562, S565
Manganese, Mn	S562, S565
Selenium, Se	S562, S565
Carotene, beta	S565
Carotene, alpha	S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S562, S565
Thiamin	S562, S565
Riboflavin	S562, S565
Niacin	S562, S565
Pantothenic acid	S562, S565
Vitamin B-6	S562, S565

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### **NDB No 11250 Lettuce, butterhead (includes boston and bibb types), raw**

Vitamin K (phylloquinone) S562, S565

### **NDB No 11251 Lettuce, cos or romaine, raw**

Protein	S481, S503, S620
Total lipid (fat)	S481, S503, S620
Ash	S481, S503, S620
Starch	S503
Sucrose	S503
Glucose (dextrose)	S503
Fructose	S503
Lactose	S503
Maltose	S503
Water	S481, S503, S620
Sugars, total	S503
Galactose	S503
Fiber, total dietary	S481, S503, S620
Calcium, Ca	S481, S503, S620
Iron, Fe	S481, S503, S620
Magnesium, Mg	S481, S503, S620
Phosphorus, P	S481, S503, S620
Potassium, K	S481, S503, S620
Zinc, Zn	S481, S503, S620
Copper, Cu	S481, S503, S620
Manganese, Mn	S481, S503, S620
Selenium, Se	S481, S503
Carotene, beta	S481, S503, S620
Carotene, alpha	S481, S503
Vitamin E (alpha-tocopherol)	S481, S503
Cryptoxanthin, beta	S481, S503
Lycopene	S481, S503
Lutein + zeaxanthin	S481, S503
Tocopherol, beta	S481, S503
Tocopherol, gamma	S481, S503
Tocopherol, delta	S481, S503
Thiamin	S481, S503, S620

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### NDB No 11251 Lettuce, cos or romaine, raw

Riboflavin	S481, S503, S620
Niacin	S481, S503, S620
Pantothenic acid	S481, S503, S620
Vitamin B-6	S481, S503, S620
Choline, total	S481, S503
Vitamin K (phylloquinone)	S481, S503
Betaine	S481, S503
Tryptophan	S481, S503
Threonine	S481, S503
Isoleucine	S481, S503
Leucine	S481, S503
Lysine	S481, S503
Methionine	S481, S503
Cystine	S481, S503
Phenylalanine	S481, S503
Tyrosine	S481, S503
Valine	S481, S503
Arginine	S481, S503
Histidine	S481, S503
Alanine	S481, S503
Aspartic acid	S481, S503
Glutamic acid	S481, S503
Glycine	S481, S503
Proline	S481, S503
Serine	S481, S503

### NDB No 11252 Lettuce, iceberg (includes crisphead types), raw

Protein	S481, S562, S624
Total lipid (fat)	S121, S481, S562, S624, S87
Ash	S481, S562, S624
Sucrose	S562, S604, S837
Glucose (dextrose)	S562, S604, S837
Fructose	S562, S604, S837
Lactose	S562, S837
Maltose	S562, S837

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### **NDB No 11252 Lettuce, iceberg (includes crisphead types), raw**

Water	D3765, S1206, S121, S2121, S481, S562, S604, S624, S81, S837, S87
Sugars, total	S562, S837
Galactose	S562
Fiber, total dietary	D3765, S1206, S2121, S562, S604, S81, S837
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S481, S562, S6, S624, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S481, S562, S6, S7, S8, S9
Vitamin A, IU	S624
Carotene, beta	D3887, S1203, S1206, S481, S562
Carotene, alpha	D3887, S1203, S481, S562
Vitamin E (alpha-tocopherol)	S121, S481, S562, S87
Cryptoxanthin, beta	D3887, S1203, S481, S562
Lycopene	S1203, S481, S562
Lutein + zeaxanthin	S1203, S481, S562
Tocopherol, beta	S121, S481, S562, S87
Tocopherol, gamma	S121, S481, S562, S87
Tocopherol, delta	S121, S481, S562, S87
Vitamin C, total ascorbic acid	S481, S562, S624
Thiamin	S481, S562, S624
Riboflavin	S481, S562, S624
Niacin	S481, S562, S624
Pantothenic acid	S481, S562, S624
Vitamin B-6	S481, S562, S624
Folate, total	S481, S562, S624
Choline, total	S481
Vitamin K (phylloquinone)	S481, S562
Betaine	S481
Tryptophan	S481, S562

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### NDB No 11252 Lettuce, iceberg (includes crisphead types), raw

Threonine	S481, S562
Isoleucine	S481, S562
Leucine	S481, S562
Lysine	S481, S562
Methionine	S481, S562
Cystine	S481, S562
Phenylalanine	S481, S562
Tyrosine	S481, S562
Valine	S481, S562
Arginine	S481, S562
Histidine	S481, S562
Alanine	S481, S562
Aspartic acid	S481, S562
Glutamic acid	S481, S562
Glycine	S481, S562
Proline	S481, S562
Serine	S481, S562

### NDB No 11253 Lettuce, green leaf, raw

Protein	S565
Total lipid (fat)	S541, S565
Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541
Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565

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### NDB No 11253 Lettuce, green leaf, raw

Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541, S565
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Thiamin	S541, S565
Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565
Folate, total	S541, S565
Vitamin K (phylloquinone)	S541, S565

### NDB No 11257 Lettuce, red leaf, raw

Protein	S565
Total lipid (fat)	S541, S565
Ash	S541, S565
Starch	S541
Sucrose	S541
Glucose (dextrose)	S541
Fructose	S541
Lactose	S541
Maltose	S541
Water	S541, S565
Galactose	S541

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### NDB No 11257 Lettuce, red leaf, raw

Fiber, total dietary	S541
Calcium, Ca	S541, S565
Iron, Fe	S541, S565
Magnesium, Mg	S541, S565
Phosphorus, P	S541, S565
Potassium, K	S541, S565
Sodium, Na	S541, S565
Zinc, Zn	S541, S565
Copper, Cu	S541, S565
Manganese, Mn	S541, S565
Selenium, Se	S541
Carotene, beta	S541, S565
Carotene, alpha	S541, S565
Vitamin E (alpha-tocopherol)	S565
Cryptoxanthin, beta	S541, S565
Lycopene	S541, S565
Lutein + zeaxanthin	S565
Tocopherol, beta	S565
Tocopherol, gamma	S565
Tocopherol, delta	S565
Vitamin C, total ascorbic acid	S541, S565
Thiamin	S541, S565
Riboflavin	S541, S565
Niacin	S541, S565
Pantothenic acid	S541, S565
Vitamin B-6	S541, S565
Folate, total	S541, S565
Choline, total	S541
Vitamin K (phylloquinone)	S541, S565
Betaine	S541
Tryptophan	S565
Threonine	S565
Isoleucine	S565
Leucine	S565
Lysine	S565

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### **NDB No 11257 Lettuce, red leaf, raw**

Methionine	S565
Cystine	S565
Phenylalanine	S565
Tyrosine	S565
Valine	S565
Arginine	S565
Histidine	S565
Alanine	S565
Aspartic acid	S565
Glutamic acid	S565
Glycine	S565
Proline	S565
Serine	S565

### **NDB No 11260 Mushrooms, white, raw**

Protein	D566, S1821, S2941, S78, S80
Total lipid (fat)	D566, S121, S1821, S2941, S78, S80
Ash	D566, S1821, S2941, S78, S80
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941, S604, S606, S80
Fructose	S2941, S604, S606, S80
Lactose	S2941
Maltose	S2941
Water	D389, D566, S121, S1821, S2941, S604, S606, S78, S80
Adjusted Protein	D566, S1821, S78, S80
Sugars, total	S2941, S606, S80
Galactose	S2941
Fiber, total dietary	S2941, S80
Calcium, Ca	D566, S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9
Iron, Fe	D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S9
Magnesium, Mg	S10, S11, S12, S2941, S6, S7, S78, S8, S9
Phosphorus, P	S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9
Potassium, K	S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9
Sodium, Na	S10, S11, S12, S2941, S6, S7, S78, S8, S80, S9

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### NDB No 11260 Mushrooms, white, raw

Zinc, Zn	D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9
Copper, Cu	D429, D566, S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9
Manganese, Mn	S10, S11, S12, S1821, S2941, S6, S7, S78, S8, S80, S9
Selenium, Se	D548, S10, S11, S12, S2941, S6, S7, S8, S80, S9
Vitamin E (alpha-tocopherol)	S121, S2941
Vitamin D	S3641
Tocopherol, beta	S121, S2941
Tocopherol, gamma	S121, S2941
Tocopherol, delta	S121, S2941
Vitamin C, total ascorbic acid	D566, S2941, S78, S80
Thiamin	S2941, S78, S80
Riboflavin	S2941, S78, S80
Niacin	S2941, S78, S80
Pantothenic acid	S2941, S78, S80
Vitamin B-6	D390, S2941, S78, S80
Folate, total	D389, D566, S2941, S78, S80
Vitamin K (phylloquinone)	D4002, S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

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### NDB No 11260 Mushrooms, white, raw

Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### NDB No 11261 Mushrooms, cooked, boiled, drained, without salt

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### **NDB No 11261 Mushrooms, cooked, boiled, drained, without salt**

Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

### **NDB No 11263 Mushrooms, white, stir-fried**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941

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### **NDB No 11263   Mushrooms, white, stir-fried**

Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941

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### NDB No 11263 Mushrooms, white, stir-fried

Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941

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### **NDB No 11263 Mushrooms, white, stir-fried**

22:4	S2941
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### **NDB No 11264 Mushrooms, canned, drained solids**

Tryptophan	S2941
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Threonine	S2941
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Isoleucine	S2941
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Leucine	S2941
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Lysine	S2941
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Methionine	S2941
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Cystine	S2941
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Phenylalanine	S2941
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Tyrosine	S2941
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Valine	S2941
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Arginine	S2941
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Histidine	S2941
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Alanine	S2941
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Aspartic acid	S2941
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Glutamic acid	S2941
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Glycine	S2941
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Proline	S2941
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Serine	S2941
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### **NDB No 11265 Mushrooms, portabella, raw**

Vitamin E (alpha-tocopherol)	S2941
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Tocopherol, beta	S2941
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Tocopherol, gamma	S2941
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Tocopherol, delta	S2941
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Vitamin K (phylloquinone)	S2941
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Tryptophan	S2941
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Threonine	S2941
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Isoleucine	S2941
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Leucine	S2941
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Lysine	S2941
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Methionine	S2941
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### **NDB No 11265 Mushrooms, portabella, raw**

Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

### **NDB No 11266 Mushrooms, brown, Italian, or Crimini, raw**

Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin K (phylloquinone)	S2941

### **NDB No 11267 Mushrooms, shiitake, stir-fried**

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941

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### NDB No 11267 Mushrooms, shiitake, stir-fried

Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941

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### NDB No 11267 Mushrooms, shiitake, stir-fried

Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941

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### **NDB No 11267 Mushrooms, shiitake, stir-fried**

15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No 11278 Okra, raw**

Starch	D1417
Sucrose	D1417
Glucose (dextrose)	D1417
Fructose	D1417

### **NDB No 11279 Okra, cooked, boiled, drained, without salt**

Total lipid (fat)	S84
Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No 11282 Onions, raw**

Protein	S1062, S605
Total lipid (fat)	S1062, S121, S605
Ash	S1062, S605
Starch	S1062

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### NDB No 11282 Onions, raw

Sucrose	D3306, D3309, D3321, S1062, S837
Glucose (dextrose)	D3306, D3309, D3321, S1062, S837
Fructose	D3306, D3309, D3321, S1062, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	D3306, S1062, S121, S605, S837
Sugars, total	S837
Fiber, total dietary	S605
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Fluoride, F	D5007, D5021
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S605, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S6, S7, S8, S9
Vitamin A, IU	S605
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S605
Thiamin	S1062, S605
Riboflavin	S1062, S605
Niacin	S1062, S605
Pantothenic acid	S1062, S605
Vitamin B-6	S1062, S605
Folate, total	S605
Choline, total	S1062
Vitamin K (phylloquinone)	D4002, D4048, D4052, S1062
Betaine	S1062
Tryptophan	S1062

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### NDB No 11282 Onions, raw

Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062

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### **NDB No 11282 Onions, raw**

22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No 11286 Onions, yellow, sauteed**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Vitamin E (alpha-tocopherol)	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062

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### NDB No 11286 Onions, yellow, sauteed

Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062

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### NDB No 11286 Onions, yellow, sauteed

18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11294 Onions, sweet, raw

Protein	S563, S582
Total lipid (fat)	S563, S582
Ash	S563, S582
Starch	S563
Sucrose	S563, S582
Glucose (dextrose)	S563, S582
Fructose	S563, S582
Lactose	S563, S582
Maltose	S563, S582
Water	S563, S582
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S582

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### NDB No 11294 Onions, sweet, raw

Calcium, Ca	S563, S582
Iron, Fe	S563, S582
Magnesium, Mg	S563, S582
Phosphorus, P	S563, S582
Potassium, K	S563, S582
Sodium, Na	S563, S582
Zinc, Zn	S563, S582
Copper, Cu	S563, S582
Manganese, Mn	S563, S582
Selenium, Se	S563
Carotene, beta	S563, S582
Carotene, alpha	S563, S582
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S582
Lycopene	S563, S582
Lutein + zeaxanthin	S563, S582
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S582
Thiamin	S563, S582
Riboflavin	S563, S582
Niacin	S563, S582
Pantothenic acid	S563, S582
Vitamin B-6	S563, S582
Folate, total	S563, S582
Choline, total	S563, S582
Vitamin K (phylloquinone)	S563, S582
Betaine	S563, S582
Tryptophan	S563, S582
Threonine	S563, S582
Isoleucine	S563, S582
Leucine	S563, S582
Lysine	S563, S582
Methionine	S563, S582

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### NDB No 11294 Onions, sweet, raw

Cystine	S563, S582
Phenylalanine	S563, S582
Tyrosine	S563, S582
Valine	S563, S582
Arginine	S563, S582
Histidine	S563, S582
Alanine	S563, S582
Aspartic acid	S563, S582
Glutamic acid	S563, S582
Glycine	S563, S582
Proline	S563, S582
Serine	S563, S582

### NDB No 11295 Onion rings, breaded, par fried, frozen, unprepared

Fluoride, F	D5007
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### NDB No 11297 Parsley, raw

Carotene, beta	D3919, D3924, D3956
Carotene, alpha	D3919
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3919
Lycopene	D3919
Lutein + zeaxanthin	D3919, D3924, D3956
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4052, D4072

### NDB No 11298 Parsnips, raw

Water	D389
Folate, total	D389

### NDB No 11299 Parsnips, cooked, boiled, drained, without salt

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**NDB No 11299 Parsnips, cooked, boiled, drained, without salt**

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	D3765, S1821
Fiber, total dietary	D3765
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821

**NDB No 11304 Peas, green, raw**

Carotene, beta	D3887, D3889
Carotene, alpha	D3887, D3889
Cryptoxanthin, beta	D3887

**NDB No 11306 Peas, green, canned, regular pack, solids and liquids**

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604
Maltose	S406, S604
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

**NDB No 11308 Peas, green, canned, regular pack, drained solids**

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

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### NDB No 11312 Peas, green, frozen, unprepared

Sucrose	D3321, S604, S822
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Maltose	S604
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87

### NDB No 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin K (phylloquinone)	D4002

### NDB No 11333 Peppers, sweet, green, raw

Protein	S1062, S611
Total lipid (fat)	S1062, S611, S84
Ash	S1062
Starch	S1062
Sucrose	S1062, S604, S837
Glucose (dextrose)	D3326, S1062, S604, S837
Fructose	D3326, S1062, S604, S837
Lactose	S1062, S837
Maltose	S1062, S837
Water	D3326, D3764, D3776, S1062, S604, S611, S837
Sugars, total	D3326, S837

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### NDB No 11333 Peppers, sweet, green, raw

Fiber, total dietary	D3764, D3776, S611
Calcium, Ca	S1062, S183, S201, S202, S203, S6, S611
Iron, Fe	S1062, S183, S201, S202, S203, S6, S611
Magnesium, Mg	S1062, S183, S201, S202, S203, S6, S611
Phosphorus, P	S1062, S183, S201, S202, S203, S6, S611
Potassium, K	S1062, S183, S201, S202, S203, S6, S611
Sodium, Na	S1062, S183, S201, S202, S203, S6, S611
Zinc, Zn	S1062, S183, S201, S202, S203, S6, S611
Copper, Cu	S1062, S183, S201, S202, S203, S6, S611
Fluoride, F	D5007
Manganese, Mn	S1062, S183, S201, S202, S203, S6, S611
Selenium, Se	S1062, S183, S6
Vitamin A, IU	S611
Carotene, beta	D3887, D3888, D3889, S1062, S611
Carotene, alpha	D3887, D3888, D3889, S1062
Vitamin E (alpha-tocopherol)	S1062, S84
Cryptoxanthin, beta	D3887, S1062
Lycopene	S1062
Tocopherol, beta	S1062, S84
Tocopherol, gamma	S1062, S84
Tocopherol, delta	S1062, S84
Vitamin C, total ascorbic acid	S1062, S611
Thiamin	S1062, S611
Riboflavin	S1062, S611
Niacin	S1062, S611
Pantothenic acid	S1062, S611
Vitamin B-6	S1062, S611
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	D4002, D4052, S1062
Folate, food	S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062

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### NDB No 11333 Peppers, sweet, green, raw

Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062

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### NDB No 11333 Peppers, sweet, green, raw

22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11339 Peppers, sweet, green, sauteed

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062

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### NDB No 11339 Peppers, sweet, green, sauteed

Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062

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### NDB No 11339 Peppers, sweet, green, sauteed

12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11352 Potato, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566

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### NDB No 11352 Potato, flesh and skin, raw

Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	S563, S566

### NDB No 11353 Potatoes, russet, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566

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### **NDB No 11353 Potatoes, russet, flesh and skin, raw**

Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566

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### NDB No 11353 Potatoes, russet, flesh and skin, raw

Choline, total	S563
Vitamin K (phylloquinone)	S563, S566
Betaine	S563
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### NDB No 11354 Potatoes, white, flesh and skin, raw

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563, S566

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### NDB No 11354 Potatoes, white, flesh and skin, raw

Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S566
Carotene, alpha	S566
Cryptoxanthin, beta	S566
Lycopene	S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Betaine	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566

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### NDB No 11354 Potatoes, white, flesh and skin, raw

Glycine S563, S566

Proline S563, S566

Serine S563, S566

### NDB No 11355 Potatoes, red, flesh and skin, raw

Protein S563, S566

Total lipid (fat) S563, S566

Ash S563, S566

Starch S563, S566

Sucrose S563, S566

Glucose (dextrose) S563, S566

Fructose S563, S566

Lactose S563, S566

Maltose S563, S566

Water S563, S566

Sugars, total S563

Galactose S563

Fiber, total dietary S563

Calcium, Ca S563, S566

Iron, Fe S563, S566

Magnesium, Mg S563, S566

Phosphorus, P S563, S566

Potassium, K S563, S566

Zinc, Zn S563, S566

Copper, Cu S563, S566

Manganese, Mn S563, S566

Vitamin A, IU S566

Vitamin A, RAE S566

Carotene, beta S566

Carotene, alpha S566

Cryptoxanthin, beta S566

Lycopene S566

Lutein + zeaxanthin S566

Vitamin C, total ascorbic acid S563, S566

Thiamin S563, S566

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### NDB No 11355 Potatoes, red, flesh and skin, raw

Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Betaine	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### NDB No 11356 Potatoes, Russet, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566

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### NDB No 11356 Potatoes, Russet, flesh and skin, baked

Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Fluoride, F	S566
Manganese, Mn	S563, S566
Selenium, Se	S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563, S566
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Betaine	S563, S566
Tryptophan	S563, S566

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### NDB No 11356 Potatoes, Russet, flesh and skin, baked

Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### NDB No 11357 Potatoes, white, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566

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### NDB No 11357 Potatoes, white, flesh and skin, baked

Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Betaine	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566

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### NDB No 11357 Potatoes, white, flesh and skin, baked

Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### NDB No 11358 Potatoes, red, flesh and skin, baked

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S563, S566
Iron, Fe	S563, S566
Magnesium, Mg	S563, S566
Phosphorus, P	S563, S566
Potassium, K	S563, S566
Sodium, Na	S563, S566
Zinc, Zn	S563, S566
Copper, Cu	S563, S566
Manganese, Mn	S563, S566
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563

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### NDB No 11358 Potatoes, red, flesh and skin, baked

Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Choline, total	S563, S566
Vitamin K (phylloquinone)	S563, S566
Betaine	S563, S566
Tryptophan	S563, S566
Threonine	S563, S566
Isoleucine	S563, S566
Leucine	S563, S566
Lysine	S563, S566
Methionine	S563, S566
Cystine	S563, S566
Phenylalanine	S563, S566
Tyrosine	S563, S566
Valine	S563, S566
Arginine	S563, S566
Histidine	S563, S566
Alanine	S563, S566
Aspartic acid	S563, S566
Glutamic acid	S563, S566
Glycine	S563, S566
Proline	S563, S566
Serine	S563, S566

### NDB No 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105

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**NDB No 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	D3764, S2105, S2581
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	D3764, S2105, S2581
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105

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**NDB No 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105

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### **NDB No 11359 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased**

20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6
Sodium, Na	S2105
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105

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**NDB No 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105

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**NDB No 11360 Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated**

22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

**NDB No 11365 Potatoes, boiled, cooked in skin, flesh, without salt**

Fluoride, F	D5001
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**NDB No 11371 Potatoes, mashed, home-prepared, whole milk and margarine added**

Fluoride, F	D5001, D5002, D5007
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**NDB No 11372 Potatoes, scalloped, home-prepared with butter**

Fluoride, F	D5002, D5007
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**NDB No 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form**

Protein	S3542
Total lipid (fat)	S3542
Ash	S3542
Starch	S3542
Sucrose	S3542
Glucose (dextrose)	S3542
Fructose	S3542
Lactose	S3542

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### NDB No 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

Maltose	S3542
Water	S3542
Sugars, total	S3542
Galactose	S3542
Fiber, total dietary	S3542
Calcium, Ca	S3542
Iron, Fe	S3542
Magnesium, Mg	S3542
Phosphorus, P	S3542
Potassium, K	S3542
Sodium, Na	S3542
Zinc, Zn	S3542
Copper, Cu	S3542
Manganese, Mn	S3542
Selenium, Se	S3542
Vitamin E (alpha-tocopherol)	S3542
Tocopherol, beta	S3542
Tocopherol, gamma	S3542
Tocopherol, delta	S3542
Vitamin C, total ascorbic acid	S3542
Thiamin	S3542
Riboflavin	S3542
Niacin	S3542
Pantothenic acid	S3542
Vitamin B-6	S3542
Folate, total	S3542
Folic acid	S3542
Folate, food	S3542
Tryptophan	S2105, S3542, S563, S566
Threonine	S2105, S3542, S563, S566
Isoleucine	S2105, S3542, S563, S566
Leucine	S2105, S3542, S563, S566
Lysine	S2105, S3542, S563, S566
Methionine	S2105, S3542, S563, S566
Cystine	S2105, S3542, S563, S566

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### **NDB No 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form**

Phenylalanine	S2105, S3542, S563, S566
Tyrosine	S2105, S3542, S563, S566
Valine	S2105, S3542, S563, S566
Arginine	S2105, S3542, S563, S566
Histidine	S2105, S3542, S563, S566
Alanine	S2105, S3542, S563, S566
Aspartic acid	S2105, S3542, S563, S566
Glutamic acid	S2105, S3542, S563, S566
Glycine	S2105, S3542, S563, S566
Proline	S2105, S3542, S563, S566
Serine	S2105, S3542, S563, S566
Hydroxyproline	S3542
Fatty acids, total saturated	S3542
8:0	S3542
10:0	S3542
12:0	S3542
14:0	S3542
16:0	S3542
18:0	S3542
20:0	S3542
18:1 undifferentiated	S3542
18:2 undifferentiated	S3542
18:3 undifferentiated	S3542
20:4 undifferentiated	S3542
22:0	S3542
14:1	S3542
16:1 undifferentiated	S3542
20:1	S3542
Fatty acids, total monounsaturated	S3542
15:0	S3542
17:0	S3542
20:2 n-6 c,c	S3542
18:3 n-6 c,c,c	S3542
17:1	S3542
20:3 undifferentiated	S3542

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**NDB No 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form**

15:1 S3542

18:3 n-3 c,c,c S3542

**NDB No 11390 Potatoes, hashed brown, frozen, plain, unprepared**

Fluoride, F D5001

**NDB No 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased**

Protein S2105

Total lipid (fat) S2105

Ash S2105

Starch S2105

Sucrose S2105

Glucose (dextrose) S2105

Fructose S2105

Lactose S2105

Maltose S2105

Water S2105

Sugars, total S2105

Galactose S2105

Fiber, total dietary S2105

Calcium, Ca S2105

Iron, Fe S2105

Magnesium, Mg S2105

Phosphorus, P S2105

Potassium, K S2105

Sodium, Na S2105

Zinc, Zn S2105

Copper, Cu S2105

Manganese, Mn S2105

Vitamin E (alpha-tocopherol) S2105

Tocopherol, beta S2105

Tocopherol, gamma S2105

Tocopherol, delta S2105

Vitamin C, total ascorbic acid S2105

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**NDB No 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased**

Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105

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### NDB No 11394 Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased

18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105

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### NDB No 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105

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### NDB No 11395 Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated

Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11398 Potato puffs, frozen, unprepared

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105

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**NDB No 11398 Potato puffs, frozen, unprepared**

Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105

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### NDB No 11398 Potato puffs, frozen, unprepared

Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105

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### NDB No 11398 Potato puffs, frozen, unprepared

18:3 n-3 c,c,c S2105

### NDB No 11399 Potato puffs, frozen, oven-heated

Protein S2105

Total lipid (fat) S2105

Ash S2105

Starch S2105

Sucrose S2105

Glucose (dextrose) S2105

Fructose S2105

Lactose S2105

Maltose S2105

Water S2105

Sugars, total S2105

Galactose S2105

Fiber, total dietary S2105

Calcium, Ca S2105

Iron, Fe S2105

Magnesium, Mg S2105

Phosphorus, P S2105

Potassium, K S2105

Sodium, Na S2105

Zinc, Zn S2105

Copper, Cu S2105

Fluoride, F D5301

Manganese, Mn S2105

Vitamin E (alpha-tocopherol) S2105

Tocopherol, beta S2105

Tocopherol, gamma S2105

Tocopherol, delta S2105

Vitamin C, total ascorbic acid S2105

Thiamin S2105

Riboflavin S2105

Niacin S2105

Pantothenic acid S2105

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### NDB No 11399 Potato puffs, frozen, oven-heated

Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105

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### **NDB No 11399 Potato puffs, frozen, oven-heated**

16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### **NDB No 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105

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**NDB No 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared**

Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Choline, total	S2105
Vitamin K (phylloquinone)	S2105
Betaine	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105

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### NDB No 11402 Potatoes, french fried, all types, salt added in processing, frozen, unprepared

10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105

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**NDB No 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

Maltose	S2105
Water	D3764, S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	D3764, S2105, S2581
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6
Sodium, Na	S2105
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Fluoride, F	D5002, D5003, D5007
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Choline, total	S2105, S3461
Vitamin K (phylloquinone)	S2105
Betaine	S2105, S3461
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105

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**NDB No 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105

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**NDB No 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated**

17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

**NDB No 11407 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt**

Fluoride, F D5002, D5003, D5007

**NDB No 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105

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### NDB No 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased

Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105

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### NDB No 11411 Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased

18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105

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### NDB No 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated

Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105

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### NDB No 11412 Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated

Fatty acids, total monounsaturated S2105

Fatty acids, total polyunsaturated S2105

15:0 S2105

17:0 S2105

20:2 n-6 c,c S2105

18:3 n-6 c,c,c S2105

17:1 S2105

20:3 undifferentiated S2105

15:1 S2105

18:3 n-3 c,c,c S2105

### NDB No 11424 Pumpkin, canned, without salt

Carotene, beta D3846, D3902

Carotene, alpha D3846, D3902

Cryptoxanthin, beta D3902

Lycopene D3902

Lutein + zeaxanthin D3902

### NDB No 11429 Radishes, raw

Protein S1121, S363, S617

Total lipid (fat) S1121, S363, S617

Ash S1121, S363, S617

Starch S363

Sucrose D3309, D3321, S1121, S363

Glucose (dextrose) D3309, D3321, S1121, S363, S604

Fructose D3309, D3321, S1121, S363, S604

Lactose S1121, S363

Maltose S1121, S363

Water S1121, S363, S604, S617

Sugars, total S363

Galactose S363

Fiber, total dietary S1121, S363

Calcium, Ca S1121, S363, S617

Iron, Fe S1121, S363, S617

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### NDB No 11429 Radishes, raw

Magnesium, Mg	S1121, S363, S617
Phosphorus, P	S1121, S363, S617
Potassium, K	S1121, S363, S617
Sodium, Na	S1121, S363, S617
Zinc, Zn	S1121, S363, S617
Copper, Cu	S1121, S363, S617
Fluoride, F	D5007
Manganese, Mn	S1121, S363, S617
Selenium, Se	S363
Vitamin A, IU	S617
Carotene, beta	S1121, S363
Carotene, alpha	S1121, S363
Vitamin E (alpha-tocopherol)	S363
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S363
Tocopherol, gamma	S363
Tocopherol, delta	S363
Vitamin C, total ascorbic acid	S1121, S363, S617
Thiamin	S1121, S363, S617
Riboflavin	S1121, S363, S617
Niacin	S1121, S363, S617
Pantothenic acid	S1121, S363, S617
Vitamin B-6	S1121, S363, S617
Folate, total	S1121, S363, S617
Choline, total	S1121, S363
Vitamin K (phylloquinone)	S1121, S363
Betaine	S1121, S363
Tryptophan	S1121, S363
Threonine	S1121, S363
Isoleucine	S1121, S363
Leucine	S1121, S363
Lysine	S1121, S363
Methionine	S1121, S363

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### NDB No 11429 Radishes, raw

Cystine	S1121, S363
Phenylalanine	S1121, S363
Tyrosine	S1121, S363
Valine	S1121, S363
Arginine	S1121, S363
Histidine	S1121, S363
Alanine	S1121, S363
Aspartic acid	S1121, S363
Glutamic acid	S1121, S363
Glycine	S1121, S363
Proline	S1121, S363
Serine	S1121, S363

### NDB No 11439 Sauerkraut, canned, solids and liquids

Glucose (dextrose)	D3311
Fructose	D3311
Fiber, total dietary	D3777
Fluoride, F	D5007
Choline, total	S3461
Vitamin K (phylloquinone)	D4002
Betaine	S3461
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069
Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069

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### NDB No 11439 Sauerkraut, canned, solids and liquids

Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069

### NDB No 11457 Spinach, raw

Total lipid (fat)	S84, S87
Sucrose	D3326, S604, S606, S837
Glucose (dextrose)	D3326, S604, S606, S837
Fructose	D3326, S604, S606, S837
Lactose	S837
Maltose	S837
Water	D3326, D3777, S604, S606, S837, S84, S87
Sugars, total	D3326, S606, S837
Galactose	D3305
Fiber, total dietary	D3777
Carotene, beta	D3846, D3887, D3888, D3901, D3905
Carotene, alpha	D3887, D3888, D3901, D3905
Vitamin E (alpha-tocopherol)	S84, S87
Cryptoxanthin, beta	D3887, D3901, D3905
Lycopene	D3901, D3905
Lutein + zeaxanthin	D3901, D3905
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4041

### NDB No 11458 Spinach, cooked, boiled, drained, without salt

Fluoride, F	D5001, D5007
Carotene, beta	D3846, D3905
Carotene, alpha	D3905
Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

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### NDB No 11463 Spinach, frozen, chopped or leaf, unprepared

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Choline, total	S25
Vitamin K (phylloquinone)	S25
Betaine	S25

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**NDB No 11463 Spinach, frozen, chopped or leaf, unprepared**

Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25

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### NDB No 11463 Spinach, frozen, chopped or leaf, unprepared

18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25

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**NDB No 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt**

Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Choline, total	S25
Vitamin K (phylloquinone)	S25
Betaine	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25

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**NDB No 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt**

14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

**NDB No 11467 Squash, summer, crookneck and straightneck, raw**

Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

**NDB No 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt**

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Sugars, total	D3326
Calcium, Ca	S12, S183, S201, S202, S203

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**NDB No 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt**

Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

**NDB No 11477 Squash, summer, zucchini, includes skin, raw**

Protein	S1322, S622
Total lipid (fat)	S1322, S622
Ash	S1322, S622
Sucrose	D3321, S604
Glucose (dextrose)	D3321, S604
Fructose	D3321, S604
Water	D3764, S1322, S604, S622
Fiber, total dietary	D3764, S1322, S604, S642
Calcium, Ca	S1322, S622
Iron, Fe	S1322, S622
Magnesium, Mg	S1322, S622
Phosphorus, P	S1322, S622
Potassium, K	S1322, S622
Sodium, Na	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622

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**NDB No 11477 Squash, summer, zucchini, includes skin, raw**

Thiamin	S1322, S622
Riboflavin	S1322, S622
Niacin	S1322, S622
Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

**NDB No 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt**

Vitamin K (phylloquinone)	D4002, D4048
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**NDB No 11482 Squash, winter, acorn, raw**

Carotene, beta	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

**NDB No 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt**

Carotene, beta	D3903
Carotene, alpha	D3903
Cryptoxanthin, beta	D3903
Lycopene	D3903
Lutein + zeaxanthin	D3903

**NDB No 11485 Squash, winter, butternut, raw**

Carotene, beta	D3843, D3846, D3847
Carotene, alpha	D3846, D3847
Vitamin K (phylloquinone)	D4002

**NDB No 11489 Squash, winter, hubbard, raw**

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

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### NDB No 11507 Sweet potato, raw, unprepared

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062, S606
Glucose (dextrose)	S1062, S606
Fructose	S1062, S606
Lactose	S1062
Maltose	S1062
Water	S1062, S606
Sugars, total	S606
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	D3843, D3846, D3887, D3888, D3891, D3902, S1062
Carotene, alpha	D3887, D3888, D3902, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3887, D3902, S1062
Lycopene	D3902, S1062
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062

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### NDB No 11507 Sweet potato, raw, unprepared

Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11508 Sweet potato, cooked, baked in skin, without salt

Protein	S1062
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### **NDB No 11508 Sweet potato, cooked, baked in skin, without salt**

Total lipid (fat)	S1062, S121
Ash	S1062
Starch	S1062
Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Water	S1062, S121, S606
Sugars, total	S606
Fiber, total dietary	S1062
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Betaine	S1062
Tryptophan	S1062

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**NDB No 11508 Sweet potato, cooked, baked in skin, without salt**

Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062

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### NDB No 11508 Sweet potato, cooked, baked in skin, without salt

20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11510 Sweet potato, cooked, boiled, without skin

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062

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**NDB No 11510 Sweet potato, cooked, boiled, without skin**

Carotene, beta	D3846, D3852, D3891, D3902
Carotene, alpha	D3902
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

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### **NDB No 11510 Sweet potato, cooked, boiled, without skin**

8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No 11516 Sweet potato, frozen, unprepared**

Carotene, beta	D3846
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### **NDB No 11529 Tomatoes, red, ripe, raw, year round average**

Protein	S441, S503, S608
Total lipid (fat)	S441, S503, S608, S84, S87

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### NDB No 11529 Tomatoes, red, ripe, raw, year round average

Ash	S441, S503, S608
Starch	S503
Sucrose	D3306, S441, S503, S604, S837
Glucose (dextrose)	D3306, D3309, D3326, S441, S503, S604, S837
Fructose	D3306, D3309, D3326, S441, S503, S604, S837
Lactose	S441, S503, S837
Maltose	S441, S503, S837
Water	D3306, D3326, S441, S503, S604, S608, S837, S84, S87
Sugars, total	D3326, S503, S837
Galactose	S503
Fiber, total dietary	S503
Calcium, Ca	S183, S201, S202, S203, S441, S503, S6, S608
Iron, Fe	S183, S201, S202, S203, S441, S503, S6, S608
Magnesium, Mg	S183, S201, S202, S203, S441, S503, S6, S608
Phosphorus, P	S183, S201, S202, S203, S441, S503, S6, S608
Potassium, K	S183, S201, S202, S203, S441, S503, S6, S608
Sodium, Na	S183, S201, S202, S203, S441, S503, S6, S608
Zinc, Zn	S183, S201, S202, S203, S441, S503, S6, S608
Copper, Cu	S183, S201, S202, S203, S441, S503, S6, S608
Fluoride, F	S441
Manganese, Mn	S183, S201, S202, S203, S441, S503, S6, S608
Selenium, Se	S183, S503, S6
Vitamin A, IU	S608
Carotene, beta	D3889, D3905, D3912, D3933, S441, S503
Carotene, alpha	D3889, D3905, S441, S503
Vitamin E (alpha-tocopherol)	S441, S503, S84, S87
Cryptoxanthin, beta	D3905, S441, S503
Lycopene	D3905, D3933, S441, S503
Lutein + zeaxanthin	D3905, S441, S503
Tocopherol, beta	S441, S503, S84, S87
Tocopherol, gamma	S441, S503, S84, S87
Tocopherol, delta	S441, S503, S84, S87
Vitamin C, total ascorbic acid	S441, S503, S608
Thiamin	S441, S503, S608
Riboflavin	S441, S503, S608

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### NDB No 11529 Tomatoes, red, ripe, raw, year round average

Niacin	S441, S503, S608
Pantothenic acid	S441, S503, S608
Vitamin B-6	S441, S503, S608
Folate, total	S441, S503, S608
Choline, total	S441, S503
Vitamin K (phylloquinone)	D4002, D4052, D4066, D4072, S441, S503
Betaine	S441, S503
Tryptophan	S27, S441, S503
Threonine	S21, S27, S441, S503
Isoleucine	S27, S441, S503
Leucine	S21, S27, S441, S503
Lysine	S21, S27, S441, S503
Methionine	S27, S441, S503
Cystine	S27, S441, S503
Phenylalanine	S21, S27, S441, S503
Tyrosine	S27, S441, S503
Valine	S27, S441, S503
Arginine	S27, S441, S503
Histidine	S27, S441, S503
Alanine	S21, S27, S441, S503
Aspartic acid	S21, S27, S441, S503
Glutamic acid	S21, S27, S441, S503
Glycine	S27, S441, S503
Proline	S27, S441, S503
Serine	S21, S27, S441, S503

### NDB No 11530 Tomatoes, red, ripe, cooked

Protein	S441
Total lipid (fat)	S441
Ash	S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441

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### NDB No 11530 Tomatoes, red, ripe, cooked

Water	S441
Fiber, total dietary	S441
Calcium, Ca	S441
Iron, Fe	S441
Magnesium, Mg	S441
Phosphorus, P	S441
Potassium, K	S441
Zinc, Zn	S441
Copper, Cu	S441
Manganese, Mn	S441
Carotene, beta	D3905, S441
Carotene, alpha	D3905, S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, beta	S441
Tocopherol, gamma	S441
Tocopherol, delta	S441
Thiamin	S441
Riboflavin	S441
Niacin	S441
Pantothenic acid	S441
Vitamin B-6	S441
Vitamin K (phylloquinone)	S441

### NDB No 11531 Tomatoes, red, ripe, canned, packed in tomato juice

Protein	S27, S625, S626, S627, S641
Total lipid (fat)	S27, S625, S626, S627, S641, S87
Ash	S27, S625, S626, S627, S641
Sucrose	S27, S604
Glucose (dextrose)	S27, S604
Fructose	S27, S604
Lactose	S27
Maltose	S27

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### **NDB No 11531 Tomatoes, red, ripe, canned, packed in tomato juice**

Water	S27, S604, S625, S626, S627, S641
Sugars, total	S27, S625, S626, S627, S641
Galactose	S27
Fiber, total dietary	S27, S625, S626, S627, S641
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627, S641
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627, S641
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627, S641
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Fluoride, F	D5007, D5301
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S27, S87
Tocopherol, beta	S27, S87
Tocopherol, gamma	S27, S87
Tocopherol, delta	S27, S87
Vitamin C, total ascorbic acid	S27, S625, S626, S627, S641
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Fatty acids, total saturated	S626, S627

### **NDB No 11533 Tomatoes, red, ripe, canned, stewed**

Protein	S625, S626, S627, S641
Total lipid (fat)	S625, S626, S627, S641
Ash	S625, S626, S627, S641
Water	S625, S626, S627, S641, S81
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Calcium, Ca	S625, S626, S627, S641

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### **NDB No 11533 Tomatoes, red, ripe, canned, stewed**

Iron, Fe	S625, S626, S627, S641
Potassium, K	S626, S627
Sodium, Na	S625, S626, S627, S641
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S625, S626, S627, S641
Vitamin K (phylloquinone)	D4002
Fatty acids, total saturated	S626, S627

### **NDB No 11540 Tomato juice, canned, with salt added**

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381
Lutein + zeaxanthin	D3851
Tocopherol, beta	S87

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### NDB No 11540 Tomato juice, canned, with salt added

Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002

### NDB No 11546 Tomato products, canned, paste, without salt added

Protein	S21, S5, S625, S626, S627, S641
Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Sodium, Na	S21, S5, S625, S626, S627, S641
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81

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### NDB No 11546 Tomato products, canned, paste, without salt added

Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Choline, total	S21
Vitamin K (phylloquinone)	D4048, S21
Betaine	S21
Tryptophan	S27, S441, S503
Threonine	S21, S27, S441, S503
Isoleucine	S27, S441, S503
Leucine	S21, S27, S441, S503
Lysine	S21, S27, S441, S503
Methionine	S27, S441, S503
Cystine	S27, S441, S503
Phenylalanine	S21, S27, S441, S503
Tyrosine	S27, S441, S503
Valine	S27, S441, S503
Arginine	S27, S441, S503
Histidine	S27, S441, S503
Alanine	S21, S27, S441, S503
Aspartic acid	S21, S27, S441, S503
Glutamic acid	S21, S27, S441, S503
Glycine	S27, S441, S503
Proline	S27, S441, S503
Serine	S21, S27, S441, S503
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

### NDB No 11547 Tomato products, canned, puree, without salt added

Protein	S21, S625, S626, S627
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### NDB No 11547 Tomato products, canned, puree, without salt added

Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Sodium, Na	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Fatty acids, total saturated	S626, S627

### NDB No 11549 Tomato products, canned, sauce

Protein	S21
Total lipid (fat)	S21, S87
Ash	S21
Sucrose	S21
Glucose (dextrose)	S21

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### NDB No 11549 Tomato products, canned, sauce

Fructose	S21
Water	S21, S81, S87
Fiber, total dietary	S21
Calcium, Ca	S183, S201, S202, S203, S21, S6
Iron, Fe	S183, S201, S202, S203, S21, S6
Magnesium, Mg	S183, S201, S202, S203, S21, S6
Phosphorus, P	S183, S201, S202, S203, S21, S6
Potassium, K	S183, S201, S202, S203, S21, S6
Sodium, Na	S183, S201, S202, S203, S21, S6
Zinc, Zn	S183, S201, S202, S203, S21, S6
Copper, Cu	S183, S201, S202, S203, S21, S6
Fluoride, F	S21
Manganese, Mn	S183, S201, S202, S203, S21, S6
Selenium, Se	S183, S201, S203, S6
Carotene, beta	S21
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81, S87
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81, S87
Tocopherol, gamma	S81, S87
Tocopherol, delta	S81, S87
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Choline, total	S21
Vitamin K (phylloquinone)	D4002, S21
Betaine	S21
Tryptophan	S27, S441, S503
Threonine	S21, S27, S441, S503
Isoleucine	S27, S441, S503
Leucine	S21, S27, S441, S503

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### NDB No 11549 Tomato products, canned, sauce

Lysine	S21, S27, S441, S503
Methionine	S27, S441, S503
Cystine	S27, S441, S503
Phenylalanine	S21, S27, S441, S503
Tyrosine	S27, S441, S503
Valine	S27, S441, S503
Arginine	S27, S441, S503
Histidine	S27, S441, S503
Alanine	S21, S27, S441, S503
Aspartic acid	S21, S27, S441, S503
Glutamic acid	S21, S27, S441, S503
Glycine	S27, S441, S503
Proline	S27, S441, S503
Serine	S21, S27, S441, S503

### NDB No 11565 Turnips, cooked, boiled, drained, without salt

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

### NDB No 11568 Turnip greens, raw

Glucose (dextrose)	D3326
Fructose	D3326
Water	D3326, S81
Sugars, total	D3326
Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81

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### **NDB No 11568 Turnip greens, raw**

Tocopherol, gamma S81

Tocopherol, delta S81

### **NDB No 11578 Vegetable juice cocktail, canned**

Carotene, beta D3851

Carotene, alpha D3851

Cryptoxanthin, beta D3851

Lycopene D3851

Lutein + zeaxanthin D3851

Tocopherol, beta S84

Tocopherol, gamma S84

Tocopherol, delta S84

Vitamin K (phylloquinone) D4041

### **NDB No 11579 Vegetables, mixed, canned, solids and liquids**

Fluoride, F D5002

### **NDB No 11581 Vegetables, mixed, canned, drained solids**

Fluoride, F D5002

### **NDB No 11641 Squash, summer, all varieties, raw**

Protein S1322, S622

Total lipid (fat) S1322, S622

Ash S1322, S622

Sucrose D3321, S604

Glucose (dextrose) D3321, S604

Fructose D3321, S604

Water D3764, S1322, S604, S622

Fiber, total dietary D3764, S1322, S604, S642

Calcium, Ca S1322, S622

Iron, Fe S1322, S622

Magnesium, Mg S1322, S622

Phosphorus, P S1322, S622

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### NDB No 11641 Squash, summer, all varieties, raw

Potassium, K	S1322, S622
Zinc, Zn	S1322, S622
Copper, Cu	S1322, S622
Manganese, Mn	S1322, S622
Carotene, beta	S1203, S1322, S622
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203
Vitamin C, total ascorbic acid	S1322, S622
Thiamin	S1322, S622
Riboflavin	S1322, S622
Niacin	S1322, S622
Pantothenic acid	S1322, S622
Vitamin B-6	S1322, S622
Folate, total	S1322, S622

### NDB No 11643 Squash, winter, all varieties, raw

Carotene, beta	D3846, D3847
Carotene, alpha	D3846

### NDB No 11644 Squash, winter, all varieties, cooked, baked, without salt

Protein	S1821
Total lipid (fat)	S1821
Ash	S1821
Water	S1821
Iron, Fe	S1821
Zinc, Zn	S1821
Copper, Cu	S1821
Manganese, Mn	S1821
Carotene, beta	D3846
Carotene, alpha	D3846
Choline, total	S3461
Betaine	S3461

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**NDB No 11657 Potatoes, mashed, home-prepared, whole milk added**

Choline, total S3461

Betaine S3461

**NDB No 11659 Sweet potato, cooked, candied, home-prepared**

Fluoride, F D5007

**NDB No 11674 Potato, baked, flesh and skin, without salt**

Protein S563, S566

Total lipid (fat) S563, S566

Ash S563, S566

Starch S563, S566

Sucrose S563, S566

Glucose (dextrose) S563, S566

Fructose S563, S566

Lactose S563, S566

Maltose S563, S566

Water S563, S566

Sugars, total S563

Galactose S563

Fiber, total dietary S563, S566

Calcium, Ca S183, S201, S202, S203, S563, S566

Iron, Fe S183, S201, S202, S203, S563, S566

Magnesium, Mg S183, S201, S202, S203, S563, S566

Phosphorus, P S183, S201, S202, S203, S563, S566

Potassium, K S183, S201, S202, S203, S563, S566

Sodium, Na S183, S201, S202, S203, S563, S566

Zinc, Zn S183, S201, S202, S203, S563, S566

Copper, Cu S183, S201, S202, S203, S563, S566

Manganese, Mn S183, S201, S202, S203, S563, S566

Selenium, Se S183, S201, S202, S203, S563

Carotene, beta S563, S566

Carotene, alpha S563, S566

Vitamin E (alpha-tocopherol) S563

Cryptoxanthin, beta S563, S566

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### NDB No 11674 Potato, baked, flesh and skin, without salt

Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

### NDB No 11697 Arrowroot, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

Sugars, total	S565
Carotene, beta	S565
Carotene, alpha	S565
Cryptoxanthin, beta	S565
Lycopene	S565
Lutein + zeaxanthin	S565
Vitamin K (phylloquinone)	S565

### NDB No 11705 Asparagus, cooked, boiled, drained, with salt

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069

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**NDB No 11705 Asparagus, cooked, boiled, drained, with salt**

Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Fluoride, F	D5001, D5007
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069

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**NDB No 11705 Asparagus, cooked, boiled, drained, with salt**

Methionine	S1069
Cystine	S1069
Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
15:0	S1069
17:0	S1069

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### NDB No 11705 Asparagus, cooked, boiled, drained, with salt

24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

### NDB No 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### NDB No 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Sucrose	S822, S837
Glucose (dextrose)	S837
Fructose	S837
Lactose	S837
Maltose	S837
Water	S822, S837
Calcium, Ca	S183, S201, S202, S203, S6
Iron, Fe	S183, S201, S202, S203, S6
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6

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**NDB No 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt**

Potassium, K	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6

**NDB No 11723 Beans, snap, green, cooked, boiled, drained, with salt**

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203
Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S202, S203
Vitamin K (phylloquinone)	D4002

**NDB No 11731 Beans, snap, green, frozen, cooked, boiled, drained, with salt**

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Choline, total	S3461
Betaine	S3461

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### NDB No 11742 Broccoli, cooked, boiled, drained, with salt

Starch	S564
Sucrose	S1121, S564, S837
Glucose (dextrose)	S1121, S564, S837
Fructose	S1121, S564, S837
Lactose	S1121, S564, S837
Maltose	S1121, S564, S837
Sugars, total	S564, S837
Galactose	S564
Fiber, total dietary	S564, S606, S837
Calcium, Ca	S1121, S564
Iron, Fe	S1121, S564
Magnesium, Mg	S1121, S564
Phosphorus, P	S1121, S564
Potassium, K	S1121, S564
Zinc, Zn	S1121, S564
Copper, Cu	S1121, S564
Fluoride, F	D5007
Manganese, Mn	S1121, S564
Selenium, Se	S1121, S564
Carotene, beta	D3846, D3890, S1121, S564
Carotene, alpha	S1121, S564
Vitamin E (alpha-tocopherol)	S1121, S564
Cryptoxanthin, beta	S1121, S564
Lycopene	S1121, S564
Lutein + zeaxanthin	D3890, S1121, S564
Tocopherol, beta	S1121, S564
Tocopherol, gamma	S1121, S564
Tocopherol, delta	S1121, S564
Vitamin C, total ascorbic acid	S564
Thiamin	S1121, S564
Riboflavin	S1121, S564
Niacin	S1121, S564
Pantothenic acid	S1121, S564
Vitamin B-6	S1121, S564
Folate, total	S1121, S564

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### NDB No 11742 Broccoli, cooked, boiled, drained, with salt

Vitamin K (phylloquinone)	S1121, S564
8:0	S564
10:0	S564
12:0	S564
14:0	S564
16:0	S564
18:0	S564
20:0	S564
18:1 undifferentiated	S564
18:2 undifferentiated	S564
18:3 undifferentiated	S564
20:4 undifferentiated	S564
22:0	S564
14:1	S564
16:1 undifferentiated	S564
20:1	S564
15:0	S564
17:0	S564
20:2 n-6 c,c	S564
18:3 n-6 c,c,c	S564
17:1	S564
20:3 undifferentiated	S564
15:1	S564

### NDB No 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Calcium, Ca	S6
Iron, Fe	S6
Magnesium, Mg	S6
Phosphorus, P	S6
Potassium, K	S6
Zinc, Zn	S6
Copper, Cu	S6
Manganese, Mn	S6
Selenium, Se	S6

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### **NDB No 11745 Brussels sprouts, cooked, boiled, drained, with salt**

Carotene, beta	D3846, D3901
Carotene, alpha	D3901
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No 11751 Cabbage, common, cooked, boiled, drained, with salt**

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sucrose	S1069
Glucose (dextrose)	S1069
Fructose	S1069
Lactose	S1069
Maltose	S1069
Water	D3775, S1069

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**NDB No 11751 Cabbage, common, cooked, boiled, drained, with salt**

Fiber, total dietary	S1069
Calcium, Ca	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Fluoride, F	D5007
Manganese, Mn	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069
Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069

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**NDB No 11751 Cabbage, common, cooked, boiled, drained, with salt**

Alanine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069
Fatty acids, total saturated	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:2 undifferentiated	S1069
18:3 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
18:4	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
22:5 n-3	S1069
Fatty acids, total monounsaturated	S1069
Fatty acids, total polyunsaturated	S1069
15:0	S1069
17:0	S1069
24:0	S1069
20:2 n-6 c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
15:1	S1069

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**NDB No 11752 Cabbage, red, cooked, boiled, drained, with salt**

Protein	S1065
Total lipid (fat)	S1065
Ash	S1065
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065
Fiber, total dietary	S1065
Calcium, Ca	S1065
Iron, Fe	S1065
Magnesium, Mg	S1065
Phosphorus, P	S1065
Potassium, K	S1065
Zinc, Zn	S1065
Copper, Cu	S1065
Manganese, Mn	S1065
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065
Riboflavin	S1065
Niacin	S1065
Pantothenic acid	S1065
Vitamin B-6	S1065
Folate, total	S1065
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065, S1069
Threonine	S1065, S1069
Isoleucine	S1065, S1069

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### NDB No 11752 Cabbage, red, cooked, boiled, drained, with salt

Leucine	S1065, S1069
Lysine	S1065, S1069
Methionine	S1065, S1069
Cystine	S1065, S1069
Phenylalanine	S1065, S1069
Tyrosine	S1065, S1069
Valine	S1065, S1069
Arginine	S1065, S1069
Histidine	S1065, S1069
Alanine	S1065, S1069
Aspartic acid	S1065, S1069
Glutamic acid	S1065, S1069
Glycine	S1065, S1069
Proline	S1065, S1069
Serine	S1065, S1069

### NDB No 11757 Carrots, cooked, boiled, drained, with salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062

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### NDB No 11757 Carrots, cooked, boiled, drained, with salt

Fluoride, F	D5001
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3885, S1062
Carotene, alpha	D3846, D3885, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25

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### **NDB No 11757 Carrots, cooked, boiled, drained, with salt**

Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No 11758 Carrots, canned, no salt added, solids and liquids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911

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### **NDB No 11758 Carrots, canned, no salt added, solids and liquids**

Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No 11759 Carrots, canned, no salt added, drained solids**

Carotene, beta	D3843, D3846, D3902, D3911
Carotene, alpha	D3846, D3902, D3911
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902

### **NDB No 11760 Carrots, frozen, cooked, boiled, drained, with salt**

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Vitamin C, total ascorbic acid	S25

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### NDB No 11760 Carrots, frozen, cooked, boiled, drained, with salt

Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
20:0	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
18:4	S25
20:5 n-3	S25
22:5 n-3	S25
15:0	S25
24:0	S25

### NDB No 11761 Cauliflower, cooked, boiled, drained, with salt

Fluoride, F	D5007
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### NDB No 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Carotene, beta	D3869, D3870
Carotene, alpha	D3870
Cryptoxanthin, beta	D3870
Lutein + zeaxanthin	D3869

### NDB No 11768 Collards, cooked, boiled, drained, with salt

Calcium, Ca	S183, S201, S202, S203
Iron, Fe	S183, S201, S202, S203
Magnesium, Mg	S183, S201, S202, S203

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### NDB No 11768 Collards, cooked, boiled, drained, with salt

Phosphorus, P	S183, S201, S202, S203
Potassium, K	S183, S201, S202, S203
Zinc, Zn	S183, S201, S202, S203
Copper, Cu	S183, S201, S202, S203
Manganese, Mn	S183, S201, S202, S203
Selenium, Se	S183, S201, S202, S203
Carotene, beta	D3846
Vitamin K (phylloquinone)	D4002

### NDB No 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S201, S202, S203

### NDB No 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Selenium, Se	S183, S6
Carotene, beta	D3907
Carotene, alpha	D3907
Vitamin E (alpha-tocopherol)	S121
Cryptoxanthin, beta	D3907
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### NDB No 11772 Corn, sweet, yellow, canned, cream style, no salt added

Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84

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### **NDB No 11772    Corn, sweet, yellow, canned, cream style, no salt added**

Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### **NDB No 11774    Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt**

Protein	S405
Total lipid (fat)	S405, S84
Ash	S405
Sucrose	S604, S822, S837
Glucose (dextrose)	S604, S822, S837
Fructose	S604, S822, S837
Lactose	S837
Maltose	S604, S822, S837
Water	S405, S604, S822, S837, S84
Calcium, Ca	S405, S6
Iron, Fe	S405, S6
Magnesium, Mg	S405, S6
Phosphorus, P	S405, S6
Potassium, K	S405, S6
Zinc, Zn	S405, S6
Copper, Cu	S405, S6
Manganese, Mn	S405, S6
Carotene, beta	S405
Carotene, alpha	S405
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S405
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405

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### **NDB No 11774    Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt**

Folate, total	S405
Vitamin K (phylloquinone)	D4002

### **NDB No 11783    Eggplant, cooked, boiled, drained, with salt**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No 11790    Kale, cooked, boiled, drained, with salt**

Carotene, beta	D3901
Carotene, alpha	D3901
Cryptoxanthin, beta	D3901
Lycopene	D3901
Lutein + zeaxanthin	D3901

### **NDB No 11797    Mushrooms, cooked, boiled, drained, with salt**

Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941

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### NDB No 11797 Mushrooms, cooked, boiled, drained, with salt

Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941

### NDB No 11803 Okra, cooked, boiled, drained, with salt

Total lipid (fat)	S84
Water	S84
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4002

### NDB No 11808 Parsnips, cooked, boiled, drained, with salt

Protein	S1821
Water	D3765, S1821

### NDB No 11812 Peas, green, canned, no salt added, solids and liquids

Sucrose	S406, S604
Glucose (dextrose)	S406, S604
Fructose	S406, S604

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### NDB No 11812 Peas, green, canned, no salt added, solids and liquids

Maltose	S406, S604
Sugars, total	S625, S626, S627, S641
Fiber, total dietary	S625, S626, S627, S641
Selenium, Se	S183, S202, S203, S6
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### NDB No 11813 Peas, green, canned, no salt added, drained solids

Carotene, beta	S1203
Carotene, alpha	S1203
Cryptoxanthin, beta	S1203
Lycopene	S1203
Lutein + zeaxanthin	S1203

### NDB No 11819 Peppers, hot chili, red, raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202

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### NDB No 11819 Peppers, hot chili, red, raw

Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 11821 Peppers, sweet, red, raw

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3894, D3912, S1062
Carotene, alpha	D3846, S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3912, S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062

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### NDB No 11821 Peppers, sweet, red, raw

Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062

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### NDB No 11821 Peppers, sweet, red, raw

20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11828 Potatoes, baked, flesh and skin, with salt

Protein	S563, S566
Total lipid (fat)	S563, S566
Ash	S563, S566
Starch	S563, S566
Sucrose	S563, S566
Glucose (dextrose)	S563, S566
Fructose	S563, S566
Lactose	S563, S566
Maltose	S563, S566
Water	S563, S566

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### NDB No 11828 Potatoes, baked, flesh and skin, with salt

Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563, S566
Calcium, Ca	S183, S201, S202, S203, S563, S566
Iron, Fe	S183, S201, S202, S203, S563, S566
Magnesium, Mg	S183, S201, S202, S203, S563, S566
Phosphorus, P	S183, S201, S202, S203, S563, S566
Potassium, K	S183, S201, S202, S203, S563, S566
Zinc, Zn	S183, S201, S202, S203, S563, S566
Copper, Cu	S183, S201, S202, S203, S563, S566
Manganese, Mn	S183, S201, S202, S203, S563, S566
Selenium, Se	S183, S201, S202, S203, S563
Carotene, beta	S563, S566
Carotene, alpha	S563, S566
Vitamin E (alpha-tocopherol)	S563
Cryptoxanthin, beta	S563, S566
Lycopene	S563, S566
Lutein + zeaxanthin	S563
Tocopherol, beta	S563
Tocopherol, gamma	S563
Tocopherol, delta	S563
Vitamin C, total ascorbic acid	S563, S566
Thiamin	S563, S566
Riboflavin	S563, S566
Niacin	S563, S566
Pantothenic acid	S563, S566
Vitamin B-6	S563, S566
Folate, total	S563, S566
Vitamin K (phylloquinone)	D4002, S563, S566

### NDB No 11831 Potatoes, boiled, cooked in skin, flesh, with salt

Fluoride, F	D5001
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### NDB No 11840 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

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**NDB No 11840 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt**

Fluoride, F D5002, D5003, D5007

**NDB No 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S183, S201, S202, S203, S2105, S6
Iron, Fe	S183, S201, S202, S203, S2105, S6
Magnesium, Mg	S183, S201, S202, S203, S2105, S6
Phosphorus, P	S183, S201, S202, S203, S2105, S6
Potassium, K	S183, S201, S202, S203, S2105, S6
Sodium, Na	S183, S201, S202, S203, S6
Zinc, Zn	S183, S201, S202, S203, S2105, S6
Copper, Cu	S183, S201, S202, S203, S2105, S6
Manganese, Mn	S183, S201, S202, S203, S2105, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105

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### NDB No 11841 Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated

Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105

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### NDB No 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105

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### NDB No 11842 Potatoes, french fried, all types, salt not added in processing, frozen, as purchased

18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 11844 Potatoes, scalloped, home-prepared with margarine

Fluoride, F	D5002, D5007
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### NDB No 11854 Spinach, cooked, boiled, drained, with salt

Fluoride, F	D5001, D5007
Carotene, beta	D3846, D3905
Carotene, alpha	D3905
Cryptoxanthin, beta	D3905
Lycopene	D3905
Lutein + zeaxanthin	D3905

### NDB No 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Protein	S25
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**NDB No 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt**

Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Choline, total	S25
Vitamin K (phylloquinone)	S25

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**NDB No 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt**

Betaine	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25

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### NDB No 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Sucrose	D3321
Glucose (dextrose)	D3321, D3326
Fructose	D3321, D3326
Sugars, total	D3326
Calcium, Ca	S12, S183, S201, S202, S203
Iron, Fe	S12, S183, S201, S202, S203
Magnesium, Mg	S12, S183, S201, S202, S203
Phosphorus, P	S12, S183, S201, S202, S203
Potassium, K	S12, S183, S201, S202, S203
Sodium, Na	S12, S183, S201, S202, S203
Zinc, Zn	S12, S183, S201, S202, S203
Copper, Cu	S12, S183, S201, S202, S203
Manganese, Mn	S12, S183, S201, S202, S203
Selenium, Se	S12, S183, S203
Vitamin K (phylloquinone)	D4002

### NDB No 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Vitamin K (phylloquinone)	D4002, D4048
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### NDB No 11875 Sweet potato, cooked, baked in skin, with salt

Protein	S1062
Total lipid (fat)	S1062, S121
Ash	S1062

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### NDB No 11875 Sweet potato, cooked, baked in skin, with salt

Starch	S1062
Sucrose	D3335, S1062, S606
Glucose (dextrose)	D3335, S1062, S606
Fructose	D3335, S1062, S606
Lactose	S1062
Maltose	D3335, S1062, S606
Water	S1062, S121, S606
Sugars, total	S606
Fiber, total dietary	S1062
Calcium, Ca	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S1062, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	D4142, S10, S1062, S11, S12, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1062, S121
Tocopherol, beta	S1062, S121
Tocopherol, gamma	S1062, S121
Tocopherol, delta	S1062, S121
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	D4002, S1062
Fatty acids, total saturated	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062

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### NDB No 11875 Sweet potato, cooked, baked in skin, with salt

16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
Fatty acids, total monounsaturated	S1062
Fatty acids, total polyunsaturated	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11876 Sweet potato, cooked, boiled, without skin, with salt

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062
Fructose	S1062
Lactose	S1062

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**NDB No 11876 Sweet potato, cooked, boiled, without skin, with salt**

Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Selenium, Se	S1062
Carotene, beta	D3846, D3852, D3891, D3902
Carotene, alpha	D3902
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	D3902
Lycopene	D3902
Lutein + zeaxanthin	D3902
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Vitamin K (phylloquinone)	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062

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### NDB No 11876 Sweet potato, cooked, boiled, without skin, with salt

18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062
15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### NDB No 11884 Tomatoes, red, ripe, cooked, with salt

Protein	S441
Total lipid (fat)	S441
Ash	S441
Sucrose	S441
Glucose (dextrose)	S441
Fructose	S441
Lactose	S441
Maltose	S441
Water	S441
Fiber, total dietary	S441
Calcium, Ca	S441

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### NDB No 11884 Tomatoes, red, ripe, cooked, with salt

Iron, Fe	S441
Magnesium, Mg	S441
Phosphorus, P	S441
Potassium, K	S441
Zinc, Zn	S441
Copper, Cu	S441
Manganese, Mn	S441
Carotene, beta	D3905, S441
Carotene, alpha	D3905, S441
Vitamin E (alpha-tocopherol)	S441
Cryptoxanthin, beta	D3905, S441
Lycopene	D3905, S441
Lutein + zeaxanthin	D3905, S441
Tocopherol, beta	S441
Tocopherol, gamma	S441
Tocopherol, delta	S441
Thiamin	S441
Riboflavin	S441
Niacin	S441
Pantothenic acid	S441
Vitamin B-6	S441
Vitamin K (phylloquinone)	S441

### NDB No 11885 Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Protein	S27, S625, S626, S627, S641
Total lipid (fat)	S27, S625, S626, S627, S641, S87
Ash	S27, S625, S626, S627, S641
Sucrose	S27, S604
Glucose (dextrose)	S27, S604
Fructose	S27, S604
Lactose	S27
Maltose	S27
Water	S27, S604, S625, S626, S627, S641
Sugars, total	S27, S625, S626, S627, S641
Galactose	S27

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**NDB No 11885 Tomatoes, red, ripe, canned, packed in tomato juice, no salt added**

Fiber, total dietary	S27, S625, S626, S627, S641
Calcium, Ca	S183, S201, S202, S203, S6, S625, S626, S627, S641
Iron, Fe	S183, S201, S202, S203, S6, S625, S626, S627, S641
Magnesium, Mg	S183, S201, S202, S203, S6
Phosphorus, P	S183, S201, S202, S203, S6
Potassium, K	S183, S201, S202, S203, S6, S626, S627
Sodium, Na	S183, S201, S202, S203, S6, S625, S626, S627, S641
Zinc, Zn	S183, S201, S202, S203, S6
Copper, Cu	S183, S201, S202, S203, S6
Fluoride, F	D5007, D5301
Manganese, Mn	S183, S201, S202, S203, S6
Selenium, Se	S183, S201, S202, S203, S6
Vitamin A, IU	S625, S626, S627, S641
Vitamin E (alpha-tocopherol)	S27, S87
Tocopherol, beta	S27, S87
Tocopherol, gamma	S27, S87
Tocopherol, delta	S27, S87
Vitamin C, total ascorbic acid	S27, S625, S626, S627, S641
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Tryptophan	S27
Threonine	S27
Isoleucine	S27
Leucine	S27
Lysine	S27
Methionine	S27
Cystine	S27
Phenylalanine	S27
Tyrosine	S27
Valine	S27
Arginine	S27
Histidine	S27
Alanine	S27

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### NDB No 11885 Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Aspartic acid	S27
Glutamic acid	S27
Glycine	S27
Proline	S27
Serine	S27

### NDB No 11886 Tomato juice, canned, without salt added

Total lipid (fat)	S87
Sucrose	D3315
Glucose (dextrose)	D3302, D3315
Fructose	D3302, D3315
Sugars, total	D3315
Calcium, Ca	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S183, S201, S202, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S183, S202, S203, S6, S7, S8, S9
Carotene, beta	D3851
Carotene, alpha	D3851
Vitamin E (alpha-tocopherol)	S87
Cryptoxanthin, beta	D3851
Lycopene	D3851, D3890, S1381
Lutein + zeaxanthin	D3851
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin K (phylloquinone)	D4002

### NDB No 11887 Tomato products, canned, paste, with salt added

Protein	S21, S5, S625, S626, S627, S641
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### NDB No 11887 Tomato products, canned, paste, with salt added

Total lipid (fat)	S21, S5, S625, S626, S627, S641
Ash	S21, S5, S625, S626, S627, S641
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Maltose	S21
Water	S21, S5, S625, S626, S627, S641, S81
Sugars, total	S5, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627, S641
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627, S641
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21, S5
Carotene, alpha	S21
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S21
Lycopene	S21
Lutein + zeaxanthin	S21
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin C, total ascorbic acid	S21, S5, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21

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### NDB No 11887 Tomato products, canned, paste, with salt added

Folate, total	S21
Vitamin K (phylloquinone)	D4048, S21
Threonine	S21
Leucine	S21
Lysine	S21
Phenylalanine	S21
Alanine	S21
Aspartic acid	S21
Glutamic acid	S21
Serine	S21
Fatty acids, total saturated	S626, S627
16:0	S21
18:2 undifferentiated	S21

### NDB No 11888 Tomato products, canned, puree, with salt added

Protein	S21, S625, S626, S627
Total lipid (fat)	S21, S625, S626, S627
Ash	S21, S625, S626, S627
Glucose (dextrose)	S21
Fructose	S21
Water	S21, S625, S626, S627, S641
Fiber, total dietary	S21, S625, S626, S627
Calcium, Ca	S21, S625, S626, S627
Iron, Fe	S21, S625, S626, S627
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21, S625, S626, S627
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Vitamin A, IU	S625, S626, S627, S641
Carotene, beta	S21
Carotene, alpha	S21
Cryptoxanthin, beta	S21
Lycopene	S21

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### **NDB No 11888 Tomato products, canned, puree, with salt added**

Lutein + zeaxanthin	S21
Vitamin C, total ascorbic acid	S21, S625, S626, S627, S641
Thiamin	S21
Riboflavin	S21
Niacin	S21
Vitamin B-6	S21
Vitamin K (phylloquinone)	S21
Aspartic acid	S21
Glutamic acid	S21
Fatty acids, total saturated	S626, S627

### **NDB No 11903 Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids**

Fluoride, F	D5007
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### **NDB No 11906 Corn, sweet, white, canned, cream style, regular pack**

Fluoride, F	D5007
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### **NDB No 11910 Corn, sweet, white, frozen, kernels cut off cob, unprepared**

Fluoride, F	D5021
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### **NDB No 11918 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt**

Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062

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### **NDB No 11918    Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt**

Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

### **NDB No 11919    Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt**

Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

### **NDB No 11921    Peppers, sweet, red, sauteed**

Protein	S1062
Total lipid (fat)	S1062
Ash	S1062
Starch	S1062
Sucrose	S1062
Glucose (dextrose)	S1062

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### NDB No 11921 Peppers, sweet, red, sauteed

Fructose	S1062
Lactose	S1062
Maltose	S1062
Water	S1062
Fiber, total dietary	S1062
Calcium, Ca	S1062
Iron, Fe	S1062
Magnesium, Mg	S1062
Phosphorus, P	S1062
Potassium, K	S1062
Sodium, Na	S1062
Zinc, Zn	S1062
Copper, Cu	S1062
Manganese, Mn	S1062
Carotene, beta	S1062
Carotene, alpha	S1062
Vitamin E (alpha-tocopherol)	S1062
Cryptoxanthin, beta	S1062
Lycopene	S1062
Tocopherol, beta	S1062
Tocopherol, gamma	S1062
Tocopherol, delta	S1062
Vitamin C, total ascorbic acid	S1062
Thiamin	S1062
Riboflavin	S1062
Niacin	S1062
Pantothenic acid	S1062
Vitamin B-6	S1062
Folate, total	S1062
Choline, total	S1062
Vitamin K (phylloquinone)	S1062
Betaine	S1062
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062

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**NDB No 11921    Peppers, sweet, red, sauteed**

Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062
8:0	S1062
10:0	S1062
12:0	S1062
14:0	S1062
16:0	S1062
18:0	S1062
20:0	S1062
18:1 undifferentiated	S1062
18:2 undifferentiated	S1062
18:3 undifferentiated	S1062
20:4 undifferentiated	S1062
22:6 n-3	S1062
22:0	S1062
14:1	S1062
16:1 undifferentiated	S1062
18:4	S1062
20:1	S1062
20:5 n-3	S1062
22:1 undifferentiated	S1062
22:5 n-3	S1062

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### **NDB No 11921 Peppers, sweet, red, sauteed**

15:0	S1062
17:0	S1062
24:0	S1062
20:2 n-6 c,c	S1062
17:1	S1062
20:3 undifferentiated	S1062
15:1	S1062

### **NDB No 11935 Catsup**

Protein	S22, S5
Total lipid (fat)	S22, S5
Carbohydrate, by difference	S5
Ash	S22, S5
Energy	S5
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22, S5, S81
Fiber, total dietary	S22
Calcium, Ca	S183, S202, S203, S22, S6
Iron, Fe	S183, S202, S203, S22, S6
Magnesium, Mg	S183, S202, S203, S22, S6
Phosphorus, P	S183, S202, S203, S22, S6
Potassium, K	S183, S202, S203, S22, S6
Sodium, Na	S183, S202, S203, S22, S5, S6
Zinc, Zn	S183, S202, S203, S22, S6
Copper, Cu	S183, S202, S203, S22, S6
Fluoride, F	D5001, D5007, D5021, D5301
Manganese, Mn	S183, S202, S203, S22, S6
Selenium, Se	S183, S22, S6
Carotene, beta	S22
Carotene, alpha	S22
Vitamin E (alpha-tocopherol)	S81

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### **NDB No 11935    Catsup**

Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Choline, total	S22, S3461
Betaine	S22, S3461

### **NDB No 11937    Pickles, cucumber, dill or kosher dill**

Protein	S3548
Total lipid (fat)	S3548
Ash	S3548
Sucrose	S3548
Glucose (dextrose)	S3548
Fructose	S3548, S604
Lactose	S3548
Maltose	S3548
Water	D3764, S3548, S604
Fiber, total dietary	D3764, S3548
Calcium, Ca	S204, S3548, S6
Iron, Fe	S204, S3548, S6
Magnesium, Mg	S204, S3548, S6
Phosphorus, P	S204, S3548, S6
Potassium, K	S204, S3548, S6
Sodium, Na	S204, S3548, S6
Zinc, Zn	S204, S3548, S6
Copper, Cu	S204, S3548, S6
Fluoride, F	D5007, D5021, D5301

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### NDB No 11937 Pickles, cucumber, dill or kosher dill

Manganese, Mn	S204, S3548, S6
Selenium, Se	S204, S6
Vitamin C, total ascorbic acid	S3548
Thiamin	S3548
Riboflavin	S3548
Niacin	S3548
Pantothenic acid	S3548
Vitamin B-6	S3548

### NDB No 11940 Pickles, cucumber, sweet (includes bread and butter pickles)

Protein	S3548, S5
Total lipid (fat)	S3548, S5
Carbohydrate, by difference	S5
Ash	S3548, S5
Energy	S5
Sucrose	S3548
Glucose (dextrose)	S3548
Fructose	S3548
Lactose	S3548
Maltose	S3548
Water	S3548, S5
Fiber, total dietary	S3548
Calcium, Ca	S3548
Iron, Fe	S3548
Magnesium, Mg	S3548
Phosphorus, P	S3548
Potassium, K	S3548
Sodium, Na	S3548, S5
Zinc, Zn	S3548
Copper, Cu	S3548
Manganese, Mn	S3548
Vitamin C, total ascorbic acid	S3548
Thiamin	S3548
Riboflavin	S3548
Niacin	S3548

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### **NDB No 11940 Pickles, cucumber, sweet (includes bread and butter pickles)**

Pantothenic acid	S3548
Vitamin B-6	S3548
Tryptophan	S1062
Threonine	S1062
Isoleucine	S1062
Leucine	S1062
Lysine	S1062
Methionine	S1062
Cystine	S1062
Phenylalanine	S1062
Tyrosine	S1062
Valine	S1062
Arginine	S1062
Histidine	S1062
Alanine	S1062
Aspartic acid	S1062
Glutamic acid	S1062
Glycine	S1062
Proline	S1062
Serine	S1062

### **NDB No 11949 Catsup, low sodium**

Protein	S22, S5
Total lipid (fat)	S22, S5
Carbohydrate, by difference	S5
Ash	S22, S5
Energy	S5
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	S22, S5, S81
Fiber, total dietary	S22
Calcium, Ca	S183, S202, S203, S22, S6

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### NDB No 11949 Catsup, low sodium

Iron, Fe	S183, S202, S203, S22, S6
Magnesium, Mg	S183, S202, S203, S22, S6
Phosphorus, P	S183, S202, S203, S22, S6
Potassium, K	S183, S202, S203, S22, S6
Zinc, Zn	S183, S202, S203, S22, S6
Copper, Cu	S183, S202, S203, S22, S6
Manganese, Mn	S183, S202, S203, S22, S6
Selenium, Se	S183, S22, S6
Carotene, alpha	S22
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S22
Lycopene	S22
Lutein + zeaxanthin	S22
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22

### NDB No 11950 Mushrooms, enoki, raw

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941

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### NDB No 11950 Mushrooms, enoki, raw

Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941

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### **NDB No 11950 Mushrooms, enoki, raw**

22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
13:0	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### **NDB No 11951 Peppers, sweet, yellow, raw**

Carotene, beta	D3912
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### **NDB No 11960 Carrots, baby, raw**

Protein	S481, S562
Total lipid (fat)	S481, S562
Ash	S481, S562
Starch	S562
Sucrose	S562
Glucose (dextrose)	S562
Fructose	S562
Lactose	S562
Maltose	S562

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### NDB No 11960 Carrots, baby, raw

Water	S481, S562
Sugars, total	S562
Galactose	S562
Fiber, total dietary	S481, S562
Calcium, Ca	S481, S562
Iron, Fe	S481, S562
Magnesium, Mg	S481, S562
Phosphorus, P	S481, S562
Potassium, K	S481, S562
Sodium, Na	S481, S562
Zinc, Zn	S481, S562
Copper, Cu	S481, S562
Manganese, Mn	S481, S562
Selenium, Se	S481, S562
Carotene, beta	D3900
Carotene, alpha	D3900
Vitamin C, total ascorbic acid	S481, S562
Thiamin	S481, S562
Riboflavin	S481, S562
Niacin	S481, S562
Pantothenic acid	S481, S562
Vitamin B-6	S481, S562
Folate, total	S481, S562
Choline, total	S481
Vitamin K (phylloquinone)	S481, S562
Betaine	S481

### NDB No 11963 Nopales, raw

Protein	S405
Total lipid (fat)	S405
Ash	S405
Water	S405
Fiber, total dietary	S405
Calcium, Ca	S405
Iron, Fe	S405

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### NDB No 11963 Nopales, raw

Magnesium, Mg	S405
Phosphorus, P	S405
Potassium, K	S405
Sodium, Na	S405
Zinc, Zn	S405
Copper, Cu	S405
Manganese, Mn	S405
Carotene, beta	S405
Carotene, alpha	S405
Vitamin C, total ascorbic acid	S405
Thiamin	S405
Riboflavin	S405
Niacin	S405
Pantothenic acid	S405
Vitamin B-6	S405
Folate, total	S405

### NDB No 11965 Cauliflower, green, raw

Protein	S616
Total lipid (fat)	S616
Ash	S616
Water	S616
Calcium, Ca	S616
Iron, Fe	S616
Magnesium, Mg	S616
Phosphorus, P	S616
Potassium, K	S616
Sodium, Na	S616
Zinc, Zn	S616
Copper, Cu	S616
Manganese, Mn	S616
Carotene, beta	S616
Vitamin C, total ascorbic acid	S616
Thiamin	S616
Riboflavin	S616

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### **NDB No 11965 Cauliflower, green, raw**

Niacin	S616
Pantothenic acid	S616
Vitamin B-6	S616
Folate, total	S616

### **NDB No 11970 Cabbage, napa, cooked**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 11972 Lemon grass (citronella), raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 11973 Beans, fava, in pod, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 11975 Grape leaves, canned**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 11976 Pepper, banana, raw**

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### **NDB No 11987 Mushroom, oyster, raw**

Protein	S1202, S2941
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### NDB No 11987 Mushroom, oyster, raw

Total lipid (fat)	S1202, S2941
Ash	S1202, S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S1202, S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S1202, S2941
Calcium, Ca	S1202, S2941
Iron, Fe	S1202, S2941
Magnesium, Mg	S1202, S2941
Phosphorus, P	S1202, S2941
Potassium, K	S1202, S2941
Sodium, Na	S1202, S2941
Zinc, Zn	S1202, S2941
Copper, Cu	S1202, S2941
Manganese, Mn	S1202, S2941
Selenium, Se	S2941
Carotene, beta	S1202
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S1202, S2941
Riboflavin	S1202, S2941
Niacin	S1202, S2941
Pantothenic acid	S1202, S2941
Vitamin B-6	S1202, S2941
Folate, total	S1202, S2941
Vitamin K (phylloquinone)	S2941

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**NDB No 11987 Mushroom, oyster, raw**

Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941
20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941

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### NDB No 11987 Mushroom, oyster, raw

20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### NDB No 11989 Mushrooms, straw, canned, drained solids

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 11990 Wasabi, root, raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202

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### NDB No 11990 Wasabi, root, raw

Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 11991 Yautia (tannier), raw

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Water	S1202
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Vitamin C, total ascorbic acid	S1202
Thiamin	S1202
Riboflavin	S1202

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### NDB No 11991 Yautia (tannier), raw

Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202
Folate, total	S1202

### NDB No 11992 Mushrooms, white, microwaved

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941
Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941

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### NDB No 11992 Mushrooms, white, microwaved

Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Tryptophan	S2941
Threonine	S2941
Isoleucine	S2941
Leucine	S2941
Lysine	S2941
Methionine	S2941
Cystine	S2941
Phenylalanine	S2941
Tyrosine	S2941
Valine	S2941
Arginine	S2941
Histidine	S2941
Alanine	S2941
Aspartic acid	S2941
Glutamic acid	S2941
Glycine	S2941
Proline	S2941
Serine	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941

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### NDB No 11992 Mushrooms, white, microwaved

20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### NDB No 11993 Mushrooms, Maitake, Raw

Protein	S2941
Total lipid (fat)	S2941
Ash	S2941
Starch	S2941
Sucrose	S2941
Glucose (dextrose)	S2941
Fructose	S2941
Lactose	S2941
Maltose	S2941
Water	S2941
Sugars, total	S2941

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### NDB No 11993 Mushrooms, Maitake, Raw

Galactose	S2941
Fiber, total dietary	S2941
Calcium, Ca	S2941
Iron, Fe	S2941
Magnesium, Mg	S2941
Phosphorus, P	S2941
Potassium, K	S2941
Sodium, Na	S2941
Zinc, Zn	S2941
Copper, Cu	S2941
Manganese, Mn	S2941
Selenium, Se	S2941
Vitamin E (alpha-tocopherol)	S2941
Tocopherol, beta	S2941
Tocopherol, gamma	S2941
Tocopherol, delta	S2941
Vitamin C, total ascorbic acid	S2941
Thiamin	S2941
Riboflavin	S2941
Niacin	S2941
Pantothenic acid	S2941
Vitamin B-6	S2941
Folate, total	S2941
Vitamin K (phylloquinone)	S2941
Fatty acids, total saturated	S2941
8:0	S2941
10:0	S2941
12:0	S2941
14:0	S2941
16:0	S2941
18:0	S2941
20:0	S2941
18:1 undifferentiated	S2941
18:2 undifferentiated	S2941
18:3 undifferentiated	S2941

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### NDB No 11993 Mushrooms, Maitake, Raw

20:4 undifferentiated	S2941
22:6 n-3	S2941
22:0	S2941
14:1	S2941
16:1 undifferentiated	S2941
18:4	S2941
20:1	S2941
20:5 n-3	S2941
22:1 undifferentiated	S2941
22:5 n-3	S2941
Fatty acids, total monounsaturated	S2941
Fatty acids, total polyunsaturated	S2941
15:0	S2941
17:0	S2941
24:0	S2941
24:1 c	S2941
20:2 n-6 c,c	S2941
17:1	S2941
20:3 undifferentiated	S2941
13:0	S2941
15:1	S2941
21:5	S2941
22:4	S2941

### NDB No 11995 Fiddlehead ferns, raw

Carotene, beta	D3885, D3886
Carotene, alpha	D3885, D3886

### NDB No 11996 Fiddlehead ferns, frozen, unprepared

Carotene, beta	D3886
Carotene, alpha	D3886

### NDB No 12006 Seeds, chia seeds, dried

Protein	D4822, D4861, D4862, S1783
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### NDB No 12006 Seeds, chia seeds, dried

Total lipid (fat)	D4821, D4822, D4861, D4862, S1783
Ash	D4822, S1783
Water	D4822, S1783
Fiber, total dietary	D4822
Calcium, Ca	D4862, S1783
Phosphorus, P	D4862, S1783
Potassium, K	S1783
Sodium, Na	S1783
Zinc, Zn	S1783
Copper, Cu	S1783
Manganese, Mn	S1783
Tryptophan	S1782
Threonine	D4822, D4861, S1782
Isoleucine	D4822, D4861, S1782
Leucine	D4822, D4861, S1782
Lysine	D4822, D4861, S1782
Methionine	D4822, D4861, S1782
Cystine	D4822, D4861, S1782
Phenylalanine	D4822, D4861, S1782
Tyrosine	D4822, D4861
Valine	D4822, D4861, S1782
Arginine	D4822, D4861, S1782
Histidine	D4822, D4861, S1782
Alanine	D4822, D4861, S1782
Aspartic acid	D4822, D4861, S1782
Glutamic acid	D4822, D4861
Glycine	D4822, D4861, S1782
Proline	D4861
Serine	D4822, D4861, S1782
14:0	S1783
16:0	D4821, D4861, D4862, S1783
18:0	D4821, D4861, D4862, S1783
20:0	D4862, S1783
18:1 undifferentiated	D4821, D4861, D4862, S1783
18:2 undifferentiated	D4821, D4861, D4862, S1783

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### **NDB No 12006    Seeds, chia seeds, dried**

18:3 undifferentiated	D4821, D4861, D4862, S1783
22:0	D4862
14:1	S1783
16:1 undifferentiated	D4862, S1783
20:1	D4862, S1783
15:0	S1783
17:0	D4862
17:1	D4862

### **NDB No 12014    Seeds, pumpkin and squash seed kernels, dried**

Vitamin E (alpha-tocopherol)	D4561
Tocopherol, gamma	D4561

### **NDB No 12023    Seeds, sesame seeds, whole, dried**

Sugars, total	S606
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### **NDB No 12036    Seeds, sunflower seed kernels, dried**

Vitamin E (alpha-tocopherol)	S1504
Tocopherol, beta	S1504
Tocopherol, gamma	S1504
Tocopherol, delta	S1504

### **NDB No 12037    Seeds, sunflower seed kernels, dry roasted, without salt**

Vitamin E (alpha-tocopherol)	S2142, S84
Tocopherol, beta	S2142, S84
Tocopherol, gamma	S2142, S84
Tocopherol, delta	S2142, S84

### **NDB No 12038    Seeds, sunflower seed kernels, oil roasted, without salt**

Protein	S661, S961
Total lipid (fat)	S661, S961
Ash	S661, S961

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### NDB No 12038 Seeds, sunflower seed kernels, oil roasted, without salt

Sucrose	S606, S661, S961
Glucose (dextrose)	S606, S661, S961
Fructose	S661, S961
Lactose	S661, S961
Maltose	S661, S961
Water	S606, S661, S961
Sugars, total	S606, S661, S961
Fiber, total dietary	S661
Calcium, Ca	S661, S961
Iron, Fe	S661, S961
Vitamin A, IU	S1202, S661
Retinol	S661
Vitamin A, RAE	S1202, S661
Carotene, beta	S1202, S661
Carotene, alpha	S1202
Vitamin E (alpha-tocopherol)	S2142
Cryptoxanthin, beta	S1202
Tocopherol, beta	S2142
Tocopherol, gamma	S2142
Tocopherol, delta	S2142
Vitamin C, total ascorbic acid	S661, S961
Cholesterol	S661, S961
Fatty acids, total trans	S961
4:0	S661
6:0	S661
8:0	S661
10:0	S661
12:0	S661
14:0	S661, S961
16:0	S661, S961
18:0	S661, S961
20:0	S661, S961
20:4 undifferentiated	S661
22:6 n-3	S661
22:0	S661, S961

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### NDB No 12038 Seeds, sunflower seed kernels, oil roasted, without salt

14:1	S661
20:1	S661, S961
20:5 n-3	S661
22:1 undifferentiated	S661
15:0	S661, S961
17:0	S661, S961
24:0	S661, S961
16:1 t	S961
18:1 t	S961
18:2 t not further defined	S961
24:1 c	S661
20:2 n-6 c,c	S661, S961
16:1 c	S961
18:1 c	S961
18:2 n-6 c,c	S961
18:3 n-6 c,c,c	S961
17:1	S661, S961
20:3 undifferentiated	S661
Fatty acids, total trans-monoenoic	S961
Fatty acids, total trans-polyenoic	S961
13:0	S661
15:1	S661
18:3 n-3 c,c,c	S961

### NDB No 12061 Nuts, almonds

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141

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### NDB No 12061 Nuts, almonds

Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141, S441, S503
Carotene, beta	S141, S441, S503
Carotene, alpha	S141, S441, S503
Vitamin E (alpha-tocopherol)	S141
Cryptoxanthin, beta	S441, S503
Lycopene	S441, S503
Lutein + zeaxanthin	S441, S503
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Choline, total	S441, S503
Vitamin K (phylloquinone)	S441, S503
Betaine	S441, S503
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141

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### NDB No 12061 Nuts, almonds

Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141

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### NDB No 12061 Nuts, almonds

15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### NDB No 12062 Nuts, almonds, blanched

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141

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### **NDB No 12062 Nuts, almonds, blanched**

Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141

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### **NDB No 12062 Nuts, almonds, blanched**

20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### **NDB No 12063 Nuts, almonds, dry roasted, without salt added**

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141

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**NDB No 12063 Nuts, almonds, dry roasted, without salt added**

Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141

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### NDB No 12063 Nuts, almonds, dry roasted, without salt added

Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### NDB No 12065 Nuts, almonds, oil roasted, without salt added

Protein	S141
Total lipid (fat)	S141

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### NDB No 12065 Nuts, almonds, oil roasted, without salt added

Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141

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### NDB No 12065 Nuts, almonds, oil roasted, without salt added

Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141

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### NDB No 12065 Nuts, almonds, oil roasted, without salt added

Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### NDB No 12071 Nuts, almond paste

Vitamin A, IU	S1202
Vitamin A, RAE	S1202
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 12078 Nuts, brazilnuts, dried, unblanched

Protein	S1063, S503
Total lipid (fat)	S1063, S503
Ash	S1063, S503
Starch	S1063, S503
Sucrose	S1063, S503
Glucose (dextrose)	S1063, S503
Fructose	S1063, S503
Lactose	S1063, S503
Maltose	S1063, S503
Water	S1063, S503, S81
Sugars, total	S1063, S503
Galactose	S1063, S503
Fiber, total dietary	S503
Calcium, Ca	S1063, S503
Iron, Fe	S1063, S503
Magnesium, Mg	S1063, S503
Phosphorus, P	S1063, S503

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### NDB No 12078 Nuts, brazilnuts, dried, unblanched

Potassium, K	S1063, S503
Sodium, Na	S1063, S503
Zinc, Zn	S1063, S503
Copper, Cu	S1063, S503
Manganese, Mn	S1063, S503
Selenium, Se	S1063, S503
Vitamin A, IU	S503
Vitamin A, RAE	S503
Carotene, beta	S503
Carotene, alpha	S503
Vitamin E (alpha-tocopherol)	S1063, S503, S81
Cryptoxanthin, beta	S503
Lycopene	S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S1063, S503, S81
Tocopherol, gamma	S1063, S503, S81
Tocopherol, delta	S1063, S503, S81
Vitamin C, total ascorbic acid	S1063, S503
Thiamin	S1063, S503
Riboflavin	S1063, S503
Niacin	S1063, S503
Pantothenic acid	S1063, S503
Vitamin B-6	S1063, S503
Folate, total	S1063
Choline, total	S1063, S503
Vitamin K (phylloquinone)	S1063, S503
Betaine	S1063, S503
Tryptophan	S1063, S503
Threonine	S1063, S503
Isoleucine	S1063, S503
Leucine	S1063, S503
Lysine	S1063, S503
Methionine	S1063, S503
Cystine	S1063, S503
Phenylalanine	S1063, S503

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### NDB No 12078 Nuts, brazilnuts, dried, unblanched

Tyrosine	S1063, S503
Valine	S1063, S503
Arginine	S1063, S503
Histidine	S1063, S503
Alanine	S1063, S503
Aspartic acid	S1063, S503
Glutamic acid	S1063, S503
Glycine	S1063, S503
Proline	S1063, S503
Serine	S1063, S503
8:0	S1063, S503
10:0	S1063, S503
12:0	S1063, S503
14:0	S1063, S503
16:0	S1063, S503
18:0	S1063, S503
20:0	S1063, S503
18:1 undifferentiated	S1063, S503
18:2 undifferentiated	S1063, S503
20:4 undifferentiated	S1063, S503
22:0	S1063, S503
14:1	S1063, S503
16:1 undifferentiated	S1063, S503
20:1	S1063, S503
15:0	S1063, S503
17:0	S1063, S503
20:2 n-6 c,c	S1063, S503
18:3 n-6 c,c,c	S1063, S503
17:1	S1063, S503
20:3 undifferentiated	S1063, S503
15:1	S1063, S503
18:3 n-3 c,c,c	S1063, S503

### NDB No 12086 Nuts, cashew nuts, oil roasted, without salt added

Protein	S343, S363, S502
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**NDB No 12086 Nuts, cashew nuts, oil roasted, without salt added**

Total lipid (fat)	S363, S5, S502
Ash	S343
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343
Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502
Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502

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**NDB No 12086 Nuts, cashew nuts, oil roasted, without salt added**

Pantothenic acid	S363, S502
Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Choline, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Betaine	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
20:4 undifferentiated	S363, S502

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### NDB No 12086 Nuts, cashew nuts, oil roasted, without salt added

22:6 n-3	S502
22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

### NDB No 12087 Nuts, cashew nuts, raw

Protein	S343
Ash	S343
Starch	S343
Sucrose	S343
Glucose (dextrose)	S343
Fructose	S343
Lactose	S343
Maltose	S343
Water	S343
Sugars, total	S343
Calcium, Ca	S343
Iron, Fe	S343
Magnesium, Mg	S343
Phosphorus, P	S343
Potassium, K	S343
Sodium, Na	S343
Zinc, Zn	S343

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### **NDB No 12087   Nuts, cashew nuts, raw**

Copper, Cu	S343
Manganese, Mn	S343
Vitamin C, total ascorbic acid	S343
Thiamin	S343
Riboflavin	S343
Niacin	S343
Vitamin B-6	S343
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502

### **NDB No 12109   Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged**

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661

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**NDB No 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged**

Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Calcium, Ca	S2661
Iron, Fe	S2661
Magnesium, Mg	S2661
Phosphorus, P	S2661
Potassium, K	S2661
Sodium, Na	S2661
Zinc, Zn	S2661
Copper, Cu	S2661
Manganese, Mn	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661
Tryptophan	S2661
Threonine	S2661
Isoleucine	S2661
Leucine	S2661
Lysine	S2661
Methionine	S2661
Cystine	S2661

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### NDB No 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Phenylalanine	S2661
Tyrosine	S2661
Valine	S2661
Arginine	S2661
Histidine	S2661
Alanine	S2661
Aspartic acid	S2661
Glutamic acid	S2661
Glycine	S2661
Proline	S2661
Serine	S2661
Hydroxyproline	S2661
Fatty acids, total trans	S2661
Fatty acids, total saturated	S2661
4:0	S2661
6:0	S2661
8:0	S2661
10:0	S2661
12:0	S2661
14:0	S2661
16:0	S2661
18:0	S2661
20:0	S2661
18:1 undifferentiated	S2661
18:2 undifferentiated	S2661
18:3 undifferentiated	S2661
20:4 undifferentiated	S2661
22:6 n-3	S2661
22:0	S2661
14:1	S2661
16:1 undifferentiated	S2661
18:4	S2661
20:1	S2661
20:5 n-3	S2661
22:1 undifferentiated	S2661

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### NDB No 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

22:5 n-3	S2661
Fatty acids, total monounsaturated	S2661
Fatty acids, total polyunsaturated	S2661
15:0	S2661
17:0	S2661
24:0	S2661
16:1 t	S2661
18:1 t	S2661
22:1 t	S2661
18:2 t,t	S2661
18:2 CLAs	S2661
24:1 c	S2661
20:2 n-6 c,c	S2661
16:1 c	S2661
18:1 c	S2661
18:2 n-6 c,c	S2661
22:1 c	S2661
18:3 n-6 c,c,c	S2661
17:1	S2661
20:3 undifferentiated	S2661
Fatty acids, total trans-monoenoic	S2661
Fatty acids, total trans-polyenoic	S2661
15:1	S2661
18:3 n-3 c,c,c	S2661
20:3 n-3	S2661
20:3 n-6	S2661
22:4	S2661

### NDB No 12120 Nuts, hazelnuts or filberts

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83

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**NDB No 12120 Nuts, hazelnuts or filberts**

Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Selenium, Se	S1063, S503
Carotene, beta	S503, S83
Carotene, alpha	S503, S83
Vitamin E (alpha-tocopherol)	S83
Cryptoxanthin, beta	S503
Lycopene	S503
Lutein + zeaxanthin	S503
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Choline, total	S1063, S503
Vitamin K (phylloquinone)	S1063, S503
Betaine	S1063, S503
Tryptophan	S83

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**NDB No 12120 Nuts, hazelnuts or filberts**

Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83

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### NDB No 12120 Nuts, hazelnuts or filberts

22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

### NDB No 12121 Nuts, hazelnuts or filberts, blanched

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Carotene, beta	S83
Carotene, alpha	S83

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### NDB No 12121 Nuts, hazelnuts or filberts, blanched

Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83
Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83

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### NDB No 12121 Nuts, hazelnuts or filberts, blanched

20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

### NDB No 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83

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**NDB No 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Carotene, beta	S83
Carotene, alpha	S83
Vitamin E (alpha-tocopherol)	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
Tryptophan	S83
Threonine	S83
Isoleucine	S83
Leucine	S83
Lysine	S83
Methionine	S83
Cystine	S83
Phenylalanine	S83
Tyrosine	S83
Valine	S83
Arginine	S83

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**NDB No 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

Histidine	S83
Alanine	S83
Aspartic acid	S83
Glutamic acid	S83
Glycine	S83
Proline	S83
Serine	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83

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**NDB No 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added**

13:0 S83

**NDB No 12131 Nuts, macadamia nuts, raw**

Protein S77

Total lipid (fat) S77

Ash S77

Starch S77

Sucrose S77

Glucose (dextrose) S77

Fructose S77

Lactose S77

Maltose S77

Water S77

Fiber, total dietary S77

Calcium, Ca S77

Iron, Fe S77

Magnesium, Mg S77

Phosphorus, P S77

Potassium, K S77

Sodium, Na S77

Zinc, Zn S77

Copper, Cu S77

Manganese, Mn S77

Vitamin E (alpha-tocopherol) S77

Tocopherol, beta S77

Tocopherol, gamma S77

Tocopherol, delta S77

Vitamin C, total ascorbic acid S77

Thiamin S77

Riboflavin S77

Niacin S77

Pantothenic acid S77

Vitamin B-6 S77

Folate, total S77

Tryptophan S77

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**NDB No 12131 Nuts, macadamia nuts, raw**

Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77

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### NDB No 12131 Nuts, macadamia nuts, raw

22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

### NDB No 12132 Nuts, macadamia nuts, dry roasted, without salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Selenium, Se	S363, S566
Carotene, beta	S363, S566

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### NDB No 12132 Nuts, macadamia nuts, dry roasted, without salt added

Carotene, alpha	S363, S566
Vitamin E (alpha-tocopherol)	S77
Cryptoxanthin, beta	S363, S566
Lycopene	S363, S566
Lutein + zeaxanthin	S363, S566
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Choline, total	S363, S566
Vitamin K (phylloquinone)	S363
Betaine	S363, S566
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77
Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77

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### NDB No 12132 Nuts, macadamia nuts, dry roasted, without salt added

Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

### NDB No 12142 Nuts, pecans

Protein	S85
Total lipid (fat)	S85
Ash	S85

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### NDB No 12142 Nuts, pecans

Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Fluoride, F	D5007
Manganese, Mn	S85
Selenium, Se	S1121, S363, S85
Carotene, beta	S1121, S363, S85
Carotene, alpha	S1121, S363, S85
Vitamin E (alpha-tocopherol)	S85
Cryptoxanthin, beta	S1121, S363
Lycopene	S1121, S363
Lutein + zeaxanthin	S1121, S363
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85

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### NDB No 12142 Nuts, pecans

Choline, total	S1121, S363
Vitamin K (phylloquinone)	S1121, S363
Betaine	S1121, S363
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85

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### NDB No 12142 Nuts, pecans

16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### NDB No 12143 Nuts, pecans, dry roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85

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**NDB No 12143 Nuts, pecans, dry roasted, without salt added**

Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85

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### NDB No 12143 Nuts, pecans, dry roasted, without salt added

10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### NDB No 12144 Nuts, pecans, oil roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85

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### NDB No 12144 Nuts, pecans, oil roasted, without salt added

Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85

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### NDB No 12144 Nuts, pecans, oil roasted, without salt added

Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85

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### NDB No 12144 Nuts, pecans, oil roasted, without salt added

17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### NDB No 12147 Nuts, pine nuts, dried

Protein	S502, S564
Total lipid (fat)	S502, S564
Ash	S502, S564
Starch	S564
Sucrose	S564
Glucose (dextrose)	S564
Fructose	S564
Lactose	S564
Maltose	S564
Water	S502, S564
Sugars, total	S564
Galactose	S564
Fiber, total dietary	S502, S564
Calcium, Ca	S502, S564
Iron, Fe	S502, S564
Magnesium, Mg	S502, S564
Phosphorus, P	S502, S564
Potassium, K	S502, S564
Sodium, Na	S564
Zinc, Zn	S502, S564
Copper, Cu	S502, S564
Manganese, Mn	S502, S564
Selenium, Se	S564
Vitamin E (alpha-tocopherol)	S502, S564
Tocopherol, beta	S502, S564
Tocopherol, gamma	S502, S564
Tocopherol, delta	S502, S564

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### NDB No 12147 Nuts, pine nuts, dried

Vitamin C, total ascorbic acid	S502, S564
Thiamin	S502, S564
Riboflavin	S502
Niacin	S502, S564
Pantothenic acid	S502, S564
Vitamin B-6	S502, S564
Folate, total	S502, S564
Choline, total	S502, S564
Vitamin K (phylloquinone)	S502, S564
Betaine	S502, S564
Tryptophan	S502, S564
Threonine	S502, S564
Isoleucine	S502, S564
Leucine	S502, S564
Lysine	S502, S564
Methionine	S502, S564
Cystine	S502, S564
Phenylalanine	S502, S564
Tyrosine	S502, S564
Valine	S502, S564
Arginine	S502, S564
Histidine	S502, S564
Alanine	S502, S564
Aspartic acid	S502, S564
Glutamic acid	S502, S564
Glycine	S502, S564
Proline	S502, S564
Serine	S502, S564
8:0	S502, S564
10:0	S502, S564
12:0	S502, S564
14:0	S502, S564
16:0	S502, S564
18:0	S502, S564
20:0	S502, S564

**NDB No 12147 Nuts, pine nuts, dried**

18:1 undifferentiated	S502, S564
18:2 undifferentiated	S502, S564
20:4 undifferentiated	S502, S564
22:6 n-3	S502
22:0	S502, S564
14:1	S502, S564
16:1 undifferentiated	S502, S564
18:4	S502
20:1	S502, S564
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S502, S564
17:0	S502, S564
24:0	S502
20:2 n-6 c,c	S502, S564
18:3 n-6 c,c,c	S564
17:1	S502, S564
20:3 undifferentiated	S502, S564
15:1	S502, S564
18:3 n-3 c,c,c	S564

**NDB No 12151 Nuts, pistachio nuts, raw**

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86

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**NDB No 12151   Nuts, pistachio nuts, raw**

Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Carotene, beta	S86
Carotene, alpha	S86
Vitamin E (alpha-tocopherol)	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86

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**NDB No 12151 Nuts, pistachio nuts, raw**

Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

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### NDB No 12152 Nuts, pistachio nuts, dry roasted, without salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86

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**NDB No 12152 Nuts, pistachio nuts, dry roasted, without salt added**

Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Choline, total	S563, S565
Vitamin K (phylloquinone)	S563, S565
Betaine	S563, S565
Tryptophan	S86
Threonine	S86
Isoleucine	S86
Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86

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### NDB No 12152 Nuts, pistachio nuts, dry roasted, without salt added

18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

### NDB No 12154 Nuts, walnuts, black, dried

Protein	S1001, S941
Total lipid (fat)	S941
Ash	S941
Starch	S941
Sucrose	S941
Glucose (dextrose)	S941
Fructose	S941
Lactose	S941
Maltose	S941
Water	S941
Sugars, total	S941
Fiber, total dietary	S941
Calcium, Ca	S941

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**NDB No 12154 Nuts, walnuts, black, dried**

Iron, Fe	S941
Magnesium, Mg	S941
Phosphorus, P	S941
Potassium, K	S941
Sodium, Na	S941
Zinc, Zn	S941
Copper, Cu	S941
Manganese, Mn	S941
Selenium, Se	D3359
Vitamin A, IU	S941
Vitamin A, RAE	S941
Carotene, beta	S941
Carotene, alpha	S941
Vitamin E (alpha-tocopherol)	S941
Tocopherol, beta	S941
Tocopherol, gamma	S941
Tocopherol, delta	S941
Vitamin C, total ascorbic acid	S941
Thiamin	S941
Riboflavin	S941
Niacin	S941
Pantothenic acid	S941
Vitamin B-6	S941
Folate, total	S941
Choline, total	S941
Betaine	S941
Tryptophan	S1001
Threonine	S1001
Isoleucine	S1001
Leucine	S1001
Lysine	S1001
Methionine	S1001
Cystine	S1001
Phenylalanine	S1001
Tyrosine	S1001

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### NDB No 12154 Nuts, walnuts, black, dried

Valine	S1001
Arginine	S1001
Histidine	S1001
Alanine	S1001
Aspartic acid	S1001
Glutamic acid	S1001
Glycine	S1001
Proline	S1001
Serine	S1001
Cholesterol	S941
8:0	S941
10:0	S941
12:0	S941
14:0	S941
16:0	S941
18:0	S941
20:0	S941
18:1 undifferentiated	S941
18:2 undifferentiated	S941
20:4 undifferentiated	S941
22:0	S941
14:1	S941
16:1 undifferentiated	S941
20:1	S941
Stigmasterol	S941
Campesterol	S941
Beta-sitosterol	S941
15:0	S941
17:0	S941
20:2 n-6 c,c	S941
18:3 n-6 c,c,c	S941
17:1	S941
20:3 undifferentiated	S941
15:1	S941
18:3 n-3 c,c,c	S941

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### NDB No 12155 Nuts, walnuts, english

Protein	S79
Total lipid (fat)	S79
Ash	S79
Starch	S79
Sucrose	S79
Glucose (dextrose)	S79
Fructose	S79
Lactose	S79
Maltose	S79
Water	S79
Fiber, total dietary	S79
Calcium, Ca	S79
Iron, Fe	S79
Magnesium, Mg	S79
Phosphorus, P	S79
Potassium, K	S79
Sodium, Na	S79
Zinc, Zn	S79
Copper, Cu	S79
Manganese, Mn	S79
Selenium, Se	S481, S563
Vitamin A, IU	S481, S563, S79
Vitamin A, RAE	S481, S563, S79
Carotene, beta	S481, S563, S79
Carotene, alpha	S481, S563, S79
Vitamin E (alpha-tocopherol)	S79, S87
Cryptoxanthin, beta	S481, S563
Lycopene	S481, S563
Lutein + zeaxanthin	S481, S563
Tocopherol, beta	S79, S87
Tocopherol, gamma	S79, S87
Tocopherol, delta	S79, S87
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Riboflavin	S79

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### NDB No 12155 Nuts, walnuts, english

Niacin	S481, S563
Pantothenic acid	S79
Vitamin B-6	S79
Folate, total	S79
Choline, total	S481, S563
Vitamin K (phylloquinone)	S481, S563
Betaine	S481, S563
Tryptophan	S79
Threonine	S79
Isoleucine	S79
Leucine	S79
Lysine	S79
Methionine	S79
Cystine	S79
Phenylalanine	S79
Tyrosine	S79
Valine	S79
Arginine	S79
Histidine	S79
Alanine	S79
Aspartic acid	S79
Glutamic acid	S79
Glycine	S79
Proline	S79
Serine	S79
8:0	S79
10:0	S79
12:0	S79
14:0	S79
16:0	S79
18:0	S79
20:0	S79
18:1 undifferentiated	S79
18:2 undifferentiated	S79
18:3 undifferentiated	S79

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### NDB No 12155 Nuts, walnuts, english

20:4 undifferentiated	S79
22:6 n-3	S79
22:0	S79
14:1	S79
16:1 undifferentiated	S79
20:1	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
Stigmasterol	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
17:0	S79
24:0	S79
24:1 c	S79
20:2 n-6 c,c	S79
20:3 undifferentiated	S79
13:0	S79

### NDB No 12201 Seeds, sesame seed kernels, dried (decorticated)

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164, S606
Glucose (dextrose)	S1164, S606
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Sugars, total	S1164, S606
Galactose	S1164
Fiber, total dietary	S1401
Calcium, Ca	S1164
Iron, Fe	S1164

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**NDB No 12201    Seeds, sesame seed kernels, dried (decorticated)**

Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	D4381, S1164
Folate, total	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164

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### NDB No 12201 Seeds, sesame seed kernels, dried (decorticated)

Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
22:0	S1164
16:1 undifferentiated	S1164
20:1	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
24:0	S1164
18:1 t	S1164
24:1 c	S1164
20:2 n-6 c,c	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164

### NDB No 12220 Seeds, flaxseed

Protein	D4743, S1221, S2109
Total lipid (fat)	D4743, S2109

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### NDB No 12220 Seeds, flaxseed

Ash	S1221, S2109
Sucrose	S1221, S2109
Glucose (dextrose)	S1221, S2109
Fructose	S1221, S2109
Lactose	S1221, S2109
Maltose	S1221, S2109
Water	S1221, S2109
Fiber, total dietary	S1221, S2109
Calcium, Ca	D4743, S1221, S2109
Iron, Fe	D4743, S1221, S2109
Magnesium, Mg	D4743, S1221, S2109
Phosphorus, P	S1221, S2109
Potassium, K	D4743, S1221, S2109
Sodium, Na	D4743, S1221, S2109
Zinc, Zn	D4743, S1221, S2109
Copper, Cu	D4743, S1221, S2109
Manganese, Mn	D4743, S1221, S2109
Selenium, Se	S2109
Vitamin A, IU	S1221, S2109
Vitamin A, RAE	S1221, S2109
Carotene, beta	S1221, S2109
Carotene, alpha	S1221, S2109
Vitamin E (alpha-tocopherol)	D4743, S2109
Cryptoxanthin, beta	S2109
Lycopene	S2109
Lutein + zeaxanthin	D4743
Tocopherol, beta	S2109
Tocopherol, gamma	D4743, S2109
Tocopherol, delta	D4743, S2109
Vitamin C, total ascorbic acid	S1221, S2109
Thiamin	S1221, S2109
Riboflavin	S1221, S2109
Niacin	S1221, S2109
Pantothenic acid	S1221, S2109
Vitamin B-6	S1221, S2109

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### NDB No 12220 Seeds, flaxseed

Folate, total	S1221, S2109
Vitamin B-12	S1221
Vitamin K (phylloquinone)	S2109
Tryptophan	D4743, S2109
Threonine	D4743, S2109
Isoleucine	D4743, S2109
Leucine	D4743, S2109
Lysine	D4743, S2109
Methionine	D4743, S2109
Cystine	D4743, S2109
Phenylalanine	D4743, S2109
Tyrosine	D4743, S2109
Valine	D4743, S2109
Arginine	D4743, S2109
Histidine	D4743, S2109
Alanine	D4743, S2109
Aspartic acid	D4743, S2109
Glutamic acid	D4743, S2109
Glycine	D4743, S2109
Proline	D4743, S2109
Serine	D4743, S2109
Hydroxyproline	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S1221, S2109
16:0	D4743, S1221, S2109
18:0	D4743, S1221, S2109
20:0	S1221, S2109
18:1 undifferentiated	D4743, S1221, S2109
18:2 undifferentiated	D4743, S1221, S2109
18:3 undifferentiated	D4743, S1221, S2109
22:0	S1221, S2109
16:1 undifferentiated	S1221, S2109
20:1	S1221, S2109

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### **NDB No 12220    Seeds, flaxseed**

22:1 undifferentiated	S1221, S2109
15:0	S1221
17:0	S1221
24:0	S1221, S2109
24:1 c	S1221, S2109
20:2 n-6 c,c	S1221, S2109

### **NDB No 12537    Seeds, sunflower seed kernels, dry roasted, with salt added**

Sucrose	S604
Glucose (dextrose)	S604
Vitamin E (alpha-tocopherol)	S2142, S84
Tocopherol, beta	S2142, S84
Tocopherol, gamma	S2142, S84
Tocopherol, delta	S2142, S84

### **NDB No 12538    Seeds, sunflower seed kernels, oil roasted, with salt added**

Protein	S661, S961
Total lipid (fat)	S661, S961
Ash	S661, S961
Sucrose	S606, S661, S961
Glucose (dextrose)	S606, S661, S961
Fructose	S661, S961
Lactose	S661, S961
Maltose	S661, S961
Water	S606, S661, S961
Sugars, total	S606, S661, S961
Fiber, total dietary	S661
Calcium, Ca	S661, S961
Iron, Fe	S661, S961
Sodium, Na	S661, S961
Vitamin A, IU	S1202, S661
Retinol	S661
Vitamin A, RAE	S1202, S661
Carotene, beta	S1202, S661

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### NDB No 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

Carotene, alpha	S1202
Vitamin E (alpha-tocopherol)	S2142
Cryptoxanthin, beta	S1202
Tocopherol, beta	S2142
Tocopherol, gamma	S2142
Tocopherol, delta	S2142
Vitamin C, total ascorbic acid	S661, S961
Cholesterol	S661, S961
Fatty acids, total trans	S961
4:0	S661
6:0	S661
8:0	S661
10:0	S661
12:0	S661
14:0	S661, S961
16:0	S661, S961
18:0	S661, S961
20:0	S661, S961
20:4 undifferentiated	S661
22:6 n-3	S661
22:0	S661, S961
14:1	S661
20:1	S661, S961
20:5 n-3	S661
22:1 undifferentiated	S661
15:0	S661, S961
17:0	S661, S961
24:0	S661, S961
16:1 t	S961
18:1 t	S961
18:2 t not further defined	S961
24:1 c	S661
20:2 n-6 c,c	S661, S961
16:1 c	S961
18:1 c	S961

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### NDB No 12538 Seeds, sunflower seed kernels, oil roasted, with salt added

18:2 n-6 c,c	S961
18:3 n-6 c,c,c	S961
17:1	S661, S961
20:3 undifferentiated	S661
Fatty acids, total trans-monoenoic	S961
Fatty acids, total trans-polyenoic	S961
13:0	S661
15:1	S661
18:3 n-3 c,c,c	S961

### NDB No 12563 Nuts, almonds, dry roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141

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### NDB No 12563 Nuts, almonds, dry roasted, with salt added

Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141
Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141

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### NDB No 12563 Nuts, almonds, dry roasted, with salt added

18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### NDB No 12565 Nuts, almonds, oil roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141

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### **NDB No 12565   Nuts, almonds, oil roasted, with salt added**

Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Carotene, beta	S141
Carotene, alpha	S141
Vitamin E (alpha-tocopherol)	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
Tryptophan	S141
Threonine	S141
Isoleucine	S141
Leucine	S141
Lysine	S141
Methionine	S141
Cystine	S141
Phenylalanine	S141
Tyrosine	S141
Valine	S141
Arginine	S141
Histidine	S141
Alanine	S141
Aspartic acid	S141
Glutamic acid	S141
Glycine	S141

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### NDB No 12565 Nuts, almonds, oil roasted, with salt added

Proline	S141
Serine	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

### NDB No 12586 Nuts, cashew nuts, oil roasted, with salt added

Protein	S343, S363, S502
Total lipid (fat)	S363, S5, S502

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### NDB No 12586 Nuts, cashew nuts, oil roasted, with salt added

Ash	S343, S363, S5, S502
Starch	S343, S363, S502
Sucrose	S343, S363, S502
Glucose (dextrose)	S343, S363, S502
Fructose	S343, S363, S502
Lactose	S343, S363, S502
Maltose	S343, S363, S502
Water	S343, S363, S5, S502, S82
Sugars, total	S343, S363, S502
Galactose	S363, S502
Fiber, total dietary	S363, S502
Calcium, Ca	S343, S363, S502
Iron, Fe	S343, S363, S5, S502
Magnesium, Mg	S343, S363, S502
Phosphorus, P	S343, S363, S502
Potassium, K	S343, S363, S502
Sodium, Na	S343, S363, S5, S502
Zinc, Zn	S343, S363, S502
Copper, Cu	S343, S363, S502
Manganese, Mn	S343, S363, S502
Selenium, Se	D3358, D3359, S363, S502
Carotene, beta	S363, S502
Carotene, alpha	S363, S502
Vitamin E (alpha-tocopherol)	S502, S82
Cryptoxanthin, beta	S363, S502
Lycopene	S363, S502
Lutein + zeaxanthin	S363, S502
Tocopherol, beta	S502, S82
Tocopherol, gamma	S502, S82
Tocopherol, delta	S502, S82
Vitamin C, total ascorbic acid	S343, S363, S502
Thiamin	S343, S363, S502
Riboflavin	S343, S363, S502
Niacin	S343, S363, S502
Pantothenic acid	S363, S502

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**NDB No 12586 Nuts, cashew nuts, oil roasted, with salt added**

Vitamin B-6	S343, S363, S502
Folate, total	S363, S502
Choline, total	S363, S502
Vitamin K (phylloquinone)	S363, S502
Betaine	S363, S502
Tryptophan	S363, S502
Threonine	S363, S502
Isoleucine	S363, S502
Leucine	S363, S502
Lysine	S363, S502
Methionine	S363, S502
Cystine	S363, S502
Phenylalanine	S363, S502
Tyrosine	S363, S502
Valine	S363, S502
Arginine	S363, S502
Histidine	S363, S502
Alanine	S363, S502
Aspartic acid	S363, S502
Glutamic acid	S363, S502
Glycine	S363, S502
Proline	S363, S502
Serine	S363, S502
8:0	S363, S502
10:0	S363, S502
12:0	S363, S502
14:0	S363, S502
16:0	S363, S502
18:0	S363, S502
20:0	S363, S502
18:1 undifferentiated	S363, S502
18:2 undifferentiated	S363, S502
18:3 undifferentiated	S363, S502
20:4 undifferentiated	S363, S502
22:6 n-3	S502

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### NDB No 12586 Nuts, cashew nuts, oil roasted, with salt added

22:0	S363, S502
14:1	S363, S502
16:1 undifferentiated	S363, S502
18:4	S502
20:1	S363, S502
20:5 n-3	S502
22:1 undifferentiated	S502
22:5 n-3	S502
15:0	S363, S502
17:0	S363, S502
24:0	S502
20:2 n-6 c,c	S363, S502
17:1	S363, S502
20:3 undifferentiated	S363, S502
15:1	S363, S502

### NDB No 12632 Nuts, macadamia nuts, dry roasted, with salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77

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**NDB No 12632 Nuts, macadamia nuts, dry roasted, with salt added**

Copper, Cu	S77
Manganese, Mn	S77
Selenium, Se	S363, S566
Carotene, beta	S363, S566, S77
Carotene, alpha	S363, S566, S77
Vitamin E (alpha-tocopherol)	S77
Cryptoxanthin, beta	S363, S566
Lycopene	S363, S566
Lutein + zeaxanthin	S363, S566
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
Choline, total	S363, S566
Vitamin K (phylloquinone)	S363
Betaine	S363, S566
Tryptophan	S77
Threonine	S77
Isoleucine	S77
Leucine	S77
Lysine	S77
Methionine	S77
Cystine	S77
Phenylalanine	S77
Tyrosine	S77
Valine	S77
Arginine	S77
Histidine	S77
Alanine	S77

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### NDB No 12632 Nuts, macadamia nuts, dry roasted, with salt added

Aspartic acid	S77
Glutamic acid	S77
Glycine	S77
Proline	S77
Serine	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

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### NDB No 12643 Nuts, pecans, dry roasted, with salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85

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**NDB No 12643 Nuts, pecans, dry roasted, with salt added**

Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85

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### NDB No 12643 Nuts, pecans, dry roasted, with salt added

Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### NDB No 12644 Nuts, pecans, oil roasted, with salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Carotene, beta	S85
Carotene, alpha	S85
Vitamin E (alpha-tocopherol)	S85

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**NDB No 12644 Nuts, pecans, oil roasted, with salt added**

Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
Tryptophan	S85
Threonine	S85
Isoleucine	S85
Leucine	S85
Lysine	S85
Methionine	S85
Cystine	S85
Phenylalanine	S85
Tyrosine	S85
Valine	S85
Arginine	S85
Histidine	S85
Alanine	S85
Aspartic acid	S85
Glutamic acid	S85
Glycine	S85
Proline	S85
Serine	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85

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### NDB No 12644 Nuts, pecans, oil roasted, with salt added

18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

### NDB No 12652 Nuts, pistachio nuts, dry roasted, with salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S86
Sugars, total	S101, S86

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**NDB No 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S563, S565, S86
Vitamin A, IU	S563, S565, S86
Vitamin A, RAE	S563, S565, S86
Carotene, beta	S563, S565, S86
Carotene, alpha	S563, S565, S86
Vitamin E (alpha-tocopherol)	S86
Cryptoxanthin, beta	S563, S565
Lycopene	S563, S565
Lutein + zeaxanthin	S563, S565
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S563, S565, S86
Folate, total	S86
Choline, total	S563, S565
Vitamin K (phylloquinone)	S563, S565
Betaine	S563, S565
Tryptophan	S86
Threonine	S86
Isoleucine	S86

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**NDB No 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Leucine	S86
Lysine	S86
Methionine	S86
Cystine	S86
Phenylalanine	S86
Tyrosine	S86
Valine	S86
Arginine	S86
Histidine	S86
Alanine	S86
Aspartic acid	S86
Glutamic acid	S86
Glycine	S86
Proline	S86
Serine	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86

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**NDB No 12652 Nuts, pistachio nuts, dry roasted, with salt added**

Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

**NDB No 13001 Beef, carcass, separable lean and fat, choice, raw**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13002 Beef, carcass, separable lean and fat, select, raw**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 13004 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13011 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13012 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13019 Beef, retail cuts, separable fat, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2

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### NDB No 13019 Beef, retail cuts, separable fat, raw

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### NDB No 13020 Beef, retail cuts, separable fat, cooked

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13020 Beef, retail cuts, separable fat, cooked**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 13022 Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13024 Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13039 Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221

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**NDB No 13039 Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw**

18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13052 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13054 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

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**NDB No 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13055 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13060 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 13061 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 13062 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised**

Glycine S14, S2

Proline S14, S2

Serine S14, S2

**NDB No 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Fluoride, F D5001, D5002, D5007, D5021

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Vitamin E (alpha-tocopherol) S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Thiamin S2

Riboflavin S2

Niacin S2

Pantothenic acid S2

Vitamin B-6 S2

Folate, total S2

Vitamin B-12 S2

Vitamin K (phylloquinone) S2

Tryptophan S14, S2

Threonine S14, S2

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**NDB No 13065 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

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**NDB No 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### NDB No 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13067 Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 13068 Beef, flank, separable lean only, trimmed to 0" fat, choice, raw**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13069 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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**NDB No 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13070 Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13072 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13088 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw**

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**NDB No 13092 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 13096 Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13098 Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13113 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13143 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13150 Beef, rib, shortribs, separable lean only, choice, cooked, braised**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13151 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 13152 Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13155 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13156 Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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**NDB No 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13165 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13192 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13194 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13196 Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13200 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13202 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Tryptophan	S14, S2
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**NDB No 13204 Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 13211 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Glycine S14, S2

Proline S14, S2

Serine S14, S2

**NDB No 13220 Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan S14, S2

Threonine S14, S2

Isoleucine S14, S2

Leucine S14, S2

Lysine S14, S2

Methionine S14, S2

Cystine S14, S2

Phenylalanine S14, S2

Tyrosine S14, S2

Valine S14, S2

Arginine S14, S2

Histidine S14, S2

Alanine S14, S2

Aspartic acid S14, S2

Glutamic acid S14, S2

Glycine S14, S2

Proline S14, S2

Serine S14, S2

**NDB No 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Magnesium, Mg S221

Potassium, K S221

Zinc, Zn S221

Selenium, Se S221

Tryptophan S2

Threonine S2

Isoleucine S2

Leucine S2

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**NDB No 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221

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**NDB No 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221

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**NDB No 13235 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

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**NDB No 13236 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled**

Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Sodium, Na	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No 13260 Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13281 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13290 Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13318 Beef, variety meats and by-products, brain, raw**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581

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### NDB No 13318 Beef, variety meats and by-products, brain, raw

Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581

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### NDB No 13318 Beef, variety meats and by-products, brain, raw

20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13320 Beef, variety meats and by-products, brain, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581

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### NDB No 13320 Beef, variety meats and by-products, brain, cooked, simmered

Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13321 Beef, variety meats and by-products, heart, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581

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### NDB No 13321 Beef, variety meats and by-products, heart, raw

Energy	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581

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### NDB No 13321 Beef, variety meats and by-products, heart, raw

14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13322 Beef, variety meats and by-products, heart, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581

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### NDB No 13322 Beef, variety meats and by-products, heart, cooked, simmered

Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581

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### NDB No 13322 Beef, variety meats and by-products, heart, cooked, simmered

18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13323 Beef, variety meats and by-products, kidneys, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581

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### NDB No 13323 Beef, variety meats and by-products, kidneys, raw

Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581

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**NDB No 13324 Beef, variety meats and by-products, kidneys, cooked, simmered**

Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581

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### NDB No 13324 Beef, variety meats and by-products, kidneys, cooked, simmered

20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13325 Beef, variety meats and by-products, liver, raw

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082

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### NDB No 13325 Beef, variety meats and by-products, liver, raw

Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082

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### NDB No 13325 Beef, variety meats and by-products, liver, raw

Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 13326 Beef, variety meats and by-products, liver, cooked, braised

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082

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**NDB No 13326 Beef, variety meats and by-products, liver, cooked, braised**

Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082

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### NDB No 13326 Beef, variety meats and by-products, liver, cooked, braised

Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 13327 Beef, variety meats and by-products, liver, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082

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**NDB No 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Fluoride, F	D5007
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082

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**NDB No 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082

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### **NDB No 13327 Beef, variety meats and by-products, liver, cooked, pan-fried**

20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No 13335 Beef, variety meats and by-products, suet, raw - PDS READY- 7/2006**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

### **NDB No 13340 Beef, variety meats and by-products, tongue, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581

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### NDB No 13340 Beef, variety meats and by-products, tongue, cooked, simmered

Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
18:3 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581

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### NDB No 13340 Beef, variety meats and by-products, tongue, cooked, simmered

20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13341 Beef, variety meats and by-products, tripe, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Vitamin E (alpha-tocopherol)	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581

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### NDB No 13341 Beef, variety meats and by-products, tripe, raw

Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No 13343 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised**

22:5 n-3 S2

**NDB No 13347 Beef, cured, corned beef, brisket, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13355 Beef, cured, pastrami**

Protein	S230, S231
Total lipid (fat)	S230, S231
Carbohydrate, by difference	S231
Ash	S230
Water	S230
Calcium, Ca	S230
Iron, Fe	S230, S231
Sodium, Na	S230, S231
Niacin	S230
Cholesterol	S230, S231

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**NDB No 13361 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13362 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13363 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 13364 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13367 Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Serine	S14, S2
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**NDB No 13368 Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
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Threonine	S14, S2
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Isoleucine	S14, S2
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Leucine	S14, S2
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Lysine	S14, S2
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Methionine	S14, S2
------------	---------

Cystine	S14, S2
---------	---------

Phenylalanine	S14, S2
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Tyrosine	S14, S2
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Valine	S14, S2
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Arginine	S14, S2
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Histidine	S14, S2
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Alanine	S14, S2
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Aspartic acid	S14, S2
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Glutamic acid	S14, S2
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Glycine	S14, S2
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Proline	S14, S2
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Serine	S14, S2
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**NDB No 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
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Total lipid (fat)	S2
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Ash	S2
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Water	S2
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Caffeine	S2
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Theobromine	S2
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Sugars, total	S2
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Fiber, total dietary	S2
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Calcium, Ca	S2
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Iron, Fe	S2
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Magnesium, Mg	S2
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**NDB No 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13369 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No 13370 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

22:5 n-3 S2

**NDB No 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

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**NDB No 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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**NDB No 13373 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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**NDB No 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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**NDB No 13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 13377 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 13378 Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13382 Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13388 Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Serine S14, S2

**NDB No 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

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**NDB No 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 13391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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**NDB No 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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**NDB No 13394 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13398 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 13399 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 13401 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13402 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13404 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13405 Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2

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**NDB No 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 13407 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 13408 Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13410 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13411 Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13413 Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
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**NDB No 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2

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**NDB No 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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**NDB No 13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 13415 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### NDB No 13416 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13417 Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13418 Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13419 Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13420 Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2

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**NDB No 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13421 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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**NDB No 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13422 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
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**NDB No 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2

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### NDB No 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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**NDB No 13423 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
Fatty acids, total saturated	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### NDB No 13424 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2
Fatty acids, total monounsaturated	S2
Fatty acids, total polyunsaturated	S2

### NDB No 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13425 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13426 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13427 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 13427 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13428 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 13431 Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13433 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13433 Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13434 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

**NDB No 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2

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**NDB No 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13439 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
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**NDB No 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2

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**NDB No 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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### NDB No 13440 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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**NDB No 13441 Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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**NDB No 13442 Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### NDB No 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13443 Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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### NDB No 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### NDB No 13444 Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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**NDB No 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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**NDB No 13445 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 13446 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 13447 Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

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**NDB No 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13448 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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**NDB No 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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**NDB No 13449 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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**NDB No 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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**NDB No 13450 Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 13451 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 13452 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

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**NDB No 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13453 Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 13454 Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13455 Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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**NDB No 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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**NDB No 13456 Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2

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**NDB No 13467 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2

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**NDB No 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221

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**NDB No 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221

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**NDB No 13469 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

16:1 undifferentiated S221

**NDB No 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein S221

Total lipid (fat) S221

Ash S221

Water S221

Calcium, Ca S221

Iron, Fe S221

Magnesium, Mg S221

Zinc, Zn S221

Selenium, Se S221

Tryptophan S2

Threonine S2

Isoleucine S2

Leucine S2

Lysine S2

Methionine S2

Cystine S2

Phenylalanine S2

Tyrosine S2

Valine S2

Arginine S2

Histidine S2

Alanine S2

Aspartic acid S2

Glutamic acid S2

Glycine S2

Proline S2

Serine S2

Cholesterol S221

12:0 S221

14:0 S221

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**NDB No 13470 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2

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**NDB No 13481 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

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**NDB No 13482 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221

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**NDB No 13483 Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled**

Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

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**NDB No 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Ash	S221
Water	S221
Calcium, Ca	S221
Iron, Fe	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221

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**NDB No 13484 Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 13485 Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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**NDB No 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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### NDB No 13486 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

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**NDB No 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw**

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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**NDB No 13487 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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**NDB No 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 13488 Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13490 Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 13491 Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2

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**NDB No 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 13492 Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled**

Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

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**NDB No 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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**NDB No 13493 Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13494 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14

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**NDB No 13494 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned**

Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14

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### NDB No 13494 Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Cholesterol	S14
22:6 n-3	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14

### NDB No 13495 Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14

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**NDB No 13495 Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked**

Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
22:6 n-3	S14
18:4	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14

**NDB No 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14

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**NDB No 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled**

Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
22:6 n-3	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14

**NDB No 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14

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**NDB No 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled**

Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14

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**NDB No 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled**

Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
18:1 t	S14
20:2 n-6 c,c	S14

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### NDB No 13497 Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 13498 Beef, ground, 70% lean meat / 30% fat, raw

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Betaine	S14
Tryptophan	S14

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**NDB No 13498 Beef, ground, 70% lean meat / 30% fat, raw**

Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Hydroxyproline	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14

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### NDB No 13498 Beef, ground, 70% lean meat / 30% fat, raw

16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
18:1 t	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 13509 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, raw

Fluoride, F D5001, D5002, D5007, D5021

### NDB No 13510 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, cooked

Fluoride, F D5001, D5002, D5007, D5021

### NDB No 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703

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**NDB No 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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**NDB No 13565 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw**

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

Betaine S2703

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**NDB No 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703

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**NDB No 13566 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw**

16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703

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**NDB No 13567 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 13568 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13568 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No 13568 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703

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**NDB No 13569 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled**

17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13796 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13797 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13798 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13799 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw**

Fluoride, F D5001, D5002, D5007, D5021

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**NDB No 13800 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13801 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13802 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

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**NDB No 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13805 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13806 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13809 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
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**NDB No 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13811 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 13812 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13813 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13814 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13840 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

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**NDB No 13840 Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

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**NDB No 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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**NDB No 13850 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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**NDB No 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13851 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 13853 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13854 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13856 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 13857 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 13868 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2

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**NDB No 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2

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**NDB No 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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**NDB No 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2

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**NDB No 13870 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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### NDB No 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 13871 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2

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**NDB No 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No 13872 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13873 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No 13874 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw**

22:5 n-3 S2

**NDB No 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

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**NDB No 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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**NDB No 13875 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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**NDB No 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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**NDB No 13876 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 13877 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 13879 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2

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**NDB No 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 13880 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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**NDB No 13881 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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**NDB No 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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**NDB No 13882 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13884 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted**

Fluoride, F D5001, D5002, D5007, D5021

**NDB No 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13891 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13892 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised**

Fluoride, F	D5001, D5002, D5007, D5021
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**NDB No 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked,**

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**NDB No 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13893 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No 13894 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw**

22:5 n-3 S2

**NDB No 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

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**NDB No 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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**NDB No 13896 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2

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**NDB No 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2

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**NDB No 13898 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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**NDB No 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No 13900 Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13909 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13910 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 13911 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

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**NDB No 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### NDB No 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13912 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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**NDB No 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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### NDB No 13913 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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**NDB No 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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**NDB No 13914 Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 13917 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 13918 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13920 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13921 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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### **NDB No 13923 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2

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**NDB No 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2

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**NDB No 13924 Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2

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**NDB No 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2

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**NDB No 13929 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw**

4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S2

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**NDB No 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2

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**NDB No 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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### NDB No 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13931 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 13932 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 13934 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### NDB No 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13935 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221

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**NDB No 13936 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2

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**NDB No 13937 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted**

Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2

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**NDB No 13938 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, roasted**

Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2

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**NDB No 13939 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221

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**NDB No 13940 Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA select, cooked, roasted**

Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted**

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**NDB No 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Copper, Cu	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221

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**NDB No 13941 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, USDA select, cooked, roasted**

18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221

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**NDB No 13942 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2

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**NDB No 13943 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, braised**

Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2

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**NDB No 13944 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, braised**

Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2

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**NDB No 13945 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

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**NDB No 13946 Beef, chuck, clod steak, separable lean only, trimmed to 0" fat, USDA select, cooked, braised**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Iron, Fe	S221
Magnesium, Mg	S221

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**NDB No 13947 Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, braised**

Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2

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**NDB No 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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### **NDB No 13948 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### NDB No 13949 Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13950 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2

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**NDB No 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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**NDB No 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 13952 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 13953 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 13954 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 13955 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13956 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 13957 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted**

22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No 13958 Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13959 Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2

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**NDB No 13960 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

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**NDB No 13961 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221

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**NDB No 13962 Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

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**NDB No 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221

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**NDB No 13963 Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221

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**NDB No 13964 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw**

18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2

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**NDB No 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled**

Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2

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**NDB No 13966 Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw**

Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2

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**NDB No 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled**

Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 13968 Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2

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**NDB No 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 13969 Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### **NDB No 13970 Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### **NDB No 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 13971 Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2

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**NDB No 13976 Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Potassium, K	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2

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**NDB No 13977 Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221

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**NDB No 13978 Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw**

Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S221
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**NDB No 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Sodium, Na	S221
Zinc, Zn	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2
Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221

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**NDB No 13979 Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

14:1	S221
16:1 undifferentiated	S221

**NDB No 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled**

Protein	S221
Total lipid (fat)	S221
Carbohydrate, by difference	S221
Ash	S221
Water	S221
Magnesium, Mg	S221
Selenium, Se	S221
Tryptophan	S2
Threonine	S2
Isoleucine	S2
Leucine	S2
Lysine	S2
Methionine	S2
Cystine	S2
Phenylalanine	S2
Tyrosine	S2
Valine	S2
Arginine	S2
Histidine	S2
Alanine	S2
Aspartic acid	S2

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**NDB No 13987 Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled**

Glutamic acid	S2
Glycine	S2
Proline	S2
Serine	S2
Cholesterol	S221
12:0	S221
14:0	S221
16:0	S221
18:0	S221
20:0	S221
18:1 undifferentiated	S221
18:2 undifferentiated	S221
18:3 undifferentiated	S221
20:4 undifferentiated	S221
14:1	S221
16:1 undifferentiated	S221

**NDB No 13988 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703

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**NDB No 13988 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703

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**NDB No 13988 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13989 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

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**NDB No 13989 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 13989 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703

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**NDB No 13989 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13990 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703

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**NDB No 13990 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, select, raw**

Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703

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**NDB No 13990 Beef, chuck, shoulder clod, shoulder top and center, steak, separable lean only, trimmed to 0" fat, select, raw**

22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703

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**NDB No 13991 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703

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**NDB No 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703

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**NDB No 13992 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw**

18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703

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**NDB No 13994 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703

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**NDB No 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703

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**NDB No 13995 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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**NDB No 13996 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

Vitamin K (phylloquinone) S2703

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**NDB No 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No 13997 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703

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**NDB No 13998 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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### NDB No 14003 Alcoholic beverage, beer, regular, all

Protein	S2841
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Starch	S2103
Sucrose	S2103
Glucose (dextrose)	S2103
Fructose	S2103
Lactose	S2103
Maltose	S2103
Alcohol, ethyl	S2841
Sugars, total	S2103
Galactose	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin E (alpha-tocopherol)	S87
Tocopherol, beta	S87
Tocopherol, gamma	S87
Tocopherol, delta	S87
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103

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### NDB No 14003 Alcoholic beverage, beer, regular, all

Folate, total	S2103
Vitamin K (phylloquinone)	S2103
Tryptophan	S2103
Threonine	S2103
Isoleucine	S2103
Leucine	S2103
Lysine	S2103
Methionine	S2103
Cystine	S2103
Phenylalanine	S2103
Tyrosine	S2103
Valine	S2103
Arginine	S2103
Histidine	S2103
Alanine	S2103
Aspartic acid	S2103
Glutamic acid	S2103
Glycine	S2103
Proline	S2103
Serine	S2103

### NDB No 14005 Alcoholic beverage, beer, light, BUDWEISER SELECT

Protein	S3761
Total lipid (fat)	S3761
Carbohydrate, by difference	S3761
Ash	S3761
Energy	S3761
Starch	S3761
Glucose (dextrose)	S3761
Fructose	S3761
Maltose	S3761
Alcohol, ethyl	S3761
Water	S3761
Fiber, total dietary	S3761
Calcium, Ca	S3761

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**NDB No 14005    Alcoholic beverage, beer, light, BUDWEISER SELECT**

Iron, Fe	S3761
Magnesium, Mg	S3761
Potassium, K	S3761
Sodium, Na	S3761
Zinc, Zn	S3761
Copper, Cu	S3761
Manganese, Mn	S3761
Cholesterol	S3761

**NDB No 14006    Alcoholic beverage, beer, light**

Protein	S2841
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Starch	S2103
Sucrose	S2103
Glucose (dextrose)	S2103
Fructose	S2103
Lactose	S2103
Maltose	S2103
Alcohol, ethyl	S2841
Sugars, total	S2103
Galactose	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103

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### NDB No 14006 Alcoholic beverage, beer, light

Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103
Vitamin K (phylloquinone)	S2103
Tryptophan	S2103
Threonine	S2103
Isoleucine	S2103
Leucine	S2103
Lysine	S2103
Methionine	S2103
Cystine	S2103
Phenylalanine	S2103
Tyrosine	S2103
Valine	S2103
Arginine	S2103
Histidine	S2103
Alanine	S2103
Aspartic acid	S2103
Glutamic acid	S2103
Glycine	S2103
Proline	S2103
Serine	S2103

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

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9

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### **NDB No 14052    Alcoholic beverage, distilled, whiskey, 86 proof**

Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

### **NDB No 14057    Alcoholic beverage, wine, dessert, sweet**

Vitamin K (phyloquinone)	D4048
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### **NDB No 14084    Alcoholic beverage, wine, table, all**

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103

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

Vitamin B-12	S2103
Vitamin K (phylloquinone)	D4072

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

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

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

Carbohydrate, by difference	S2841
Ash	S2841

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

Alcohol, ethyl                      S2841

**NDB No 14098    Alcoholic Beverage, wine, table, red, Cabernet Franc**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

**NDB No 14099    Alcoholic Beverage, wine, table, red, Pinot Noir**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

**NDB No 14100    Alcoholic Beverage, wine, table, red, Syrah**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

**NDB No 14101    Alcoholic Beverage, wine, table, red, Barbera**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

**NDB No 14102    Alcoholic Beverage, wine, table, red, Zinfandel**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

**NDB No 14103    Alcoholic Beverage, wine, table, red, Petite Sirah**

Carbohydrate, by difference      S2841

Ash                                      S2841

Alcohol, ethyl                      S2841

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### **NDB No 14105    Alcoholic Beverage, wine, table, red, Claret**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14106    Alcoholic beverage, wine, table, white**

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

### **NDB No 14107    Alcoholic Beverage, wine, table, red, Lemberger**

Carbohydrate, by difference	S2841
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### **NDB No 14107    Alcoholic Beverage, wine, table, red, Lemberger**

Ash S2841

Alcohol, ethyl S2841

### **NDB No 14108    Alcoholic Beverage, wine, table, red, Sangiovese**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

### **NDB No 14109    Alcoholic Beverage, wine, table, red, Carignane**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

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

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

### **NDB No 14116    Alcoholic beverage, wine, table, white, Chenin Blanc**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

### **NDB No 14117    Alcoholic beverage, wine, table, white, Fume Blanc**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

### **NDB No 14120    Alcoholic beverage, wine, table, white, Muller Thurgau**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

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### **NDB No 14124 Alcoholic beverage, wine, table, white, Gewurztraminer**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14126 Alcoholic beverage, wine, table, white, Semillon**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14132 Alcoholic beverage, wine, table, white, Riesling**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14134 Alcoholic beverage, wine, table, white, Sauvignon Blanc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14135 Alcoholic beverage, wine, table, white, late harvest**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14137 Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068

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**NDB No 14137 Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor**

Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

**NDB No 14138 Alcoholic beverage, wine, table, white, Pinot Blanc**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

**NDB No 14140 Alcoholic beverage, wine, table, white, Muscat**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

**NDB No 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine**

Vitamin K (phylloquinone)	D4048
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**NDB No 14144 Carbonated beverage, lemon-lime soda, contains caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Theobromine	S1068

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

Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

**NDB No 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine**

Protein	S1064, S1066, S1068, S1122
Total lipid (fat)	S1064, S1066, S1068, S1122
Ash	S1064, S1066, S1068, S1122
Sucrose	S1064, S1066, S1068, S1122
Glucose (dextrose)	S1064, S1066, S1068, S1122
Fructose	S1064, S1066, S1068, S1122
Water	S1064, S1066, S1068, S1122
Caffeine	S1068, S1122
Theobromine	S1068
Sugars, total	S1064, S1068
Calcium, Ca	S1064, S1066, S1068, S1122
Iron, Fe	S1064, S1066, S1068, S1122
Magnesium, Mg	S1064, S1066, S1068, S1122
Phosphorus, P	S1064, S1066, S1068, S1122
Potassium, K	S1064, S1066, S1068, S1122
Sodium, Na	S1064, S1066, S1068, S1122
Zinc, Zn	S1064, S1066, S1068, S1122
Copper, Cu	S1064, S1066, S1068, S1122
Fluoride, F	S1064, S1066, S1068
Manganese, Mn	S1064, S1066, S1068, S1122

**NDB No 14146 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine**

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**NDB No 14146 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Theobromine	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

**NDB No 14147 Carbonated beverage, cola, without caffeine**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

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

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Glucose (dextrose)	S1068
Fructose	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Manganese, Mn	S1068

### NDB No 14149 Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068

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### **NDB No 14149 Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners**

Manganese, Mn	S1068
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 14150 Carbonated beverage, orange**

Fluoride, F	D4981, D5002, D5004, D5301
Choline, total	S3461
Betaine	S3461

### **NDB No 14152 Alcoholic Beverage, wine, table, red, Burgundy**

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### **NDB No 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

Protein	S2702
Total lipid (fat)	S2702
Ash	S2702
Water	S2702
Caffeine	S2702
Sugars, total	S2702
Calcium, Ca	S2702
Iron, Fe	S2702
Magnesium, Mg	S2702
Phosphorus, P	S2702
Potassium, K	S2702
Sodium, Na	S2702
Zinc, Zn	S2702
Copper, Cu	S2702
Manganese, Mn	S2702
Thiamin	S2702
Riboflavin	S2702
Niacin	S2702
Pantothenic acid	S2702

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**NDB No 14154 Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12**

Vitamin B-6 S2702

Vitamin B-12 S2702

**NDB No 14155 Carbonated beverage, tonic water**

Fluoride, F D4341

**NDB No 14156 Energy drink, RED BULL, sugar free, with added caffeine, naicin, pantothenic acid, vitamins B6 and B12**

Protein S2702

Total lipid (fat) S2702

Ash S2702

Water S2702

Caffeine S2702

Calcium, Ca S2702

Iron, Fe S2702

Magnesium, Mg S2702

Phosphorus, P S2702

Potassium, K S2702

Sodium, Na S2702

Zinc, Zn S2702

Copper, Cu S2702

Manganese, Mn S2702

Thiamin S2702

Riboflavin S2702

Niacin S2702

Pantothenic acid S2702

Vitamin B-6 S2702

Vitamin B-12 S2702

**NDB No 14158 Alcoholic Beverage, wine, table, red, Gamay**

Carbohydrate, by difference S2841

Ash S2841

Alcohol, ethyl S2841

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### NDB No 14159 Alcoholic Beverage, wine, table, red, Mouvedre

Carbohydrate, by difference	S2841
Ash	S2841
Alcohol, ethyl	S2841

### NDB No 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### NDB No 14181 Chocolate syrup

Sugars, total	S5
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### NDB No 14192 Cocoa mix, powder

Selenium, Se	D3364
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### NDB No 14195 Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770

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### NDB No 14195 Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 14197 Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 14198 Cocoa mix, NESTLE, No Sugar Added Hot Cocoa Mix

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770

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### NDB No 14198 Cocoa mix, NESTLE, No Sugar Added Hot Cocoa Mix

Fatty acids, total trans S3770

Fatty acids, total saturated S3770

### NDB No 14209 Coffee, brewed from grounds, prepared with tap water

Protein S1064, S1066, S1122, S23

Total lipid (fat) S1064, S1066, S1122, S23

Ash S1064, S1066, S1122, S23

Sucrose S23

Glucose (dextrose) S23

Fructose S23

Lactose S23

Maltose S23

Water S1064, S1066, S1122, S23

Caffeine S1064, S1066, S1122, S23

Sugars, total S23

Galactose S23

Calcium, Ca S1064, S1066, S1122, S23

Iron, Fe S1064, S1066, S1122, S23

Magnesium, Mg S1064, S1066, S1122, S23

Phosphorus, P S1064, S1066, S1122, S23

Potassium, K S1064, S1066, S1122, S23

Sodium, Na S1064, S1066, S1122, S23

Zinc, Zn S1064, S1066, S1122, S23

Copper, Cu S1064, S1066, S1122

Fluoride, F S1064, S1066, S1122

Manganese, Mn S1064, S1066, S1122, S23

Selenium, Se S1064, S1066, S1122, S23

Vitamin E (alpha-tocopherol) S1064, S1122

Tocopherol, beta S1064, S1122

Tocopherol, gamma S1064, S1122

Tocopherol, delta S1064, S1122

Vitamin C, total ascorbic acid S23

Thiamin S1064, S1066, S1122

Riboflavin S1064, S1066, S1122, S23

Niacin S1064, S1066, S1122, S23

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### NDB No 14209 Coffee, brewed from grounds, prepared with tap water

Pantothenic acid	S1064, S1066, S1122, S23
Vitamin B-6	S1064, S1066, S1122, S23
Folate, total	S1064, S1066, S1122, S23
Choline, total	S1064, S1066, S1122
Vitamin K (phylloquinone)	D4002, D4048, D4069, D4072
Folic acid	S1064, S1066
Betaine	S1064, S1066, S1122
Fatty acids, total trans	S1064
4:0	S1064, S23
6:0	S1064, S23
8:0	S1064, S1066, S1122, S23
10:0	S1064, S1066, S1122, S23
12:0	S1064, S1066, S1122, S23
14:0	S1064, S1066, S1122, S23
16:0	S1064, S1066, S1122, S23
18:0	S1064, S1066, S1122, S23
20:0	S1064, S1066, S1122, S23
18:1 undifferentiated	S1064, S1066, S1122, S23
18:2 undifferentiated	S1064, S1066, S1122, S23
18:3 undifferentiated	S1064, S1066, S1122, S23
20:4 undifferentiated	S1064, S1066, S1122, S23
22:6 n-3	S1064, S1066, S1122, S23
22:0	S1064, S1066, S1122, S23
14:1	S1064, S1066, S1122, S23
16:1 undifferentiated	S1064, S1066, S1122, S23
18:4	S1066, S1122, S23
20:1	S1064, S1066, S1122, S23
20:5 n-3	S1064, S1066, S1122, S23
22:1 undifferentiated	S1064, S1066, S1122, S23
22:5 n-3	S1066, S1122, S23
15:0	S1064, S1066, S1122, S23
17:0	S1064, S1066, S1122, S23
24:0	S1064, S1066, S1122, S23
18:1 t	S1064
20:2 n-6 c,c	S1064, S1066, S1122

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### NDB No 14209 Coffee, brewed from grounds, prepared with tap water

18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066, S1122
20:3 undifferentiated	S1064, S1066, S1122
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064, S1066, S1122
18:3 n-3 c,c,c	S1064

### NDB No 14218 Coffee, instant, decaffeinated, powder

Choline, total	S3461
Betaine	S3461

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

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### NDB No 14238 Cranberry-apple juice drink, bottled

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Water	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104

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### **NDB No 14238    Cranberry-apple juice drink, bottled**

Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

### **NDB No 14242    Cranberry juice cocktail, bottled**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104

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**NDB No 14242 Cranberry juice cocktail, bottled**

Copper, Cu	S2104
Fluoride, F	D5001, D5005, D5008, D5201, S3241
Manganese, Mn	S2104
Carotene, alpha	S2104
Cryptoxanthin, beta	S2104
Lycopene	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Choline, total	S3461
Betaine	S3461

**NDB No 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener**

Ash	D673
Potassium, K	D673

**NDB No 14267 Fruit punch drink, with added nutrients, canned**

Water	D657
Sugars, total	D657
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	D614
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

**NDB No 14277 Grape drink, canned**

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### **NDB No 14277 Grape drink, canned**

Ash	D672, D673
Potassium, K	D672, D673

### **NDB No 14282 Grape juice drink, canned**

Ash	D672
Potassium, K	D672

### **NDB No 14323 Orange drink, canned, with added vitamin C**

Protein	S1067
Total lipid (fat)	S1067
Ash	S1067
Water	S1067
Sugars, total	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067
Thiamin	S1067
Riboflavin	S1067
Niacin	S1067
Vitamin B-6	S1067

### **NDB No 14347 Shake, fast food, vanilla**

Protein	S1064, S1122
Total lipid (fat)	S1064, S1122
Ash	S1064, S1122
Water	S1064, S1122
Sugars, total	S1064
Fiber, total dietary	S1064, S1122

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**NDB No 14347 Shake, fast food, vanilla**

Calcium, Ca	S1064, S1122
Iron, Fe	S1064, S1122
Magnesium, Mg	S1064, S1122
Phosphorus, P	S1064, S1122
Potassium, K	S1064, S1122
Sodium, Na	S1064, S1122
Zinc, Zn	S1064, S1122
Copper, Cu	S1064, S1122
Fluoride, F	D5007
Manganese, Mn	S1064, S1122
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064, S1122
Thiamin	S1064, S1122
Riboflavin	S1064, S1122
Niacin	S1064, S1122
Pantothenic acid	S1064, S1122
Vitamin B-6	S1064, S1122
Folate, total	S1122
Vitamin B-12	S1064, S1122
Choline, total	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Betaine	S1122
Tryptophan	S1064, S1122
Threonine	S1064, S1122
Isoleucine	S1064, S1122
Leucine	S1064, S1122
Lysine	S1064, S1122
Methionine	S1064, S1122
Cystine	S1064, S1122
Phenylalanine	S1064, S1122
Tyrosine	S1064, S1122
Valine	S1064, S1122
Arginine	S1064, S1122

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### NDB No 14347 Shake, fast food, vanilla

Histidine	S1064, S1122
Alanine	S1064, S1122
Aspartic acid	S1064, S1122
Glutamic acid	S1064, S1122
Glycine	S1064, S1122
Proline	S1064, S1122
Serine	S1064, S1122
Cholesterol	S1064, S1122
4:0	S1064
6:0	S1064
8:0	S1064, S1122
10:0	S1064, S1122
12:0	S1064, S1122
14:0	S1064, S1122
16:0	S1064, S1122
18:0	S1064, S1122
20:0	S1064, S1122
18:1 undifferentiated	S1064, S1122
18:2 undifferentiated	S1064, S1122
18:3 undifferentiated	S1064, S1122
20:4 undifferentiated	S1064, S1122
22:6 n-3	S1064, S1122
22:0	S1064, S1122
14:1	S1064, S1122
16:1 undifferentiated	S1064, S1122
18:4	S1064, S1122
20:1	S1064, S1122
20:5 n-3	S1064, S1122
22:1 undifferentiated	S1064, S1122
22:5 n-3	S1064, S1122
15:0	S1064, S1122
17:0	S1064, S1122
24:0	S1064, S1122
17:1	S1064, S1122
20:3 undifferentiated	S1064, S1122

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### NDB No 14347 Shake, fast food, vanilla

15:1 S1064, S1122

### NDB No 14355 Tea, brewed, prepared with tap water

Fluoride, F S2107

Vitamin E (alpha-tocopherol) S81

Tocopherol, gamma S81

Tocopherol, delta S81

Choline, total S1066

Vitamin K (phylloquinone) D4069

Betaine S1066

### NDB No 14366 Tea, instant, unsweetened, powder

Protein S2104

Total lipid (fat) S2104

Ash S2104

Starch S2104

Water S2104

Caffeine S2104

Theobromine S2104

Sugars, total S2104

Fiber, total dietary S2104

Calcium, Ca S2104

Iron, Fe S2104

Magnesium, Mg S2104

Phosphorus, P S2104

Potassium, K S2104

Sodium, Na S2104

Zinc, Zn S2104

Copper, Cu S2104

Manganese, Mn S2104

Vitamin C, total ascorbic acid S2104

Thiamin S2104

Riboflavin S2104

Niacin S2104

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**NDB No 14366 Tea, instant, unsweetened, powder**

Pantothenic acid	S2104
Vitamin B-6	S2104

**NDB No 14370 Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Water	S2104
Caffeine	S2104
Theobromine	S2104
Sugars, total	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Fluoride, F	S2104
Manganese, Mn	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104

**NDB No 14382 Sports drink, fruit-flavored, ready-to-drink**

Total lipid (fat)	S1164
Ash	S1164
Water	S1164

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### **NDB No 14382 Sports drink, fruit-flavored, ready-to-drink**

Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	S2109
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No 14384 Water, bottled, PERRIER**

Fluoride, F	D5162
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### **NDB No 14385 Water, bottled, POLAND SPRING**

Fluoride, F	D5162
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### **NDB No 14400 Carbonated beverage, cola, contains caffeine**

Protein	S1066, S1068, S1122
Total lipid (fat)	S1064, S1066, S1068, S1122
Ash	S1064, S1066, S1068, S1122
Water	S1064, S1066, S1068, S1122
Caffeine	S1064, S1066, S1068, S1122
Theobromine	S1068
Calcium, Ca	S1064, S1066, S1068, S1122
Iron, Fe	S1064, S1066, S1068, S1122
Magnesium, Mg	S1064, S1066, S1068, S1122
Phosphorus, P	S1064, S1066, S1068, S1122

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### **NDB No 14400 Carbonated beverage, cola, contains caffeine**

Potassium, K	S1064, S1066, S1068, S1122
Sodium, Na	S1064, S1066, S1068, S1122
Zinc, Zn	S1066, S1068, S1122
Copper, Cu	S1064, S1066, S1068, S1122
Fluoride, F	S1064, S1066, S1068
Manganese, Mn	S1064, S1066, S1068, S1122
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 14407 Orange-flavor drink, breakfast type, powder**

Calcium, Ca	D739
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### **NDB No 14411 Water, tap, drinking**

Calcium, Ca	S2106
Iron, Fe	S2106
Magnesium, Mg	S2106
Phosphorus, P	S2106
Potassium, K	S2106
Sodium, Na	S2106
Zinc, Zn	S2106
Copper, Cu	S2106
Fluoride, F	S2106
Manganese, Mn	S2106

### **NDB No 14412 Water, tap, well**

Calcium, Ca	S2106
Iron, Fe	S2106
Magnesium, Mg	S2106
Phosphorus, P	S2106
Potassium, K	S2106
Sodium, Na	S2106
Zinc, Zn	S2106
Copper, Cu	S2106
Fluoride, F	S2106

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**NDB No 14412 Water, tap, well**

Manganese, Mn S2106

**NDB No 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine**

Protein S1064, S1066, S1068, S1122  
Total lipid (fat) S1064, S1066, S1068, S1122  
Ash S1064, S1066, S1068, S1122  
Sucrose S1064, S1066, S1122  
Water S1064, S1066, S1068, S1122  
Caffeine S1064, S1066, S1068, S1122  
Theobromine S1068  
Sugars, total S1064  
Calcium, Ca S1066, S1068, S1122  
Iron, Fe S1066, S1068, S1122  
Magnesium, Mg S1064, S1066, S1068, S1122  
Phosphorus, P S1064, S1066, S1068, S1122  
Potassium, K S1066, S1068, S1122  
Sodium, Na S1064, S1066, S1068, S1122  
Zinc, Zn S1066, S1068, S1122  
Copper, Cu S1066, S1068, S1122  
Fluoride, F S1064, S1066, S1068  
Manganese, Mn S1066, S1068, S1122  
Selenium, Se S10, S11, S12, S6, S7, S8, S9  
Choline, total S1068, S3461  
Vitamin K (phylloquinone) D4002, D4048  
Betaine S1068, S3461

**NDB No 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate**

Calcium, Ca D739

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

Potassium, K D642  
Sodium, Na D642

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### NDB No 14429 Water, tap, municipal

Calcium, Ca	S2106
Iron, Fe	S2106
Magnesium, Mg	S2106
Phosphorus, P	S2106
Potassium, K	S2106
Sodium, Na	S2106
Zinc, Zn	S2106
Copper, Cu	S2106
Fluoride, F	S2106
Manganese, Mn	S2106

### NDB No 14432 Water, bottled, non-carbonated, DANNON

Ash	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

### NDB No 14433 Water, bottled, non-carbonated, PEPSI, AQUAFINA

Ash	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068

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### NDB No 14433 Water, bottled, non-carbonated, PEPSI, AQUAFINA

Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

### NDB No 14434 Water, bottled, non-carbonated, DASANI

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

### NDB No 14437 Water, bottled, non-carbonated, CALISTOGA

Ash	S27
Water	S27
Calcium, Ca	S27
Magnesium, Mg	S27
Potassium, K	S27
Sodium, Na	S27
Fluoride, F	S27

### NDB No 14438 Water, bottled, non-carbonated, CRYSTAL GEYSER

Ash	S27
Water	S27
Calcium, Ca	S27

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**NDB No 14438 Water, bottled, non-carbonated, CRYSTAL GEYSER**

Magnesium, Mg	S27
Potassium, K	S27
Sodium, Na	S27
Fluoride, F	S27

**NDB No 14439 Water, bottled, non-carbonated, NAYA**

Ash	S27
Water	S27
Calcium, Ca	D4541
Magnesium, Mg	D4541
Potassium, K	D4541
Sodium, Na	D4541
Fluoride, F	D4541

**NDB No 14440 Water, bottled, non-carbonated, DANNON Fluoride To Go**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

**NDB No 14450 Drink mix, QUAKER OATS, GATORADE, orange flavor, powder**

Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164
Glucose (dextrose)	S1164

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**NDB No 14450 Drink mix, QUAKER OATS, GATORADE, orange flavor, powder**

Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

**NDB No 14460 Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink**

Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164

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### **NDB No 14460 Sports drink, QUAKER OATS, GATORADE, fruit-flavored, ready-to-drink**

Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	S2109
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No 14461 Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink**

Ash	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	S2109
Manganese, Mn	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Vitamin B-12	S1164

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### NDB No 14462 QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Fluoride, F	S2109
Manganese, Mn	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin C, total ascorbic acid	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin B-12	S2109

### NDB No 14475 Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068

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**NDB No 14475 Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor**

Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

**NDB No 14476 Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor**

Protein	S1068
Total lipid (fat)	S1068
Ash	S1068
Sucrose	S1068
Water	S1068
Caffeine	S1068
Theobromine	S1068
Sugars, total	S1068
Calcium, Ca	S1068
Iron, Fe	S1068
Magnesium, Mg	S1068
Phosphorus, P	S1068
Potassium, K	S1068
Sodium, Na	S1068
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

**NDB No 14555 Water, bottled, generic**

Ash	S27
Water	S27
Calcium, Ca	D4541, S27
Iron, Fe	S1068
Magnesium, Mg	D4541, S27
Potassium, K	D4541, S27
Sodium, Na	D4541, S27

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### NDB No 14559 Water, bottled, non-carbonated, EVIAN

Ash	S1068, S27
Water	S1068, S27
Calcium, Ca	S1068, S27
Iron, Fe	S1068
Magnesium, Mg	S1068, S27
Phosphorus, P	S1068
Potassium, K	S1068, S27
Sodium, Na	S1068, S27
Zinc, Zn	S1068
Copper, Cu	S1068
Fluoride, F	S1068
Manganese, Mn	S1068

### NDB No 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Water	S1066
Caffeine	S1066
Theobromine	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066

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### NDB No 14601 Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### NDB No 14602 Alcoholic Beverage, wine, table, red, Merlot

Protein	S2103
Total lipid (fat)	S2103
Carbohydrate, by difference	S2841

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**NDB No 14602 Alcoholic Beverage, wine, table, red, Merlot**

Ash	S2841
Alcohol, ethyl	S2841
Water	S2103
Sugars, total	S2103
Fiber, total dietary	S2103
Calcium, Ca	S2103
Iron, Fe	S2103
Magnesium, Mg	S2103
Phosphorus, P	S2103
Potassium, K	S2103
Sodium, Na	S2103
Zinc, Zn	S2103
Copper, Cu	S2103
Fluoride, F	S2103
Manganese, Mn	S2103
Selenium, Se	S2103
Vitamin C, total ascorbic acid	S2103
Thiamin	S2103
Riboflavin	S2103
Niacin	S2103
Pantothenic acid	S2103
Vitamin B-6	S2103
Folate, total	S2103
Vitamin B-12	S2103

**NDB No 15015 Fish, cod, Atlantic, raw**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin K (phylloquinone)	D4072

**NDB No 15027 Fish, fish portions and sticks, frozen, preheated**

Total lipid (fat)	S1163
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### NDB No 15027 Fish, fish portions and sticks, frozen, preheated

Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Galactose	S1163
Calcium, Ca	S10, S11, S1163, S12, S9
Iron, Fe	S10, S11, S1163, S12, S9
Magnesium, Mg	S10, S11, S1163, S12, S9
Phosphorus, P	S10, S11, S1163, S12, S9
Potassium, K	S10, S11, S1163, S12, S9
Sodium, Na	S10, S11, S1163, S12, S9
Zinc, Zn	S10, S11, S1163, S12, S9
Copper, Cu	S10, S11, S1163, S12, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S1163, S12, S9
Selenium, Se	S10, S11, S1163, S12, S9
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Folic acid	S1163
Folate, food	S1163

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### NDB No 15027 Fish, fish portions and sticks, frozen, preheated

Cholesterol	S1163
4:0	S1163
6:0	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:2 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 15028 Fish, flatfish (flounder and sole species), raw

Vitamin E (alpha-tocopherol)	S84, S87
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### **NDB No 15028 Fish, flatfish (flounder and sole species), raw**

Tocopherol, beta S84, S87

Tocopherol, gamma S84, S87

Tocopherol, delta S84, S87

### **NDB No 15066 Fish, pollock, walleye, raw**

Vitamin E (alpha-tocopherol) S84

Vitamin K (phylloquinone) D4072

### **NDB No 15073 Fish, roughy, orange, raw**

Protein S1163

Ash S1163

Water S1163

Calcium, Ca S1163

Iron, Fe S1163

Magnesium, Mg S1163

Phosphorus, P S1163

Potassium, K S1163

Sodium, Na S1163

Zinc, Zn S1163

Copper, Cu S1163

Manganese, Mn S1163

Selenium, Se S1163

Vitamin E (alpha-tocopherol) S1163

Tocopherol, beta S1163

Tocopherol, gamma S1163

Tocopherol, delta S1163

Vitamin C, total ascorbic acid S1163

Thiamin S1163

Riboflavin S1163

Niacin S1163

Pantothenic acid S1163

Vitamin B-6 S1163

Folate, total S1163

Vitamin B-12 S1163

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### NDB No 15073 Fish, roughy, orange, raw

Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163

**NDB No 15073 Fish, roughy, orange, raw**

16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

**NDB No 15078 Fish, salmon, chinook, raw**

Protein	D1066, D1107, D2793, S2621
Total lipid (fat)	D1066, D1107, D1191, D2793, D964, S2621
Ash	D1066, D1107, D2793, S2621
Water	D1066, D1107, D2793, D3410, S2621
Calcium, Ca	D1066, S2621
Iron, Fe	S2621
Potassium, K	D1073
Sodium, Na	D1073, S2621
Vitamin C, total ascorbic acid	D1066
Thiamin	D1066, D2793
Riboflavin	D1066, D2793
Niacin	D2793
Vitamin B-12	S2621
Cholesterol	S2621
14:0	D964, S2621
16:0	D964, S2621
18:0	D964, S2621

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### **NDB No 15078 Fish, salmon, chinook, raw**

20:0	S2621
18:1 undifferentiated	D964, S2621
18:2 undifferentiated	D964, S2621
18:3 undifferentiated	D964, S2621
20:4 undifferentiated	D964, S2621
22:6 n-3	D964, S2621
16:1 undifferentiated	D964, S2621
18:4	D964
20:1	D964, S2621
20:5 n-3	D964, S2621
22:1 undifferentiated	D964, S2621
22:5 n-3	D964, S2621

### **NDB No 15083 Fish, salmon, pink, raw**

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

### **NDB No 15084 Fish, salmon, pink, canned, solids with bone and liquid**

Vitamin E (alpha-tocopherol)	S81
Tocopherol, beta	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81

### **NDB No 15087 Fish, salmon, sockeye, canned, drained solids with bone**

Protein	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109

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**NDB No 15087 Fish, salmon, sockeye, canned, drained solids with bone**

Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Retinol	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin D	S2109
Tocopherol, beta	S2109
Tocopherol, gamma	S2109
Tocopherol, delta	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Folate, total	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109

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**NDB No 15087 Fish, salmon, sockeye, canned, drained solids with bone**

Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
20:2 n-6 c,c	S2109
22:1 c	S2109

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### **NDB No 15087 Fish, salmon, sockeye, canned, drained solids with bone**

18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### **NDB No 15119 Fish, tuna, light, canned in oil, drained solids**

Fluoride, F	D5007
Vitamin E (alpha-tocopherol)	S121, S81
Tocopherol, beta	S121, S81
Tocopherol, gamma	S121, S81
Tocopherol, delta	S121, S81
Vitamin K (phylloquinone)	D4002, D4072

### **NDB No 15121 Fish, tuna, light, canned in water, drained solids**

Fluoride, F	S27
Vitamin E (alpha-tocopherol)	S27, S87
Tocopherol, beta	S27, S87
Tocopherol, gamma	S27, S87
Tocopherol, delta	S27, S87
Vitamin K (phylloquinone)	S27

### **NDB No 15124 Fish, tuna, white, canned in oil, drained solids**

Fluoride, F	D5007
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### **NDB No 15126 Fish, tuna, white, canned in water, drained solids**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121
Vitamin K (phylloquinone)	D4072

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### NDB No 15138 Crustaceans, crab, alaska king, imitation, made from surimi

Protein	S2661
Total lipid (fat)	S2661
Ash	S2661
Starch	S2661
Sucrose	S2661
Glucose (dextrose)	S2661
Fructose	S2661
Lactose	S2661
Maltose	S2661
Water	S2661
Sugars, total	S2661
Galactose	S2661
Fiber, total dietary	S2661
Vitamin E (alpha-tocopherol)	S2661
Tocopherol, beta	S2661
Tocopherol, gamma	S2661
Tocopherol, delta	S2661
Vitamin C, total ascorbic acid	S2661
Thiamin	S2661
Riboflavin	S2661
Niacin	S2661
Pantothenic acid	S2661
Vitamin B-6	S2661
Folate, total	S2661
Vitamin B-12	S2661
Vitamin K (phylloquinone)	S2661
Folic acid	S2661
Folate, food	S2661
Tryptophan	S2661
Threonine	S2661
Isoleucine	S2661
Leucine	S2661
Lysine	S2661
Methionine	S2661
Cystine	S2661

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### NDB No 15138 Crustaceans, crab, alaska king, imitation, made from surimi

Phenylalanine	S2661
Tyrosine	S2661
Valine	S2661
Arginine	S2661
Histidine	S2661
Alanine	S2661
Aspartic acid	S2661
Glutamic acid	S2661
Glycine	S2661
Proline	S2661
Serine	S2661
4:0	S2661
6:0	S2661
8:0	S2661
10:0	S2661
12:0	S2661
14:0	S2661
16:0	S2661
18:0	S2661
20:0	S2661
22:6 n-3	S2661
22:0	S2661
14:1	S2661
18:4	S2661
20:1	S2661
20:5 n-3	S2661
22:5 n-3	S2661
15:0	S2661
17:0	S2661
24:0	S2661
16:1 t	S2661
18:1 t	S2661
22:1 t	S2661
18:2 t not further defined	S2661
18:2 CLAs	S2661

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### **NDB No 15138 Crustaceans, crab, alaska king, imitation, made from surimi**

24:1 c	S2661
20:2 n-6 c,c	S2661
16:1 c	S2661
18:1 c	S2661
18:2 n-6 c,c	S2661
22:1 c	S2661
18:3 n-6 c,c,c	S2661
17:1	S2661
15:1	S2661
18:3 n-3 c,c,c	S2661
20:3 n-3	S2661
20:3 n-6	S2661
22:4	S2661

### **NDB No 15140 Crustaceans, crab, blue, cooked, moist heat**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 15141 Crustaceans, crab, blue, canned**

Fluoride, F	S2104
Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 15149 Crustaceans, shrimp, mixed species, raw**

Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin K (phylloquinone)	D4002

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**NDB No 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried**

Fluoride, F D5007

**NDB No 15152 Crustaceans, shrimp, mixed species, canned**

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Water	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104
Zinc, Zn	S2104
Copper, Cu	S2104
Fluoride, F	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin E (alpha-tocopherol)	S84, S87
Tocopherol, beta	S84, S87
Tocopherol, gamma	S84, S87
Tocopherol, delta	S84, S87
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Folate, total	S2104
Vitamin B-12	S2104
Vitamin K (phylloquinone)	D4002
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104

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### NDB No 15152 Crustaceans, shrimp, mixed species, canned

Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
8:0	S2104
10:0	S2104
12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
18:3 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104

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### **NDB No 15152 Crustaceans, shrimp, mixed species, canned**

20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### **NDB No 15157 Mollusks, clam, mixed species, raw**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 15162 Mollusks, clam, mixed species, canned, liquid**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 15164 Mollusks, mussel, blue, raw**

Vitamin E (alpha-tocopherol)	S121
Tocopherol, beta	S121
Tocopherol, gamma	S121
Tocopherol, delta	S121

### **NDB No 15172 Mollusks, scallop, mixed species, raw**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

### **NDB No 15183 Fish, tuna, light, canned in oil, without salt, drained solids**

Fluoride, F	D5007
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### **NDB No 15184 Fish, tuna, light, canned in water, without salt, drained solids**

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**NDB No 15184 Fish, tuna, light, canned in water, without salt, drained solids**

Fluoride, F S27

**NDB No 15185 Fish, tuna, white, canned in oil, without salt, drained solids**

Fluoride, F D5007

**NDB No 15232 Fish, roughy, orange, cooked, dry heat**

Protein S1163

Ash S1163

Water S1163

Calcium, Ca S1163

Iron, Fe S1163

Magnesium, Mg S1163

Phosphorus, P S1163

Potassium, K S1163

Sodium, Na S1163

Zinc, Zn S1163

Copper, Cu S1163

Manganese, Mn S1163

Selenium, Se S1163

Vitamin E (alpha-tocopherol) S1163

Tocopherol, beta S1163

Tocopherol, gamma S1163

Tocopherol, delta S1163

Thiamin S1163

Riboflavin S1163

Niacin S1163

Pantothenic acid S1163

Vitamin B-6 S1163

Folate, total S1163

Vitamin B-12 S1163

Vitamin K (phylloquinone) S1163

Tryptophan S1163

Threonine S1163

Isoleucine S1163

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### NDB No 15232 Fish, roughy, orange, cooked, dry heat

Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163

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### NDB No 15232 Fish, roughy, orange, cooked, dry heat

22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 15260 Fish, salmon, pink, canned, drained solids with bone

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109

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**NDB No 15260 Fish, salmon, pink, canned, drained solids with bone**

Retinol	S2109
Vitamin E (alpha-tocopherol)	S2109
Vitamin D	S2109
Tocopherol, beta	S2109
Tocopherol, gamma	S2109
Tocopherol, delta	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Folate, total	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Cholesterol	S2109
Fatty acids, total saturated	S2109

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### NDB No 15260 Fish, salmon, pink, canned, drained solids with bone

8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
20:2 n-6 c,c	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### NDB No 15261 Fish, tilapia, raw

Protein	S1163
Total lipid (fat)	S1163

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### **NDB No 15261 Fish, tilapia, raw**

Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163

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### NDB No 15261 Fish, tilapia, raw

Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163
22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163

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### NDB No 15261 Fish, tilapia, raw

17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 15262 Fish, tilapia, cooked, dry heat

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Water	S1163
Calcium, Ca	S1163
Iron, Fe	S1163
Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Vitamin B-12	S1163
Vitamin K (phylloquinone)	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163

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**NDB No 15262 Fish, tilapia, cooked, dry heat**

Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163
Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Cholesterol	S1163
Fatty acids, total saturated	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
20:4 undifferentiated	S1163
22:6 n-3	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
18:4	S1163
20:1	S1163
20:5 n-3	S1163

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### **NDB No 15262 Fish, tilapia, cooked, dry heat**

22:1 undifferentiated	S1163
22:5 n-3	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
24:0	S1163
20:2 n-6 c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### **NDB No 16006 Beans, baked, canned, plain or vegetarian**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S1401
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164, S1401
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164

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### NDB No 16006 Beans, baked, canned, plain or vegetarian

Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164

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### NDB No 16006 Beans, baked, canned, plain or vegetarian

Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164

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### NDB No 16006 Beans, baked, canned, plain or vegetarian

17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 16009 Beans, baked, canned, with pork

Fluoride, F	D5007, D5021
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### NDB No 16010 Beans, baked, canned, with pork and sweet sauce

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164, S604, S606
Glucose (dextrose)	S1164, S604, S606
Fructose	S1164, S604, S606
Lactose	S1164
Maltose	S1164, S606
Water	S1164, S2581, S604, S606
Sugars, total	S1164, S606
Galactose	S1164
Fiber, total dietary	S1164, S2581
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164

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### NDB No 16010 Beans, baked, canned, with pork and sweet sauce

Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164

**NDB No 16010 Beans, baked, canned, with pork and sweet sauce**

22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

**NDB No 16011 Beans, baked, canned, with pork and tomato sauce**

Protein	S1164
Total lipid (fat)	S1164, S87
Ash	S1164
Starch	S1164
Sucrose	S1164, S604, S606
Glucose (dextrose)	S1164, S604, S606
Fructose	S1164, S604, S606
Lactose	S1164
Maltose	S1164, S604
Water	S1164, S2581, S604, S606
Sugars, total	S1164, S606

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### NDB No 16011 Beans, baked, canned, with pork and tomato sauce

Galactose	S1164
Fiber, total dietary	S1164, S2581
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164, S87
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164, S87
Tocopherol, gamma	S1164, S87
Tocopherol, delta	S1164, S87
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164

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### NDB No 16011 Beans, baked, canned, with pork and tomato sauce

Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164

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### NDB No 16011 Beans, baked, canned, with pork and tomato sauce

20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 16026 Beans, great northern, mature seeds, canned

Tryptophan	S1065, S1164
Threonine	S1065, S1164
Isoleucine	S1065, S1164
Leucine	S1065, S1164
Lysine	S1065, S1164
Methionine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Valine	S1065, S1164
Arginine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Aspartic acid	S1065, S1164
Glutamic acid	S1065, S1164
Glycine	S1065, S1164
Proline	S1065, S1164
Serine	S1065, S1164

### NDB No 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Calcium, Ca	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9

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**NDB No 16028 Beans, kidney, all types, mature seeds, cooked, boiled, without salt**

Potassium, K	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Choline, total	S1164
Vitamin K (phylloquinone)	D4002
Betaine	S1164
Tryptophan	S1065, S1164
Threonine	S1065, S1164
Isoleucine	S1065, S1164
Leucine	S1065, S1164
Lysine	S1065, S1164
Methionine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Valine	S1065, S1164
Arginine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Aspartic acid	S1065, S1164
Glutamic acid	S1065, S1164
Glycine	S1065, S1164
Proline	S1065, S1164
Serine	S1065, S1164

**NDB No 16029 Beans, kidney, all types, mature seeds, canned**

Protein	S1164
Total lipid (fat)	S1164

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### NDB No 16029 Beans, kidney, all types, mature seeds, canned

Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Sugars, total	S1164
Galactose	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Betaine	S1164
Tryptophan	S1065, S1164
Threonine	S1065, S1164

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### NDB No 16029 Beans, kidney, all types, mature seeds, canned

Isoleucine	S1065, S1164
Leucine	S1065, S1164
Lysine	S1065, S1164
Methionine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Valine	S1065, S1164
Arginine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Aspartic acid	S1065, S1164
Glutamic acid	S1065, S1164
Glycine	S1065, S1164
Proline	S1065, S1164
Serine	S1065, S1164
Hydroxyproline	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164

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### NDB No 16029 Beans, kidney, all types, mature seeds, canned

20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 16032 Beans, kidney, red, mature seeds, raw

Fluoride, F	D5007
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### NDB No 16037 Beans, navy, mature seeds, raw

Protein	S1164
Total lipid (fat)	S1164, S2202
Ash	S1164, S2202
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S2202
Sugars, total	S1164
Galactose	S1164
Calcium, Ca	S1164, S2202
Iron, Fe	S1164, S2202
Magnesium, Mg	S1164, S2202

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### NDB No 16037 Beans, navy, mature seeds, raw

Phosphorus, P	S1164, S2202
Potassium, K	S1164, S2202
Sodium, Na	S1164, S2202
Zinc, Zn	S1164, S2202
Copper, Cu	S1164, S2202
Manganese, Mn	S1164, S2202
Selenium, Se	S1164
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S1164, S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164

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### NDB No 16037 Beans, navy, mature seeds, raw

Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164

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### **NDB No 16037 Beans, navy, mature seeds, raw**

Fatty acids, total trans-monoenoic S1164

13:0 S1164

15:1 S1164

18:3 n-3 c,c,c S1164

### **NDB No 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

Protein S1164, S2202

Total lipid (fat) S1164, S2202

Ash S1164, S2202

Starch S1164

Sucrose S1164

Glucose (dextrose) S1164

Fructose S1164

Lactose S1164

Maltose S1164

Water S1164, S2202

Sugars, total S1164

Galactose S1164

Fiber, total dietary S1164

Calcium, Ca S1164, S182, S183, S203, S2202

Iron, Fe S1164, S182, S183, S203, S2202

Magnesium, Mg S1164, S182, S183, S203, S2202

Phosphorus, P S1164, S182, S183, S203, S2202

Potassium, K S1164, S182, S183, S203, S2202

Sodium, Na S1164, S182, S183, S203, S2202

Zinc, Zn S1164, S182, S183, S203, S2202

Copper, Cu S1164, S182, S183, S203, S2202

Fluoride, F D5007

Manganese, Mn S1164, S182, S183, S203, S2202

Selenium, Se S1164, S203

Vitamin E (alpha-tocopherol) S1164

Tocopherol, beta S1164

Tocopherol, gamma S1164

Tocopherol, delta S1164

Thiamin S1164, S2202

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**NDB No 16038 Beans, navy, mature seeds, cooked, boiled, without salt**

Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164

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### NDB No 16038 Beans, navy, mature seeds, cooked, boiled, without salt

20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 16039 Beans, navy, mature seeds, canned

Choline, total	S3461
Betaine	S3461
Tryptophan	S1065, S1164
Threonine	S1065, S1164
Isoleucine	S1065, S1164
Leucine	S1065, S1164

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### NDB No 16039 Beans, navy, mature seeds, canned

Lysine	S1065, S1164
Methionine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Valine	S1065, S1164
Arginine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Aspartic acid	S1065, S1164
Glutamic acid	S1065, S1164
Glycine	S1065, S1164
Proline	S1065, S1164
Serine	S1065, S1164

### NDB No 16042 Beans, pinto, mature seeds, raw

Protein	S1065, S2202
Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S1065, S2202
Iron, Fe	S1065, S2202
Magnesium, Mg	S1065, S2202
Phosphorus, P	S1065, S2202
Potassium, K	S1065, S2202
Sodium, Na	S1065, S2202
Zinc, Zn	S1065, S2202
Copper, Cu	S1065, S2202

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### NDB No 16042 Beans, pinto, mature seeds, raw

Manganese, Mn	S1065, S2202
Selenium, Se	S1065
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1065
Tryptophan	S1065
Threonine	S1065
Isoleucine	S1065
Leucine	S1065
Lysine	S1065
Methionine	S1065
Cystine	S1065
Phenylalanine	S1065
Tyrosine	S1065
Valine	S1065
Arginine	S1065
Histidine	S1065
Alanine	S1065
Aspartic acid	S1065
Glutamic acid	S1065
Glycine	S1065
Proline	S1065
Serine	S1065

### NDB No 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Protein	S1065, S2202
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### NDB No 16043 Beans, pinto, mature seeds, cooked, boiled, without salt

Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Iron, Fe	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Magnesium, Mg	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Phosphorus, P	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Potassium, K	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Sodium, Na	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Zinc, Zn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Copper, Cu	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Selenium, Se	S10, S1065, S11, S12, S182, S183, S203, S6, S7, S8, S9
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Choline, total	S1065
Vitamin K (phylloquinone)	D4002, S1065
Betaine	S1065

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### **NDB No 16043 Beans, pinto, mature seeds, cooked, boiled, without salt**

Tryptophan	S1065, S1164
Threonine	S1065, S1164
Isoleucine	S1065, S1164
Leucine	S1065, S1164
Lysine	S1065, S1164
Methionine	S1065, S1164
Cystine	S1065, S1164
Phenylalanine	S1065, S1164
Tyrosine	S1065, S1164
Valine	S1065, S1164
Arginine	S1065, S1164
Histidine	S1065, S1164
Alanine	S1065, S1164
Aspartic acid	S1065, S1164
Glutamic acid	S1065, S1164
Glycine	S1065, S1164
Proline	S1065, S1164
Serine	S1065, S1164

### **NDB No 16069 Lentils, raw**

Protein	S2202
Total lipid (fat)	S2202, S84
Ash	S2202
Water	S2202, S604, S84
Fiber, total dietary	S604
Calcium, Ca	S2202
Iron, Fe	D5083, S2202
Magnesium, Mg	S2202
Phosphorus, P	S2202
Potassium, K	S2202
Sodium, Na	S2202
Zinc, Zn	D5083, S2202
Copper, Cu	D5083, S2202
Manganese, Mn	S2202
Vitamin E (alpha-tocopherol)	S84

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### NDB No 16069 Lentils, raw

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Thiamin	S2202
Riboflavin	S2202
Niacin	S2202
Pantothenic acid	S2202
Vitamin B-6	S2202
Folate, total	S2202

### NDB No 16072 Lima beans, large, mature seeds, cooked, boiled, without salt

Fluoride, F	D5007
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### NDB No 16087 Peanuts, all types, raw

Choline, total	S563
Betaine	S563

### NDB No 16089 Peanuts, all types, oil-roasted, with salt

Protein	S563
Total lipid (fat)	S563
Ash	S563
Sucrose	S563
Glucose (dextrose)	S563
Fructose	S563
Lactose	S563
Maltose	S563
Water	S563
Sugars, total	S563
Galactose	S563
Fiber, total dietary	S563
Calcium, Ca	S563
Iron, Fe	S563
Magnesium, Mg	S563
Phosphorus, P	S563

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### **NDB No 16089    Peanuts, all types, oil-roasted, with salt**

Potassium, K	S563
Sodium, Na	S563
Zinc, Zn	S563
Copper, Cu	S563
Manganese, Mn	S563
Selenium, Se	S563
Carotene, beta	S563
Carotene, alpha	S563
Cryptoxanthin, beta	S563
Lycopene	S563
Lutein + zeaxanthin	S563
Vitamin C, total ascorbic acid	S563
Thiamin	S563
Riboflavin	S563
Niacin	S563
Pantothenic acid	S563
Vitamin B-6	S563
Folate, total	S563
Vitamin K (phylloquinone)	S563
Tryptophan	S563
Threonine	S563
Isoleucine	S563
Leucine	S563
Lysine	S563
Methionine	S563
Cystine	S563
Phenylalanine	S563
Tyrosine	S563
Valine	S563
Arginine	S563
Histidine	S563
Alanine	S563
Aspartic acid	S563
Glutamic acid	S563
Glycine	S563

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### **NDB No 16089    Peanuts, all types, oil-roasted, with salt**

Proline	S563
Serine	S563
8:0	S563
10:0	S563
12:0	S563
14:0	S563
16:0	S563
18:0	S563
20:0	S563
18:1 undifferentiated	S563
18:2 undifferentiated	S563
18:3 undifferentiated	S563
20:4 undifferentiated	S563
22:0	S563
14:1	S563
16:1 undifferentiated	S563
20:1	S563
15:0	S563
17:0	S563
20:2 n-6 c,c	S563
18:3 n-6 c,c,c	S563
17:1	S563
20:3 undifferentiated	S563
15:1	S563

### **NDB No 16090    Peanuts, all types, dry-roasted, with salt**

Fluoride, F	D5007
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### **NDB No 16097    Peanut butter, chunk style, with salt**

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Sucrose	S22

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### NDB No 16097 Peanut butter, chunk style, with salt

Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	D3765, S22
Sugars, total	S22
Galactose	S22
Fiber, total dietary	D3765, S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Choline, total	S22
Vitamin K (phylloquinone)	S22
Betaine	S22
Tryptophan	S22
Threonine	S22
Isoleucine	S22
Leucine	S22
Lysine	S22

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### NDB No 16097 Peanut butter, chunk style, with salt

Methionine	S22
Cystine	S22
Phenylalanine	S22
Tyrosine	S22
Valine	S22
Arginine	S22
Histidine	S22
Alanine	S22
Aspartic acid	S22
Glutamic acid	S22
Glycine	S22
Proline	S22
Serine	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

### NDB No 16098 Peanut butter, smooth style, with salt

Protein	S22
Total lipid (fat)	S22, S84, S87
Ash	S22
Starch	S22
Sucrose	S22, S404, S837
Glucose (dextrose)	S22, S404, S837
Fructose	S22, S837
Lactose	S22, S837
Maltose	S22, S837
Water	S22, S404, S837, S84, S87
Sugars, total	S22, S837
Galactose	S22
Fiber, total dietary	S22, S837

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**NDB No 16098 Peanut butter, smooth style, with salt**

Calcium, Ca	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Fluoride, F	S22
Manganese, Mn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S22, S84, S87
Tocopherol, beta	S22, S84, S87
Tocopherol, gamma	S22, S84, S87
Tocopherol, delta	S22, S84, S87
Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Choline, total	S22
Vitamin K (phylloquinone)	D4002, S22
Betaine	S22
Tryptophan	S22
Threonine	S22
Isoleucine	S22
Leucine	S22
Lysine	S22
Methionine	S22
Cystine	S22
Phenylalanine	S22
Tyrosine	S22
Valine	S22
Arginine	S22
Histidine	S22
Alanine	S22
Aspartic acid	S22

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### NDB No 16098 Peanut butter, smooth style, with salt

Glutamic acid	S22
Glycine	S22
Proline	S22
Serine	S22
Fatty acids, total saturated	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### NDB No 16112 Miso

Protein	S39
Total lipid (fat)	S39
Ash	S39
Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Maltose	S604
Water	S39, S604, S81
Fiber, total dietary	S81
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39

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### NDB No 16112 Miso

Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39

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### NDB No 16112 Miso

20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### NDB No 16114 Tempeh

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Energy	S39
Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Vitamin A, IU	S39
Thiamin	S39
Riboflavin	S39

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### NDB No 16114 Tempeh

Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Cholesterol	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39

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### NDB No 16114 Tempeh

20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
17:1	S39
20:3 undifferentiated	S39

### NDB No 16120 Soy milk, fluid

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39

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### NDB No 16120 Soy milk, fluid

Folate, total	S39
Choline, total	S3461
Betaine	S3461
Tryptophan	S39
Threonine	S39
Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39

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### NDB No 16120 Soy milk, fluid

16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### NDB No 16123 Soy sauce made from soy and wheat (shoyu)

Protein	S39
Total lipid (fat)	S39
Ash	S39
Water	S1401, S39
Fiber, total dietary	S1401
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Selenium, Se	D3359, S2122, S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39

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### NDB No 16123 Soy sauce made from soy and wheat (shoyu)

Vitamin B-12	S39
Choline, total	S3461
Betaine	S3461
Cholesterol	S39

### NDB No 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Water	S1202, S1401, S39
Fiber, total dietary	S1202, S1401
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Choline, total	S3461
Betaine	S3461
Tryptophan	S39
Threonine	S39

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**NDB No 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)**

Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39

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### NDB No 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### NDB No 16127 Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)

Choline, total	S3461
Betaine	S3461

### NDB No 16139 Soy milk, fluid, calcium fortified

Protein	S39
Total lipid (fat)	S39
Carbohydrate, by difference	S39
Ash	S39
Water	S39
Calcium, Ca	S39
Iron, Fe	S39
Magnesium, Mg	S39
Phosphorus, P	S39
Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Tryptophan	S39
Threonine	S39

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### NDB No 16139 Soy milk, fluid, calcium fortified

Isoleucine	S39
Leucine	S39
Lysine	S39
Methionine	S39
Cystine	S39
Phenylalanine	S39
Tyrosine	S39
Valine	S39
Arginine	S39
Histidine	S39
Alanine	S39
Aspartic acid	S39
Glutamic acid	S39
Glycine	S39
Proline	S39
Serine	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39

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### NDB No 16139 Soy milk, fluid, calcium fortified

15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### NDB No 16144 Lentils, pink, raw

Carotene, beta	S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202

### NDB No 16147 Veggie burgers, unprepared

Protein	S2104
Total lipid (fat)	S2104
Ash	S2104
Starch	S2104
Sucrose	S2104
Glucose (dextrose)	S2104
Fructose	S2104
Lactose	S2104
Maltose	S2104
Water	S2104
Sugars, total	S2104
Galactose	S2104
Fiber, total dietary	S2104
Calcium, Ca	S2104
Iron, Fe	S2104
Magnesium, Mg	S2104
Phosphorus, P	S2104
Potassium, K	S2104
Sodium, Na	S2104

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### NDB No 16147 Veggie burgers, unprepared

Zinc, Zn	S2104
Copper, Cu	S2104
Manganese, Mn	S2104
Selenium, Se	S2104
Vitamin C, total ascorbic acid	S2104
Thiamin	S2104
Riboflavin	S2104
Niacin	S2104
Pantothenic acid	S2104
Vitamin B-6	S2104
Vitamin B-12	S2104
Choline, total	S2104
Vitamin K (phylloquinone)	S2104
Betaine	S2104
Tryptophan	S2104
Threonine	S2104
Isoleucine	S2104
Leucine	S2104
Lysine	S2104
Methionine	S2104
Cystine	S2104
Phenylalanine	S2104
Tyrosine	S2104
Valine	S2104
Arginine	S2104
Histidine	S2104
Alanine	S2104
Aspartic acid	S2104
Glutamic acid	S2104
Glycine	S2104
Proline	S2104
Serine	S2104
Cholesterol	S2104
8:0	S2104
10:0	S2104

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### NDB No 16147 Veggie burgers, unprepared

12:0	S2104
14:0	S2104
16:0	S2104
18:0	S2104
20:0	S2104
18:1 undifferentiated	S2104
18:2 undifferentiated	S2104
20:4 undifferentiated	S2104
22:0	S2104
14:1	S2104
16:1 undifferentiated	S2104
20:1	S2104
15:0	S2104
17:0	S2104
20:2 n-6 c,c	S2104
18:3 n-6 c,c,c	S2104
17:1	S2104
20:3 undifferentiated	S2104
15:1	S2104
18:3 n-3 c,c,c	S2104

### NDB No 16149 Peanut spread, reduced sugar

Protein	S3683
Total lipid (fat)	S3683
Carbohydrate, by difference	S3683
Ash	S3683
Water	S3683
Sugars, total	S3683
Fiber, total dietary	S3683
Calcium, Ca	S3683
Iron, Fe	S3683
Magnesium, Mg	S3683
Sodium, Na	S3683
Zinc, Zn	S3683
Copper, Cu	S3683

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### NDB No 16149 Peanut spread, reduced sugar

Vitamin A, IU	S3683
Vitamin E (alpha-tocopherol)	S3683
Vitamin C, total ascorbic acid	S3683
Niacin	S3683
Vitamin B-6	S3683
Folate, total	S3683
Cholesterol	S3683
Fatty acids, total trans	S3683
Fatty acids, total saturated	S3683

### NDB No 16159 Tofu, extra firm, prepared with nigari

Protein	D342, S39
Total lipid (fat)	D342, S39
Ash	D342, S39
Water	D342, S39
Calcium, Ca	D342, S39
Iron, Fe	D342, S39
Magnesium, Mg	D342, S39
Phosphorus, P	D342, S39
Potassium, K	D342, S39
Sodium, Na	D342, S39
Zinc, Zn	D342, S39
Copper, Cu	D342, S39
Manganese, Mn	D342, S39
Selenium, Se	D342, S39
Thiamin	D342, S39
Riboflavin	D342, S39
Niacin	D342, S39
Pantothenic acid	D342, S39
Vitamin B-6	D342, S39
Folate, total	D342, S39
8:0	S39
10:0	S39
12:0	S39
20:0	S39

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### NDB No 16159 Tofu, extra firm, prepared with nigari

20:4 undifferentiated	S39
22:0	S39
14:1	S39
20:1	S39
22:1 undifferentiated	S39
15:0	S39
17:0	S39
24:0	S39
20:2 n-6 c,c	S39
17:1	S39
20:3 undifferentiated	S39
13:0	S39
15:1	S39

### NDB No 16167 USDA Commodity, Peanut Butter, smooth

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Starch	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203
Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203

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### NDB No 16167 USDA Commodity, Peanut Butter, smooth

Selenium, Se	S2203
Vitamin E (alpha-tocopherol)	S2203
Tocopherol, beta	S2203
Tocopherol, gamma	S2203
Tocopherol, delta	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Niacin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Folate, total	S2203
Vitamin K (phylloquinone)	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203
20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203
14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
15:0	S2203
17:0	S2203
24:0	S2203

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### NDB No 16167 USDA Commodity, Peanut Butter, smooth

20:2 n-6 c,c	S2203
17:1	S2203
20:3 undifferentiated	S2203
15:1	S2203

### NDB No 16174 Tempeh, cooked

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18

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### NDB No 16174 Tempeh, cooked

18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

### NDB No 16338 Beans, navy, mature seeds, cooked, boiled, with salt

Protein	S1164, S2202
Total lipid (fat)	S1164, S2202
Ash	S1164, S2202
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164, S2202
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164, S182, S183, S203, S2202
Iron, Fe	S1164, S182, S183, S203, S2202
Magnesium, Mg	S1164, S182, S183, S203, S2202
Phosphorus, P	S1164, S182, S183, S203, S2202
Potassium, K	S1164, S182, S183, S203, S2202
Zinc, Zn	S1164, S182, S183, S203, S2202
Copper, Cu	S1164, S182, S183, S203, S2202

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### NDB No 16338 Beans, navy, mature seeds, cooked, boiled, with salt

Manganese, Mn	S1164, S182, S183, S203, S2202
Selenium, Se	S1164, S203
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S2202
Riboflavin	S1164, S2202
Niacin	S1164, S2202
Pantothenic acid	S1164, S2202
Vitamin B-6	S1164, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164

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### NDB No 16338 Beans, navy, mature seeds, cooked, boiled, with salt

6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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### NDB No 16343 Beans, pinto, mature seeds, cooked, boiled, with salt

Protein	S1065, S2202
Total lipid (fat)	S1065, S2202
Ash	S1065, S2202
Starch	S1065
Sucrose	S1065
Glucose (dextrose)	S1065
Fructose	S1065
Lactose	S1065
Maltose	S1065
Water	S1065, S2202
Fiber, total dietary	S1065
Calcium, Ca	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Iron, Fe	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Magnesium, Mg	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Phosphorus, P	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Potassium, K	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Zinc, Zn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Copper, Cu	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Manganese, Mn	S10, S1065, S11, S12, S182, S183, S203, S2202, S6, S7, S8, S9
Selenium, Se	S10, S1065, S11, S12, S182, S183, S203, S6, S7, S8, S9
Carotene, beta	S1065
Carotene, alpha	S1065
Cryptoxanthin, beta	S1065
Lycopene	S1065
Vitamin C, total ascorbic acid	S1065
Thiamin	S1065, S2202
Riboflavin	S1065, S2202
Niacin	S1065, S2202
Pantothenic acid	S1065, S2202
Vitamin B-6	S1065, S2202
Folate, total	S2202
Vitamin K (phylloquinone)	D4002, S1065

### NDB No 16363 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

Fluoride, F	D5007
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### NDB No 16397 Peanut butter, chunk style, without salt

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Sucrose	S22
Glucose (dextrose)	S22
Fructose	S22
Lactose	S22
Maltose	S22
Water	D3765, S22
Sugars, total	S22
Galactose	S22
Fiber, total dietary	D3765, S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Tocopherol, beta	S22
Tocopherol, gamma	S22
Tocopherol, delta	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Choline, total	S22
Vitamin K (phylloquinone)	S22
Betaine	S22
Tryptophan	S22

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### NDB No 16397 Peanut butter, chunk style, without salt

Threonine	S22
Isoleucine	S22
Leucine	S22
Lysine	S22
Methionine	S22
Cystine	S22
Phenylalanine	S22
Tyrosine	S22
Valine	S22
Arginine	S22
Histidine	S22
Alanine	S22
Aspartic acid	S22
Glutamic acid	S22
Glycine	S22
Proline	S22
Serine	S22
Hydroxyproline	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22

### NDB No 16398 Peanut butter, smooth style, without salt

Protein	S22
Total lipid (fat)	S22, S84, S87
Ash	S22
Starch	S22
Sucrose	S22, S404, S837
Glucose (dextrose)	S22, S404, S837
Fructose	S22, S837
Lactose	S22, S837

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### NDB No 16398 Peanut butter, smooth style, without salt

Maltose	S22, S837
Water	S22, S404, S837, S84, S87
Sugars, total	S22, S837
Galactose	S22
Fiber, total dietary	S22, S837
Calcium, Ca	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S182, S183, S203, S22, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S22, S84, S87
Tocopherol, beta	S22, S84, S87
Tocopherol, gamma	S22, S84, S87
Tocopherol, delta	S22, S84, S87
Thiamin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Choline, total	S22
Vitamin K (phylloquinone)	D4002, S22
Betaine	S22
Tryptophan	S22
Threonine	S22
Isoleucine	S22
Leucine	S22
Lysine	S22
Methionine	S22
Cystine	S22
Phenylalanine	S22
Tyrosine	S22
Valine	S22
Arginine	S22

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### NDB No 16398 Peanut butter, smooth style, without salt

Histidine	S22
Alanine	S22
Aspartic acid	S22
Glutamic acid	S22
Glycine	S22
Proline	S22
Serine	S22
Fatty acids, total saturated	S22
12:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
20:1	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### NDB No 17096 Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Fluoride, F	D5001, D5007
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### NDB No 17202 Veal, variety meats and by-products, liver, raw

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082

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**NDB No 17202 Veal, variety meats and by-products, liver, raw**

Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082

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### NDB No 17202 Veal, variety meats and by-products, liver, raw

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 17203 Veal, variety meats and by-products, liver, cooked, braised

Protein	S1082
Total lipid (fat)	S1082

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**NDB No 17203 Veal, variety meats and by-products, liver, cooked, braised**

Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	D463, S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082

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**NDB No 17203 Veal, variety meats and by-products, liver, cooked, braised**

Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082

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### NDB No 17203 Veal, variety meats and by-products, liver, cooked, braised

18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Fluoride, F	D5007
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1166, S502
Cryptoxanthin, beta	S1082
Lycopene	S1082
Tocopherol, beta	S1166, S502
Tocopherol, gamma	S1166, S502
Tocopherol, delta	S1166, S502
Vitamin C, total ascorbic acid	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082

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**NDB No 17204 Veal, variety meats and by-products, liver, cooked, pan-fried**

Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166, S502
Vitamin B-12	S1082
Choline, total	S1082
Vitamin K (phylloquinone)	S1082
Betaine	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Hydroxyproline	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
4:0	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082

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### NDB No 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082
18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### NDB No 17218 Veal, variety meats and by-products, thymus, raw

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581

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### NDB No 17218 Veal, variety meats and by-products, thymus, raw

Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581

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### NDB No 17218 Veal, variety meats and by-products, thymus, raw

17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 17219 Veal, variety meats and by-products, thymus, cooked, braised

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581
Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581

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**NDB No 17219 Veal, variety meats and by-products, thymus, cooked, braised**

Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581
18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

**NDB No 17227 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

Fluoride, F	D5007
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**NDB No 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3

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**NDB No 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled**

Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17340 Game meat, elk, loin, separable lean only, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17341 Game meat, elk, round, separable lean only, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3

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**NDB No 17341 Game meat, elk, round, separable lean only, cooked, broiled**

Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Cholesterol	S3

**NDB No 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3

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**NDB No 17345   Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled**

Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17346   Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3

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**NDB No 17346 Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised**

Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17347 Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3
Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled**

Protein	S3
Total lipid (fat)	S3
Ash	S3
Water	S3
Calcium, Ca	S3

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**NDB No 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled**

Iron, Fe	S3
Magnesium, Mg	S3
Phosphorus, P	S3
Potassium, K	S3
Sodium, Na	S3
Zinc, Zn	S3
Copper, Cu	S3
Manganese, Mn	S3
Selenium, Se	S3
Thiamin	S3
Riboflavin	S3
Niacin	S3
Vitamin B-6	S3
Vitamin B-12	S3
Cholesterol	S3

**NDB No 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin E (alpha-tocopherol)	S1162

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### NDB No 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162

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**NDB No 18001    Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)**

17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

**NDB No 18002    Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin E (alpha-tocopherol)	S1162
Thiamin	S1162
Riboflavin	S1162

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**NDB No 18002    Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162

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**NDB No 18002 Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)**

18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

**NDB No 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked**

Fluoride, F	D5007
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**NDB No 18014 Biscuits, plain or buttermilk, refrigerated dough, higher fat**

Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105

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### NDB No 18014 Biscuits, plain or buttermilk, refrigerated dough, higher fat

8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105

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### NDB No 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Fluoride, F	D5007
Manganese, Mn	S2105
Vitamin E (alpha-tocopherol)	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18029 Bread, french or vienna (includes sourdough)

Total lipid (fat)	S2105
Ash	S2105

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### NDB No 18029 Bread, french or vienna (includes sourdough)

Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	D4901
Vitamin K (phylloquinone)	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105

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### NDB No 18029 Bread, french or vienna (includes sourdough)

17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18030 Bread, french or vienna, toasted (includes sourdough)

Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105

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### NDB No 18030 Bread, french or vienna, toasted (includes sourdough)

18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18033 Bread, italian

Folate, total	D4901
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### NDB No 18060 Bread, rye

Fluoride, F	D5007
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### NDB No 18064 Bread, wheat

Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105

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### NDB No 18064 Bread, wheat

Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

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**NDB No 18065 Bread, wheat, toasted**

Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Vitamin C, total ascorbic acid	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin K (phylloquinone)	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105

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### NDB No 18065 Bread, wheat, toasted

15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18069 Bread, white, commercially prepared (includes soft bread crumbs)

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20
Sugars, total	S20
Galactose	S20
Fiber, total dietary	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Fluoride, F	D5001, D5002, D5007, D5021, D5301
Manganese, Mn	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20

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**NDB No 18069 Bread, white, commercially prepared (includes soft bread crumbs)**

Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Vitamin B-12	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
Folate, food	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
15:0	S20
17:0	S20

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### **NDB No 18069 Bread, white, commercially prepared (includes soft bread crumbs)**

24:0	S20
17:1	S20
15:1	S20

### **NDB No 18075 Bread, whole-wheat, commercially prepared**

Protein	S27
Total lipid (fat)	S27
Ash	S27
Water	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27

### **NDB No 18076 Bread, whole-wheat, commercially prepared, toasted**

Total lipid (fat)	S27
Ash	S27
Water	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27

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### NDB No 18076 Bread, whole-wheat, commercially prepared, toasted

Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27

### NDB No 18079 Bread crumbs, dry, grated, plain

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25

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### NDB No 18079 Bread crumbs, dry, grated, plain

Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Carotene, beta	S25
Carotene, alpha	S25
Vitamin E (alpha-tocopherol)	S25
Cryptoxanthin, beta	S25
Lycopene	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25

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### NDB No 18079 Bread crumbs, dry, grated, plain

22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 18082 Bread stuffing, bread, dry mix, prepared

Fluoride, F	D5001
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### NDB No 18086 Cake, angelfood, commercially prepared

Phosphorus, P	S3221
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### NDB No 18127 Cake, snack cakes, creme-filled, chocolate with frosting

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162

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**NDB No 18127 Cake, snack cakes, creme-filled, chocolate with frosting**

Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162

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### **NDB No 18127 Cake, snack cakes, creme-filled, chocolate with frosting**

Fatty acids, total polyunsaturated S1162

15:0 S1162

17:0 S1162

24:0 S1162

24:1 c S1162

20:2 n-6 c,c S1162

18:3 n-6 c,c,c S1162

17:1 S1162

20:3 undifferentiated S1162

13:0 S1162

15:1 S1162

18:3 n-3 c,c,c S1162

### **NDB No 18135 Cake, white, dry mix, pudding-type, enriched**

Folate, total D4901

### **NDB No 18137 Cake, white, dry mix, regular**

Folate, total D4901

### **NDB No 18142 Cake, yellow, dry mix, pudding-type**

Folate, total D4901

### **NDB No 18144 Cake, yellow, dry mix, regular, enriched**

Folate, total D4901

### **NDB No 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched**

Protein S21

Total lipid (fat) S21

Ash S21

Water S21

Sugars, total S21

Fiber, total dietary S21

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**NDB No 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched**

Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin E (alpha-tocopherol)	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin K (phylloquinone)	S21
Fatty acids, total saturated	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21

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### NDB No 18159 Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched

16:1 undifferentiated	S21
18:4	S21
20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
Fatty acids, total monounsaturated	S21
Fatty acids, total polyunsaturated	S21
15:0	S21
17:0	S21
24:0	S21

### NDB No 18166 Cookies, chocolate sandwich, with creme filling, regular

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25

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### NDB No 18166 Cookies, chocolate sandwich, with creme filling, regular

Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
Folic acid	S25
Tryptophan	S25
Threonine	S25
Isoleucine	S25
Leucine	S25
Lysine	S25
Methionine	S25
Cystine	S25
Phenylalanine	S25
Tyrosine	S25
Valine	S25
Arginine	S25
Histidine	S25
Alanine	S25
Aspartic acid	S25
Glutamic acid	S25
Glycine	S25
Proline	S25
Serine	S25
4:0	S25
6:0	S25
8:0	S25

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### NDB No 18166 Cookies, chocolate sandwich, with creme filling, regular

10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25
Beta-sitosterol	S25
17:0	S25
24:0	S25
18:1 t	S25
18:2 i	S25
18:2 CLAs	S25
24:1 c	S25
16:1 c	S25
18:1 c	S25
18:2 n-6 c,c	S25
22:1 c	S25
17:1	S25
18:3 n-3 c,c,c	S25

### NDB No 18168 Cookies, chocolate sandwich, with extra creme filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25

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### NDB No 18168 Cookies, chocolate sandwich, with extra creme filling

Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Folate, food	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25

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### NDB No 18168 Cookies, chocolate sandwich, with extra creme filling

12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:5 n-3	S25
Stigmasterol	S25
Campesterol	S25
Beta-sitosterol	S25
17:0	S25
24:0	S25
24:1 c	S25
16:1 c	S25
22:1 c	S25
17:1	S25

### NDB No 18214 Crackers, cheese, regular

Folate, total	D4901
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### NDB No 18215 Crackers, cheese, sandwich-type with peanut butter filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Water	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25

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### NDB No 18215 Crackers, cheese, sandwich-type with peanut butter filling

Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25

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### NDB No 18215 Crackers, cheese, sandwich-type with peanut butter filling

18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 18228 Crackers, saltines (includes oyster, soda, soup)

Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23
Vitamin E (alpha-tocopherol)	S23
Vitamin C, total ascorbic acid	S23
Thiamin	S23
Riboflavin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23
Vitamin K (phylloquinone)	S23
4:0	S23
6:0	S23
8:0	S23

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### NDB No 18228 Crackers, saltines (includes oyster, soda, soup)

10:0	S23
12:0	S23
14:0	S23
16:0	S23
18:0	S23
20:0	S23
20:4 undifferentiated	S23
22:6 n-3	S23
22:0	S23
14:1	S23
18:4	S23
20:1	S23
20:5 n-3	S23
22:5 n-3	S23
Stigmasterol	S23
Campesterol	S23
Beta-sitosterol	S23
17:0	S23
24:0	S23
18:1 t	S23
18:2 i	S23
18:2 CLAs	S23
24:1 c	S23
16:1 c	S23
18:1 c	S23
18:2 n-6 c,c	S23
22:1 c	S23
17:1	S23
18:3 n-3 c,c,c	S23

### NDB No 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25

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### NDB No 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Galactose	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25

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### NDB No 18231 Crackers, standard snack-type, sandwich, with peanut butter filling

16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25
13:0	S25

### NDB No 18232 Crackers, wheat, regular

Folate, total	D4901
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### NDB No 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162

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**NDB No 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)**

Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:2 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162

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### NDB No 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

22:1 undifferentiated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162

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**NDB No 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted**

Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162

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### NDB No 18249 Doughnuts, cake-type, plain, chocolate-coated or frosted

18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 18251 Doughnuts, cake-type, chocolate, sugared or glazed

Vitamin K (phylloquinone)	D4002, D4078
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### NDB No 18252 Doughnuts, cake-type, wheat, sugared or glazed

Vitamin K (phylloquinone)	D4002, D4078
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### NDB No 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162

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### NDB No 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162

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### NDB No 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162

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### NDB No 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162

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### NDB No 18258 English muffins, plain, enriched, with ca prop (includes sourdough)

Fatty acids, total trans-monoenoic S1162

13:0 S1162

15:1 S1162

18:3 n-3 c,c,c S1162

### NDB No 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Protein S1162

Total lipid (fat) S1162

Ash S1162

Starch S1162

Water S1162

Sugars, total S1162

Fiber, total dietary S1162

Calcium, Ca S1162

Iron, Fe S1162

Magnesium, Mg S1162

Phosphorus, P S1162

Potassium, K S1162

Sodium, Na S1162

Zinc, Zn S1162

Copper, Cu S1162

Manganese, Mn S1162

Selenium, Se S1162

Vitamin C, total ascorbic acid S1162

Thiamin S1162

Riboflavin S1162

Niacin S1162

Pantothenic acid S1162

Vitamin B-6 S1162

Folate, total S1162

Vitamin K (phylloquinone) S1162

Folic acid S1162

Folate, food S1162

Hydroxyproline S1162

Fatty acids, total trans S1162

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### NDB No 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
13:0	S1162
15:1	S1162

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**NDB No 18259 English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)**

18:3 n-3 c,c,c S1162

**NDB No 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)**

Protein S1162

Total lipid (fat) S1162

Ash S1162

Starch S1162

Water S1162

Sugars, total S1162

Fiber, total dietary S1162

Calcium, Ca S1162

Iron, Fe S1162

Magnesium, Mg S1162

Phosphorus, P S1162

Potassium, K S1162

Sodium, Na S1162

Zinc, Zn S1162

Copper, Cu S1162

Manganese, Mn S1162

Selenium, Se S1162

Vitamin C, total ascorbic acid S1162

Thiamin S1162

Riboflavin S1162

Niacin S1162

Pantothenic acid S1162

Vitamin B-6 S1162

Folate, total S1162

Vitamin K (phylloquinone) S1162

Folic acid S1162

Folate, food S1162

Hydroxyproline S1162

Fatty acids, total trans S1162

Fatty acids, total saturated S1162

4:0 S1162

6:0 S1162

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### NDB No 18262 English muffins, raisin-cinnamon (includes apple-cinnamon)

8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

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**NDB No 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)**

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162

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### NDB No 18263 English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

Protein	S1162
Total lipid (fat)	S1162

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### NDB No 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

Ash	S1162
Water	S1162
Sugars, total	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162
Vitamin C, total ascorbic acid	S1162
Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Hydroxyproline	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162
12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162

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### NDB No 18274 Muffins, blueberry, commercially prepared (Includes mini-muffins)

18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 18275 Muffins, blueberry, dry mix

Folate, total	D4901
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### NDB No 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27

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**NDB No 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)**

Water	S27
Sugars, total	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Vitamin K (phylloquinone)	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27

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### NDB No 18288 Pancakes plain, frozen, ready-to-heat (includes buttermilk)

20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Water	S2105
Sugars, total	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin K (phylloquinone)	S2105

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### **NDB No 18342    Rolls, dinner, plain, commercially prepared (includes brown-and-serve)**

Folic acid	S2105
Folate, food	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105

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### NDB No 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 18346 Rolls, dinner, rye

Vitamin K (phylloquinone)	D4002, D4068
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### NDB No 18349 Rolls, french

Vitamin K (phylloquinone)	D4068
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### NDB No 18350 Rolls, hamburger or hotdog, plain

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21
Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Sugars, total	S21
Galactose	S21
Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21

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### NDB No 18350    Rolls, hamburger or hotdog, plain

Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin E (alpha-tocopherol)	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Vitamin B-12	S21
Vitamin K (phylloquinone)	D4002, D4072
Cholesterol	S21
4:0	S21
6:0	S21
8:0	S21
10:0	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
20:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
20:4 undifferentiated	S21
22:6 n-3	S21
22:0	S21
14:1	S21
16:1 undifferentiated	S21
18:4	S21

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### NDB No 18350 Rolls, hamburger or hotdog, plain

20:1	S21
20:5 n-3	S21
22:1 undifferentiated	S21
22:5 n-3	S21
15:0	S21
17:0	S21
24:0	S21

### NDB No 18351 Rolls, hamburger or hotdog, mixed-grain

Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20
Folic acid	S20
Folate, food	S20

### NDB No 18352 Rolls, hamburger or hotdog, reduced-calorie

Sugars, total	S21
Vitamin E (alpha-tocopherol)	S21
Folate, total	S20
Folic acid	S20
Folate, food	S20

### NDB No 18360 Taco shells, baked

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Water	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164

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### NDB No 18360 Taco shells, baked

Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164

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## NDB No 18360 Taco shells, baked

Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164

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### NDB No 18360 Taco shells, baked

20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164

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### NDB No 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164

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### NDB No 18362 Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 18363 Tortillas, ready-to-bake or -fry, corn

Total lipid (fat)	S22
Ash	S22
Water	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Thiamin	S22
Riboflavin	S22
Pantothenic acid	S22
Folate, total	S22
Vitamin K (phylloquinone)	S22
16:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22

### NDB No 18364 Tortillas, ready-to-bake or -fry, flour

Protein	S22
Total lipid (fat)	S22
Ash	S22
Water	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22

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### NDB No 18364 Tortillas, ready-to-bake or -fry, flour

Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin E (alpha-tocopherol)	S22
Thiamin	S22
Riboflavin	S22
Pantothenic acid	S22
Vitamin K (phylloquinone)	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
16:1 undifferentiated	S22
18:4	S22
20:1	S22
20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
15:0	S22
17:0	S22

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### NDB No 18364 Tortillas, ready-to-bake or -fry, flour

24:0 S22

### NDB No 18365 Waffles, plain, frozen, ready-to-heat

Protein S27

Total lipid (fat) S27

Ash S27

Starch S27

Sucrose S27

Glucose (dextrose) S27

Fructose S27

Lactose S27

Maltose S27

Water S27

Sugars, total S27

Galactose S27

Fiber, total dietary S27

Calcium, Ca S27

Iron, Fe S27

Magnesium, Mg S27

Phosphorus, P S27

Potassium, K S27

Sodium, Na S27

Zinc, Zn S27

Copper, Cu S27

Manganese, Mn S27

Selenium, Se S27

Vitamin E (alpha-tocopherol) S27

Tocopherol, beta S27

Tocopherol, gamma S27

Tocopherol, delta S27

Thiamin S27

Riboflavin S27

Niacin S27

Pantothenic acid S27

Vitamin B-6 S27

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### NDB No 18365 Waffles, plain, frozen, ready-to-heat

Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18376 Bread crumbs, dry, grated, seasoned

Protein	S25
Total lipid (fat)	S25

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### NDB No 18376 Bread crumbs, dry, grated, seasoned

Ash	S25
Starch	S25
Sucrose	S25
Glucose (dextrose)	S25
Fructose	S25
Lactose	S25
Maltose	S25
Water	S25
Sugars, total	S25
Galactose	S25
Fiber, total dietary	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Carotene, beta	S25
Carotene, alpha	S25
Vitamin E (alpha-tocopherol)	S25
Cryptoxanthin, beta	S25
Lycopene	S25
Tocopherol, beta	S25
Tocopherol, gamma	S25
Tocopherol, delta	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25

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### NDB No 18376 Bread crumbs, dry, grated, seasoned

Folate, total	S25
Vitamin K (phylloquinone)	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25
16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 18403 Waffles, plain, frozen, ready -to-heat, toasted

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27

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**NDB No 18403    Waffles, plain, frozen, ready -to-heat, toasted**

Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27

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### NDB No 18403 Waffles, plain, frozen, ready -to-heat, toasted

18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18416 Bread, white, commercially prepared, low sodium no salt

Sugars, total	S20
Folate, total	S20
Vitamin K (phylloquinone)	D4002, D4072
Folic acid	S20
Folate, food	S20

### NDB No 18514 ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741

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### NDB No 18514 ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18516 ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741

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### NDB No 18516 ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18517 ARCHWAY Home Style Cookies, Apricot Filled

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18520 ARCHWAY Home Style Cookies, Cherry Filled

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741

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### NDB No 18520 ARCHWAY Home Style Cookies, Cherry Filled

Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18521 ARCHWAY Home Style Cookies, Chocolate Chip Drop

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741

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### NDB No 18521 ARCHWAY Home Style Cookies, Chocolate Chip Drop

Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18522 ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

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### NDB No 18524 ARCHWAY Home Style Cookies, Coconut Macaroon

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18525 ARCHWAY Home Style Cookies, Cookies Jar Hermits

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741

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### NDB No 18525 ARCHWAY Home Style Cookies, Cookies Jar Hermits

Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18526 ARCHWAY Home Style Cookies, Dark Molasses

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741

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### NDB No 18526 ARCHWAY Home Style Cookies, Dark Molasses

Fatty acids, total monounsaturated S3741

Fatty acids, total polyunsaturated S3741

### NDB No 18527 ARCHWAY Home Style Cookies, Date Filled Oatmeal

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

Sugars, total S3741

Fiber, total dietary S3741

Calcium, Ca S3741

Iron, Fe S3741

Potassium, K S3741

Sodium, Na S3741

Vitamin A, IU S3741

Thiamin S3741

Riboflavin S3741

Niacin S3741

Folate, total S3741

Cholesterol S3741

Fatty acids, total trans S3741

Fatty acids, total saturated S3741

Fatty acids, total monounsaturated S3741

Fatty acids, total polyunsaturated S3741

### NDB No 18528 ARCHWAY Home Style Cookies, Dutch Cocoa

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

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### NDB No 18528 ARCHWAY Home Style Cookies, Dutch Cocoa

Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18531 ARCHWAY Home Style Cookies, Fruit & Honey Bar

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741

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### NDB No 18531 ARCHWAY Home Style Cookies, Fruit & Honey Bar

Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18532 ARCHWAY Home Style Cookies, Iced Molasses

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18533 ARCHWAY Home Style Cookies, Iced Oatmeal

Protein	S3741
Total lipid (fat)	S3741

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### NDB No 18533 ARCHWAY Home Style Cookies, Iced Oatmeal

Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18535 ARCHWAY Home Style Cookies, Molasses

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741

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### NDB No 18535 ARCHWAY Home Style Cookies, Molasses

Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18537 ARCHWAY Home Style Cookies, Oatmeal

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741

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### NDB No 18537 ARCHWAY Home Style Cookies, Oatmeal

Fatty acids, total polyunsaturated S3741

### NDB No 18538 ARCHWAY Home Style Cookies, Oatmeal Raisin

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

Sugars, total S3741

Fiber, total dietary S3741

Calcium, Ca S3741

Iron, Fe S3741

Potassium, K S3741

Sodium, Na S3741

Vitamin A, IU S3741

Vitamin C, total ascorbic acid S3741

Thiamin S3741

Riboflavin S3741

Niacin S3741

Folate, total S3741

Cholesterol S3741

Fatty acids, total trans S3741

Fatty acids, total saturated S3741

Fatty acids, total monounsaturated S3741

Fatty acids, total polyunsaturated S3741

### NDB No 18539 ARCHWAY Home Style Cookies, Old Fashioned Molasses

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

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### NDB No 18539 ARCHWAY Home Style Cookies, Old Fashioned Molasses

Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18540 ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741

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### NDB No 18540 ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18543 ARCHWAY Home Style Cookies, Pecan Ice Box

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18544 ARCHWAY Home Style Cookies, Raspberry Filled

Protein	S3741
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### NDB No 18544 ARCHWAY Home Style Cookies, Raspberry Filled

Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18546 ARCHWAY Home Style Cookies, Soft Sugar Drop

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741

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### NDB No 18546 ARCHWAY Home Style Cookies, Soft Sugar Drop

Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18547 ARCHWAY Home Style Cookies, Strawberry Filled

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

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### NDB No 18548 ARCHWAY Home Style Cookies, Sugar

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18549 ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741

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### NDB No 18549 ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18555 ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

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### NDB No 18560 ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18562 ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741

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### NDB No 18562 ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Sodium, Na	S3741
Vitamin A, IU	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18563 ARCHWAY Home Style Cookies, Gourmet Rocky Road

Protein	S3741
Total lipid (fat)	S3741
Carbohydrate, by difference	S3741
Ash	S3741
Energy	S3741
Water	S3741
Sugars, total	S3741
Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741

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### NDB No 18563 ARCHWAY Home Style Cookies, Gourmet Rocky Road

Fatty acids, total polyunsaturated S3741

### NDB No 18564 ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

Sugars, total S3741

Fiber, total dietary S3741

Calcium, Ca S3741

Iron, Fe S3741

Potassium, K S3741

Sodium, Na S3741

Vitamin A, IU S3741

Thiamin S3741

Riboflavin S3741

Niacin S3741

Folate, total S3741

Cholesterol S3741

Fatty acids, total trans S3741

Fatty acids, total saturated S3741

Fatty acids, total monounsaturated S3741

Fatty acids, total polyunsaturated S3741

### NDB No 18565 ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Protein S3741

Total lipid (fat) S3741

Carbohydrate, by difference S3741

Ash S3741

Energy S3741

Water S3741

Sugars, total S3741

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### NDB No 18565 ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Fiber, total dietary	S3741
Calcium, Ca	S3741
Iron, Fe	S3741
Potassium, K	S3741
Sodium, Na	S3741
Vitamin A, IU	S3741
Vitamin C, total ascorbic acid	S3741
Thiamin	S3741
Riboflavin	S3741
Niacin	S3741
Folate, total	S3741
Cholesterol	S3741
Fatty acids, total trans	S3741
Fatty acids, total saturated	S3741
Fatty acids, total monounsaturated	S3741
Fatty acids, total polyunsaturated	S3741

### NDB No 18610 CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry

Protein	S3743
Total lipid (fat)	S3743
Carbohydrate, by difference	S3743
Energy	S3743
Sugars, total	S3743
Fiber, total dietary	S3743
Calcium, Ca	S3743
Iron, Fe	S3743
Sodium, Na	S3743
Fatty acids, total trans	S3743
Fatty acids, total saturated	S3743

### NDB No 18614 MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix,dry

Protein	S3767
Total lipid (fat)	S3767
Carbohydrate, by difference	S3767

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**NDB No 18614 MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix,dry**

Ash	S3767
Energy	S3767
Water	S3767
Sugars, total	S3767
Fiber, total dietary	S3767
Calcium, Ca	S3767
Iron, Fe	S3767
Potassium, K	S3767
Sodium, Na	S3767
Zinc, Zn	S3767
Vitamin A, IU	S3767
Vitamin C, total ascorbic acid	S3767
Thiamin	S3767
Riboflavin	S3767
Niacin	S3767
Pantothenic acid	S3767
Vitamin B-6	S3767
Folate, total	S3767
Vitamin B-12	S3767
Cholesterol	S3767
Fatty acids, total saturated	S3767

**NDB No 18615 MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry**

Protein	S3767
Total lipid (fat)	S3767
Carbohydrate, by difference	S3767
Ash	S3767
Energy	S3767
Water	S3767
Sugars, total	S3767
Fiber, total dietary	S3767
Calcium, Ca	S3767
Iron, Fe	S3767
Potassium, K	S3767
Sodium, Na	S3767

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### NDB No 18615 MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix,dry

Zinc, Zn	S3767
Vitamin A, IU	S3767
Vitamin C, total ascorbic acid	S3767
Thiamin	S3767
Riboflavin	S3767
Niacin	S3767
Vitamin B-6	S3767
Vitamin B-12	S3767
Cholesterol	S3767
Fatty acids, total trans	S3767
Fatty acids, total saturated	S3767

### NDB No 18629 PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fiber, total dietary	S3766
Iron, Fe	S3766
Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

### NDB No 18630 PILLSBURY, Chocolate Chip Cookies, refrigerated dough

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766

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### **NDB No 18630 PILLSBURY, Chocolate Chip Cookies, refrigerated dough**

Sugars, total	S3766
Fiber, total dietary	S3766
Iron, Fe	S3766
Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

### **NDB No 18631 PILLSBURY, Crusty French Loaf, refrigerated dough**

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fiber, total dietary	S3766
Iron, Fe	S3766
Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

### **NDB No 18633 PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough**

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fiber, total dietary	S3766
Calcium, Ca	S3766
Iron, Fe	S3766

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### **NDB No 18633 PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough**

Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

### **NDB No 18634 PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough**

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fiber, total dietary	S3766
Iron, Fe	S3766
Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

### **NDB No 18635 PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough**

Protein	S3766
Total lipid (fat)	S3766
Carbohydrate, by difference	S3766
Ash	S3766
Energy	S3766
Water	S3766
Sugars, total	S3766
Fiber, total dietary	S3766
Iron, Fe	S3766
Sodium, Na	S3766
Cholesterol	S3766
Fatty acids, total trans	S3766
Fatty acids, total saturated	S3766

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### NDB No 18639 GEORGE WESTON BAKERIES, Thomas English Muffins

Protein	S3764
Total lipid (fat)	S3764
Carbohydrate, by difference	S3764
Energy	S3764
Calcium, Ca	S3764
Iron, Fe	S3764
Sodium, Na	S3764
Folate, total	S3764
Fatty acids, total trans	S3764
Fatty acids, total saturated	S3764
16:0	S3764
18:1 undifferentiated	S3764
18:2 undifferentiated	S3764
18:3 undifferentiated	S3764
Fatty acids, total monounsaturated	S3764
Fatty acids, total polyunsaturated	S3764

### NDB No 18640 HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Protein	S3765
Total lipid (fat)	S3765
Carbohydrate, by difference	S3765
Ash	S3765
Energy	S3765
Water	S3765
Sugars, total	S3765
Fiber, total dietary	S3765
Calcium, Ca	S3765
Iron, Fe	S3765
Sodium, Na	S3765
Vitamin A, IU	S3765
Vitamin C, total ascorbic acid	S3765
Cholesterol	S3765
Fatty acids, total trans	S3765
Fatty acids, total saturated	S3765
Fatty acids, total monounsaturated	S3765

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### NDB No 18640 HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Fatty acids, total polyunsaturated S3765

### NDB No 18927 Crackers, cheese, sandwich-type with cheese filling

Protein	S25
Total lipid (fat)	S25
Ash	S25
Starch	S25
Water	S25
Calcium, Ca	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25
Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Copper, Cu	S25
Manganese, Mn	S25
Selenium, Se	S25
Vitamin E (alpha-tocopherol)	S25
Vitamin C, total ascorbic acid	S25
Thiamin	S25
Riboflavin	S25
Niacin	S25
Pantothenic acid	S25
Vitamin B-6	S25
Folate, total	S25
Vitamin B-12	S25
Vitamin K (phylloquinone)	S25
Cholesterol	S25
4:0	S25
6:0	S25
8:0	S25
10:0	S25
12:0	S25
14:0	S25

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### NDB No 18927 Crackers, cheese, sandwich-type with cheese filling

16:0	S25
18:0	S25
20:0	S25
18:1 undifferentiated	S25
18:2 undifferentiated	S25
18:3 undifferentiated	S25
20:4 undifferentiated	S25
22:6 n-3	S25
22:0	S25
14:1	S25
16:1 undifferentiated	S25
18:4	S25
20:1	S25
20:5 n-3	S25
22:1 undifferentiated	S25
22:5 n-3	S25
15:0	S25
17:0	S25
24:0	S25

### NDB No 18930 USDA Commodity,Bakery, Flour Mix

Protein	S2203
Total lipid (fat)	S2203
Ash	S2203
Starch	S2203
Sucrose	S2203
Glucose (dextrose)	S2203
Fructose	S2203
Lactose	S2203
Maltose	S2203
Water	S2203
Fiber, total dietary	S2203
Calcium, Ca	S2203
Iron, Fe	S2203
Magnesium, Mg	S2203

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### NDB No 18930 USDA Commodity, Bakery, Flour Mix

Phosphorus, P	S2203
Potassium, K	S2203
Sodium, Na	S2203
Zinc, Zn	S2203
Copper, Cu	S2203
Manganese, Mn	S2203
Selenium, Se	S2203
Vitamin C, total ascorbic acid	S2203
Thiamin	S2203
Riboflavin	S2203
Pantothenic acid	S2203
Vitamin B-6	S2203
Vitamin K (phylloquinone)	S2203
Fatty acids, total saturated	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203
20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203
14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
Fatty acids, total monounsaturated	S2203

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### NDB No 18930 USDA Commodity,Bakery, Flour Mix

Fatty acids, total polyunsaturated S2203

15:0 S2203

17:0 S2203

24:0 S2203

20:2 n-6 c,c S2203

17:1 S2203

20:3 undifferentiated S2203

15:1 S2203

### NDB No 18931 USDA Commodity, Bakery , Flour Mix Low-fat

Protein S2203

Total lipid (fat) S2203

Ash S2203

Starch S2203

Sucrose S2203

Glucose (dextrose) S2203

Fructose S2203

Lactose S2203

Maltose S2203

Water S2203

Fiber, total dietary S2203

Calcium, Ca S2203

Magnesium, Mg S2203

Phosphorus, P S2203

Potassium, K S2203

Sodium, Na S2203

Zinc, Zn S2203

Copper, Cu S2203

Manganese, Mn S2203

Selenium, Se S2203

Vitamin C, total ascorbic acid S2203

Thiamin S2203

Riboflavin S2203

Pantothenic acid S2203

Vitamin B-6 S2203

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### NDB No 18931 USDA Commodity, Bakery , Flour Mix Low-fat

Fatty acids, total saturated	S2203
8:0	S2203
10:0	S2203
12:0	S2203
14:0	S2203
16:0	S2203
18:0	S2203
20:0	S2203
18:1 undifferentiated	S2203
18:2 undifferentiated	S2203
18:3 undifferentiated	S2203
20:4 undifferentiated	S2203
22:6 n-3	S2203
22:0	S2203
14:1	S2203
16:1 undifferentiated	S2203
18:4	S2203
20:1	S2203
20:5 n-3	S2203
22:1 undifferentiated	S2203
22:5 n-3	S2203
Fatty acids, total monounsaturated	S2203
Fatty acids, total polyunsaturated	S2203
15:0	S2203
17:0	S2203
24:0	S2203
20:2 n-6 c,c	S2203
17:1	S2203
20:3 undifferentiated	S2203
15:1	S2203

### NDB No 18932 Waffles, buttermilk, frozen, ready-to-heat

Protein	S27
Total lipid (fat)	S27
Ash	S27

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### NDB No 18932 Waffles, buttermilk, frozen, ready-to-heat

Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27

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### NDB No 18932 Waffles, buttermilk, frozen, ready-to-heat

Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27

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### NDB No 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted

Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27

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### NDB No 18933 Waffle, buttermilk, frozen, ready-to-heat, toasted

14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27

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### NDB No 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Vitamin C, total ascorbic acid	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27

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### NDB No 18934 Waffle, buttermilk, frozen, ready-to-heat, microwaved

20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18935 Waffle, plain, frozen, ready-to-heat, microwave

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Sucrose	S27
Glucose (dextrose)	S27
Fructose	S27
Lactose	S27
Maltose	S27
Water	S27
Sugars, total	S27
Galactose	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27

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### NDB No 18935 Waffle, plain, frozen, ready-to-heat, microwave

Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Vitamin E (alpha-tocopherol)	S27
Tocopherol, beta	S27
Tocopherol, gamma	S27
Tocopherol, delta	S27
Thiamin	S27
Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin B-12	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Cholesterol	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27

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### NDB No 18935 Waffle, plain, frozen, ready-to-heat, microwave

22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

### NDB No 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)

Protein	S27
Total lipid (fat)	S27
Ash	S27
Starch	S27
Water	S27
Sugars, total	S27
Fiber, total dietary	S27
Calcium, Ca	S27
Iron, Fe	S27
Magnesium, Mg	S27
Phosphorus, P	S27
Potassium, K	S27
Sodium, Na	S27
Zinc, Zn	S27
Copper, Cu	S27
Manganese, Mn	S27
Selenium, Se	S27
Retinol	S27
Vitamin E (alpha-tocopherol)	S27
Thiamin	S27

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**NDB No 18936 Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)**

Riboflavin	S27
Niacin	S27
Pantothenic acid	S27
Vitamin B-6	S27
Folate, total	S27
Vitamin K (phylloquinone)	S27
Folic acid	S27
Folate, food	S27
Fatty acids, total saturated	S27
8:0	S27
10:0	S27
12:0	S27
14:0	S27
16:0	S27
18:0	S27
20:0	S27
18:1 undifferentiated	S27
18:2 undifferentiated	S27
18:3 undifferentiated	S27
20:4 undifferentiated	S27
22:0	S27
14:1	S27
16:1 undifferentiated	S27
20:1	S27
Fatty acids, total monounsaturated	S27
Fatty acids, total polyunsaturated	S27
15:0	S27
17:0	S27
20:2 n-6 c,c	S27
18:3 n-6 c,c,c	S27
17:1	S27
20:3 undifferentiated	S27
15:1	S27

**NDB No 18938 Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)**

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**NDB No 18938 Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Water	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Hydroxyproline	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164

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### NDB No 18938 Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)

18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

### NDB No 18939 Toaster pastries, fruit, toasted ( include apple, blueberry, cherry, strawberry)

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Water	S1164
Sugars, total	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164

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**NDB No 18939 Toaster pastries, fruit, toasted ( include apple, blueberry, cherry, strawberry)**

Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164

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### NDB No 18939 Toaster pastries, fruit, toasted ( include apple, blueberry, cherry, strawberry)

18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

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

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26

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

Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Fluoride, F	D5007, D5021, D5301
Manganese, Mn	S26
Carotene, beta	S26
Carotene, alpha	S26
Cryptoxanthin, beta	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Choline, total	S26
Vitamin K (phylloquinone)	S26
Betaine	S26
Cholesterol	S26
Fatty acids, total trans	S26
Fatty acids, total saturated	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26

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

14:0	S26
16:0	S26
18:0	S26
18:1 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
24:0	S26
18:1 t	S26
18:2 i	S26
18:2 CLAs	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
22:1 c	S26
17:1	S26
Fatty acids, total trans-monoenoic	S26
Fatty acids, total trans-polyenoic	S26
18:3 n-3 c,c,c	S26

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

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

Vitamin C, total ascorbic acid	S2109
Folate, total	S26
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109

### NDB No 19014 Snacks, fruit leather, rolls

Protein	S5
Water	S5
Sodium, Na	S5
Vitamin C, total ascorbic acid	S5
20:0	S5

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### NDB No 19014 Snacks, fruit leather, rolls

22:0	S5
14:1	S5
15:0	S5
17:0	S5
17:1	S5
20:3 undifferentiated	S5

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

Choline, total	S2105
Betaine	S2105

### NDB No 19034 Snacks, popcorn, air-popped

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26

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### NDB No 19034 Snacks, popcorn, air-popped

Selenium, Se	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Choline, total	S26
Betaine	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
20:1	S26
15:0	S26
17:0	S26
20:2 n-6 c,c	S26
18:3 n-6 c,c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### NDB No 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

Protein	S26
Total lipid (fat)	S26
Starch	S26

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### NDB No 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Copper, Cu	S26
Fluoride, F	D5007, D5021
Manganese, Mn	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Choline, total	S26
Betaine	S26
Fatty acids, total saturated	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26

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### NDB No 19035 Snacks, popcorn, oil-popped, microwave, regular flavor

18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
16:1 undifferentiated	S26
20:1	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
20:2 n-6 c,c	S26
20:3 undifferentiated	S26

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

Protein	S1162
Total lipid (fat)	S1162
Ash	S1162
Starch	S1162
Sucrose	S1162
Glucose (dextrose)	S1162
Fructose	S1162
Lactose	S1162
Maltose	S1162
Water	S1162
Sugars, total	S1162
Galactose	S1162
Fiber, total dietary	S1162
Calcium, Ca	S1162
Iron, Fe	S1162
Magnesium, Mg	S1162
Phosphorus, P	S1162
Potassium, K	S1162
Sodium, Na	S1162
Zinc, Zn	S1162
Copper, Cu	S1162
Manganese, Mn	S1162
Selenium, Se	S1162

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

Thiamin	S1162
Riboflavin	S1162
Niacin	S1162
Pantothenic acid	S1162
Vitamin B-6	S1162
Folate, total	S1162
Choline, total	S1162, S3461
Vitamin K (phylloquinone)	S1162
Folic acid	S1162
Folate, food	S1162
Betaine	S1162, S3461
Tryptophan	S1162
Threonine	S1162
Isoleucine	S1162
Leucine	S1162
Lysine	S1162
Methionine	S1162
Cystine	S1162
Phenylalanine	S1162
Tyrosine	S1162
Valine	S1162
Arginine	S1162
Histidine	S1162
Alanine	S1162
Aspartic acid	S1162
Glutamic acid	S1162
Glycine	S1162
Proline	S1162
Serine	S1162
Fatty acids, total trans	S1162
Fatty acids, total saturated	S1162
4:0	S1162
6:0	S1162
8:0	S1162
10:0	S1162

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

12:0	S1162
14:0	S1162
16:0	S1162
18:0	S1162
20:0	S1162
18:1 undifferentiated	S1162
18:2 undifferentiated	S1162
18:3 undifferentiated	S1162
20:4 undifferentiated	S1162
22:6 n-3	S1162
22:0	S1162
14:1	S1162
16:1 undifferentiated	S1162
20:1	S1162
20:5 n-3	S1162
22:1 undifferentiated	S1162
Fatty acids, total monounsaturated	S1162
Fatty acids, total polyunsaturated	S1162
15:0	S1162
17:0	S1162
24:0	S1162
18:1 t	S1162
24:1 c	S1162
20:2 n-6 c,c	S1162
18:1 c	S1162
18:3 n-6 c,c,c	S1162
17:1	S1162
20:3 undifferentiated	S1162
Fatty acids, total trans-monoenoic	S1162
13:0	S1162
15:1	S1162
18:3 n-3 c,c,c	S1162

### NDB No 19056 Snacks, tortilla chips, plain, white corn

Protein	S26
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### NDB No 19056 Snacks, tortilla chips, plain, white corn

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Fluoride, F	D5007, D5021, D5301
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Tryptophan	S26
Threonine	S26
Isoleucine	S26
Leucine	S26
Lysine	S26

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### NDB No 19056 Snacks, tortilla chips, plain, white corn

Methionine	S26
Cystine	S26
Phenylalanine	S26
Tyrosine	S26
Valine	S26
Arginine	S26
Histidine	S26
Alanine	S26
Aspartic acid	S26
Glutamic acid	S26
Glycine	S26
Proline	S26
Serine	S26
Cholesterol	S26
Fatty acids, total trans	S26
Fatty acids, total saturated	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
18:4	S26
20:1	S26
20:5 n-3	S26

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### NDB No 19056 Snacks, tortilla chips, plain, white corn

22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26
18:2 CLAs	S26
24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
22:1 c	S26
17:1	S26
Fatty acids, total trans-monoenoic	S26
Fatty acids, total trans-polyenoic	S26
18:3 n-3 c,c,c	S26

### NDB No 19057 Snacks, tortilla chips, nacho cheese

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Water	S2109
Galactose	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109

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**NDB No 19057 Snacks, tortilla chips, nacho cheese**

Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin K (phylloquinone)	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109

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### NDB No 19057 Snacks, tortilla chips, nacho cheese

Fatty acids, total polyunsaturated S2109

15:0 S2109

17:0 S2109

18:1 t S2109

18:2 t,t S2109

20:2 n-6 c,c S2109

18:3 n-6 c,c,c S2109

17:1 S2109

20:3 undifferentiated S2109

Fatty acids, total trans-monoenoic S2109

Fatty acids, total trans-polyenoic S2109

15:1 S2109

18:3 n-3 c,c,c S2109

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

Protein S2109

Total lipid (fat) S2109

Ash S2109

Starch S2109

Sucrose S2109

Glucose (dextrose) S2109

Fructose S2109

Lactose S2109

Maltose S2109

Water S2109

Sugars, total S2109

Galactose S2109

Fiber, total dietary S2109

Calcium, Ca S2109

Iron, Fe S2109

Magnesium, Mg S2109

Phosphorus, P S2109

Potassium, K S2109

Sodium, Na S2109

Zinc, Zn S2109

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

Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Vitamin C, total ascorbic acid	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin K (phylloquinone)	S2109
Hydroxyproline	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109

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

18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### NDB No 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Caffeine	S1164
Theobromine	S1164
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Carotene, beta	S1164

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### NDB No 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164
Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164

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### NDB No 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll

Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164

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**NDB No 19064 Candies, TOOTSIE ROLL, chocolate-flavor roll**

18:3 n-3 c,c,c S1164

**NDB No 19068 Candies, NESTLE, BIT-O'-HONEY Candy Chews**

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

**NDB No 19069 Candies, NESTLE, BUTTERFINGER Bar**

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

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### NDB No 19074 Candies, caramels

Fluoride, F	D5007
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### NDB No 19076 Candies, caramels, chocolate-flavor roll

Protein	S1164
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Total lipid (fat)	S1164
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Ash	S1164
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Sucrose	S1164
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Water	S1164
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Caffeine	S1164
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Theobromine	S1164
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Sugars, total	S1164
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Fiber, total dietary	S1164
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Calcium, Ca	S1164
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Iron, Fe	S1164
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Magnesium, Mg	S1164
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Phosphorus, P	S1164
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Potassium, K	S1164
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Sodium, Na	S1164
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Zinc, Zn	S1164
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Copper, Cu	S1164
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Manganese, Mn	S1164
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Selenium, Se	S1164
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Carotene, beta	S1164
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Carotene, alpha	S1164
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Cryptoxanthin, beta	S1164
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Lycopene	S1164
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Vitamin C, total ascorbic acid	S1164
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Thiamin	S1164
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Riboflavin	S1164
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Niacin	S1164
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Pantothenic acid	S1164
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Vitamin B-6	S1164
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Folate, total	S1164
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Vitamin B-12	S1164
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Choline, total	S1164
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**NDB No 19076 Candies, caramels, chocolate-flavor roll**

Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Betaine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
20:0	S1164
18:2 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total polyunsaturated	S1164
15:0	S1164
17:0	S1164
24:0	S1164
18:1 t	S1164
20:2 n-6 c,c	S1164
18:1 c	S1164
18:3 n-6 c,c,c	S1164
17:1	S1164
20:3 undifferentiated	S1164
13:0	S1164
15:1	S1164
18:3 n-3 c,c,c	S1164

**NDB No 19078 Baking chocolate, unsweetened, squares**

Total lipid (fat)	S1069
Ash	S1069
Water	S1069
Adjusted Protein	S1069

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### NDB No 19078 Baking chocolate, unsweetened, squares

Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S84
Cryptoxanthin, beta	S1069
Lycopene	S1069
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Tryptophan	S1069
Threonine	S1069
Isoleucine	S1069
Leucine	S1069
Lysine	S1069

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### NDB No 19078 Baking chocolate, unsweetened, squares

Methionine	S1069
Cystine	S1069
Phenylalanine	S1069
Tyrosine	S1069
Valine	S1069
Arginine	S1069
Histidine	S1069
Alanine	S1069
Aspartic acid	S1069
Glutamic acid	S1069
Glycine	S1069
Proline	S1069
Serine	S1069
Hydroxyproline	S1069
4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069

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### NDB No 19078 Baking chocolate, unsweetened, squares

15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069
15:1	S1069
18:3 n-3 c,c,c	S1069

### NDB No 19080 Candies, semisweet chocolate

Sugars, total	S5
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### NDB No 19088 Ice creams, vanilla, light

Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S6, S7, S8, S9

### NDB No 19095 Ice creams, vanilla

Sugars, total	S1067
Fluoride, F	S1067
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Choline, total	S1067
Vitamin K (phylloquinone)	D4002
Betaine	S1067

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### NDB No 19105 Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 19109 Candies, KIT KAT Wafer Bar

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Caffeine	S1164
Theobromine	S1164
Sugars, total	S1164
Galactose	S1164
Fiber, total dietary	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164

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### NDB No 19109 Candies, KIT KAT Wafer Bar

Potassium, K	S1164
Sodium, Na	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Selenium, Se	S1164
Retinol	S1164
Carotene, beta	S1164
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Betaine	S1164
Tryptophan	S1164
Threonine	S1164
Isoleucine	S1164
Leucine	S1164
Lysine	S1164
Methionine	S1164
Cystine	S1164
Phenylalanine	S1164

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### NDB No 19109 Candies, KIT KAT Wafer Bar

Tyrosine	S1164
Valine	S1164
Arginine	S1164
Histidine	S1164
Alanine	S1164
Aspartic acid	S1164
Glutamic acid	S1164
Glycine	S1164
Proline	S1164
Serine	S1164
Hydroxyproline	S1164
Cholesterol	S1164
Fatty acids, total trans	S1164
Fatty acids, total saturated	S1164
4:0	S1164
6:0	S1164
8:0	S1164
10:0	S1164
12:0	S1164
14:0	S1164
16:0	S1164
18:0	S1164
20:0	S1164
18:1 undifferentiated	S1164
18:2 undifferentiated	S1164
18:3 undifferentiated	S1164
20:4 undifferentiated	S1164
22:6 n-3	S1164
22:0	S1164
14:1	S1164
16:1 undifferentiated	S1164
20:1	S1164
20:5 n-3	S1164
22:1 undifferentiated	S1164
Fatty acids, total monounsaturated	S1164

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### NDB No 19109 Candies, KIT KAT Wafer Bar

Fatty acids, total polyunsaturated S1164

15:0 S1164

17:0 S1164

24:0 S1164

18:1 t S1164

20:2 n-6 c,c S1164

18:1 c S1164

18:3 n-6 c,c,c S1164

17:1 S1164

20:3 undifferentiated S1164

Fatty acids, total trans-monoenoic S1164

13:0 S1164

15:1 S1164

18:3 n-3 c,c,c S1164

### NDB No 19111 Candies, NESTLE, BABY RUTH Bar

Protein S3770

Total lipid (fat) S3770

Carbohydrate, by difference S3770

Energy S3770

Sugars, total S3770

Fiber, total dietary S3770

Calcium, Ca S3770

Iron, Fe S3770

Sodium, Na S3770

Vitamin A, IU S3770

Vitamin C, total ascorbic acid S3770

Cholesterol S3770

Fatty acids, total trans S3770

Fatty acids, total saturated S3770

### NDB No 19118 Candies, NESTLE, OH HENRY! Bar

Protein S3770

Total lipid (fat) S3770

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### **NDB No 19118 Candies, NESTLE, OH HENRY! Bar**

Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### **NDB No 19119 Candies, NESTLE, CHUNKY Bar**

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### **NDB No 19120 Candies, milk chocolate**

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Water	S1069

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### NDB No 19120 Candies, milk chocolate

Caffeine	S1069
Theobromine	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S10, S1069, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S1069, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S1069, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S1069, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S1069, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S1069, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S1069, S11, S12, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S1069, S11, S12, S6, S7, S8, S9
Selenium, Se	S10, S1069, S11, S12, S6, S7, S8, S9
Carotene, beta	S1069
Carotene, alpha	S1069
Vitamin E (alpha-tocopherol)	S81
Cryptoxanthin, beta	S1069
Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Vitamin K (phylloquinone)	S1069
Cholesterol	S1069
4:0	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069

**NDB No 19120 Candies, milk chocolate**

18:0	S1069
20:0	S1069
18:2 undifferentiated	S1069
20:4 undifferentiated	S1069
22:6 n-3	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069
20:5 n-3	S1069
22:1 undifferentiated	S1069
Stigmasterol	S1069
Campesterol	S1069
Beta-sitosterol	S1069
15:0	S1069
17:0	S1069
24:0	S1069
18:1 t	S1069
24:1 c	S1069
20:2 n-6 c,c	S1069
18:1 c	S1069
18:3 n-6 c,c,c	S1069
17:1	S1069
20:3 undifferentiated	S1069
13:0	S1069
15:1	S1069
18:3 n-3 c,c,c	S1069

**NDB No 19129 Syrups, table blends, pancake**

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9

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### **NDB No 19129 Syrups, table blends, pancake**

Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3364, S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002

### **NDB No 19135 Candies, MASTERFOODS USA, MILKY WAY Bar**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 19139 Baking chocolate, MASTERFOODS USA, M&M's Semisweet Chocolate Mini Baking Bits**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361

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### **NDB No 19139 Baking chocolate, MASTERFOODS USA, M&M's Semisweet Chocolate Mini Baking Bits**

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### **NDB No 19140 Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies**

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total saturated S3361

### **NDB No 19141 Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies**

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Fluoride, F D5301

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

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### NDB No 19142 Candies, MOUNDS Candy Bar

8:0	S5
10:0	S5
12:0	S5
14:0	S5
16:0	S5
18:0	S5
20:0	S5
22:0	S5
14:1	S5
16:1 undifferentiated	S5
20:1	S5
15:0	S5
17:0	S5
17:1	S5

### NDB No 19144 Candies, NESTLE, 100 GRAND Bar

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Water	S3770
Caffeine	S3770
Theobromine	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Potassium, K	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

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### NDB No 19145 Candies, NESTLE, CRUNCH Bar and Dessert Topping

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Water	S3770
Caffeine	S3770
Theobromine	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Potassium, K	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 19146 Baking chocolate, MASTERFOODS USA, M&M's Milk Chocolate Mini Baking Bits

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

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### NDB No 19149 Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 19153 Candies, NESTLE, AFTER EIGHT Mints

Protein	S3770
Total lipid (fat)	S3770
Carbohydrate, by difference	S3770
Energy	S3770
Sugars, total	S3770
Fiber, total dietary	S3770
Calcium, Ca	S3770
Iron, Fe	S3770
Sodium, Na	S3770
Vitamin A, IU	S3770
Vitamin C, total ascorbic acid	S3770
Cholesterol	S3770
Fatty acids, total trans	S3770
Fatty acids, total saturated	S3770

### NDB No 19155 Candies, MASTERFOODS USA, SNICKERS Bar

Protein	S3361
Total lipid (fat)	S3361

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### NDB No 19155 Candies, MASTERFOODS USA, SNICKERS Bar

Carbohydrate, by difference	S3361
Ash	S1164
Energy	S3361
Starch	S1164
Sucrose	S1164
Glucose (dextrose)	S1164
Fructose	S1164
Lactose	S1164
Maltose	S1164
Water	S1164
Sugars, total	S3361
Galactose	S1164
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S3361
Zinc, Zn	S1164
Copper, Cu	S1164
Fluoride, F	D5301
Manganese, Mn	S1164
Selenium, Se	S1164
Vitamin A, IU	S3361
Carotene, alpha	S1164
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164
Lycopene	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Vitamin C, total ascorbic acid	S3361
Thiamin	S1164
Riboflavin	S1164

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### NDB No 19155 Candies, MASTERFOODS USA, SNICKERS Bar

Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164
Folate, total	S1164
Vitamin B-12	S1164
Choline, total	S1164, S3461
Vitamin K (phylloquinone)	S1164
Folic acid	S1164
Folate, food	S1164
Betaine	S1164, S3461
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361
20:4 undifferentiated	S1164
22:6 n-3	S1164
20:5 n-3	S1164
24:0	S1164
20:2 n-6 c,c	S1164
18:3 n-6 c,c,c	S1164
20:3 undifferentiated	S1164
15:1	S1164

### NDB No 19156 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361

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### **NDB No 19156 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits**

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### **NDB No 19157 Candies, MASTERFOODS USA, M&M's MINIs Milk Chocolate Candies**

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### **NDB No 19159 Candies, MASTERFOODS USA, 3 MUSKETEERS Bar**

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

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### NDB No 19160 Candies, MASTERFOODS USA, TWIX Caramel Cookie Bars

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19161 Candies, MASTERFOODS USA, TWIX Peanut Butter Cookie Bars

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19173 Gelatin desserts, dry mix, prepared with water

Fluoride, F	D5001, D5002, D5003, D5007
Choline, total	S2105

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### NDB No 19173 Gelatin desserts, dry mix, prepared with water

Betaine	S2105
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### NDB No 19180 Candies, NESTLE, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Protein	S3770
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Total lipid (fat)	S3770
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Carbohydrate, by difference	S3770
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Ash	S5
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Energy	S3770
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Water	S5
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Sugars, total	S3770
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Sodium, Na	S3770
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### NDB No 19183 Puddings, chocolate, ready-to-eat

Choline, total	S2105
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Betaine	S2105
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### NDB No 19226 Frostings, chocolate, creamy, ready-to-eat

Vitamin E (alpha-tocopherol)	S84
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Tocopherol, beta	S84
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Tocopherol, gamma	S84
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Tocopherol, delta	S84
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Choline, total	S1063
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Betaine	S1063
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### NDB No 19230 Frostings, vanilla, creamy, ready-to-eat

Protein	S1063
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Total lipid (fat)	S1063
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Ash	S1063
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Water	S1063
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Calcium, Ca	S1063
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Iron, Fe	S1063
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Magnesium, Mg	S1063
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Phosphorus, P	S1063
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### NDB No 19230 Frostings, vanilla, creamy, ready-to-eat

Potassium, K	S1063
Sodium, Na	S1063
Zinc, Zn	S1063
Copper, Cu	S1063
Manganese, Mn	S1063
Selenium, Se	S1063
Thiamin	S1063
Riboflavin	S1063
Niacin	S1063
Pantothenic acid	S1063
Vitamin B-6	S1063
Folate, total	S1063
Choline, total	S1063
Vitamin K (phylloquinone)	S1063
Betaine	S1063

### NDB No 19254 Candies, MASTERFOODS USA, DOVE Milk Chocolate

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19255 Candies, MASTERFOODS USA, DOVE Dark Chocolate

Protein	S3361
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### NDB No 19255 Candies, MASTERFOODS USA, DOVE Dark Chocolate

Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19256 Candies, MASTERFOODS USA, MILKY WAY Caramels, milk chocolate covered

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19258 Candies, MASTERFOODS USA, MILKY WAY Caramels. dark chocolate covered

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361

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**NDB No 19258 Candies, MASTERFOODS USA, MILKY WAY Caramels. dark chocolate covered**

Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

**NDB No 19259 Ice Creams, HEALTHY CHOICE Praline and Caramel**

Protein	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 19270 Ice creams, chocolate**

Fluoride, F	S1067
Choline, total	S1067

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### NDB No 19270 Ice creams, chocolate

Betaine	S1067
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### NDB No 19283 Frozen novelties, ice type, pop

Protein	S1067
Total lipid (fat)	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Fluoride, F	S1067
Manganese, Mn	S1067
Selenium, Se	S10, S11, S12, S6, S7, S8, S9
Vitamin C, total ascorbic acid	S1067
Vitamin K (phylloquinone)	D4002

### NDB No 19292 Candies, MASTERFOODS USA, M&M's Crispy Chocolate Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361

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### NDB No 19292 Candies, MASTERFOODS USA, M&M's Crispy Chocolate Candies

Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19293 Frozen yogurts, vanilla, soft-serve

Choline, total	S3461
Betaine	S3461

### NDB No 19295 Candies, MASTERFOODS USA, SNICKERS MUNCH bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19296 Honey

Sucrose	D3338, D3339
Glucose (dextrose)	D3316, D3338, D3339
Fructose	D3316, D3338, D3339
Maltose	D3338, D3339

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### **NDB No 19296 Honey**

Galactose	D3342
Vitamin K (phylloquinone)	D4002, D4048

### **NDB No 19297 Jams and preserves**

Fluoride, F	D5001
Choline, total	S3461
Betaine	S3461

### **NDB No 19300 Jellies**

Protein	S5
Total lipid (fat)	S5
Ash	S5
Water	S5
Sugars, total	S5
Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S5, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Selenium, Se	D3359, S10, S11, S12, S6, S7, S8, S9

### **NDB No 19302 Candies, MASTERFOODS USA, SNICKERS Almond bar**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361

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### NDB No 19302 Candies, MASTERFOODS USA, SNICKERS Almond bar

Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19304 Molasses

Sucrose	D3296
Glucose (dextrose)	D3296
Fructose	D3296
Sugars, total	D3296
Choline, total	S3461
Betaine	S3461

### NDB No 19306 Candies, MASTERFOODS USA, POP'ABLES SNICKERS Brand Bite Size Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19307 Candies, MASTERFOODS USA, POP'ABLES MILKY WAY Brand Bite Size Candies

Protein	S3361
Total lipid (fat)	S3361

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### NDB No 19307 Candies, MASTERFOODS USA, POP'ABLES MILKY WAY Brand Bite Size Candies

Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19308 Candies, MASTERFOODS USA, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19309 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Fruit and Creme

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361

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### **NDB No 19309 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Fruit and Creme**

Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 19313 Candies, MASTERFOODS USA, STARBURST Fruit Chews, Tropical fruits**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 19315 Candies, MASTERFOODS USA, STARBURST Sour Fruit Chews**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361

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### NDB No 19315 Candies, MASTERFOODS USA, STARBURST Sour Fruit Chews

Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19326 Candies, MASTERFOODS USA, COCOAVIA Chocolate Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19327 Candies, MASTERFOODS USA, COCOAVIA Blueberry and Almond Chocolate Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361

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### NDB No 19327 Candies, MASTERFOODS USA, COCOAVIA Blueberry and Almond Chocolate Bar

Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19328 Candies, MASTERFOODS USA, COCOAVIA Crispy Chocolate Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19334 Sugars, brown

Selenium, Se	D3357, D3364
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### NDB No 19335 Sugars, granulated

Calcium, Ca	S10, S11, S12, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S6, S7, S8, S9

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### NDB No 19335 Sugars, granulated

Zinc, Zn	S10, S11, S12, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S6, S7, S8, S9
Vitamin K (phylloquinone)	D4002, D4048

### NDB No 19337 Sweeteners, tabletop, aspartame, EQUAL, packets

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109
Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109

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### **NDB No 19337 Sweeteners, tabletop, aspartame, EQUAL, packets**

Glycine	S2109
Proline	S2109
Serine	S2109

### **NDB No 19349 Syrups, corn, dark**

Selenium, Se	D3359
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### **NDB No 19350 Syrups, corn, light**

Protein	S1164
Total lipid (fat)	S1164
Ash	S1164
Sucrose	S1164
Water	S1164
Sugars, total	S1164
Calcium, Ca	S1164
Iron, Fe	S1164
Magnesium, Mg	S1164
Phosphorus, P	S1164
Potassium, K	S1164
Sodium, Na	S1164
Zinc, Zn	S1164
Copper, Cu	S1164
Manganese, Mn	S1164
Thiamin	S1164
Riboflavin	S1164
Niacin	S1164
Pantothenic acid	S1164
Vitamin B-6	S1164

### **NDB No 19353 Syrups, maple**

Sucrose	D3316
Glucose (dextrose)	D3316
Fructose	D3316

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### NDB No 19355 Syrups, sorghum

Selenium, Se D3358

### NDB No 19359 Candies, MASTERFOODS USA, SNICKERS CRUNCHER

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### NDB No 19363 Candies, MASTERFOODS USA, SKITTLES Wild Berry Bite Size Candies

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Energy S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Cholesterol S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

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### NDB No 19368 Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361

### NDB No 19369 Candies, MASTERFOODS USA, SKITTLES Sours Original

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 19370 Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361

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### NDB No 19370 Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

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

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Starch	S2105
Sucrose	S2105
Glucose (dextrose)	S2105
Fructose	S2105
Lactose	S2105
Maltose	S2105
Water	S2105
Sugars, total	S2105
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105

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

Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin B-12	S2105
Choline, total	S2105
Vitamin K (phylloquinone)	S2105
Betaine	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105
Fatty acids, total saturated	S2105

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

8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

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

Protein	S26
Total lipid (fat)	S26
Ash	S26
Water	S26
Sugars, total	S26
Fiber, total dietary	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26

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

Zinc, Zn	S26
Copper, Cu	S26
Fluoride, F	D5007, D5301
Manganese, Mn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Choline, total	S26
Vitamin K (phylloquinone)	S26
Betaine	S26

### NDB No 19423 Snacks, potato chips, fat-free, made with olestra

Protein	S1069
Total lipid (fat)	S1069
Ash	S1069
Starch	S1069
Sugars, total	S1069
Fiber, total dietary	S1069
Calcium, Ca	S1069
Iron, Fe	S1069
Magnesium, Mg	S1069
Phosphorus, P	S1069
Potassium, K	S1069
Sodium, Na	S1069
Zinc, Zn	S1069
Copper, Cu	S1069
Manganese, Mn	S1069
Selenium, Se	S1069
Carotene, beta	S1069
Carotene, alpha	S1069
Cryptoxanthin, beta	S1069

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### NDB No 19423 Snacks, potato chips, fat-free, made with olestra

Lycopene	S1069
Vitamin C, total ascorbic acid	S1069
Thiamin	S1069
Riboflavin	S1069
Niacin	S1069
Pantothenic acid	S1069
Vitamin B-6	S1069
Folate, total	S1069
Choline, total	S1069
Vitamin K (phylloquinone)	S1069
Betaine	S1069
6:0	S1069
8:0	S1069
10:0	S1069
12:0	S1069
14:0	S1069
16:0	S1069
18:0	S1069
20:0	S1069
18:1 undifferentiated	S1069
18:3 undifferentiated	S1069
22:0	S1069
14:1	S1069
16:1 undifferentiated	S1069
20:1	S1069

### NDB No 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese

Choline, total	S1069
Betaine	S1069

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

Vitamin C, total ascorbic acid	S2109
Folate, total	S26
Vitamin B-12	S26

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

Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
20:1	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
18:1 t	S2109
18:2 t,t	S2109
20:2 n-6 c,c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109

### NDB No 19856 Frozen novelties, juice type, POPSICLE SCRIBBLERS

Protein	S1067
Total lipid (fat)	S1067

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### NDB No 19856 Frozen novelties, juice type, POPSICLE SCRIBBLERS

Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Fluoride, F	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### NDB No 19868 Sweeteners, tabletop, sucralose, SLENDA packets

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

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### NDB No 19873 Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Protein	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Fluoride, F	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### NDB No 19897 Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361

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### **NDB No 19897 Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds**

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### **NDB No 20001 Amaranth**

Fiber, total dietary D5841, D5861, D5881, S743

### **NDB No 20010 Buckwheat groats, roasted, cooked**

Sucrose S604

Glucose (dextrose) S604

Fructose S604

Sugars, total S604

### **NDB No 20011 Buckwheat flour, whole-groat**

Sucrose S604

Vitamin E (alpha-tocopherol) D4602

Tocopherol, gamma D4602

Tocopherol, delta D4602

### **NDB No 20015 Corn bran, crude**

Fiber, total dietary D3766, D3771, D5202

### **NDB No 20017 Corn flour, masa, enriched, white**

Vitamin A, IU S1343

Vitamin A, RAE S1343

Carotene, beta S1343

Carotene, alpha S1343

Cryptoxanthin, beta S1343

Lycopene S1343

Lutein + zeaxanthin S1343

### **NDB No 20020 Cornmeal, whole-grain, yellow**

**NDB No 20020 Cornmeal, whole-grain, yellow**

Vitamin E (alpha-tocopherol)	S84
Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84

**NDB No 20022 Cornmeal, degermed, enriched, yellow**

Protein	S1164, S3548
Total lipid (fat)	S1164, S3548
Ash	S1164, S3548
Starch	S1164, S3548
Sucrose	S1164, S3548, S837
Glucose (dextrose)	S1164, S3548, S837
Fructose	S1164, S3548, S837
Lactose	S1164, S3548, S837
Maltose	S1164, S3548, S837
Water	S1164, S3548
Sugars, total	S1164, S837
Galactose	S1164
Fiber, total dietary	S1164, S3548, S837
Calcium, Ca	S1164, S3548
Iron, Fe	S1164, S3548
Magnesium, Mg	S1164, S3548
Phosphorus, P	S1164, S3548
Potassium, K	S1164, S3548
Sodium, Na	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Manganese, Mn	S1164, S3548
Selenium, Se	S1164, S3548
Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S1203

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### NDB No 20022 Cornmeal, degermed, enriched, yellow

Lycopene	S1164, S1203
Lutein + zeaxanthin	S1203
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S3548
Riboflavin	S1164, S3548
Niacin	S1164, S3548
Pantothenic acid	S1164, S3548
Vitamin B-6	S1164, S3548
Folate, total	D4901, D5981, S1164, S3548
Choline, total	S1164
Vitamin K (phylloquinone)	S1164
Folate, food	D5961, S1164
Betaine	S1164
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Isoleucine	S1164, S3548
Leucine	S1164, S3548
Lysine	S1164, S3548
Methionine	S1164, S3548
Cystine	S1164, S3548
Phenylalanine	S1164, S3548
Tyrosine	S1164, S3548
Valine	S1164, S3548
Arginine	S1164, S3548
Histidine	S1164, S3548
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
Glutamic acid	S1164, S3548
Glycine	S1164, S3548
Proline	S1164, S3548
Serine	S1164, S3548
Hydroxyproline	S1164
Fatty acids, total trans	S1164

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### NDB No 20022 Cornmeal, degermed, enriched, yellow

4:0	S1164
6:0	S1164
8:0	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
14:0	S1164, S3548
16:0	S1164, S3548
18:0	S1164, S3548
20:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:3 undifferentiated	S1164, S3548
20:4 undifferentiated	S1164, S3548
22:6 n-3	S1164, S3548
22:0	S1164, S3548
14:1	S1164, S3548
16:1 undifferentiated	S1164, S3548
18:4	S3548
20:1	S1164, S3548
20:5 n-3	S1164, S3548
22:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
15:0	S1164, S3548
17:0	S1164, S3548
24:0	S1164, S3548
18:1 t	S1164
24:1 c	S3548
20:2 n-6 c,c	S1164, S3548
18:3 n-6 c,c,c	S1164
17:1	S1164, S3548
20:3 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164, S3548
21:5	S3548

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### **NDB No 20022    Cornmeal, degermed, enriched, yellow**

22:4	S3548
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### **NDB No 20024    Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow**

Folate, total	D4901
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### **NDB No 20027    Cornstarch**

Sugars, total	S837
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Vitamin E (alpha-tocopherol)	S84
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Tocopherol, beta	S84
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Tocopherol, gamma	S84
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Tocopherol, delta	S84
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### **NDB No 20033    Oat bran, raw**

Vitamin E (alpha-tocopherol)	S121
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Tocopherol, beta	S121
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Tocopherol, gamma	S121
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Tocopherol, delta	S121
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### **NDB No 20036    Rice, brown, long-grain, raw**

Sucrose	S604
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Vitamin E (alpha-tocopherol)	S84
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Tocopherol, beta	S84
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Tocopherol, gamma	S84
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Tocopherol, delta	S84
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### **NDB No 20037    Rice, brown, long-grain, cooked**

Sucrose	S604, S837
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Glucose (dextrose)	S837
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Fructose	S837
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Lactose	S837
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Maltose	S837
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Vitamin E (alpha-tocopherol)	S84
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### **NDB No 20037 Rice, brown, long-grain, cooked**

Tocopherol, beta	S84
Tocopherol, gamma	S84
Tocopherol, delta	S84
Choline, total	S3461
Betaine	S3461

### **NDB No 20044 Rice, white, long-grain, regular, raw, enriched**

Sucrose	S1164, S20
Glucose (dextrose)	S1164, S20
Fructose	S1164, S20
Lactose	S1164, S20
Maltose	S1164, S20

### **NDB No 20045 Rice, white, long-grain, regular, cooked**

Sugars, total	S1164
Fluoride, F	D5001, D5002, D5007
Choline, total	S20
Vitamin K (phylloquinone)	D4002, D4048, S1164
Betaine	S20

### **NDB No 20046 Rice, white, long-grain, parboiled, enriched, dry**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S604, S606
Glucose (dextrose)	S20, S606
Fructose	S20, S606
Lactose	S20
Maltose	S20
Water	S20, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Iron, Fe	S20

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**NDB No 20046 Rice, white, long-grain, parboiled, enriched, dry**

Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20, S2722, S2921
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20

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### NDB No 20046 Rice, white, long-grain, parboiled, enriched, dry

Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### NDB No 20047 Rice, white, long-grain, parboiled, enriched, cooked

Protein	S20
Total lipid (fat)	S20
Ash	S20

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### NDB No 20047 Rice, white, long-grain, parboiled, enriched, cooked

Starch	S20
Sucrose	S20, S606
Glucose (dextrose)	S20, S606
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20, S2123, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20, S2123
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20

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### NDB No 20047 Rice, white, long-grain, parboiled, enriched, cooked

Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20

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**NDB No 20047 Rice, white, long-grain, parboiled, enriched, cooked**

17:0 S20

24:0 S20

**NDB No 20048 Rice, white, long-grain, precooked or instant, enriched, dry**

Protein S20

Total lipid (fat) S20

Ash S20

Starch S20

Sucrose S20

Glucose (dextrose) S20

Fructose S20

Lactose S20

Maltose S20

Water S1206, S20

Fiber, total dietary S1206, S20

Calcium, Ca S20

Iron, Fe S20

Magnesium, Mg S20

Phosphorus, P S20

Potassium, K S20

Sodium, Na S20

Zinc, Zn S20

Copper, Cu S20

Manganese, Mn S20

Selenium, Se S20

Vitamin E (alpha-tocopherol) S20

Tocopherol, beta S20

Tocopherol, gamma S20

Tocopherol, delta S20

Thiamin S20

Riboflavin S20

Niacin S20

Vitamin B-6 S20

Folate, total S20

Folic acid S20

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**NDB No 20048 Rice, white, long-grain, precooked or instant, enriched, dry**

Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20

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### NDB No 20048 Rice, white, long-grain, precooked or instant, enriched, dry

14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

### NDB No 20049 Rice, white, long-grain, precooked or instant, enriched, prepared

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S1206, S20, S2123
Sugars, total	S20
Fiber, total dietary	S1206, S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20

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**NDB No 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

Selenium, Se	S2123
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20

**NDB No 20049 Rice, white, long-grain, precooked or instant, enriched, prepared**

20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20
24:0	S20

**NDB No 20060 Rice bran, crude**

Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Sugars, total	D4581

**NDB No 20061 Rice flour, white**

Vitamin K (phylloquinone)	D4048
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**NDB No 20063 Rye flour, dark**

Sugars, total	S606
Carotene, beta	D3921
Lutein + zeaxanthin	D3921
Vitamin K (phylloquinone)	D4068

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### **NDB No 20067 Sorghum**

Fiber, total dietary S3081

### **NDB No 20072 Wheat, hard red winter**

Vitamin E (alpha-tocopherol) D4602

### **NDB No 20073 Wheat, soft red winter**

Vitamin E (alpha-tocopherol) D4602

### **NDB No 20074 Wheat, hard white**

Vitamin E (alpha-tocopherol) D4602

### **NDB No 20075 Wheat, soft white**

Vitamin E (alpha-tocopherol) D4602

### **NDB No 20077 Wheat bran, crude**

Vitamin A, IU D3921

Vitamin A, RAE D3921

Carotene, beta D3921

Lutein + zeaxanthin D3921

### **NDB No 20080 Wheat flour, whole-grain**

Sugars, total S606

Carotene, beta D3921

Vitamin E (alpha-tocopherol) D4602

Lutein + zeaxanthin D3921

Vitamin K (phylloquinone) D4048, D4068

### **NDB No 20081 Wheat flour, white, all-purpose, enriched, bleached**

Sugars, total S20, S606, S837

Vitamin A, IU S20

Vitamin A, RAE S20

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### NDB No 20081 Wheat flour, white, all-purpose, enriched, bleached

Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20, S82, S87
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20, S82, S87
Tocopherol, gamma	S20, S82, S87
Tocopherol, delta	S20, S82, S87
Folate, total	S20
Choline, total	S20, S3461
Vitamin K (phylloquinone)	S20
Folic acid	S20
Folate, food	S20
Betaine	S20, S3461

### NDB No 20082 Wheat flour, white, all-purpose, self-rising, enriched

Sugars, total	S606
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### NDB No 20083 Wheat flour, white, bread, enriched

Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20

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### **NDB No 20083 Wheat flour, white, bread, enriched**

Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### **NDB No 20084 Wheat flour, white, cake, enriched**

Vitamin A, IU	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### **NDB No 20088 Wild rice, raw**

Sucrose	S604
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### **NDB No 20089 Wild rice, cooked**

Sucrose	S604
Glucose (dextrose)	S604
Fructose	S604
Fiber, total dietary	S1401, S604

### **NDB No 20099 Macaroni, dry, enriched**

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### NDB No 20099 Macaroni, dry, enriched

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Sucrose	S1163, S20
Glucose (dextrose)	S1163, S20
Fructose	S1163, S20
Lactose	S1163, S20
Maltose	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S1163, S20
Galactose	S1163, S20
Fiber, total dietary	S1163, S20, S5
Calcium, Ca	S1163, S20
Iron, Fe	S1163, S20, S5
Magnesium, Mg	S1163, S20
Phosphorus, P	S1163, S20
Potassium, K	S1163, S20
Sodium, Na	S1163, S20, S5
Zinc, Zn	S1163, S20
Copper, Cu	S1163, S20
Fluoride, F	D5021
Manganese, Mn	S1163, S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82
Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	D4901, S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S1163, S20

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**NDB No 20099 Macaroni, dry, enriched**

Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
Fatty acids, total saturated	S1163, S20
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20

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### NDB No 20099 Macaroni, dry, enriched

14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S1163, S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20100 Macaroni, cooked, enriched

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837

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### NDB No 20100 Macaroni, cooked, enriched

Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20

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### NDB No 20100 Macaroni, cooked, enriched

Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20

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### NDB No 20100 Macaroni, cooked, enriched

18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20108 Macaroni, whole-wheat, cooked

Sucrose	S604
Maltose	S604

### NDB No 20109 Noodles, egg, dry, enriched

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Iron, Fe	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105

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**NDB No 20109 Noodles, egg, dry, enriched**

Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105
Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	D4901, S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105

**NDB No 20109 Noodles, egg, dry, enriched**

Cholesterol	S2105
Fatty acids, total trans	S2901
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105
16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

**NDB No 20110 Noodles, egg, cooked, enriched**

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606

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### **NDB No 20110 Noodles, egg, cooked, enriched**

Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105

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### NDB No 20110 Noodles, egg, cooked, enriched

Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### NDB No 20120 Spaghetti, dry, enriched

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Sucrose	S1163, S20
Glucose (dextrose)	S1163, S20
Fructose	S1163, S20
Lactose	S1163, S20
Maltose	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S1163, S20
Galactose	S1163, S20
Fiber, total dietary	S1163, S20, S5
Calcium, Ca	S1163, S20
Iron, Fe	S1163, S20, S5
Magnesium, Mg	S1163, S20
Phosphorus, P	S1163, S20
Potassium, K	S1163, S20
Sodium, Na	S1163, S20, S5

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### NDB No 20120 Spaghetti, dry, enriched

Zinc, Zn	S1163, S20
Copper, Cu	S1163, S20
Fluoride, F	D5021
Manganese, Mn	S1163, S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82
Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	D4901, S1163, S20
Choline, total	S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Betaine	S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20

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### NDB No 20120 Spaghetti, dry, enriched

Hydroxyproline	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
13:0	S1163
15:1	S1163

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### NDB No 20120 Spaghetti, dry, enriched

18:3 n-3 c,c,c S1163

### NDB No 20121 Spaghetti, cooked, enriched, without added salt

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Fluoride, F	D5007
Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20

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**NDB No 20121 Spaghetti, cooked, enriched, without added salt**

Folate, total	S1163, S20
Choline, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Betaine	S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20

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### NDB No 20121 Spaghetti, cooked, enriched, without added salt

18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20130 Barley flour or meal

Vitamin A, IU	D3921, S1202
Vitamin A, RAE	D3921, S1202
Carotene, beta	D3921, S1202
Carotene, alpha	S1202
Cryptoxanthin, beta	S1202
Lutein + zeaxanthin	D3921
Choline, total	S3461

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### NDB No 20130 Barley flour or meal

Vitamin K (phylloquinone)	D4068
Betaine	S3461

### NDB No 20132 Oat flour, partially debranned

Protein	S1202
Total lipid (fat)	S1202
Ash	S1202
Sucrose	D4581
Glucose (dextrose)	D4581
Fructose	D4581
Water	S1202
Sugars, total	D4581
Fiber, total dietary	S1202
Calcium, Ca	S1202
Iron, Fe	S1202
Magnesium, Mg	S1202
Phosphorus, P	S1202
Potassium, K	S1202
Sodium, Na	S1202
Zinc, Zn	S1202
Copper, Cu	S1202
Manganese, Mn	S1202
Thiamin	S1202
Riboflavin	S1202
Niacin	S1202
Pantothenic acid	S1202
Vitamin B-6	S1202

### NDB No 20310 Noodles, egg, cooked, enriched, with added salt

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606

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**NDB No 20310 Noodles, egg, cooked, enriched, with added salt**

Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Thiamin	S2105
Riboflavin	S2105
Niacin	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Folate, total	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105

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### **NDB No 20310 Noodles, egg, cooked, enriched, with added salt**

Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105

### **NDB No 20321 Spaghetti, cooked, enriched, with added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S1163
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S1163
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9

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### **NDB No 20321 Spaghetti, cooked, enriched, with added salt**

Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Thiamin	S1163, S20
Riboflavin	S1163, S20
Niacin	S1163, S20
Vitamin B-6	S1163, S20
Folate, total	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20

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**NDB No 20321 Spaghetti, cooked, enriched, with added salt**

10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

**NDB No 20322 Cornmeal, degermed, enriched, white**

Protein	S1164, S3548
Total lipid (fat)	S1164, S3548
Ash	S1164, S3548
Starch	S1164, S3548
Sucrose	S1164, S3548, S837
Glucose (dextrose)	S1164, S3548, S837
Fructose	S1164, S3548, S837
Lactose	S1164, S3548, S837
Maltose	S1164, S3548, S837
Water	S1164, S3548
Sugars, total	S1164, S837
Galactose	S1164
Fiber, total dietary	S1164, S3548, S837
Calcium, Ca	S1164, S3548
Iron, Fe	S1164, S3548
Magnesium, Mg	S1164, S3548
Phosphorus, P	S1164, S3548
Potassium, K	S1164, S3548
Sodium, Na	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Manganese, Mn	S1164, S3548
Selenium, Se	S1164, S3548
Vitamin A, IU	S1343
Vitamin A, RAE	S1343
Carotene, beta	S1343
Carotene, alpha	S1343
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1343
Lycopene	S1343
Lutein + zeaxanthin	S1343
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Thiamin	S1164, S3548

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### NDB No 20322 Cornmeal, degermed, enriched, white

Riboflavin	S1164, S3548
Niacin	S1164, S3548
Pantothenic acid	S1164, S3548
Vitamin B-6	S1164, S3548
Folate, total	D4901, D5981, S1164, S3548
Vitamin K (phylloquinone)	S1164
Folate, food	D5961, S1164
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Isoleucine	S1164, S3548
Leucine	S1164, S3548
Lysine	S1164, S3548
Methionine	S1164, S3548
Cystine	S1164, S3548
Phenylalanine	S1164, S3548
Tyrosine	S1164, S3548
Valine	S1164, S3548
Arginine	S1164, S3548
Histidine	S1164, S3548
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
Glutamic acid	S1164, S3548
Glycine	S1164, S3548
Proline	S1164, S3548
Serine	S1164, S3548
Fatty acids, total trans	S1164
4:0	S1164
6:0	S1164
8:0	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
14:0	S1164, S3548
16:0	S1164, S3548
18:0	S1164, S3548
20:0	S1164, S3548

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### NDB No 20322 Cornmeal, degermed, enriched, white

18:1 undifferentiated	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:3 undifferentiated	S1164, S3548
20:4 undifferentiated	S1164, S3548
22:6 n-3	S1164, S3548
22:0	S1164, S3548
14:1	S1164, S3548
16:1 undifferentiated	S1164, S3548
18:4	S3548
20:1	S1164, S3548
20:5 n-3	S1164, S3548
22:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
15:0	S1164, S3548
17:0	S1164, S3548
24:0	S1164, S3548
18:1 t	S1164
24:1 c	S3548
20:2 n-6 c,c	S1164, S3548
18:3 n-6 c,c,c	S1164
17:1	S1164, S3548
20:3 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164, S3548
21:5	S3548
22:4	S3548

### NDB No 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Folate, total	D4901
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### NDB No 20400 Macaroni, cooked, unenriched

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901

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### NDB No 20400 Macaroni, cooked, unenriched

Ash	S20, S2901
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20

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### NDB No 20400 Macaroni, cooked, unenriched

Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20

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### NDB No 20400 Macaroni, cooked, unenriched

15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20409 Noodles, egg, dry, unenriched

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	S2105
Calcium, Ca	S2105
Magnesium, Mg	S2105
Phosphorus, P	S2105
Potassium, K	S2105
Sodium, Na	S2105
Zinc, Zn	S2105
Copper, Cu	S2105

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### NDB No 20409 Noodles, egg, dry, unenriched

Manganese, Mn	S2105
Selenium, Se	S2105
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105
Cholesterol	S2105
Fatty acids, total trans	S2901
Fatty acids, total saturated	S2105
8:0	S2105
10:0	S2105
12:0	S2105
14:0	S2105

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### NDB No 20409 Noodles, egg, dry, unenriched

16:0	S2105
18:0	S2105
20:0	S2105
18:1 undifferentiated	S2105
18:2 undifferentiated	S2105
18:3 undifferentiated	S2105
20:4 undifferentiated	S2105
22:0	S2105
14:1	S2105
16:1 undifferentiated	S2105
20:1	S2105
Fatty acids, total monounsaturated	S2105
Fatty acids, total polyunsaturated	S2105
15:0	S2105
17:0	S2105
20:2 n-6 c,c	S2105
18:3 n-6 c,c,c	S2105
17:1	S2105
20:3 undifferentiated	S2105
15:1	S2105
18:3 n-3 c,c,c	S2105

### NDB No 20410 Noodles, egg, cooked, unenriched, without added salt

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606
Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642

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### **NDB No 20410 Noodles, egg, cooked, unenriched, without added salt**

Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105
Serine	S2105

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### **NDB No 20410 Noodles, egg, cooked, unenriched, without added salt**

Cholesterol S2105

### **NDB No 20420 Spaghetti, dry, unenriched**

Protein	S1163, S20, S5
Total lipid (fat)	S1163, S20, S5, S82
Ash	S1163, S20
Starch	S1163, S20
Sucrose	S1163, S20
Glucose (dextrose)	S1163, S20
Fructose	S1163, S20
Lactose	S1163, S20
Maltose	S1163, S20
Water	S1163, S20, S5, S606
Sugars, total	S1163, S20
Galactose	S1163, S20
Fiber, total dietary	S1163, S20, S5
Calcium, Ca	S1163, S20
Magnesium, Mg	S1163, S20
Phosphorus, P	S1163, S20
Potassium, K	S1163, S20
Sodium, Na	S1163, S20, S5
Zinc, Zn	S1163, S20
Copper, Cu	S1163, S20
Manganese, Mn	S1163, S20
Selenium, Se	D3358, D3359, S1163
Vitamin E (alpha-tocopherol)	S1163, S20, S82
Tocopherol, beta	S1163, S20, S82
Tocopherol, gamma	S1163, S20, S82
Tocopherol, delta	S1163, S20, S82
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4048, S1163
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20

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### NDB No 20420 Spaghetti, dry, unenriched

Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
Fatty acids, total saturated	S1163, S20
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20

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### NDB No 20420 Spaghetti, dry, unenriched

20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S1163, S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20421 Spaghetti, cooked, unenriched, without added salt

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S20, S2901
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837

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### **NDB No 20421 Spaghetti, cooked, unenriched, without added salt**

Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Iron, Fe	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S10, S11, S12, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163

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### NDB No 20421 Spaghetti, cooked, unenriched, without added salt

Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163

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### NDB No 20421 Spaghetti, cooked, unenriched, without added salt

13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20422 Cornmeal, degermed, unenriched, yellow

Protein	S1164, S3548
Total lipid (fat)	S1164, S3548
Ash	S1164, S3548
Starch	S1164, S3548
Sucrose	S1164, S3548, S837
Glucose (dextrose)	S1164, S3548, S837
Fructose	S1164, S3548, S837
Lactose	S1164, S3548, S837
Maltose	S1164, S3548, S837
Water	S1164, S3548
Sugars, total	S1164, S837
Galactose	S1164
Fiber, total dietary	S1164, S3548, S837
Calcium, Ca	S1164, S3548
Magnesium, Mg	S1164, S3548
Phosphorus, P	S1164, S3548
Potassium, K	S1164, S3548
Sodium, Na	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Manganese, Mn	S1164, S3548
Selenium, Se	S1164, S3548
Vitamin A, IU	S1203
Vitamin A, RAE	S1203
Carotene, beta	S1203
Carotene, alpha	S1203
Vitamin E (alpha-tocopherol)	S1164
Cryptoxanthin, beta	S1164, S1203
Lycopene	S1164, S1203
Lutein + zeaxanthin	S1203

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### NDB No 20422 Cornmeal, degermed, unenriched, yellow

Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Pantothenic acid	S1164, S3548
Vitamin B-6	S1164, S3548
Vitamin K (phylloquinone)	S1164
Folate, food	D5961, S1164
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Isoleucine	S1164, S3548
Leucine	S1164, S3548
Lysine	S1164, S3548
Methionine	S1164, S3548
Cystine	S1164, S3548
Phenylalanine	S1164, S3548
Tyrosine	S1164, S3548
Valine	S1164, S3548
Arginine	S1164, S3548
Histidine	S1164, S3548
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
Glutamic acid	S1164, S3548
Glycine	S1164, S3548
Proline	S1164, S3548
Serine	S1164, S3548
Hydroxyproline	S1164
Fatty acids, total trans	S1164
4:0	S1164
6:0	S1164
8:0	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
14:0	S1164, S3548
16:0	S1164, S3548
18:0	S1164, S3548

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### NDB No 20422 Cornmeal, degermed, unenriched, yellow

20:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:3 undifferentiated	S1164, S3548
20:4 undifferentiated	S1164, S3548
22:6 n-3	S1164, S3548
22:0	S1164, S3548
14:1	S1164, S3548
16:1 undifferentiated	S1164, S3548
18:4	S3548
20:1	S1164, S3548
20:5 n-3	S1164, S3548
22:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
15:0	S1164, S3548
17:0	S1164, S3548
24:0	S1164, S3548
18:1 t	S1164
24:1 c	S3548
20:2 n-6 c,c	S1164, S3548
18:3 n-6 c,c,c	S1164
17:1	S1164, S3548
20:3 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164, S3548
21:5	S3548
22:4	S3548

### NDB No 20446 Rice, white, long-grain, parboiled, unenriched, dry

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S604, S606

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### NDB No 20446 Rice, white, long-grain, parboiled, unenriched, dry

Glucose (dextrose)	S20, S606
Fructose	S20, S606
Lactose	S20
Maltose	S20
Water	S20, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Iron, Fe	S2722
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin E (alpha-tocopherol)	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Thiamin	S2722
Riboflavin	S20
Niacin	S20, S2722, S2921
Vitamin B-6	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20
Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20

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### NDB No 20446 Rice, white, long-grain, parboiled, unenriched, dry

Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20
Fatty acids, total polyunsaturated	S20
15:0	S20
17:0	S20

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**NDB No 20446 Rice, white, long-grain, parboiled, unenriched, dry**

24:0 S20

**NDB No 20447 Rice, white, long-grain, parboiled, unenriched, cooked**

Protein	S20
Total lipid (fat)	S20
Ash	S20
Starch	S20
Sucrose	S20, S606
Glucose (dextrose)	S20, S606
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20, S2123, S604, S606
Fiber, total dietary	S20, S604
Calcium, Ca	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20, S2123
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Folate, food	S20
Tryptophan	S1164, S20
Threonine	S1164, S20
Isoleucine	S1164, S20
Leucine	S1164, S20
Lysine	S1164, S20
Methionine	S1164, S20
Cystine	S1164, S20

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### NDB No 20447 Rice, white, long-grain, parboiled, unenriched, cooked

Phenylalanine	S1164, S20
Tyrosine	S1164, S20
Valine	S1164, S20
Arginine	S1164, S20
Histidine	S1164, S20
Alanine	S1164, S20
Aspartic acid	S1164, S20
Glutamic acid	S1164, S20
Glycine	S1164, S20
Proline	S1164, S20
Serine	S1164, S20
Fatty acids, total saturated	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20
18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S20

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### **NDB No 20447 Rice, white, long-grain, parboiled, unenriched, cooked**

Fatty acids, total polyunsaturated S20

15:0 S20

17:0 S20

24:0 S20

### **NDB No 20499 Macaroni, dry, unenriched**

Protein S1163, S20, S5

Total lipid (fat) S1163, S20, S5, S82

Ash S1163, S20

Starch S1163, S20

Sucrose S1163, S20

Glucose (dextrose) S1163, S20

Fructose S1163, S20

Lactose S1163, S20

Maltose S1163, S20

Water S1163, S20, S5, S606

Sugars, total S1163, S20

Galactose S1163, S20

Fiber, total dietary S1163, S20, S5

Calcium, Ca S1163, S20

Magnesium, Mg S1163, S20

Phosphorus, P S1163, S20

Potassium, K S1163, S20

Sodium, Na S1163, S20, S5

Zinc, Zn S1163, S20

Copper, Cu S1163, S20

Manganese, Mn S1163, S20

Selenium, Se D3358, D3359, S1163

Vitamin E (alpha-tocopherol) S1163, S20, S82

Tocopherol, beta S1163, S20, S82

Tocopherol, gamma S1163, S20, S82

Tocopherol, delta S1163, S20, S82

Vitamin B-6 S1163, S20

Vitamin K (phylloquinone) D4048, S1163

Tryptophan S1163, S20

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**NDB No 20499 Macaroni, dry, unenriched**

Threonine	S1163, S20
Isoleucine	S1163, S20
Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
Fatty acids, total saturated	S1163, S20
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S1163, S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20

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### NDB No 20499 Macaroni, dry, unenriched

14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20
20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total monounsaturated	S1163, S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20510 Noodles, egg, cooked, unenriched, with added salt

Protein	S2105
Total lipid (fat)	S2105
Ash	S2105
Sucrose	S2105, S606
Glucose (dextrose)	S2105, S606
Fructose	S2105
Lactose	S2105
Maltose	S2105, S606
Water	D3764, S1401, S2105, S606
Sugars, total	S2105, S606

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### **NDB No 20510 Noodles, egg, cooked, unenriched, with added salt**

Galactose	S2105
Fiber, total dietary	D3764, S1401, S2105, S642
Calcium, Ca	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Zinc, Zn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S12, S206, S208, S2105, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S2105
Tocopherol, beta	S2105
Tocopherol, gamma	S2105
Tocopherol, delta	S2105
Pantothenic acid	S2105
Vitamin B-6	S2105
Vitamin B-12	S2105
Vitamin K (phylloquinone)	D4002, S2105
Tryptophan	S2105
Threonine	S2105
Isoleucine	S2105
Leucine	S2105
Lysine	S2105
Methionine	S2105
Cystine	S2105
Phenylalanine	S2105
Tyrosine	S2105
Valine	S2105
Arginine	S2105
Histidine	S2105
Alanine	S2105
Aspartic acid	S2105
Glutamic acid	S2105
Glycine	S2105
Proline	S2105

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### **NDB No 20510 Noodles, egg, cooked, unenriched, with added salt**

Serine	S2105
Cholesterol	S2105

### **NDB No 20521 Spaghetti, cooked, unenriched, with added salt**

Protein	S1163, S20, S2901
Total lipid (fat)	S1163, S20, S2901
Ash	S1163
Starch	S1163, S20
Sucrose	S1163, S20, S837
Glucose (dextrose)	S1163, S20, S606, S837
Fructose	S1163, S20, S837
Lactose	S1163, S20, S837
Maltose	S1163, S20, S606, S837
Water	D3764, D3765, S1163, S20, S2901, S606, S837
Sugars, total	S1163, S20, S606, S837
Galactose	S1163, S20, S837
Fiber, total dietary	D3764, D3765, S1163, S20, S642, S837
Calcium, Ca	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Magnesium, Mg	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Phosphorus, P	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Potassium, K	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Sodium, Na	S1163
Zinc, Zn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Copper, Cu	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Manganese, Mn	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Selenium, Se	S10, S11, S1163, S12, S20, S206, S208, S2682, S2683, S2684, S6, S7, S8, S9
Vitamin E (alpha-tocopherol)	S1163, S20
Tocopherol, beta	S1163, S20
Tocopherol, gamma	S1163, S20
Tocopherol, delta	S1163, S20
Vitamin B-6	S1163, S20
Vitamin K (phylloquinone)	D4002, S1163, S20
Tryptophan	S1163, S20
Threonine	S1163, S20
Isoleucine	S1163, S20

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**NDB No 20521 Spaghetti, cooked, unenriched, with added salt**

Leucine	S1163, S20
Lysine	S1163, S20
Methionine	S1163, S20
Cystine	S1163, S20
Phenylalanine	S1163, S20
Tyrosine	S1163, S20
Valine	S1163, S20
Arginine	S1163, S20
Histidine	S1163, S20
Alanine	S1163, S20
Aspartic acid	S1163, S20
Glutamic acid	S1163, S20
Glycine	S1163, S20
Proline	S1163, S20
Serine	S1163, S20
Hydroxyproline	S1163
Fatty acids, total trans	S1163
4:0	S1163, S20
6:0	S1163, S20
8:0	S1163, S20
10:0	S1163, S20
12:0	S1163, S20
14:0	S1163, S20
16:0	S1163, S20
18:0	S20
20:0	S1163, S20
18:1 undifferentiated	S1163, S20
18:2 undifferentiated	S1163, S20
18:3 undifferentiated	S1163, S20
20:4 undifferentiated	S1163, S20
22:6 n-3	S1163, S20
22:0	S1163, S20
14:1	S1163, S20
16:1 undifferentiated	S1163, S20
18:4	S20

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### NDB No 20521 Spaghetti, cooked, unenriched, with added salt

20:1	S1163, S20
20:5 n-3	S1163, S20
22:1 undifferentiated	S1163, S20
22:5 n-3	S20
Fatty acids, total polyunsaturated	S1163, S20
15:0	S1163, S20
17:0	S1163, S20
24:0	S1163, S20
18:1 t	S1163
24:1 c	S1163
20:2 n-6 c,c	S1163
18:1 c	S1163
18:3 n-6 c,c,c	S1163
17:1	S1163
20:3 undifferentiated	S1163
Fatty acids, total trans-monoenoic	S1163
13:0	S1163
15:1	S1163
18:3 n-3 c,c,c	S1163

### NDB No 20522 Cornmeal, degermed, unenriched, white

Protein	S1164, S3548
Total lipid (fat)	S1164, S3548
Ash	S1164, S3548
Starch	S1164, S3548
Sucrose	S1164, S3548, S837
Glucose (dextrose)	S1164, S3548, S837
Fructose	S1164, S3548, S837
Lactose	S1164, S3548, S837
Maltose	S1164, S3548, S837
Water	S1164, S3548
Sugars, total	S1164, S837
Galactose	S1164
Fiber, total dietary	S1164, S3548, S837
Calcium, Ca	S1164, S3548

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### NDB No 20522 Cornmeal, degermed, unenriched, white

Magnesium, Mg	S1164, S3548
Phosphorus, P	S1164, S3548
Potassium, K	S1164, S3548
Sodium, Na	S1164, S3548
Zinc, Zn	S1164, S3548
Copper, Cu	S1164, S3548
Manganese, Mn	S1164, S3548
Selenium, Se	S1164, S3548
Vitamin E (alpha-tocopherol)	S1164
Tocopherol, beta	S1164
Tocopherol, gamma	S1164
Tocopherol, delta	S1164
Pantothenic acid	S1164, S3548
Vitamin B-6	S1164, S3548
Vitamin K (phylloquinone)	S1164
Folate, food	D5961, S1164
Tryptophan	S1164, S3548
Threonine	S1164, S3548
Isoleucine	S1164, S3548
Leucine	S1164, S3548
Lysine	S1164, S3548
Methionine	S1164, S3548
Cystine	S1164, S3548
Phenylalanine	S1164, S3548
Tyrosine	S1164, S3548
Valine	S1164, S3548
Arginine	S1164, S3548
Histidine	S1164, S3548
Alanine	S1164, S3548
Aspartic acid	S1164, S3548
Glutamic acid	S1164, S3548
Glycine	S1164, S3548
Proline	S1164, S3548
Serine	S1164, S3548
Fatty acids, total trans	S1164

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### NDB No 20522 Cornmeal, degermed, unenriched, white

4:0	S1164
6:0	S1164
8:0	S1164, S3548
10:0	S1164, S3548
12:0	S1164, S3548
14:0	S1164, S3548
16:0	S1164, S3548
18:0	S1164, S3548
20:0	S1164, S3548
18:1 undifferentiated	S1164, S3548
18:2 undifferentiated	S1164, S3548
18:3 undifferentiated	S1164, S3548
20:4 undifferentiated	S1164, S3548
22:6 n-3	S1164, S3548
22:0	S1164, S3548
14:1	S1164, S3548
16:1 undifferentiated	S1164, S3548
18:4	S3548
20:1	S1164, S3548
20:5 n-3	S1164, S3548
22:1 undifferentiated	S1164, S3548
22:5 n-3	S3548
15:0	S1164, S3548
17:0	S1164, S3548
24:0	S1164, S3548
18:1 t	S1164
24:1 c	S3548
20:2 n-6 c,c	S1164, S3548
18:3 n-6 c,c,c	S1164
17:1	S1164, S3548
20:3 undifferentiated	S1164, S3548
Fatty acids, total trans-monoenoic	S1164
13:0	S1164
15:1	S1164, S3548
21:5	S3548

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### NDB No 20522 Cornmeal, degermed, unenriched, white

22:4 S3548

### NDB No 20581 Wheat flour, white, all-purpose, enriched, unbleached

Sugars, total	S20, S606, S837
Vitamin A, IU	S20
Vitamin A, RAE	S20
Carotene, beta	S20
Carotene, alpha	S20
Vitamin E (alpha-tocopherol)	S20
Cryptoxanthin, beta	S20
Lycopene	S20
Lutein + zeaxanthin	S20
Tocopherol, beta	S20
Tocopherol, gamma	S20
Tocopherol, delta	S20
Folate, total	S20
Folic acid	S20
Folate, food	S20

### NDB No 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742

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**NDB No 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched**

Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742

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### NDB No 20623 Wheat flour, white (industrial), 9% protein, bleached, enriched

Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742

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**NDB No 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched**

Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742

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### NDB No 20624 Wheat flour, white (industrial), 9% protein, bleached, unenriched

Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched

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**NDB No 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742

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**NDB No 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched**

Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742

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### NDB No 20628 Wheat flour, white (industrial), 10% protein, bleached, enriched

22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742

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**NDB No 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched**

Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742

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### NDB No 20629 Wheat flour, white (industrial), 10% protein, bleached, unenriched

22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742

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### NDB No 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched

Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742

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**NDB No 20630 Wheat flour, white (industrial), 10% protein, unbleached, enriched**

16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

**NDB No 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742

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**NDB No 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched**

Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742

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### NDB No 20634 Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742

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**NDB No 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched**

Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742

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**NDB No 20635 Wheat flour, white (industrial), 11.5% protein, bleached, unenriched**

Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

**NDB No 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

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**NDB No 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742

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**NDB No 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742

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### **NDB No 20636 Wheat flour, white (industrial), 11.5% protein, unbleached, enriched**

22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### **NDB No 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched**

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742

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**NDB No 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched**

Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742

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### NDB No 20640 Wheat flour, white (industrial), 13% protein, bleached, enriched

22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742

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### NDB No 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742

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### NDB No 20641 Wheat flour, white (industrial), 13% protein, bleached, unenriched

16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742
Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742

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**NDB No 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched**

Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742
Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742

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### NDB No 20645 Wheat flour, white (industrial), 15% protein, bleached, enriched

Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched

Protein	S1742
Total lipid (fat)	S1742
Ash	S1742
Starch	S1742
Sucrose	S1742
Glucose (dextrose)	S1742
Fructose	S1742

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**NDB No 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched**

Lactose	S1742
Maltose	S1742
Water	S1742
Sugars, total	S1742
Galactose	S1742
Calcium, Ca	S1742
Iron, Fe	S1742
Magnesium, Mg	S1742
Phosphorus, P	S1742
Potassium, K	S1742
Zinc, Zn	S1742
Copper, Cu	S1742
Manganese, Mn	S1742
Selenium, Se	S1742
Vitamin E (alpha-tocopherol)	S1742
Tocopherol, beta	S1742
Tocopherol, gamma	S1742
Tocopherol, delta	S1742
Vitamin C, total ascorbic acid	S1742
Thiamin	S1742
Riboflavin	S1742
Niacin	S1742
Pantothenic acid	S1742
Vitamin B-6	S1742
Folate, total	S1742
Tryptophan	S1742
Threonine	S1742
Isoleucine	S1742
Leucine	S1742
Lysine	S1742
Methionine	S1742
Cystine	S1742
Phenylalanine	S1742
Tyrosine	S1742
Valine	S1742

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### NDB No 20646 Wheat flour, white (industrial), 15% protein, bleached, unenriched

Arginine	S1742
Histidine	S1742
Alanine	S1742
Aspartic acid	S1742
Glutamic acid	S1742
Glycine	S1742
Proline	S1742
Serine	S1742
4:0	S1742
6:0	S1742
8:0	S1742
10:0	S1742
12:0	S1742
14:0	S1742
16:0	S1742
18:0	S1742
20:0	S1742
18:1 undifferentiated	S1742
18:2 undifferentiated	S1742
18:3 undifferentiated	S1742
20:4 undifferentiated	S1742
22:6 n-3	S1742
22:0	S1742
14:1	S1742
16:1 undifferentiated	S1742
18:4	S1742
20:1	S1742
20:5 n-3	S1742
22:1 undifferentiated	S1742
22:5 n-3	S1742
15:0	S1742
17:0	S1742
24:0	S1742

### NDB No 21024 Fast foods, french toast sticks

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**NDB No 21024 Fast foods, french toast sticks**

Choline, total	S2102
Betaine	S2102

**NDB No 21026 Fast foods, potatoes, hashed brown**

Protein	S1165, S2102
Total lipid (fat)	S1165, S2102
Ash	S1165, S2102
Starch	S1165, S2102
Sucrose	S1165, S2102
Glucose (dextrose)	S1165, S2102
Fructose	S1165, S2102
Lactose	S1165, S2102
Maltose	S1165, S2102
Water	S1165, S2102
Sugars, total	S1165, S2102
Galactose	S1165, S2102
Fiber, total dietary	S1165, S2102
Calcium, Ca	S1165, S2102
Iron, Fe	S1165, S2102
Magnesium, Mg	S1165, S2102
Phosphorus, P	S1165, S2102
Potassium, K	S1165, S2102
Sodium, Na	S1165, S2102
Zinc, Zn	S1165, S2102
Copper, Cu	S1165, S2102
Manganese, Mn	S1165, S2102
Selenium, Se	S1165, S2102
Carotene, beta	S2102
Carotene, alpha	S2102
Vitamin E (alpha-tocopherol)	S1165, S2102
Cryptoxanthin, beta	S2102
Lycopene	S2102
Tocopherol, beta	S1165, S2102
Tocopherol, gamma	S1165, S2102
Tocopherol, delta	S1165, S2102

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### NDB No 21026 Fast foods, potatoes, hashed brown

Vitamin C, total ascorbic acid	S1165, S2102
Thiamin	S1165, S2102
Riboflavin	S1165, S2102
Niacin	S1165, S2102
Pantothenic acid	S1165, S2102
Vitamin B-6	S1165, S2102
Folate, total	S1165
Vitamin B-12	S2102
Choline, total	S1165
Vitamin K (phylloquinone)	S1165
Folic acid	S1165
Folate, food	S1165
Betaine	S1165
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S1165, S2102
8:0	S1165, S2102
10:0	S1165, S2102
12:0	S1165, S2102

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### NDB No 21026 Fast foods, potatoes, hashed brown

14:0	S1165, S2102
16:0	S1165, S2102
18:0	S1165, S2102
20:0	S1165, S2102
18:1 undifferentiated	S1165, S2102
18:2 undifferentiated	S1165, S2102
18:3 undifferentiated	S1165, S2102
20:4 undifferentiated	S1165, S2102
22:6 n-3	S1165, S2102
22:0	S1165, S2102
14:1	S1165, S2102
16:1 undifferentiated	S1165, S2102
18:4	S1165, S2102
20:1	S1165, S2102
20:5 n-3	S1165, S2102
22:1 undifferentiated	S1165, S2102
22:5 n-3	S1165, S2102
15:0	S1165, S2102
17:0	S1165, S2102
24:0	S1165, S2102
20:2 n-6 c,c	S1165, S2102
17:1	S1165, S2102
20:3 undifferentiated	S1165, S2102
15:1	S1165, S2102
21:5	S2102

### NDB No 21060 Fast foods, burrito, with beans

Choline, total	S1082
Betaine	S1082

### NDB No 21064 Fast foods, burrito, with beans, cheese, and beef

Choline, total	S1082
Betaine	S1082

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### **NDB No 21078 Fast foods, nachos, with cheese**

Choline, total	S1082
Betaine	S1082

### **NDB No 21080 Fast foods, nachos, with cheese, beans, ground beef, and peppers**

Choline, total	S1082
Betaine	S1082

### **NDB No 21082 Fast foods, taco**

Choline, total	S1082
Betaine	S1082

### **NDB No 21083 Fast foods, taco salad**

Choline, total	S1082
Betaine	S1082

### **NDB No 21089 Fast foods, cheeseburger; single, regular patty; plain**

Choline, total	S1066
Betaine	S1066

### **NDB No 21090 Fast foods, cheeseburger; single, regular patty, with condiments**

Protein	S1064, S1066, S1122
Total lipid (fat)	S1064, S1066, S1122
Ash	S1064, S1066, S1122
Sucrose	S1064, S1066, S1122
Glucose (dextrose)	S1064, S1066, S1122
Fructose	S1064, S1066, S1122
Lactose	S1064, S1066, S1122
Maltose	S1064, S1066, S1122
Water	S1064, S1066, S1122
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064, S1066, S1122

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**NDB No 21090 Fast foods, cheeseburger; single, regular patty, with condiments**

Calcium, Ca	S1064, S1066, S1122
Iron, Fe	S1064, S1066, S1122
Magnesium, Mg	S1064, S1066, S1122
Phosphorus, P	S1064, S1066, S1122
Potassium, K	S1064, S1066, S1122
Sodium, Na	S1064, S1066, S1122
Zinc, Zn	S1064, S1066, S1122
Copper, Cu	S1064, S1066, S1122
Manganese, Mn	S1064, S1066, S1122
Selenium, Se	S1064, S1066, S1122
Vitamin E (alpha-tocopherol)	S1064, S1122
Tocopherol, beta	S1064, S1122
Tocopherol, gamma	S1064, S1122
Tocopherol, delta	S1064, S1122
Vitamin C, total ascorbic acid	S1064, S1066, S1122
Thiamin	S1064, S1066, S1122
Riboflavin	S1064, S1066, S1122
Niacin	S1064, S1066, S1122
Pantothenic acid	S1064, S1066, S1122
Vitamin B-6	S1064, S1066, S1122
Folate, total	S1122
Vitamin B-12	S1066, S1122
Vitamin K (phylloquinone)	S1064, S1066, S1122
Folic acid	S1122
Folate, food	S1122
Hydroxyproline	S1064
Cholesterol	S1064, S1066, S1122
4:0	S1064, S1066
6:0	S1064, S1066
8:0	S1064, S1066, S1122
10:0	S1064, S1066, S1122
12:0	S1064, S1066, S1122
14:0	S1064, S1066, S1122
16:0	S1064, S1066, S1122
18:0	S1064, S1066, S1122

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### NDB No 21090 Fast foods, cheeseburger; single, regular patty, with condiments

20:0	S1064, S1066, S1122
18:1 undifferentiated	S1064, S1066, S1122
18:2 undifferentiated	S1064, S1066, S1122
18:3 undifferentiated	S1064, S1066, S1122
22:6 n-3	S1064, S1066, S1122
22:0	S1064, S1066, S1122
14:1	S1064, S1066, S1122
16:1 undifferentiated	S1064, S1066, S1122
18:4	S1064, S1066, S1122
20:1	S1064, S1066, S1122
20:5 n-3	S1064, S1066, S1122
22:1 undifferentiated	S1064, S1066, S1122
22:5 n-3	S1064, S1066, S1122
15:0	S1064, S1066, S1122
17:0	S1064, S1066, S1122
24:0	S1064, S1066, S1122
16:1 t	S1064, S1066
18:1 t	S1064, S1066
18:2 i	S1064, S1066
20:2 n-6 c,c	S1064, S1066, S1122
16:1 c	S1064, S1066
18:1 c	S1064, S1066
18:2 n-6 c,c	S1064, S1066
17:1	S1064, S1066, S1122
20:3 undifferentiated	S1064, S1066, S1122
15:1	S1066, S1122
18:3 n-3 c,c,c	S1064, S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No 21098 Fast foods, cheeseburger; single, large patty; with condiments and vegetables

Choline, total	S1066
Betaine	S1066

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**NDB No 21100 Fast foods, cheeseburger; double, large patty, with condiments and vegetables**

Choline, total S1064, S1066, S1122

Betaine S1064, S1066, S1122

**NDB No 21102 Fast foods, chicken fillet sandwich, plain**

Choline, total S1064, S1066, S1122

Betaine S1064, S1066, S1122

**NDB No 21105 Fast foods, fish sandwich, with tartar sauce**

Choline, total S1122

Betaine S1122

**NDB No 21106 Fast foods, fish sandwich, with tartar sauce and cheese**

Choline, total S1064, S1066, S1122

Betaine S1064, S1066, S1122

**NDB No 21107 Fast foods, hamburger; single, regular patty; plain**

Choline, total S1064, S1066, S1122

Betaine S1064, S1066, S1122

**NDB No 21108 Fast foods, hamburger; single, regular patty; with condiments**

Protein S1064, S1066, S1122

Total lipid (fat) S1064, S1066, S1122

Ash S1064, S1066, S1122

Starch S1064, S1066, S1122

Sucrose S1064, S1066, S1122

Glucose (dextrose) S1064, S1066, S1122

Fructose S1064, S1066, S1122

Lactose S1064, S1066, S1122

Maltose S1064, S1066, S1122

Water S1064, S1066, S1122

Sugars, total S1064

Galactose S1064

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**NDB No 21108 Fast foods, hamburger; single, regular patty; with condiments**

Fiber, total dietary	S1064, S1066, S1122
Calcium, Ca	S1064, S1066, S1122
Iron, Fe	S1064, S1066, S1122
Magnesium, Mg	S1064, S1066, S1122
Phosphorus, P	S1064, S1066, S1122
Potassium, K	S1064, S1066, S1122
Sodium, Na	S1064, S1066, S1122
Zinc, Zn	S1064, S1066, S1122
Copper, Cu	S1064, S1066, S1122
Manganese, Mn	S1064, S1066, S1122
Selenium, Se	S1064, S1066, S1122
Vitamin E (alpha-tocopherol)	S1064, S1122
Tocopherol, beta	S1064, S1122
Tocopherol, gamma	S1064, S1122
Tocopherol, delta	S1064, S1122
Vitamin C, total ascorbic acid	S1064, S1066, S1122
Thiamin	S1064, S1066, S1122
Riboflavin	S1064, S1066, S1122
Niacin	S1064, S1066, S1122
Pantothenic acid	S1064, S1066, S1122
Vitamin B-6	S1064, S1066, S1122
Folate, total	S1064, S1122
Vitamin B-12	S1066, S1122
Vitamin K (phylloquinone)	S1064, S1066, S1122
Hydroxyproline	S1064
Cholesterol	S1064, S1066, S1122
Fatty acids, total saturated	S1064, S1066, S1122
4:0	S1064, S1066
6:0	S1064, S1066
8:0	S1064, S1066, S1122
10:0	S1064, S1066, S1122
12:0	S1064, S1066, S1122
14:0	S1064, S1066, S1122
16:0	S1064, S1066, S1122
18:0	S1064, S1066, S1122

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### NDB No 21108 Fast foods, hamburger; single, regular patty; with condiments

20:0	S1064, S1066, S1122
18:1 undifferentiated	S1064, S1066, S1122
18:2 undifferentiated	S1064, S1066, S1122
18:3 undifferentiated	S1064, S1066, S1122
20:4 undifferentiated	S1064, S1066, S1122
22:6 n-3	S1064, S1066, S1122
22:0	S1064, S1066, S1122
14:1	S1064, S1066, S1122
16:1 undifferentiated	S1064, S1066, S1122
18:4	S1066, S1122
20:1	S1064, S1066, S1122
20:5 n-3	S1064, S1066, S1122
22:1 undifferentiated	S1064, S1066, S1122
22:5 n-3	S1066, S1122
Fatty acids, total monounsaturated	S1064, S1066, S1122
Fatty acids, total polyunsaturated	S1064, S1066, S1122
15:0	S1064, S1066, S1122
17:0	S1064, S1066, S1122
24:0	S1064, S1066, S1122
16:1 t	S1066
18:1 t	S1064, S1066
18:2 i	S1066
20:2 n-6 c,c	S1064, S1066, S1122
16:1 c	S1066
18:1 c	S1064, S1066
18:2 n-6 c,c	S1066
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066, S1122
20:3 undifferentiated	S1064, S1066, S1122
Fatty acids, total trans-polyenoic	S1066
13:0	S1064
15:1	S1064, S1066, S1122
18:3 n-3 c,c,c	S1064, S1066
20:3 n-6	S1066
20:4 n-6	S1066

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**NDB No 21114 Fast foods, hamburger; double, large patty; with condiments and vegetables**

Choline, total S1064, S1122

Betaine S1064, S1122

**NDB No 21123 Sandwiches and burgers, steak sandwich**

Fluoride, F D5003

**NDB No 21138 Fast foods, potato, french fried in vegetable oil**

Protein S1064, S1066, S1122

Total lipid (fat) S1064, S1066, S1122

Ash S1064, S1066, S1122

Sucrose S1064, S1066, S1122

Glucose (dextrose) S1064, S1066, S1122

Fructose S1064, S1066, S1122

Water S2801

Sugars, total S1064

Fiber, total dietary S1064, S1066, S1122

Calcium, Ca S1064, S1066, S1122

Iron, Fe S1064, S1066, S1122

Magnesium, Mg S1064, S1066, S1122

Phosphorus, P S1064, S1066, S1122

Potassium, K S1064, S1066, S1122

Sodium, Na S2801

Zinc, Zn S1064, S1066, S1122

Copper, Cu S1064, S1066, S1122

Manganese, Mn S1064, S1066, S1122

Selenium, Se S1064, S1066, S1122

Carotene, beta S1122

Carotene, alpha S1122

Vitamin E (alpha-tocopherol) S1064, S1122

Cryptoxanthin, beta S1122

Lycopene S1122

Lutein + zeaxanthin S1122

Tocopherol, beta S1064, S1122

Tocopherol, gamma S1064, S1122

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### **NDB No 21138 Fast foods, potato, french fried in vegetable oil**

Tocopherol, delta	S1064, S1122
Vitamin C, total ascorbic acid	S1064, S1066, S1122
Thiamin	S1064, S1066, S1122
Riboflavin	S1064, S1066, S1122
Niacin	S1064, S1066, S1122
Pantothenic acid	S1064, S1066, S1122
Vitamin B-6	S1064, S1066, S1122
Folate, total	S1064, S1066, S1122
Choline, total	S1064, S1066, S1122
Vitamin K (phylloquinone)	S1064, S1066, S1122
Betaine	S1064, S1066, S1122
Tryptophan	S1064, S1066, S1122
Threonine	S1064, S1066, S1122
Isoleucine	S1064, S1066, S1122
Leucine	S1064, S1066, S1122
Lysine	S1064, S1066, S1122
Methionine	S1064, S1066, S1122
Cystine	S1064, S1066, S1122
Phenylalanine	S1064, S1066, S1122
Tyrosine	S1064, S1066, S1122
Valine	S1064, S1066, S1122
Arginine	S1064, S1066, S1122
Histidine	S1064, S1066, S1122
Alanine	S1064, S1066, S1122
Aspartic acid	S1064, S1066, S1122
Glutamic acid	S1064, S1066, S1122
Glycine	S1064, S1066, S1122
Proline	S1064, S1066, S1122
Serine	S1064, S1066, S1122
Hydroxyproline	S1064
Cholesterol	S2801
Fatty acids, total trans	S1064, S1066, S1122
Fatty acids, total saturated	S1064, S1066, S1122
4:0	S1064, S1066, S1122
6:0	S1064, S1066, S1122

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### NDB No 21138 Fast foods, potato, french fried in vegetable oil

8:0	S1064, S1066, S1122
10:0	S1064, S1066, S1122
12:0	S1064, S1066, S1122
14:0	S1064, S1066, S1122
16:0	S1064, S1066, S1122
18:0	S1064, S1066, S1122
20:0	S1064, S1066, S1122
18:1 undifferentiated	S1064, S1066, S1122
18:2 undifferentiated	S1064, S1066, S1122
18:3 undifferentiated	S1064, S1066, S1122
20:4 undifferentiated	S1064, S1066, S1122
22:6 n-3	S1064, S1066, S1122
22:0	S1064, S1066, S1122
16:1 undifferentiated	S1064, S1066, S1122
18:4	S1064, S1066, S1122
20:1	S1064, S1066, S1122
20:5 n-3	S1064, S1066, S1122
22:1 undifferentiated	S1064, S1066, S1122
22:5 n-3	S1064, S1066, S1122
Fatty acids, total monounsaturated	S1064, S1066, S1122
Fatty acids, total polyunsaturated	S1064, S1066, S1122
17:0	S1064, S1066, S1122
24:0	S1064, S1066, S1122
18:1 t	S1064, S1066, S1122
18:2 i	S1064, S1066, S1122
20:2 n-6 c,c	S2801
16:1 c	S1064, S1066, S1122
18:1 c	S1064, S1066, S1122
18:2 n-6 c,c	S1064, S1066, S1122
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S1064, S1066, S1122
Fatty acids, total trans-polyenoic	S1064, S1066, S1122

### NDB No 21141 BURGER KING, Vanilla Shake

Protein	S1064
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### NDB No 21141 BURGER KING, Vanilla Shake

Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin B-12	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064

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### NDB No 21141 BURGER KING, Vanilla Shake

8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
22:1 t	S1064
18:2 t not further defined	S1064
18:2 CLAs	S1064
24:1 c	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
22:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064

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### **NDB No 21141 BURGER KING, Vanilla Shake**

Fatty acids, total trans-monoenoic S1064

Fatty acids, total trans-polyenoic S1064

15:1 S1064

18:3 n-3 c,c,c S1064

20:3 n-6 S1064

### **NDB No 21202 Fast foods, hamburger, large, single patty, with condiments**

Fluoride, F D5007

Choline, total S1064, S1066, S1122

Betaine S1064, S1066, S1122

### **NDB No 21224 Pizza, cheese topping, regular crust, frozen, cooked**

Protein S19

Total lipid (fat) S19

Ash S19

Starch S19

Sucrose S19

Glucose (dextrose) S19

Fructose S19

Lactose S19

Maltose S19

Water S19

Fiber, total dietary S19

Calcium, Ca S19

Iron, Fe S19

Magnesium, Mg S19

Phosphorus, P S19

Potassium, K S19

Sodium, Na S19

Zinc, Zn S19

Copper, Cu S19

Fluoride, F D5003, D5007

Manganese, Mn S19

Selenium, Se S19

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### NDB No 21224 Pizza, cheese topping, regular crust, frozen, cooked

Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Tryptophan	S19
Threonine	S19
Isoleucine	S19
Leucine	S19
Lysine	S19
Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19

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### NDB No 21224 Pizza, cheese topping, regular crust, frozen, cooked

16:1 undifferentiated S19

### NDB No 21225 Pizza, cheese topping, rising crust, frozen, cooked

Protein S19

Total lipid (fat) S19

Ash S19

Starch S19

Glucose (dextrose) S19

Fructose S19

Maltose S19

Water S19

Fiber, total dietary S19

Calcium, Ca S19

Iron, Fe S19

Magnesium, Mg S19

Phosphorus, P S19

Potassium, K S19

Sodium, Na S19

Zinc, Zn S19

Copper, Cu S19

Manganese, Mn S19

Selenium, Se S19

Vitamin C, total ascorbic acid S19

Thiamin S19

Riboflavin S19

Niacin S19

Pantothenic acid S19

Vitamin B-6 S19

Folate, total S19

Vitamin B-12 S19

Tryptophan S19

Threonine S19

Isoleucine S19

Leucine S19

Lysine S19

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### NDB No 21225 Pizza, cheese topping, rising crust, frozen, cooked

Methionine	S19
Cystine	S19
Phenylalanine	S19
Tyrosine	S19
Valine	S19
Arginine	S19
Histidine	S19
Alanine	S19
Aspartic acid	S19
Glutamic acid	S19
Glycine	S19
Proline	S19
Serine	S19
Cholesterol	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
16:1 undifferentiated	S19

### NDB No 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked

Protein	S22
Total lipid (fat)	S22
Ash	S22
Starch	S22
Glucose (dextrose)	S22
Fructose	S22
Maltose	S22
Water	S22
Galactose	S22
Fiber, total dietary	S22

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### NDB No 21226 Pizza, meat and vegetable topping, regular crust, frozen, cooked

Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Cholesterol	S22
Fatty acids, total saturated	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
16:1 undifferentiated	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22

### NDB No 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked

Protein	S22
Total lipid (fat)	S22

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### NDB No 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked

Ash	S22
Starch	S22
Glucose (dextrose)	S22
Fructose	S22
Maltose	S22
Water	S22
Galactose	S22
Fiber, total dietary	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22
Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Cholesterol	S22
Fatty acids, total saturated	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22

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### NDB No 21227 Pizza, meat and vegetable topping, rising crust, frozen, cooked

16:1 undifferentiated S22

Fatty acids, total monounsaturated S22

Fatty acids, total polyunsaturated S22

### NDB No 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain

Protein S1122

Total lipid (fat) S1122

Ash S1122

Sucrose S1122

Glucose (dextrose) S1122

Fructose S1122

Lactose S1122

Maltose S1122

Water S1122

Fiber, total dietary S1122

Calcium, Ca S1122

Iron, Fe S1122

Magnesium, Mg S1122

Phosphorus, P S1122

Potassium, K S1122

Sodium, Na S1122

Zinc, Zn S1122

Copper, Cu S1122

Fluoride, F D5301

Manganese, Mn S1122

Selenium, Se S1122

Vitamin E (alpha-tocopherol) S1122

Tocopherol, beta S1122

Tocopherol, gamma S1122

Tocopherol, delta S1122

Vitamin C, total ascorbic acid S1122

Thiamin S1122

Riboflavin S1122

Niacin S1122

Pantothenic acid S1122

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**NDB No 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain**

Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Choline, total	S1066, S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Betaine	S1066, S1122
Tryptophan	S1122
Threonine	S1122
Isoleucine	S1122
Leucine	S1122
Lysine	S1122
Methionine	S1122
Cystine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Valine	S1122
Arginine	S1122
Histidine	S1122
Alanine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Glycine	S1122
Proline	S1122
Serine	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122

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### NDB No 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain

18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122
16:1 undifferentiated	S1122
18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
15:0	S1122
17:0	S1122
24:0	S1122
20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

### NDB No 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066

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**NDB No 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese**

Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066

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### NDB No 21239 WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### NDB No 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Protein	S1066
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**NDB No 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese**

Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066

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### NDB No 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066

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### NDB No 21240 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No 21241 WENDY'S, Jr. Hamburger, without cheese

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066

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### NDB No 21241 WENDY'S, Jr. Hamburger, without cheese

Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066

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### NDB No 21241 WENDY'S, Jr. Hamburger, without cheese

Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066

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### NDB No 21241 WENDY'S, Jr. Hamburger, without cheese

18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No 21242 WENDY'S, Jr. Hamburger, with cheese

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066

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### NDB No 21242 WENDY'S, Jr. Hamburger, with cheese

Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066

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### NDB No 21242 WENDY'S, Jr. Hamburger, with cheese

20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

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### NDB No 21243 WENDY'S, CLASSIC DOUBLE, with cheese

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066

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### NDB No 21243 WENDY'S, CLASSIC DOUBLE, with cheese

Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066

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### NDB No 21243 WENDY'S, CLASSIC DOUBLE, with cheese

Fatty acids, total polyunsaturated S1066

15:0 S1066

17:0 S1066

24:0 S1066

20:2 n-6 c,c S1066

17:1 S1066

20:3 undifferentiated S1066

15:1 S1066

### NDB No 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

Protein S1066

Total lipid (fat) S1066

Ash S1066

Starch S1066

Sucrose S1066

Glucose (dextrose) S1066

Fructose S1066

Lactose S1066

Maltose S1066

Water S1066

Fiber, total dietary S1066

Calcium, Ca S1066

Iron, Fe S1066

Magnesium, Mg S1066

Phosphorus, P S1066

Potassium, K S1066

Sodium, Na S1066

Zinc, Zn S1066

Copper, Cu S1066

Manganese, Mn S1066

Selenium, Se S1066

Vitamin C, total ascorbic acid S1066

Thiamin S1066

Riboflavin S1066

Niacin S1066

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### NDB No 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

Pantothenic acid	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066

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### NDB No 21244 WENDY'S, Homestyle Chicken Fillet Sandwich

18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
15:1	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Protein	S1066
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### NDB No 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Vitamin B-6	S1066
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066

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### NDB No 21245 WENDY'S, Ultimate Chicken Grill Sandwich

Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066

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### NDB No 21245 WENDY'S, Ultimate Chicken Grill Sandwich

17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### NDB No 21246 WENDY'S, Chicken Nuggets

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066

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### NDB No 21246 WENDY'S, Chicken Nuggets

Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066

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### NDB No 21246 WENDY'S, Chicken Nuggets

20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
16:1 t	S1066
18:1 t	S1066
18:2 i	S1066
20:2 n-6 c,c	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
20:3 undifferentiated	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
18:3 n-3 c,c,c	S1066
20:3 n-6	S1066
20:4 n-6	S1066

### NDB No 21247 WENDY'S, French Fries

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066

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### NDB No 21247 WENDY'S, French Fries

Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066
Vitamin B-6	S1066
Folate, total	S1066
Vitamin K (phylloquinone)	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066

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### NDB No 21247 WENDY'S, French Fries

Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Fatty acids, total trans	S1066
Fatty acids, total saturated	S1066
4:0	S1066
6:0	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066
20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
17:0	S1066
24:0	S1066
18:1 t	S1066

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### NDB No 21247 WENDY'S, French Fries

18:2 i	S1066
16:1 c	S1066
18:1 c	S1066
18:2 n-6 c,c	S1066
Fatty acids, total trans-monoenoic	S1066
Fatty acids, total trans-polyenoic	S1066
18:3 n-3 c,c,c	S1066

### NDB No 21248 WENDY'S, Frosty Dairy Dessert

Protein	S1066
Total lipid (fat)	S1066
Ash	S1066
Starch	S1066
Sucrose	S1066
Glucose (dextrose)	S1066
Fructose	S1066
Lactose	S1066
Maltose	S1066
Water	S1066
Fiber, total dietary	S1066
Calcium, Ca	S1066
Iron, Fe	S1066
Magnesium, Mg	S1066
Phosphorus, P	S1066
Potassium, K	S1066
Sodium, Na	S1066
Zinc, Zn	S1066
Copper, Cu	S1066
Manganese, Mn	S1066
Selenium, Se	S1066
Vitamin C, total ascorbic acid	S1066
Thiamin	S1066
Riboflavin	S1066
Niacin	S1066
Pantothenic acid	S1066

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### NDB No 21248 WENDY'S, Frosty Dairy Dessert

Vitamin B-6	S1066
Vitamin B-12	S1066
Choline, total	S1066
Vitamin K (phylloquinone)	S1066
Betaine	S1066
Tryptophan	S1066
Threonine	S1066
Isoleucine	S1066
Leucine	S1066
Lysine	S1066
Methionine	S1066
Cystine	S1066
Phenylalanine	S1066
Tyrosine	S1066
Valine	S1066
Arginine	S1066
Histidine	S1066
Alanine	S1066
Aspartic acid	S1066
Glutamic acid	S1066
Glycine	S1066
Proline	S1066
Serine	S1066
Cholesterol	S1066
Fatty acids, total saturated	S1066
8:0	S1066
10:0	S1066
12:0	S1066
14:0	S1066
16:0	S1066
18:0	S1066
20:0	S1066
18:1 undifferentiated	S1066
18:2 undifferentiated	S1066
18:3 undifferentiated	S1066

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### NDB No 21248 WENDY'S, Frosty Dairy Dessert

20:4 undifferentiated	S1066
22:6 n-3	S1066
22:0	S1066
14:1	S1066
16:1 undifferentiated	S1066
18:4	S1066
20:1	S1066
20:5 n-3	S1066
22:1 undifferentiated	S1066
22:5 n-3	S1066
Fatty acids, total monounsaturated	S1066
Fatty acids, total polyunsaturated	S1066
15:0	S1066
17:0	S1066
24:0	S1066
20:2 n-6 c,c	S1066
17:1	S1066
20:3 undifferentiated	S1066
15:1	S1066

### NDB No 21249 BURGER KING, French Fries

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064

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### NDB No 21249 BURGER KING, French Fries

Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064

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### NDB No 21249 BURGER KING, French Fries

Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
18:2 i	S1064
16:1 c	S1064
18:1 c	S1064

**NDB No 21249 BURGER KING, French Fries**

18:2 n-6 c,c	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

**NDB No 21250 BURGER KING, Hamburger**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064

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### NDB No 21250 BURGER KING, Hamburger

Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064

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### NDB No 21250 BURGER KING, Hamburger

18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21251 BURGER KING, Cheeseburger

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064

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## **NDB No 21251 BURGER KING, Cheeseburger**

Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Vitamin K (phylloquinone)	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064

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### NDB No 21251 BURGER KING, Cheeseburger

Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064

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### NDB No 21251 BURGER KING, Cheeseburger

20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21252 BURGER KING, WHOPPER, no cheese

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064

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**NDB No 21252 BURGER KING, WHOPPER, no cheese**

Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064

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### NDB No 21252 BURGER KING, WHOPPER, no cheese

Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064

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### NDB No 21252 BURGER KING, WHOPPER, no cheese

17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21253 BURGER KING, WHOPPER, with cheese

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064

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**NDB No 21253 BURGER KING, WHOPPER, with cheese**

Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064

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## NDB No 21253 BURGER KING, WHOPPER, with cheese

Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064

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### NDB No 21253 BURGER KING, WHOPPER, with cheese

18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21254 BURGER KING, DOUBLE WHOPPER, no cheese

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064

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### NDB No 21254 BURGER KING, DOUBLE WHOPPER, no cheese

Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064

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### NDB No 21254 BURGER KING, DOUBLE WHOPPER, no cheese

16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21255 BURGER KING, DOUBLE WHOPPER, with cheese

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### NDB No 21255 BURGER KING, DOUBLE WHOPPER, with cheese

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064

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### NDB No 21255 BURGER KING, DOUBLE WHOPPER, with cheese

Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064

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### NDB No 21255 BURGER KING, DOUBLE WHOPPER, with cheese

18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21256 BURGER KING, CHICKEN TENDERS

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064

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### NDB No 21256 BURGER KING, CHICKEN TENDERS

Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064

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## NDB No 21256 BURGER KING, CHICKEN TENDERS

Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064

**NDB No 21256 BURGER KING, CHICKEN TENDERS**

22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

**NDB No 21257 BURGER KING, Chicken WHOPPER Sandwich**

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064

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## NDB No 21257 BURGER KING, Chicken WHOPPER Sandwich

Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064

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## NDB No 21257 BURGER KING, Chicken WHOPPER Sandwich

Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
18:1 t	S1064
20:2 n-6 c,c	S1064
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064

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### NDB No 21257 BURGER KING, Chicken WHOPPER Sandwich

Fatty acids, total trans-monoenoic S1064

13:0 S1064

15:1 S1064

18:3 n-3 c,c,c S1064

### NDB No 21259 BURGER KING, Original Chicken Sandwich

Protein S1064

Total lipid (fat) S1064

Ash S1064

Starch S1064

Sucrose S1064

Glucose (dextrose) S1064

Fructose S1064

Lactose S1064

Maltose S1064

Water S1064

Sugars, total S1064

Galactose S1064

Fiber, total dietary S1064

Calcium, Ca S1064

Iron, Fe S1064

Magnesium, Mg S1064

Phosphorus, P S1064

Potassium, K S1064

Sodium, Na S1064

Zinc, Zn S1064

Copper, Cu S1064

Manganese, Mn S1064

Selenium, Se S1064

Vitamin C, total ascorbic acid S1064

Thiamin S1064

Riboflavin S1064

Niacin S1064

Pantothenic acid S1064

Vitamin B-6 S1064

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### NDB No 21259 BURGER KING, Original Chicken Sandwich

Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064
Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064

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### NDB No 21259 BURGER KING, Original Chicken Sandwich

18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064
20:1	S1064
20:5 n-3	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
13:0	S1064
15:1	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21260 TACO BELL, Original Taco with beef

Protein	S1082
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**NDB No 21260 TACO BELL, Original Taco with beef**

Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082

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### NDB No 21260 TACO BELL, Original Taco with beef

Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082

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### NDB No 21260 TACO BELL, Original Taco with beef

14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21261 TACO BELL, Soft Taco with beef

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082

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### NDB No 21261 TACO BELL, Soft Taco with beef

Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082

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### NDB No 21261 TACO BELL, Soft Taco with beef

Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

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### NDB No 21262 TACO BELL, Soft Taco with chicken

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082

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### NDB No 21262 TACO BELL, Soft Taco with chicken

Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082

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### NDB No 21262 TACO BELL, Soft Taco with chicken

22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21263 TACO BELL, Soft Taco with steak

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082

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### NDB No 21263 TACO BELL, Soft Taco with steak

Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082

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## NDB No 21263 TACO BELL, Soft Taco with steak

Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082

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**NDB No 21263 TACO BELL, Soft Taco with steak**

15:1 S1082

**NDB No 21264 TACO BELL, Bean Burrito**

Protein S1082

Total lipid (fat) S1082

Ash S1082

Starch S1082

Sucrose S1082

Glucose (dextrose) S1082

Fructose S1082

Lactose S1082

Maltose S1082

Water S1082

Fiber, total dietary S1082

Calcium, Ca S1082

Iron, Fe S1082

Magnesium, Mg S1082

Phosphorus, P S1082

Potassium, K S1082

Sodium, Na S1082

Zinc, Zn S1082

Copper, Cu S1082

Manganese, Mn S1082

Selenium, Se S1082

Carotene, beta S1082

Carotene, alpha S1082

Vitamin E (alpha-tocopherol) S1082

Cryptoxanthin, beta S1082

Tocopherol, beta S1082

Tocopherol, gamma S1082

Tocopherol, delta S1082

Thiamin S1082

Riboflavin S1082

Niacin S1082

Pantothenic acid S1082

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**NDB No 21264 TACO BELL, Bean Burrito**

Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082

**NDB No 21264 TACO BELL, Bean Burrito**

18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

**NDB No 21265 TACO BELL, BURRITO SUPREME with beef**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082

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**NDB No 21265 TACO BELL, BURRITO SUPREME with beef**

Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Vitamin D	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082

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### NDB No 21265 TACO BELL, BURRITO SUPREME with beef

Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082

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### NDB No 21265 TACO BELL, BURRITO SUPREME with beef

24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21266 TACO BELL, BURRITO SUPREME with chicken

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082

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**NDB No 21266 TACO BELL, BURRITO SUPREME with chicken**

Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082

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### NDB No 21266 TACO BELL, BURRITO SUPREME with chicken

18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21267 TACO BELL, BURRITO SUPREME with steak

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082

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**NDB No 21267 TACO BELL, BURRITO SUPREME with steak**

Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082

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### NDB No 21267 TACO BELL, BURRITO SUPREME with steak

Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082

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### NDB No 21267 TACO BELL, BURRITO SUPREME with steak

Fatty acids, total polyunsaturated S1082

15:0 S1082

17:0 S1082

24:0 S1082

20:2 n-6 c,c S1082

17:1 S1082

20:3 undifferentiated S1082

15:1 S1082

### NDB No 21268 TACO BELL, Nachos

Protein S1082

Total lipid (fat) S1082

Ash S1082

Starch S1082

Sucrose S1082

Glucose (dextrose) S1082

Fructose S1082

Lactose S1082

Maltose S1082

Water S1082

Fiber, total dietary S1082

Calcium, Ca S1082

Iron, Fe S1082

Magnesium, Mg S1082

Phosphorus, P S1082

Potassium, K S1082

Sodium, Na S1082

Zinc, Zn S1082

Copper, Cu S1082

Manganese, Mn S1082

Selenium, Se S1082

Carotene, beta S1082

Carotene, alpha S1082

Vitamin E (alpha-tocopherol) S1082

Cryptoxanthin, beta S1082

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**NDB No 21268 TACO BELL, Nachos**

Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082

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### NDB No 21268 TACO BELL, Nachos

12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21269 TACO BELL, Nachos Supreme

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082

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### NDB No 21269 TACO BELL, Nachos Supreme

Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082
Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082

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### **NDB No 21269 TACO BELL, Nachos Supreme**

Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082

**NDB No 21269 TACO BELL, Nachos Supreme**

22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

**NDB No 21270 TACO BELL, Taco Salad**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Starch	S1082
Sucrose	S1082
Glucose (dextrose)	S1082
Fructose	S1082
Lactose	S1082
Maltose	S1082
Water	S1082
Fiber, total dietary	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Sodium, Na	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Carotene, beta	S1082

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### **NDB No 21270 TACO BELL, Taco Salad**

Carotene, alpha	S1082
Vitamin E (alpha-tocopherol)	S1082
Cryptoxanthin, beta	S1082
Tocopherol, beta	S1082
Tocopherol, gamma	S1082
Tocopherol, delta	S1082
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1082
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1082
Folic acid	S1082
Folate, food	S1082
Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082

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### NDB No 21270 TACO BELL, Taco Salad

Fatty acids, total saturated	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
18:2 undifferentiated	S1082
18:3 undifferentiated	S1082
20:4 undifferentiated	S1082
22:6 n-3	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
18:4	S1082
20:1	S1082
20:5 n-3	S1082
22:1 undifferentiated	S1082
22:5 n-3	S1082
Fatty acids, total monounsaturated	S1082
Fatty acids, total polyunsaturated	S1082
15:0	S1082
17:0	S1082
24:0	S1082
20:2 n-6 c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082

### NDB No 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108

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### NDB No 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108

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### NDB No 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108

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### NDB No 21271 PIZZA HUT 12" Cheese Pizza, Regular Crust

16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108

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### NDB No 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108

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### NDB No 21272 PIZZA HUT 12" Cheese Pizza, Thick Crust

Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108

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### NDB No 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108

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### NDB No 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108

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### NDB No 21273 PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108

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### NDB No 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108

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### NDB No 21274 PIZZA HUT 12" Pepperoni Pizza, Regular Crust

Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108

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### NDB No 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108
Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108

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### NDB No 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
18:3 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108

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### NDB No 21275 PIZZA HUT 12" Pepperoni Pizza, Thick Crust

Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Protein	S2108
Total lipid (fat)	S2108
Ash	S2108
Starch	S2108
Sucrose	S2108
Glucose (dextrose)	S2108
Fructose	S2108
Lactose	S2108
Maltose	S2108
Water	S2108
Sugars, total	S2108
Galactose	S2108
Fiber, total dietary	S2108
Calcium, Ca	S2108
Iron, Fe	S2108
Magnesium, Mg	S2108
Phosphorus, P	S2108
Potassium, K	S2108
Sodium, Na	S2108
Zinc, Zn	S2108
Copper, Cu	S2108
Manganese, Mn	S2108
Selenium, Se	S2108

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## NDB No 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Retinol	S2108
Carotene, beta	S2108
Carotene, alpha	S2108
Vitamin E (alpha-tocopherol)	S2108
Cryptoxanthin, beta	S2108
Lycopene	S2108
Tocopherol, beta	S2108
Tocopherol, gamma	S2108
Tocopherol, delta	S2108
Vitamin C, total ascorbic acid	S2108
Thiamin	S2108
Riboflavin	S2108
Niacin	S2108
Pantothenic acid	S2108
Vitamin B-6	S2108
Vitamin B-12	S2108
Vitamin K (phylloquinone)	S2108
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108

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### NDB No 21276 PIZZA HUT 12" Super Supreme Pizza, Regular Crust

Cholesterol	S2108
Fatty acids, total saturated	S2108
8:0	S2108
10:0	S2108
12:0	S2108
14:0	S2108
16:0	S2108
18:0	S2108
20:0	S2108
18:1 undifferentiated	S2108
18:2 undifferentiated	S2108
20:4 undifferentiated	S2108
22:0	S2108
14:1	S2108
16:1 undifferentiated	S2108
20:1	S2108
Fatty acids, total monounsaturated	S2108
Fatty acids, total polyunsaturated	S2108
15:0	S2108
17:0	S2108
20:2 n-6 c,c	S2108
18:3 n-6 c,c,c	S2108
17:1	S2108
20:3 undifferentiated	S2108
15:1	S2108
18:3 n-3 c,c,c	S2108

### NDB No 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110

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## NDB No 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Sodium, Na	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Vitamin D	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-6	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Hydroxyproline	S2110

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### NDB No 21277 DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
18:3 undifferentiated	S2110
20:4 undifferentiated	S2110
22:6 n-3	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
18:4	S2110
20:1	S2110
20:5 n-3	S2110
22:1 undifferentiated	S2110
22:5 n-3	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
24:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
13:0	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

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### NDB No 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110

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### NDB No 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110

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### NDB No 21278 DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110

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### NDB No 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110

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### NDB No 21279 DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust

Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110

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**NDB No 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust**

Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Vitamin D	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-6	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110

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**NDB No 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust**

Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
18:3 undifferentiated	S2110
20:4 undifferentiated	S2110
22:6 n-3	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
18:4	S2110
20:1	S2110
20:5 n-3	S2110

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### NDB No 21280 DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

22:1 undifferentiated	S2110
22:5 n-3	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
24:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
13:0	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110
Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110

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### NDB No 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110
Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110

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### NDB No 21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust

Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110
20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Protein	S2110
Total lipid (fat)	S2110
Ash	S2110
Starch	S2110
Sucrose	S2110
Glucose (dextrose)	S2110

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### NDB No 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Fructose	S2110
Lactose	S2110
Maltose	S2110
Water	S2110
Sugars, total	S2110
Galactose	S2110
Fiber, total dietary	S2110
Calcium, Ca	S2110
Iron, Fe	S2110
Magnesium, Mg	S2110
Phosphorus, P	S2110
Potassium, K	S2110
Zinc, Zn	S2110
Copper, Cu	S2110
Manganese, Mn	S2110
Selenium, Se	S2110
Retinol	S2110
Carotene, beta	S2110
Carotene, alpha	S2110
Vitamin E (alpha-tocopherol)	S2110
Cryptoxanthin, beta	S2110
Lycopene	S2110
Tocopherol, beta	S2110
Tocopherol, gamma	S2110
Tocopherol, delta	S2110
Vitamin C, total ascorbic acid	S2110
Thiamin	S2110
Riboflavin	S2110
Niacin	S2110
Pantothenic acid	S2110
Vitamin B-12	S2110
Vitamin K (phylloquinone)	S2110
Tryptophan	S2110
Threonine	S2110
Isoleucine	S2110

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### NDB No 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

Leucine	S2110
Lysine	S2110
Methionine	S2110
Cystine	S2110
Phenylalanine	S2110
Tyrosine	S2110
Valine	S2110
Arginine	S2110
Histidine	S2110
Alanine	S2110
Aspartic acid	S2110
Glutamic acid	S2110
Glycine	S2110
Proline	S2110
Serine	S2110
Hydroxyproline	S2110
Fatty acids, total saturated	S2110
8:0	S2110
10:0	S2110
12:0	S2110
14:0	S2110
16:0	S2110
18:0	S2110
20:0	S2110
18:1 undifferentiated	S2110
18:2 undifferentiated	S2110
20:4 undifferentiated	S2110
22:0	S2110
14:1	S2110
16:1 undifferentiated	S2110
20:1	S2110
Fatty acids, total monounsaturated	S2110
Fatty acids, total polyunsaturated	S2110
15:0	S2110
17:0	S2110

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### NDB No 21282 DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

20:2 n-6 c,c	S2110
18:3 n-6 c,c,c	S2110
17:1	S2110
20:3 undifferentiated	S2110
15:1	S2110
18:3 n-3 c,c,c	S2110

### NDB No 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111

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### NDB No 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

Vitamin D	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-6	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111

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### NDB No 21283 PAPA JOHN'S 14" Cheese Pizza, Original Crust

20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
20:2 n-6 c,c	S2111
18:3 n-6 c,c,c	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111
18:3 n-3 c,c,c	S2111

### NDB No 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111

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## **NDB No 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust**

Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Vitamin D	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-6	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111

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### NDB No 21284 PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
20:2 n-6 c,c	S2111
18:3 n-6 c,c,c	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111
18:3 n-3 c,c,c	S2111

### NDB No 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111

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### NDB No 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111
Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Folate, total	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Folic acid	S2111
Folate, food	S2111

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### NDB No 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

Tryptophan	S2111
Threonine	S2111
Isoleucine	S2111
Leucine	S2111
Lysine	S2111
Methionine	S2111
Cystine	S2111
Phenylalanine	S2111
Tyrosine	S2111
Valine	S2111
Arginine	S2111
Histidine	S2111
Alanine	S2111
Aspartic acid	S2111
Glutamic acid	S2111
Glycine	S2111
Proline	S2111
Serine	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111

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### NDB No 21285 PAPA JOHN'S 14" The Works Pizza, Original Crust

18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111

### NDB No 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Protein	S2111
Total lipid (fat)	S2111
Ash	S2111
Starch	S2111
Sucrose	S2111
Glucose (dextrose)	S2111
Fructose	S2111
Lactose	S2111
Maltose	S2111
Water	S2111
Sugars, total	S2111
Galactose	S2111
Fiber, total dietary	S2111
Calcium, Ca	S2111
Iron, Fe	S2111
Magnesium, Mg	S2111
Phosphorus, P	S2111
Potassium, K	S2111
Sodium, Na	S2111

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### NDB No 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Zinc, Zn	S2111
Copper, Cu	S2111
Manganese, Mn	S2111
Selenium, Se	S2111
Retinol	S2111
Carotene, beta	S2111
Carotene, alpha	S2111
Vitamin E (alpha-tocopherol)	S2111
Cryptoxanthin, beta	S2111
Lycopene	S2111
Tocopherol, beta	S2111
Tocopherol, gamma	S2111
Tocopherol, delta	S2111
Vitamin C, total ascorbic acid	S2111
Thiamin	S2111
Riboflavin	S2111
Niacin	S2111
Pantothenic acid	S2111
Vitamin B-12	S2111
Vitamin K (phylloquinone)	S2111
Tryptophan	S2111
Threonine	S2111
Isoleucine	S2111
Leucine	S2111
Lysine	S2111
Methionine	S2111
Cystine	S2111
Phenylalanine	S2111
Tyrosine	S2111
Valine	S2111
Arginine	S2111
Histidine	S2111
Alanine	S2111
Aspartic acid	S2111
Glutamic acid	S2111

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### NDB No 21286 PAPA JOHN'S 14" Cheese Pizza, Thin Crust

Glycine	S2111
Proline	S2111
Serine	S2111
Cholesterol	S2111
Fatty acids, total saturated	S2111
8:0	S2111
10:0	S2111
12:0	S2111
14:0	S2111
16:0	S2111
18:0	S2111
20:0	S2111
18:1 undifferentiated	S2111
18:2 undifferentiated	S2111
18:3 undifferentiated	S2111
20:4 undifferentiated	S2111
22:6 n-3	S2111
22:0	S2111
14:1	S2111
16:1 undifferentiated	S2111
18:4	S2111
20:1	S2111
20:5 n-3	S2111
22:1 undifferentiated	S2111
22:5 n-3	S2111
Fatty acids, total monounsaturated	S2111
Fatty acids, total polyunsaturated	S2111
15:0	S2111
17:0	S2111
24:0	S2111
17:1	S2111
20:3 undifferentiated	S2111
13:0	S2111
15:1	S2111

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### NDB No 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Vitamin D	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112

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### NDB No 21287 LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

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### NDB No 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Vitamin D	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112

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### NDB No 21288 LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

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### NDB No 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112

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### NDB No 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112

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### NDB No 21289 LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112

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### NDB No 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112

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### NDB No 21290 LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Protein	S2112
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## NDB No 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112
Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112

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### NDB No 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112
Glycine	S2112
Proline	S2112
Serine	S2112
Hydroxyproline	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112

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### NDB No 21291 LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Protein	S2112
Total lipid (fat)	S2112
Ash	S2112
Starch	S2112
Sucrose	S2112
Glucose (dextrose)	S2112
Fructose	S2112
Lactose	S2112
Maltose	S2112
Water	S2112
Sugars, total	S2112
Galactose	S2112
Fiber, total dietary	S2112
Calcium, Ca	S2112
Iron, Fe	S2112
Magnesium, Mg	S2112
Phosphorus, P	S2112
Potassium, K	S2112
Sodium, Na	S2112

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### NDB No 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Zinc, Zn	S2112
Copper, Cu	S2112
Manganese, Mn	S2112
Selenium, Se	S2112
Retinol	S2112
Carotene, beta	S2112
Carotene, alpha	S2112
Vitamin E (alpha-tocopherol)	S2112
Cryptoxanthin, beta	S2112
Lycopene	S2112
Tocopherol, beta	S2112
Tocopherol, gamma	S2112
Tocopherol, delta	S2112
Vitamin C, total ascorbic acid	S2112
Thiamin	S2112
Riboflavin	S2112
Niacin	S2112
Pantothenic acid	S2112
Vitamin B-12	S2112
Vitamin K (phylloquinone)	S2112
Tryptophan	S2112
Threonine	S2112
Isoleucine	S2112
Leucine	S2112
Lysine	S2112
Methionine	S2112
Cystine	S2112
Phenylalanine	S2112
Tyrosine	S2112
Valine	S2112
Arginine	S2112
Histidine	S2112
Alanine	S2112
Aspartic acid	S2112
Glutamic acid	S2112

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### NDB No 21292 LITTLE CAESARS 14" Cheese Pizza, Thin Crust

Glycine	S2112
Proline	S2112
Serine	S2112
Cholesterol	S2112
Fatty acids, total saturated	S2112
8:0	S2112
10:0	S2112
12:0	S2112
14:0	S2112
16:0	S2112
18:0	S2112
20:0	S2112
18:1 undifferentiated	S2112
18:2 undifferentiated	S2112
18:3 undifferentiated	S2112
20:4 undifferentiated	S2112
22:0	S2112
14:1	S2112
16:1 undifferentiated	S2112
20:1	S2112
Fatty acids, total monounsaturated	S2112
Fatty acids, total polyunsaturated	S2112
15:0	S2112
17:0	S2112
20:2 n-6 c,c	S2112
18:3 n-6 c,c,c	S2112
17:1	S2112
20:3 undifferentiated	S2112
15:1	S2112
18:3 n-3 c,c,c	S2112

### NDB No 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782

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### NDB No 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782

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### NDB No 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782

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### NDB No 21293 PIZZA HUT 14" Cheese Pizza, Regular Crust

20:3 undifferentiated	S2782
15:1	S2782

### NDB No 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782

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## NDB No 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782

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### NDB No 21294 PIZZA HUT 14" Cheese Pizza, Thick Crust

Fatty acids, total polyunsaturated S2782

15:0 S2782

17:0 S2782

24:0 S2782

20:2 n-6 c,c S2782

17:1 S2782

20:3 undifferentiated S2782

15:1 S2782

### NDB No 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Protein S2782

Total lipid (fat) S2782

Ash S2782

Starch S2782

Sucrose S2782

Glucose (dextrose) S2782

Fructose S2782

Lactose S2782

Maltose S2782

Water S2782

Sugars, total S2782

Galactose S2782

Fiber, total dietary S2782

Calcium, Ca S2782

Iron, Fe S2782

Magnesium, Mg S2782

Phosphorus, P S2782

Potassium, K S2782

Sodium, Na S2782

Zinc, Zn S2782

Copper, Cu S2782

Manganese, Mn S2782

Selenium, Se S2782

Retinol S2782

Carotene, beta S2782

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### NDB No 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2782
Threonine	S2782
Isoleucine	S2782
Leucine	S2782
Lysine	S2782
Methionine	S2782
Cystine	S2782
Phenylalanine	S2782
Tyrosine	S2782
Valine	S2782
Arginine	S2782
Histidine	S2782
Alanine	S2782
Aspartic acid	S2782
Glutamic acid	S2782
Glycine	S2782
Proline	S2782

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### NDB No 21295 PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

Serine	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### NDB No 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Protein	S2782
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### NDB No 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782

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## NDB No 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782

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### NDB No 21296 PIZZA HUT 14" Pepperoni Pizza, Regular Crust

20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### NDB No 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Manganese, Mn	S2782
Selenium, Se	S2782
Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782

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## NDB No 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782

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### NDB No 21297 PIZZA HUT 14" Pepperoni Pizza, Thick Crust

22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

### NDB No 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Protein	S2782
Total lipid (fat)	S2782
Ash	S2782
Starch	S2782
Sucrose	S2782
Glucose (dextrose)	S2782
Fructose	S2782
Lactose	S2782
Maltose	S2782
Water	S2782
Sugars, total	S2782
Galactose	S2782
Fiber, total dietary	S2782
Calcium, Ca	S2782
Iron, Fe	S2782
Magnesium, Mg	S2782
Phosphorus, P	S2782
Potassium, K	S2782
Sodium, Na	S2782
Zinc, Zn	S2782
Copper, Cu	S2782
Manganese, Mn	S2782
Selenium, Se	S2782

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### NDB No 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Retinol	S2782
Carotene, beta	S2782
Carotene, alpha	S2782
Vitamin E (alpha-tocopherol)	S2782
Cryptoxanthin, beta	S2782
Lycopene	S2782
Tocopherol, beta	S2782
Tocopherol, gamma	S2782
Tocopherol, delta	S2782
Vitamin C, total ascorbic acid	S2782
Thiamin	S2782
Riboflavin	S2782
Niacin	S2782
Pantothenic acid	S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2782
Vitamin K (phylloquinone)	S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2782
Threonine	S2782
Isoleucine	S2782
Leucine	S2782
Lysine	S2782
Methionine	S2782
Cystine	S2782
Phenylalanine	S2782
Tyrosine	S2782
Valine	S2782
Arginine	S2782
Histidine	S2782
Alanine	S2782
Aspartic acid	S2782
Glutamic acid	S2782

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### NDB No 21298 PIZZA HUT 14" Super Supreme Pizza, Regular Crust

Glycine	S2782
Proline	S2782
Serine	S2782
Cholesterol	S2782
Fatty acids, total saturated	S2782
8:0	S2782
10:0	S2782
12:0	S2782
14:0	S2782
16:0	S2782
18:0	S2782
20:0	S2782
18:1 undifferentiated	S2782
18:2 undifferentiated	S2782
18:3 undifferentiated	S2782
20:4 undifferentiated	S2782
22:6 n-3	S2782
22:0	S2782
14:1	S2782
16:1 undifferentiated	S2782
18:4	S2782
20:1	S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2782
Fatty acids, total polyunsaturated	S2782
15:0	S2782
17:0	S2782
24:0	S2782
20:2 n-6 c,c	S2782
17:1	S2782
20:3 undifferentiated	S2782
15:1	S2782

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**NDB No 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Vitamin D	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782

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**NDB No 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2110, S2111, S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108
Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782

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### **NDB No 21299 Fast Food, Pizza Chain, 14" Pizza, cheese topping, regular crust**

18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2110, S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2110, S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2110, S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2110, S2111, S2782
22:1 undifferentiated	S2110, S2111, S2782
22:5 n-3	S2110, S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2110, S2111, S2782
20:2 n-6 c,c	S2110, S2111, S2112, S2782
18:3 n-6 c,c,c	S2110, S2111, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2110, S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2111, S2112

### **NDB No 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Protein	S2110, S2112, S2782
Total lipid (fat)	S2110, S2112, S2782
Ash	S2110, S2112, S2782
Starch	S2110, S2112, S2782
Sucrose	S2110, S2112, S2782
Glucose (dextrose)	S2110, S2112, S2782

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**NDB No 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Fructose	S2110, S2112, S2782
Lactose	S2110, S2112, S2782
Maltose	S2110, S2112, S2782
Water	S2110, S2112, S2782
Sugars, total	S2110, S2112, S2782
Galactose	S2110, S2112, S2782
Fiber, total dietary	S2110, S2112, S2782
Calcium, Ca	S2110, S2112, S2782
Iron, Fe	S2110, S2112, S2782
Magnesium, Mg	S2110, S2112, S2782
Phosphorus, P	S2110, S2112, S2782
Potassium, K	S2110, S2112, S2782
Sodium, Na	S2110, S2112, S2782
Zinc, Zn	S2110, S2112, S2782
Copper, Cu	S2110, S2112
Manganese, Mn	S2110, S2112, S2782
Selenium, Se	S2110, S2112, S2782
Retinol	S2110, S2112, S2782
Carotene, beta	S2110, S2112, S2782
Carotene, alpha	S2110, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2112, S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2110, S2112, S2782
Lycopene	S2110, S2112, S2782
Tocopherol, beta	S2110, S2112, S2782
Tocopherol, gamma	S2110, S2112, S2782
Tocopherol, delta	S2110, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2112, S2782
Thiamin	S2110, S2112, S2782
Riboflavin	S2110, S2112, S2782
Niacin	S2110, S2112, S2782
Pantothenic acid	S2110, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2112, S2782

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### **NDB No 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust**

Vitamin K (phylloquinone)	S2110, S2112, S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2108, S2110, S2112
Threonine	S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
Lysine	S2108, S2110, S2112
Methionine	S2108, S2110, S2112
Cystine	S2108, S2110, S2112
Phenylalanine	S2108, S2110, S2112
Tyrosine	S2108, S2110, S2112
Valine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
Histidine	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Proline	S2108, S2110, S2112
Serine	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2112, S2782
Fatty acids, total saturated	S2110, S2112, S2782
8:0	S2110, S2112, S2782
10:0	S2110, S2112, S2782
12:0	S2110, S2112, S2782
14:0	S2110, S2112, S2782
16:0	S2110, S2112, S2782
18:0	S2110, S2112, S2782
20:0	S2110, S2112, S2782
18:1 undifferentiated	S2110, S2112, S2782
18:2 undifferentiated	S2110, S2112, S2782
18:3 undifferentiated	S2112, S2782
20:4 undifferentiated	S2110, S2112, S2782

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### NDB No 21300 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thick crust

22:6 n-3	S2782
22:0	S2110, S2112, S2782
14:1	S2110, S2112, S2782
16:1 undifferentiated	S2110, S2112, S2782
18:4	S2782
20:1	S2110, S2112, S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2110, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2112, S2782
15:0	S2110, S2112, S2782
17:0	S2110, S2112, S2782
24:0	S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2112, S2782
20:3 undifferentiated	S2110, S2112, S2782
15:1	S2110, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### NDB No 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782

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### **NDB No 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2108, S2110, S2111, S2112, S2782
Threonine	S2108, S2110, S2111, S2112, S2782
Isoleucine	S2108, S2110, S2111, S2112, S2782
Leucine	S2108, S2110, S2111, S2112, S2782
Lysine	S2108, S2110, S2111, S2112, S2782

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### **NDB No 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

Methionine	S2108, S2110, S2111, S2112, S2782
Cystine	S2108, S2110, S2111, S2112, S2782
Phenylalanine	S2108, S2110, S2111, S2112, S2782
Tyrosine	S2108, S2110, S2111, S2112, S2782
Valine	S2108, S2110, S2111, S2112, S2782
Arginine	S2108, S2110, S2111, S2112, S2782
Histidine	S2108, S2110, S2111, S2112, S2782
Alanine	S2108, S2110, S2111, S2112, S2782
Aspartic acid	S2108, S2110, S2111, S2112, S2782
Glutamic acid	S2108, S2110, S2111, S2112, S2782
Glycine	S2108, S2110, S2111, S2112, S2782
Proline	S2108, S2110, S2111, S2112, S2782
Serine	S2108, S2110, S2111, S2112, S2782
Hydroxyproline	S2110
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782

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### **NDB No 21301 Fast Food, Pizza Chain, 14" Pizza, cheese topping, thin crust**

22:5 n-3	S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2111, S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### **NDB No 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782

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**NDB No 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Vitamin D	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782
Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2110, S2111, S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108
Threonine	S2108
Isoleucine	S2108
Leucine	S2108
Lysine	S2108
Methionine	S2108
Cystine	S2108
Phenylalanine	S2108
Tyrosine	S2108
Valine	S2108
Arginine	S2108

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### **NDB No 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

Histidine	S2108
Alanine	S2108
Aspartic acid	S2108
Glutamic acid	S2108
Glycine	S2108
Proline	S2108
Serine	S2108
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782
20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2110, S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2110, S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2110, S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2110, S2111, S2782
22:1 undifferentiated	S2110, S2111, S2782
22:5 n-3	S2110, S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2110, S2111, S2782

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### **NDB No 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust**

20:2 n-6 c,c	S2110, S2111, S2112, S2782
18:3 n-6 c,c,c	S2110, S2111, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2110, S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2111, S2112

### **NDB No 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust**

Protein	S2110, S2112, S2782
Total lipid (fat)	S2110, S2112, S2782
Ash	S2110, S2112, S2782
Starch	S2110, S2112, S2782
Sucrose	S2110, S2112, S2782
Glucose (dextrose)	S2110, S2112, S2782
Fructose	S2110, S2112, S2782
Lactose	S2110, S2112, S2782
Maltose	S2110, S2112, S2782
Water	S2110, S2112, S2782
Sugars, total	S2110, S2112, S2782
Galactose	S2110, S2112, S2782
Fiber, total dietary	S2110, S2112, S2782
Calcium, Ca	S2110, S2112, S2782
Iron, Fe	S2110, S2112, S2782
Magnesium, Mg	S2110, S2112, S2782
Phosphorus, P	S2110, S2112, S2782
Potassium, K	S2110, S2112, S2782
Sodium, Na	S2110, S2112, S2782
Zinc, Zn	S2110, S2112, S2782
Copper, Cu	S2110, S2112
Manganese, Mn	S2110, S2112, S2782
Selenium, Se	S2110, S2112, S2782
Retinol	S2110, S2112, S2782
Carotene, beta	S2110, S2112, S2782
Carotene, alpha	S2110, S2112, S2782

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### NDB No 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Vitamin E (alpha-tocopherol)	S2110, S2112, S2782
Vitamin D	S2782
Cryptoxanthin, beta	S2110, S2112, S2782
Lycopene	S2110, S2112, S2782
Tocopherol, beta	S2110, S2112, S2782
Tocopherol, gamma	S2110, S2112, S2782
Tocopherol, delta	S2110, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2112, S2782
Thiamin	S2110, S2112, S2782
Riboflavin	S2110, S2112, S2782
Niacin	S2110, S2112, S2782
Pantothenic acid	S2110, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2782
Vitamin B-12	S2110, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2112, S2782
Folic acid	S2782
Folate, food	S2782
Tryptophan	S2108, S2110, S2112
Threonine	S2108, S2110, S2112
Isoleucine	S2108, S2110, S2112
Leucine	S2108, S2110, S2112
Lysine	S2108, S2110, S2112
Methionine	S2108, S2110, S2112
Cystine	S2108, S2110, S2112
Phenylalanine	S2108, S2110, S2112
Tyrosine	S2108, S2110, S2112
Valine	S2108, S2110, S2112
Arginine	S2108, S2110, S2112
Histidine	S2108, S2110, S2112
Alanine	S2108, S2110, S2112
Aspartic acid	S2108, S2110, S2112
Glutamic acid	S2108, S2110, S2112
Glycine	S2108, S2110, S2112
Proline	S2108, S2110, S2112

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### NDB No 21303 Fast Food, Pizza Chain, 14" Pizza, pepperoni topping, thick crust

Serine	S2108, S2110, S2112
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2112, S2782
Fatty acids, total saturated	S2110, S2112, S2782
8:0	S2110, S2112, S2782
10:0	S2110, S2112, S2782
12:0	S2110, S2112, S2782
14:0	S2110, S2112, S2782
16:0	S2110, S2112, S2782
18:0	S2110, S2112, S2782
20:0	S2110, S2112, S2782
18:1 undifferentiated	S2110, S2112, S2782
18:2 undifferentiated	S2110, S2112, S2782
18:3 undifferentiated	S2112, S2782
20:4 undifferentiated	S2110, S2112, S2782
22:6 n-3	S2782
22:0	S2110, S2112, S2782
14:1	S2110, S2112, S2782
16:1 undifferentiated	S2110, S2112, S2782
18:4	S2782
20:1	S2110, S2112, S2782
20:5 n-3	S2782
22:1 undifferentiated	S2782
22:5 n-3	S2782
Fatty acids, total monounsaturated	S2110, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2112, S2782
15:0	S2110, S2112, S2782
17:0	S2110, S2112, S2782
24:0	S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2112, S2782
20:3 undifferentiated	S2110, S2112, S2782
15:1	S2110, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

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### NDB No 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

Protein	S2110, S2111, S2112, S2782
Total lipid (fat)	S2110, S2111, S2112, S2782
Ash	S2110, S2111, S2112, S2782
Starch	S2110, S2111, S2112, S2782
Sucrose	S2110, S2111, S2112, S2782
Glucose (dextrose)	S2110, S2111, S2112, S2782
Fructose	S2110, S2111, S2112, S2782
Lactose	S2110, S2111, S2112, S2782
Maltose	S2110, S2111, S2112, S2782
Water	S2110, S2111, S2112, S2782
Sugars, total	S2110, S2111, S2112, S2782
Galactose	S2110, S2111, S2112, S2782
Fiber, total dietary	S2110, S2111, S2112, S2782
Calcium, Ca	S2110, S2111, S2112, S2782
Iron, Fe	S2110, S2111, S2112, S2782
Magnesium, Mg	S2110, S2111, S2112, S2782
Phosphorus, P	S2110, S2111, S2112, S2782
Potassium, K	S2110, S2111, S2112, S2782
Sodium, Na	S2110, S2111, S2112, S2782
Zinc, Zn	S2110, S2111, S2112, S2782
Copper, Cu	S2110, S2111, S2112, S2782
Manganese, Mn	S2110, S2111, S2112, S2782
Selenium, Se	S2110, S2111, S2112, S2782
Retinol	S2110, S2111, S2112, S2782
Carotene, beta	S2110, S2111, S2112, S2782
Carotene, alpha	S2110, S2111, S2112, S2782
Vitamin E (alpha-tocopherol)	S2110, S2111, S2112, S2782
Cryptoxanthin, beta	S2110, S2111, S2112, S2782
Lycopene	S2110, S2111, S2112, S2782
Tocopherol, beta	S2110, S2111, S2112, S2782
Tocopherol, gamma	S2110, S2111, S2112, S2782
Tocopherol, delta	S2110, S2111, S2112, S2782
Vitamin C, total ascorbic acid	S2110, S2111, S2112, S2782
Thiamin	S2110, S2111, S2112, S2782
Riboflavin	S2110, S2111, S2112, S2782

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**NDB No 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust**

Niacin	S2110, S2111, S2112, S2782
Pantothenic acid	S2110, S2111, S2112, S2782
Vitamin B-6	S2782
Folate, total	S2111, S2782
Vitamin B-12	S2110, S2111, S2112, S2782
Vitamin K (phylloquinone)	S2110, S2111, S2112, S2782
Folic acid	S2111, S2782
Folate, food	S2111, S2782
Tryptophan	S2108, S2110, S2111, S2112, S2782
Threonine	S2108, S2110, S2111, S2112, S2782
Isoleucine	S2108, S2110, S2111, S2112, S2782
Leucine	S2108, S2110, S2111, S2112, S2782
Lysine	S2108, S2110, S2111, S2112, S2782
Methionine	S2108, S2110, S2111, S2112, S2782
Cystine	S2108, S2110, S2111, S2112, S2782
Phenylalanine	S2108, S2110, S2111, S2112, S2782
Tyrosine	S2108, S2110, S2111, S2112, S2782
Valine	S2108, S2110, S2111, S2112, S2782
Arginine	S2108, S2110, S2111, S2112, S2782
Histidine	S2108, S2110, S2111, S2112, S2782
Alanine	S2108, S2110, S2111, S2112, S2782
Aspartic acid	S2108, S2110, S2111, S2112, S2782
Glutamic acid	S2108, S2110, S2111, S2112, S2782
Glycine	S2108, S2110, S2111, S2112, S2782
Proline	S2108, S2110, S2111, S2112, S2782
Serine	S2108, S2110, S2111, S2112, S2782
Hydroxyproline	S2110, S2112
Cholesterol	S2110, S2111, S2112, S2782
Fatty acids, total saturated	S2110, S2111, S2112, S2782
8:0	S2110, S2111, S2112, S2782
10:0	S2110, S2111, S2112, S2782
12:0	S2110, S2111, S2112, S2782
14:0	S2110, S2111, S2112, S2782
16:0	S2110, S2111, S2112, S2782
18:0	S2110, S2111, S2112, S2782

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### NDB No 21304 Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

20:0	S2110, S2111, S2112, S2782
18:1 undifferentiated	S2110, S2111, S2112, S2782
18:2 undifferentiated	S2110, S2111, S2112, S2782
18:3 undifferentiated	S2111, S2112, S2782
20:4 undifferentiated	S2110, S2111, S2112, S2782
22:6 n-3	S2111, S2782
22:0	S2110, S2111, S2112, S2782
14:1	S2110, S2111, S2112, S2782
16:1 undifferentiated	S2110, S2111, S2112, S2782
18:4	S2111, S2782
20:1	S2110, S2111, S2112, S2782
20:5 n-3	S2111, S2782
22:1 undifferentiated	S2111, S2782
22:5 n-3	S2111, S2782
Fatty acids, total monounsaturated	S2110, S2111, S2112, S2782
Fatty acids, total polyunsaturated	S2110, S2111, S2112, S2782
15:0	S2110, S2111, S2112, S2782
17:0	S2110, S2111, S2112, S2782
24:0	S2111, S2782
20:2 n-6 c,c	S2110, S2112, S2782
18:3 n-6 c,c,c	S2110, S2112
17:1	S2110, S2111, S2112, S2782
20:3 undifferentiated	S2110, S2111, S2112, S2782
13:0	S2111
15:1	S2110, S2111, S2112, S2782
18:3 n-3 c,c,c	S2110, S2112

### NDB No 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801

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### NDB No 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801

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### NDB No 21308 McDONALD'S, Chicken SELECTS Premium Breast Strips

18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21309 McDONALD'S, Chicken McNUGGETS

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801

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### NDB No 21309 McDONALD'S, Chicken McNUGGETS

Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin A, IU	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801

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### NDB No 21309 McDONALD'S, Chicken McNUGGETS

17:0	S2801
18:1 t	S2801
18:2 t not further defined	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21310 McDONALD'S, Barbeque Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801

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### NDB No 21310 McDONALD'S, Barbeque Sauce

Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801

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### **NDB No 21310 McDonald'S, Barbeque Sauce**

Fatty acids, total trans-polyenoic S2801

15:1 S2801

18:3 n-3 c,c,c S2801

### **NDB No 21311 McDonald'S, Creamy Ranch Sauce**

Protein S2801

Total lipid (fat) S2801

Ash S2801

Sucrose S2801

Glucose (dextrose) S2801

Fructose S2801

Lactose S2801

Maltose S2801

Water S2801

Sugars, total S2801

Galactose S2801

Fiber, total dietary S2801

Calcium, Ca S2801

Iron, Fe S2801

Magnesium, Mg S2801

Phosphorus, P S2801

Potassium, K S2801

Sodium, Na S2801

Zinc, Zn S2801

Copper, Cu S2801

Manganese, Mn S2801

Retinol S2801

Carotene, beta S2801

Vitamin E (alpha-tocopherol) S2801

Vitamin C, total ascorbic acid S2801

Thiamin S2801

Riboflavin S2801

Niacin S2801

Pantothenic acid S2801

Vitamin B-6 S2801

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### NDB No 21311 McDONALD'S, Creamy Ranch Sauce

Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21312 McDONALD'S, Honey

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### NDB No 21312 McDONALD'S, Honey

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801

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### NDB No 21312 McDONALD'S, Honey

20:0	S2801
18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21313 McDONALD'S, Hot Mustard Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801

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### NDB No 21313 McDONALD'S, Hot Mustard Sauce

Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801

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### NDB No 21313 McDONALD'S, Hot Mustard Sauce

20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21314 McDONALD'S, Spicy Buffalo Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801

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### NDB No 21314 McDONALD'S, Spicy Buffalo Sauce

Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801

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### NDB No 21314 McDONALD'S, Spicy Buffalo Sauce

18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21315 McDONALD'S, Sweet 'N Sour Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801

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### NDB No 21315 McDONALD'S, Sweet 'N Sour Sauce

Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801

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### NDB No 21315 McDONALD'S, Sweet 'N Sour Sauce

18:3 n-3 c,c,c S2801

### NDB No 21316 McDONALD'S, Tangy Honey Mustard Sauce

Protein S2801

Total lipid (fat) S2801

Ash S2801

Sucrose S2801

Glucose (dextrose) S2801

Fructose S2801

Lactose S2801

Maltose S2801

Water S2801

Sugars, total S2801

Galactose S2801

Fiber, total dietary S2801

Calcium, Ca S2801

Iron, Fe S2801

Magnesium, Mg S2801

Phosphorus, P S2801

Potassium, K S2801

Sodium, Na S2801

Zinc, Zn S2801

Copper, Cu S2801

Manganese, Mn S2801

Retinol S2801

Carotene, beta S2801

Vitamin E (alpha-tocopherol) S2801

Vitamin C, total ascorbic acid S2801

Thiamin S2801

Riboflavin S2801

Niacin S2801

Pantothenic acid S2801

Vitamin B-6 S2801

Folate, total S2801

Vitamin B-12 S2801

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### NDB No 21316 McDONALD'S, Tangy Honey Mustard Sauce

Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801

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### NDB No 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801

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### NDB No 21318 McDONALD'S, Deluxe Warm Cinnamon Roll

16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21319 McDONALD'S, Hash Browns

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801

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### NDB No 21319 McDONALD'S, Hash Browns

Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801

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### NDB No 21319 McDONALD'S, Hash Browns

Fatty acids, total polyunsaturated S2801

15:0 S2801

17:0 S2801

18:1 t S2801

18:2 t,t S2801

20:2 n-6 c,c S2801

18:1 c S2801

18:2 n-6 c,c S2801

18:3 n-6 c,c,c S2801

17:1 S2801

20:3 undifferentiated S2801

Fatty acids, total trans-monoenoic S2801

Fatty acids, total trans-polyenoic S2801

15:1 S2801

18:3 n-3 c,c,c S2801

### NDB No 21321 McDONALD'S, Hotcakes (plain)

Protein S2801

Total lipid (fat) S2801

Ash S2801

Sucrose S2801

Glucose (dextrose) S2801

Fructose S2801

Lactose S2801

Maltose S2801

Water S2801

Sugars, total S2801

Galactose S2801

Fiber, total dietary S2801

Calcium, Ca S2801

Iron, Fe S2801

Magnesium, Mg S2801

Phosphorus, P S2801

Potassium, K S2801

Sodium, Na S2801

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### NDB No 21321 McDONALD'S, Hotcakes (plain)

Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801

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### NDB No 21321 McDONALD'S, Hotcakes (plain)

18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21322 McDONALD'S, Warm Cinnamon Roll

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801

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### NDB No 21322 McDONALD'S, Warm Cinnamon Roll

Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

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### NDB No 21323 McDONALD'S, Sausage Patty

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801

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### NDB No 21323 McDONALD'S, Sausage Patty

14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21324 McDONALD'S, Baked Apple Pie

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801

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### NDB No 21324 McDONALD'S, Baked Apple Pie

Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801

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### NDB No 21324 McDONALD'S, Baked Apple Pie

Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801

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### NDB No 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801

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### NDB No 21325 McDONALD'S, McDONALDLAND Chocolate Chip Cookies

18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21326 McDONALD'S, McDONALDLAND Cookies

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801

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### NDB No 21326 McDONALD'S, McDONALDLAND Cookies

Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21337 McDONALD'S, Peanuts (for Sundaes)

Protein	S2801
Total lipid (fat)	S2801

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### NDB No 21337 McDONALD'S, Peanuts (for Sundaes)

Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
20:4 undifferentiated	S2801

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### NDB No 21337 McDONALD'S, Peanuts (for Sundaes)

22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t,t	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801
18:3 n-3 c,c,c	S2801

### NDB No 21342 McDONALD'S, Apple Dippers

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801

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### NDB No 21342 McDONALD'S, Apple Dippers

Sodium, Na	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Vitamin B-12	S2801

### NDB No 21343 McDONALD'S, Low Fat Caramel Sauce

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Sucrose	S2801
Glucose (dextrose)	S2801
Fructose	S2801
Lactose	S2801
Maltose	S2801
Water	S2801
Sugars, total	S2801
Galactose	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Vitamin A, IU	S2801
Retinol	S2801
Vitamin E (alpha-tocopherol)	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801

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### NDB No 21343 McDONALD'S, Low Fat Caramel Sauce

Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
8:0	S2801
10:0	S2801
12:0	S2801
14:0	S2801
16:0	S2801
18:0	S2801
20:0	S2801
18:1 undifferentiated	S2801
18:2 undifferentiated	S2801
18:3 undifferentiated	S2801
20:4 undifferentiated	S2801
22:0	S2801
14:1	S2801
16:1 undifferentiated	S2801
20:1	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801
15:0	S2801
17:0	S2801
18:1 t	S2801
18:2 t not further defined	S2801
20:2 n-6 c,c	S2801
18:1 c	S2801
18:2 n-6 c,c	S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S2801
Fatty acids, total trans-monoenoic	S2801
Fatty acids, total trans-polyenoic	S2801
15:1	S2801

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### NDB No 21343 McDONALD'S, Low Fat Caramel Sauce

18:3 n-3 c,c,c S2801

### NDB No 21346 McDONALD'S, NEWMAN'S OWN Cobb Dressing

Protein S2801

Total lipid (fat) S2801

Ash S2801

Water S2801

Sugars, total S2801

Fiber, total dietary S2801

Calcium, Ca S2801

Iron, Fe S2801

Magnesium, Mg S2801

Phosphorus, P S2801

Potassium, K S2801

Sodium, Na S2801

Zinc, Zn S2801

Copper, Cu S2801

Manganese, Mn S2801

Selenium, Se S2801

Vitamin A, IU S2801

Vitamin E (alpha-tocopherol) S2801

Vitamin D S2801

Vitamin C, total ascorbic acid S2801

Thiamin S2801

Riboflavin S2801

Niacin S2801

Pantothenic acid S2801

Vitamin B-6 S2801

Folate, total S2801

Vitamin B-12 S2801

Cholesterol S2801

Fatty acids, total trans S2801

Fatty acids, total saturated S2801

Fatty acids, total monounsaturated S2801

Fatty acids, total polyunsaturated S2801

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### NDB No 21347 McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

Protein	S2801
Total lipid (fat)	S2801
Water	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### NDB No 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

Protein	S2801
Total lipid (fat)	S2801
Ash	S2801
Water	S2801

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**NDB No 21348 McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette**

Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801
Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin E (alpha-tocopherol)	S2801
Vitamin D	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

**NDB No 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing**

Protein	S2801
Total lipid (fat)	S2801
Sugars, total	S2801
Fiber, total dietary	S2801
Calcium, Ca	S2801

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### NDB No 21349 McDONALD'S, NEWMAN'S OWN Ranch Dressing

Iron, Fe	S2801
Magnesium, Mg	S2801
Phosphorus, P	S2801
Potassium, K	S2801
Sodium, Na	S2801
Zinc, Zn	S2801
Copper, Cu	S2801
Manganese, Mn	S2801
Selenium, Se	S2801
Vitamin A, IU	S2801
Vitamin C, total ascorbic acid	S2801
Thiamin	S2801
Riboflavin	S2801
Niacin	S2801
Pantothenic acid	S2801
Vitamin B-6	S2801
Folate, total	S2801
Vitamin B-12	S2801
Cholesterol	S2801
Fatty acids, total trans	S2801
Fatty acids, total saturated	S2801
Fatty acids, total monounsaturated	S2801
Fatty acids, total polyunsaturated	S2801

### NDB No 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Protein	S2102
Total lipid (fat)	S2102
Ash	S2102
Starch	S2102
Sucrose	S2102
Glucose (dextrose)	S2102
Fructose	S2102
Lactose	S2102
Maltose	S2102
Water	S2102

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### NDB No 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Sugars, total	S2102
Galactose	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102
Magnesium, Mg	S2102
Phosphorus, P	S2102
Potassium, K	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Vitamin K (phylloquinone)	S2102
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102

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### NDB No 21383 BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese

Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
15:0	S2102
17:0	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
20:3 undifferentiated	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102

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### NDB No 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

Protein	S2102
Total lipid (fat)	S2102
Ash	S2102
Starch	S2102
Sucrose	S2102
Glucose (dextrose)	S2102
Fructose	S2102
Lactose	S2102
Maltose	S2102
Water	S2102
Sugars, total	S2102
Galactose	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102
Magnesium, Mg	S2102
Phosphorus, P	S2102
Potassium, K	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Vitamin K (phylloquinone)	S2102

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### NDB No 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:1	S2102

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### NDB No 21384 BURGER KING, CROISSAN'WICH with Sausage and Cheese

Fatty acids, total monounsaturated S2102

Fatty acids, total polyunsaturated S2102

15:0 S2102

17:0 S2102

20:2 n-6 c,c S2102

18:3 n-6 c,c,c S2102

17:1 S2102

20:3 undifferentiated S2102

15:1 S2102

18:3 n-3 c,c,c S2102

### NDB No 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

Protein S2102

Total lipid (fat) S2102

Ash S2102

Starch S2102

Sucrose S2102

Glucose (dextrose) S2102

Fructose S2102

Lactose S2102

Maltose S2102

Water S2102

Sugars, total S2102

Galactose S2102

Fiber, total dietary S2102

Calcium, Ca S2102

Iron, Fe S2102

Magnesium, Mg S2102

Phosphorus, P S2102

Potassium, K S2102

Sodium, Na S2102

Zinc, Zn S2102

Copper, Cu S2102

Manganese, Mn S2102

Selenium, Se S2102

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### NDB No 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Vitamin K (phylloquinone)	S2102
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102

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### NDB No 21385 BURGER KING, CROISSAN'WICH with Egg and Cheese

14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
15:0	S2102
17:0	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
20:3 undifferentiated	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102

### NDB No 21386 BURGER KING, French Toast Sticks

Protein	S2102
Total lipid (fat)	S2102
Ash	S2102
Starch	S2102
Sucrose	S2102
Glucose (dextrose)	S2102
Fructose	S2102
Lactose	S2102
Maltose	S2102
Water	S2102
Sugars, total	S2102

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### NDB No 21386 BURGER KING, French Toast Sticks

Galactose	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102
Magnesium, Mg	S2102
Phosphorus, P	S2102
Potassium, K	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Vitamin K (phylloquinone)	S2102
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102

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## NDB No 21386 BURGER KING, French Toast Sticks

Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
15:0	S2102
17:0	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
20:3 undifferentiated	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102

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### NDB No 21387 BURGER KING, Hash Brown Rounds

Protein	S2102
Total lipid (fat)	S2102
Ash	S2102
Starch	S2102
Sucrose	S2102
Glucose (dextrose)	S2102
Fructose	S2102
Lactose	S2102
Maltose	S2102
Water	S2102
Sugars, total	S2102
Galactose	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102
Magnesium, Mg	S2102
Phosphorus, P	S2102
Potassium, K	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Carotene, beta	S2102
Carotene, alpha	S2102
Vitamin E (alpha-tocopherol)	S2102
Cryptoxanthin, beta	S2102
Lycopene	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102

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### NDB No 21387 BURGER KING, Hash Brown Rounds

Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102
Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:6 n-3	S2102

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### NDB No 21387 BURGER KING, Hash Brown Rounds

22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
18:4	S2102
20:1	S2102
20:5 n-3	S2102
22:1 undifferentiated	S2102
22:5 n-3	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
15:0	S2102
17:0	S2102
24:0	S2102
20:2 n-6 c,c	S2102
17:1	S2102
20:3 undifferentiated	S2102
15:1	S2102
21:5	S2102

### NDB No 21388 Fast foods, Miniature cinnamon rolls

Protein	S2102
Total lipid (fat)	S2102
Ash	S2102
Starch	S2102
Sucrose	S2102
Glucose (dextrose)	S2102
Fructose	S2102
Lactose	S2102
Maltose	S2102
Water	S2102
Sugars, total	S2102
Galactose	S2102
Fiber, total dietary	S2102
Calcium, Ca	S2102
Iron, Fe	S2102

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**NDB No 21388 Fast foods, Miniature cinnamon rolls**

Magnesium, Mg	S2102
Phosphorus, P	S2102
Potassium, K	S2102
Sodium, Na	S2102
Zinc, Zn	S2102
Copper, Cu	S2102
Manganese, Mn	S2102
Selenium, Se	S2102
Vitamin E (alpha-tocopherol)	S2102
Tocopherol, beta	S2102
Tocopherol, gamma	S2102
Tocopherol, delta	S2102
Vitamin C, total ascorbic acid	S2102
Thiamin	S2102
Riboflavin	S2102
Niacin	S2102
Pantothenic acid	S2102
Vitamin B-6	S2102
Vitamin B-12	S2102
Vitamin K (phylloquinone)	S2102
Tryptophan	S2102
Threonine	S2102
Isoleucine	S2102
Leucine	S2102
Lysine	S2102
Methionine	S2102
Cystine	S2102
Phenylalanine	S2102
Tyrosine	S2102
Valine	S2102
Arginine	S2102
Histidine	S2102
Alanine	S2102
Aspartic acid	S2102
Glutamic acid	S2102

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### NDB No 21388 Fast foods, Miniature cinnamon rolls

Glycine	S2102
Proline	S2102
Serine	S2102
Cholesterol	S2102
Fatty acids, total saturated	S2102
8:0	S2102
10:0	S2102
12:0	S2102
14:0	S2102
16:0	S2102
18:0	S2102
20:0	S2102
18:1 undifferentiated	S2102
18:2 undifferentiated	S2102
18:3 undifferentiated	S2102
20:4 undifferentiated	S2102
22:0	S2102
14:1	S2102
16:1 undifferentiated	S2102
20:1	S2102
Fatty acids, total monounsaturated	S2102
Fatty acids, total polyunsaturated	S2102
15:0	S2102
17:0	S2102
20:2 n-6 c,c	S2102
18:3 n-6 c,c,c	S2102
17:1	S2102
20:3 undifferentiated	S2102
15:1	S2102
18:3 n-3 c,c,c	S2102

### NDB No 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

Protein	S1064
Total lipid (fat)	S1064
Ash	S1064

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**NDB No 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise**

Starch	S1064
Sucrose	S1064
Glucose (dextrose)	S1064
Fructose	S1064
Lactose	S1064
Maltose	S1064
Water	S1064
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064
Calcium, Ca	S1064
Iron, Fe	S1064
Magnesium, Mg	S1064
Phosphorus, P	S1064
Potassium, K	S1064
Sodium, Na	S1064
Zinc, Zn	S1064
Copper, Cu	S1064
Manganese, Mn	S1064
Selenium, Se	S1064
Vitamin C, total ascorbic acid	S1064
Thiamin	S1064
Riboflavin	S1064
Niacin	S1064
Pantothenic acid	S1064
Vitamin B-6	S1064
Folate, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064
Threonine	S1064
Isoleucine	S1064
Leucine	S1064
Lysine	S1064

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**NDB No 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise**

Methionine	S1064
Cystine	S1064
Phenylalanine	S1064
Tyrosine	S1064
Valine	S1064
Arginine	S1064
Histidine	S1064
Alanine	S1064
Aspartic acid	S1064
Glutamic acid	S1064
Glycine	S1064
Proline	S1064
Serine	S1064
Hydroxyproline	S1064
Cholesterol	S1064
Fatty acids, total trans	S1064
Fatty acids, total saturated	S1064
4:0	S1064
6:0	S1064
8:0	S1064
10:0	S1064
12:0	S1064
14:0	S1064
16:0	S1064
18:0	S1064
20:0	S1064
18:1 undifferentiated	S1064
18:2 undifferentiated	S1064
18:3 undifferentiated	S1064
20:4 undifferentiated	S1064
22:6 n-3	S1064
22:0	S1064
14:1	S1064
16:1 undifferentiated	S1064
18:4	S1064

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### NDB No 21389 Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

20:1	S1064
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
Fatty acids, total monounsaturated	S1064
Fatty acids, total polyunsaturated	S1064
15:0	S1064
17:0	S1064
24:0	S1064
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
17:1	S1064
20:3 undifferentiated	S1064
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
18:3 n-3 c,c,c	S1064

### NDB No 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

Protein	S1064, S1066
Total lipid (fat)	S1064, S1066
Ash	S1064, S1066
Starch	S1064, S1066
Sucrose	S1064, S1066
Glucose (dextrose)	S1064, S1066
Fructose	S1064, S1066
Lactose	S1064, S1066
Maltose	S1064, S1066
Water	S1064, S1066
Sugars, total	S1064
Galactose	S1064

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**NDB No 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise**

Fiber, total dietary	S1064, S1066
Calcium, Ca	S1064, S1066
Iron, Fe	S1064, S1066
Magnesium, Mg	S1064, S1066
Phosphorus, P	S1064, S1066
Potassium, K	S1064, S1066
Sodium, Na	S1064, S1066
Zinc, Zn	S1064, S1066
Copper, Cu	S1064, S1066
Manganese, Mn	S1064, S1066
Selenium, Se	S1064, S1066
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064, S1066
Thiamin	S1064, S1066
Riboflavin	S1064, S1066
Niacin	S1064, S1066
Pantothenic acid	S1064, S1066
Vitamin B-6	S1064, S1066
Folate, total	S1064
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1064, S1066
Folic acid	S1064
Folate, food	S1064
Tryptophan	S1064, S1066
Threonine	S1064, S1066
Isoleucine	S1064, S1066
Leucine	S1064, S1066
Lysine	S1064, S1066
Methionine	S1064, S1066
Cystine	S1064, S1066
Phenylalanine	S1064, S1066
Tyrosine	S1064, S1066

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**NDB No 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise**

Valine	S1064, S1066
Arginine	S1064, S1066
Histidine	S1064, S1066
Alanine	S1064, S1066
Aspartic acid	S1064, S1066
Glutamic acid	S1064, S1066
Glycine	S1064, S1066
Proline	S1064, S1066
Serine	S1064, S1066
Hydroxyproline	S1064
Cholesterol	S1064, S1066
4:0	S1064
6:0	S1064
8:0	S1064, S1066
10:0	S1064, S1066
12:0	S1064, S1066
14:0	S1064, S1066
16:0	S1064, S1066
18:0	S1064, S1066
20:0	S1064, S1066
18:1 undifferentiated	S1064, S1066
18:2 undifferentiated	S1064, S1066
18:3 undifferentiated	S1064, S1066
20:4 undifferentiated	S1064, S1066
22:6 n-3	S1064, S1066
22:0	S1064, S1066
14:1	S1064, S1066
16:1 undifferentiated	S1064, S1066
18:4	S1064, S1066
20:1	S1064, S1066
20:5 n-3	S1064, S1066
22:1 undifferentiated	S1064, S1066
22:5 n-3	S1064, S1066
15:0	S1064, S1066
17:0	S1064, S1066

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**NDB No 21390 Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise**

24:0	S1064, S1066
16:1 t	S1064
18:1 t	S1064
18:2 i	S1064
20:2 n-6 c,c	S1064, S1066
16:1 c	S1064
18:1 c	S1064
18:2 n-6 c,c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066
20:3 undifferentiated	S1064, S1066
Fatty acids, total trans-monoenoic	S1064
Fatty acids, total trans-polyenoic	S1064
13:0	S1064
15:1	S1064, S1066
18:3 n-3 c,c,c	S1064

**NDB No 21391 Fast foods, hamburger; single, large patty; with condiments**

Protein	S1122
Total lipid (fat)	S1122
Ash	S1122
Starch	S1122
Sucrose	S1122
Glucose (dextrose)	S1122
Fructose	S1122
Lactose	S1122
Maltose	S1122
Water	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Sodium, Na	S1122

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### NDB No 21391 Fast foods, hamburger; single, large patty; with condiments

Zinc, Zn	S1122
Copper, Cu	S1122
Manganese, Mn	S1122
Selenium, Se	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, beta	S1122
Tocopherol, gamma	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Riboflavin	S1122
Niacin	S1122
Pantothenic acid	S1122
Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122

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### NDB No 21391 Fast foods, hamburger; single, large patty; with condiments

18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
15:0	S1122
17:0	S1122
24:0	S1122
20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

### NDB No 21393 Fast foods, hamburger; single, regular patty; with condiments and special sauce

Protein	S1122
Total lipid (fat)	S1122
Ash	S1122
Starch	S1122
Sucrose	S1122
Glucose (dextrose)	S1122
Fructose	S1122
Lactose	S1122
Maltose	S1122
Water	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Sodium, Na	S1122
Zinc, Zn	S1122
Copper, Cu	S1122

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**NDB No 21393 Fast foods, hamburger; single, regular patty; with condiments and special sauce**

Manganese, Mn	S1122
Selenium, Se	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, beta	S1122
Tocopherol, gamma	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Riboflavin	S1122
Niacin	S1122
Pantothenic acid	S1122
Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Tryptophan	S1122
Threonine	S1122
Isoleucine	S1122
Leucine	S1122
Lysine	S1122
Methionine	S1122
Cystine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Valine	S1122
Arginine	S1122
Histidine	S1122
Alanine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Glycine	S1122
Proline	S1122
Serine	S1122

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### NDB No 21393 Fast foods, hamburger; single, regular patty; with condiments and special sauce

Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122
18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
15:0	S1122
17:0	S1122
24:0	S1122
20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

### NDB No 21397 Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise

Protein	S1064, S1066
Total lipid (fat)	S1064, S1066
Ash	S1064, S1066

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**NDB No 21397 Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise**

Sucrose	S1064
Glucose (dextrose)	S1066
Fructose	S1064, S1066
Lactose	S1064, S1066
Maltose	S1064, S1066
Water	S1064, S1066
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064, S1066
Calcium, Ca	S1064, S1066
Iron, Fe	S1064, S1066
Magnesium, Mg	S1064, S1066
Phosphorus, P	S1064, S1066
Potassium, K	S1064, S1066
Sodium, Na	S1064, S1066
Zinc, Zn	S1064, S1066
Copper, Cu	S1064, S1066
Manganese, Mn	S1064, S1066
Selenium, Se	S1064, S1066
Vitamin E (alpha-tocopherol)	S1064
Vitamin C, total ascorbic acid	S1064, S1066
Thiamin	S1064, S1066
Riboflavin	S1064, S1066
Niacin	S1064, S1066
Pantothenic acid	S1064, S1066
Vitamin B-6	S1064, S1066
Folate, total	S1064
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1064, S1066
Folic acid	S1064
Cholesterol	S1064, S1066
4:0	S1064, S1066
6:0	S1064, S1066
8:0	S1064, S1066
10:0	S1064, S1066

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## **NDB No 21397 Fast foods, cheeseburger;single, large patty; with condiments, vegetables and mayonnaise**

12:0	S1064, S1066
14:0	S1064, S1066
16:0	S1064, S1066
18:0	S1064, S1066
20:0	S1064, S1066
18:2 undifferentiated	S1064, S1066
22:6 n-3	S1064, S1066
22:0	S1064, S1066
14:1	S1064, S1066
16:1 undifferentiated	S1064, S1066
18:4	S1066
20:1	S1064, S1066
20:5 n-3	S1064, S1066
22:1 undifferentiated	S1064, S1066
22:5 n-3	S1066
15:0	S1064, S1066
17:0	S1064, S1066
24:0	S1064, S1066
16:1 t	S1066
18:1 t	S1064, S1066
18:2 i	S1066
20:2 n-6 c,c	S1064, S1066
16:1 c	S1066
18:1 c	S1064, S1066
18:2 n-6 c,c	S1066
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066
Fatty acids, total trans-polyenoic	S1066
13:0	S1064
15:1	S1064, S1066
18:3 n-3 c,c,c	S1064, S1066
20:3 n-6	S1066
20:4 n-6	S1066

## **NDB No 21398 Fast foods, cheeseburger; single, large patty; with condiments**

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**NDB No 21398 Fast foods, cheeseburger; single, large patty; with condiments**

Protein	S1122
Total lipid (fat)	S1122
Ash	S1122
Starch	S1122
Sucrose	S1122
Glucose (dextrose)	S1122
Fructose	S1122
Lactose	S1122
Maltose	S1122
Water	S1122
Fiber, total dietary	S1122
Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Sodium, Na	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Manganese, Mn	S1122
Selenium, Se	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, beta	S1122
Tocopherol, gamma	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Riboflavin	S1122
Niacin	S1122
Pantothenic acid	S1122
Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122

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**NDB No 21398 Fast foods, cheeseburger; single, large patty; with condiments**

Folate, food	S1122
Tryptophan	S1122
Threonine	S1122
Isoleucine	S1122
Leucine	S1122
Lysine	S1122
Methionine	S1122
Cystine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Valine	S1122
Arginine	S1122
Histidine	S1122
Alanine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Glycine	S1122
Proline	S1122
Serine	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122

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**NDB No 21398 Fast foods, cheeseburger; single, large patty; with condiments**

16:1 undifferentiated	S1122
18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
15:0	S1122
17:0	S1122
24:0	S1122
20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

**NDB No 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise**

Protein	S1064, S1066
Total lipid (fat)	S1064, S1066
Ash	S1064, S1066
Starch	S1064, S1066
Sucrose	S1064, S1066
Glucose (dextrose)	S1064, S1066
Fructose	S1064, S1066
Lactose	S1064, S1066
Maltose	S1064, S1066
Water	S1064, S1066
Sugars, total	S1064
Galactose	S1064
Fiber, total dietary	S1064, S1066
Calcium, Ca	S1064, S1066
Iron, Fe	S1064, S1066
Magnesium, Mg	S1064, S1066
Phosphorus, P	S1064, S1066
Potassium, K	S1064, S1066

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**NDB No 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise**

Sodium, Na	S1064, S1066
Zinc, Zn	S1064, S1066
Copper, Cu	S1064, S1066
Manganese, Mn	S1064, S1066
Selenium, Se	S1064, S1066
Vitamin E (alpha-tocopherol)	S1064
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064
Vitamin C, total ascorbic acid	S1064, S1066
Thiamin	S1064, S1066
Riboflavin	S1064, S1066
Niacin	S1064, S1066
Pantothenic acid	S1064, S1066
Vitamin B-6	S1064, S1066
Folate, total	S1064
Vitamin B-12	S1066
Vitamin K (phylloquinone)	S1064, S1066
Folic acid	S1064
Folate, food	S1064
Cholesterol	S1064, S1066
Fatty acids, total trans	S1064
4:0	S1064
6:0	S1064
8:0	S1064, S1066
10:0	S1064, S1066
12:0	S1064, S1066
14:0	S1064, S1066
16:0	S1064, S1066
18:0	S1064, S1066
20:0	S1064, S1066
18:1 undifferentiated	S1064, S1066
18:2 undifferentiated	S1064, S1066
18:3 undifferentiated	S1064, S1066
20:4 undifferentiated	S1064, S1066

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### NDB No 21399 Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

22:6 n-3	S1064, S1066
22:0	S1064, S1066
14:1	S1064, S1066
16:1 undifferentiated	S1064, S1066
18:4	S1066
20:1	S1064, S1066
20:5 n-3	S1064, S1066
22:1 undifferentiated	S1064, S1066
22:5 n-3	S1066
15:0	S1064, S1066
17:0	S1064, S1066
24:0	S1064, S1066
18:1 t	S1064
20:2 n-6 c,c	S1064, S1066
18:1 c	S1064
18:3 n-6 c,c,c	S1064
17:1	S1064, S1066
20:3 undifferentiated	S1064, S1066
Fatty acids, total trans-monoenoic	S1064
13:0	S1064
15:1	S1064, S1066
18:3 n-3 c,c,c	S1064

### NDB No 21400 Fast foods, cheeseburger; double, regular patty; with condiments and special sauce

Protein	S1122
Total lipid (fat)	S1122
Ash	S1122
Starch	S1122
Sucrose	S1122
Glucose (dextrose)	S1122
Fructose	S1122
Lactose	S1122
Maltose	S1122
Water	S1122
Fiber, total dietary	S1122

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**NDB No 21400 Fast foods, cheeseburger; double, regular patty; with condiments and special sauce**

Calcium, Ca	S1122
Iron, Fe	S1122
Magnesium, Mg	S1122
Phosphorus, P	S1122
Potassium, K	S1122
Sodium, Na	S1122
Zinc, Zn	S1122
Copper, Cu	S1122
Manganese, Mn	S1122
Selenium, Se	S1122
Vitamin E (alpha-tocopherol)	S1122
Tocopherol, beta	S1122
Tocopherol, gamma	S1122
Tocopherol, delta	S1122
Vitamin C, total ascorbic acid	S1122
Thiamin	S1122
Riboflavin	S1122
Niacin	S1122
Pantothenic acid	S1122
Vitamin B-6	S1122
Folate, total	S1122
Vitamin B-12	S1122
Vitamin K (phylloquinone)	S1122
Folic acid	S1122
Folate, food	S1122
Tryptophan	S1122
Threonine	S1122
Isoleucine	S1122
Leucine	S1122
Lysine	S1122
Methionine	S1122
Cystine	S1122
Phenylalanine	S1122
Tyrosine	S1122
Valine	S1122

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**NDB No 21400 Fast foods, cheeseburger; double, regular patty; with condiments and special sauce**

Arginine	S1122
Histidine	S1122
Alanine	S1122
Aspartic acid	S1122
Glutamic acid	S1122
Glycine	S1122
Proline	S1122
Serine	S1122
Cholesterol	S1122
Fatty acids, total saturated	S1122
8:0	S1122
10:0	S1122
12:0	S1122
14:0	S1122
16:0	S1122
18:0	S1122
20:0	S1122
18:1 undifferentiated	S1122
18:2 undifferentiated	S1122
18:3 undifferentiated	S1122
20:4 undifferentiated	S1122
22:6 n-3	S1122
22:0	S1122
14:1	S1122
16:1 undifferentiated	S1122
18:4	S1122
20:1	S1122
20:5 n-3	S1122
22:1 undifferentiated	S1122
22:5 n-3	S1122
Fatty acids, total monounsaturated	S1122
Fatty acids, total polyunsaturated	S1122
15:0	S1122
17:0	S1122
24:0	S1122

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### **NDB No 21400 Fast foods, cheeseburger; double, regular patty; with condiments and special sauce**

20:2 n-6 c,c	S1122
17:1	S1122
20:3 undifferentiated	S1122
15:1	S1122

### **NDB No 21401 Fast foods, chicken tenders**

Protein	S1064, S2801
Total lipid (fat)	S1064, S2801
Ash	S1064, S2801
Starch	S1064
Sucrose	S1064, S2801
Glucose (dextrose)	S1064, S2801
Fructose	S1064, S2801
Lactose	S1064, S2801
Maltose	S1064, S2801
Water	S1064, S2801
Sugars, total	S1064, S2801
Galactose	S1064, S2801
Fiber, total dietary	S1064, S2801
Calcium, Ca	S1064, S2801
Iron, Fe	S1064, S2801
Magnesium, Mg	S1064, S2801
Phosphorus, P	S1064, S2801
Potassium, K	S1064, S2801
Sodium, Na	S1064, S2801
Zinc, Zn	S1064, S2801
Copper, Cu	S1064, S2801
Manganese, Mn	S1064, S2801
Selenium, Se	S1064
Retinol	S2801
Carotene, beta	S2801
Vitamin E (alpha-tocopherol)	S1064, S2801
Tocopherol, beta	S1064
Tocopherol, gamma	S1064
Tocopherol, delta	S1064

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### NDB No 21401 Fast foods, chicken tenders

Vitamin C, total ascorbic acid	S1064, S2801
Thiamin	S1064, S2801
Riboflavin	S1064, S2801
Niacin	S1064, S2801
Pantothenic acid	S1064, S2801
Vitamin B-6	S1064, S2801
Folate, total	S1064, S2801
Vitamin B-12	S2801
Choline, total	S1064
Vitamin K (phylloquinone)	S1064
Folic acid	S1064
Betaine	S1064
Tryptophan	S1064, S1066, S1122
Threonine	S1064, S1066, S1122
Isoleucine	S1064, S1066, S1122
Leucine	S1064, S1066, S1122
Lysine	S1064, S1066, S1122
Methionine	S1064, S1066, S1122
Cystine	S1064, S1066, S1122
Phenylalanine	S1064, S1066, S1122
Tyrosine	S1064, S1066, S1122
Valine	S1064, S1066, S1122
Arginine	S1064, S1066, S1122
Histidine	S1064, S1066, S1122
Alanine	S1064, S1066, S1122
Aspartic acid	S1064, S1066, S1122
Glutamic acid	S1064, S1066, S1122
Glycine	S1064, S1066, S1122
Proline	S1064, S1066, S1122
Serine	S1064, S1066, S1122
Hydroxyproline	S1064
Cholesterol	S1064, S2801
4:0	S1064
6:0	S1064
8:0	S1064, S2801

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### NDB No 21401 Fast foods, chicken tenders

10:0	S1064, S2801
12:0	S1064, S2801
14:0	S1064, S2801
16:0	S1064, S2801
18:0	S1064, S2801
20:0	S1064, S2801
20:4 undifferentiated	S1064, S2801
22:6 n-3	S1064
22:0	S1064, S2801
14:1	S1064, S2801
16:1 undifferentiated	S1064, S2801
18:4	S1064
20:1	S1064, S2801
20:5 n-3	S1064
22:1 undifferentiated	S1064
22:5 n-3	S1064
15:0	S1064, S2801
17:0	S1064, S2801
24:0	S1064
16:1 t	S1064
18:1 t	S1064, S2801
18:2 i	S1064
18:2 t,t	S2801
20:2 n-6 c,c	S1064, S2801
16:1 c	S1064
18:1 c	S1064, S2801
18:2 n-6 c,c	S1064, S2801
18:3 n-6 c,c,c	S2801
17:1	S2801
20:3 undifferentiated	S1064, S2801
15:1	S2801
18:3 n-3 c,c,c	S1064, S2801

### NDB No 21409 Fast foods, bagel, with ham, egg, and cheese

Protein	S1165
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### NDB No 21409 Fast foods, bagel, with ham, egg, and cheese

Total lipid (fat)	S1165
Ash	S1165
Starch	S1165
Sucrose	S1165
Glucose (dextrose)	S1165
Fructose	S1165
Lactose	S1165
Maltose	S1165
Water	S1165
Sugars, total	S1165
Galactose	S1165
Fiber, total dietary	S1165
Calcium, Ca	S1165
Iron, Fe	S1165
Magnesium, Mg	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Sodium, Na	S1165
Zinc, Zn	S1165
Copper, Cu	S1165
Manganese, Mn	S1165
Selenium, Se	S1165
Retinol	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, beta	S1165
Tocopherol, gamma	S1165
Tocopherol, delta	S1165
Vitamin C, total ascorbic acid	S1165
Thiamin	S1165
Riboflavin	S1165
Niacin	S1165
Pantothenic acid	S1165
Vitamin B-6	S1165
Folate, total	S1165
Vitamin B-12	S1165

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### NDB No 21409 Fast foods, bagel, with ham, egg, and cheese

Vitamin K (phylloquinone)	S1165
Folic acid	S1165
Folate, food	S1165
Cholesterol	S1165
Fatty acids, total saturated	S1165
8:0	S1165
10:0	S1165
12:0	S1165
14:0	S1165
16:0	S1165
18:0	S1165
20:0	S1165
18:1 undifferentiated	S1165
18:2 undifferentiated	S1165
18:3 undifferentiated	S1165
20:4 undifferentiated	S1165
22:6 n-3	S1165
22:0	S1165
14:1	S1165
16:1 undifferentiated	S1165
18:4	S1165
20:1	S1165
20:5 n-3	S1165
22:1 undifferentiated	S1165
22:5 n-3	S1165
Fatty acids, total monounsaturated	S1165
Fatty acids, total polyunsaturated	S1165
15:0	S1165
17:0	S1165
24:0	S1165
20:2 n-6 c,c	S1165
17:1	S1165
20:3 undifferentiated	S1165
15:1	S1165

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### NDB No 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Protein	S1165
Total lipid (fat)	S1165
Ash	S1165
Starch	S1165
Sucrose	S1165
Glucose (dextrose)	S1165
Fructose	S1165
Lactose	S1165
Maltose	S1165
Water	S1165
Sugars, total	S1165
Galactose	S1165
Fiber, total dietary	S1165
Calcium, Ca	S1165
Iron, Fe	S1165
Magnesium, Mg	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Sodium, Na	S1165
Zinc, Zn	S1165
Copper, Cu	S1165
Manganese, Mn	S1165
Selenium, Se	S1165
Retinol	S1165
Carotene, beta	S1165
Carotene, alpha	S1165
Vitamin E (alpha-tocopherol)	S1165
Cryptoxanthin, beta	S1165
Lycopene	S1165
Tocopherol, beta	S1165
Tocopherol, gamma	S1165
Tocopherol, delta	S1165
Vitamin C, total ascorbic acid	S1165
Thiamin	S1165
Riboflavin	S1165

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### NDB No 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments

Niacin	S1165
Pantothenic acid	S1165
Vitamin B-6	S1165
Folate, total	S1165
Vitamin B-12	S1165
Vitamin K (phylloquinone)	S1165
Folic acid	S1165
Folate, food	S1165
Cholesterol	S1165
Fatty acids, total saturated	S1165
8:0	S1165
10:0	S1165
12:0	S1165
14:0	S1165
16:0	S1165
18:0	S1165
20:0	S1165
18:1 undifferentiated	S1165
18:2 undifferentiated	S1165
18:3 undifferentiated	S1165
20:4 undifferentiated	S1165
22:6 n-3	S1165
22:0	S1165
14:1	S1165
16:1 undifferentiated	S1165
18:4	S1165
20:1	S1165
20:5 n-3	S1165
22:1 undifferentiated	S1165
22:5 n-3	S1165
Fatty acids, total monounsaturated	S1165
Fatty acids, total polyunsaturated	S1165
15:0	S1165
17:0	S1165
24:0	S1165

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### **NDB No 21410 Fast foods, bagel, with egg, sausage patty, cheese, and condiments**

20:2 n-6 c,c	S1165
17:1	S1165
20:3 undifferentiated	S1165
15:1	S1165

### **NDB No 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments**

Protein	S1165
Total lipid (fat)	S1165
Ash	S1165
Starch	S1165
Sucrose	S1165
Glucose (dextrose)	S1165
Fructose	S1165
Lactose	S1165
Maltose	S1165
Water	S1165
Sugars, total	S1165
Galactose	S1165
Fiber, total dietary	S1165
Calcium, Ca	S1165
Iron, Fe	S1165
Magnesium, Mg	S1165
Phosphorus, P	S1165
Potassium, K	S1165
Sodium, Na	S1165
Zinc, Zn	S1165
Copper, Cu	S1165
Manganese, Mn	S1165
Selenium, Se	S1165
Retinol	S1165
Vitamin E (alpha-tocopherol)	S1165
Tocopherol, beta	S1165
Tocopherol, gamma	S1165
Tocopherol, delta	S1165
Vitamin C, total ascorbic acid	S1165

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### NDB No 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

Thiamin	S1165
Riboflavin	S1165
Niacin	S1165
Pantothenic acid	S1165
Vitamin B-6	S1165
Folate, total	S1165
Vitamin B-12	S1165
Vitamin K (phylloquinone)	S1165
Folic acid	S1165
Folate, food	S1165
Cholesterol	S1165
Fatty acids, total saturated	S1165
8:0	S1165
10:0	S1165
12:0	S1165
14:0	S1165
16:0	S1165
18:0	S1165
20:0	S1165
18:1 undifferentiated	S1165
18:2 undifferentiated	S1165
18:3 undifferentiated	S1165
20:4 undifferentiated	S1165
22:6 n-3	S1165
22:0	S1165
14:1	S1165
16:1 undifferentiated	S1165
18:4	S1165
20:1	S1165
20:5 n-3	S1165
22:1 undifferentiated	S1165
22:5 n-3	S1165
Fatty acids, total monounsaturated	S1165
Fatty acids, total polyunsaturated	S1165
15:0	S1165

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### NDB No 21411 Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

17:0	S1165
24:0	S1165
20:2 n-6 c,c	S1165
17:1	S1165
20:3 undifferentiated	S1165
15:1	S1165

### NDB No 22118 WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Phosphorus, P	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Carotene, beta	S3769
Thiamin	S3769
Riboflavin	S3769
Cholesterol	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22119 WORTHINGTON FOODS, MORNINGSTAR FARMS America's Original Veggie Dog

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769

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### NDB No 22119 WORTHINGTON FOODS, MORNINGSTAR FARMS America's Original Veggie Dog

Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Thiamin	S3769
Riboflavin	S3769
Vitamin B-6	S3769
Cholesterol	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22120 WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Magnesium, Mg	S3769
Phosphorus, P	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Copper, Cu	S3769
Thiamin	S3769
Riboflavin	S3769
Niacin	S3769

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### NDB No 22120 WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles

Pantothenic acid	S3769
Vitamin B-6	S3769
Vitamin B-12	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22121 WORTHINGTON FOODS, MORNINGSTAR FARMS Grillers Vegan Burgers, frozen

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Phosphorus, P	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22122 WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769

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### NDB No 22122 WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

Iron, Fe	S3769
Phosphorus, P	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Thiamin	S3769
Riboflavin	S3769
Niacin	S3769
Vitamin B-6	S3769
Vitamin B-12	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22123 WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Black Bean Burger

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Phosphorus, P	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Thiamin	S3769
Riboflavin	S3769
Niacin	S3769
Cholesterol	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

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### NDB No 22128 WORTHINGTON FOODS, MORNINGSTAR FARMS Vegan Burger made from Organic Soy

Protein	S3769
Total lipid (fat)	S3769
Carbohydrate, by difference	S3769
Ash	S3769
Water	S3769
Sugars, total	S3769
Fiber, total dietary	S3769
Calcium, Ca	S3769
Iron, Fe	S3769
Potassium, K	S3769
Sodium, Na	S3769
Zinc, Zn	S3769
Fatty acids, total saturated	S3769
Fatty acids, total monounsaturated	S3769
Fatty acids, total polyunsaturated	S3769

### NDB No 22215 NESTLE, CHEF-MATE Chili with Beans, canned entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Energy	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744

### NDB No 22216 NESTLE, CHEF-MATE Chili without Beans, canned entree

Protein	S3744
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### NDB No 22216 NESTLE, CHEF-MATE Chili without Beans, canned entree

Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Energy	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744

### NDB No 22217 NESTLE, CHEF-MATE Corned Beef Hash, canned entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Energy	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744

### NDB No 22247 Macaroni and Cheese, canned entree

Protein	S20
Total lipid (fat)	S20
Ash	S20

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### NDB No 22247 Macaroni and Cheese, canned entree

Starch	S20
Sucrose	S20
Glucose (dextrose)	S20
Fructose	S20
Lactose	S20
Maltose	S20
Water	S20
Sugars, total	S20
Galactose	S20
Fiber, total dietary	S20
Calcium, Ca	S20
Iron, Fe	S20
Magnesium, Mg	S20
Phosphorus, P	S20
Potassium, K	S20
Sodium, Na	S20
Zinc, Zn	S20
Copper, Cu	S20
Manganese, Mn	S20
Selenium, Se	S20
Vitamin C, total ascorbic acid	S20
Thiamin	S20
Riboflavin	S20
Niacin	S20
Pantothenic acid	S20
Vitamin B-6	S20
Vitamin B-12	S20
Cholesterol	S20
4:0	S20
6:0	S20
8:0	S20
10:0	S20
12:0	S20
14:0	S20
16:0	S20

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### NDB No 22247 Macaroni and Cheese, canned entree

18:0	S20
20:0	S20
18:1 undifferentiated	S20
18:2 undifferentiated	S20
18:3 undifferentiated	S20
20:4 undifferentiated	S20
22:6 n-3	S20
22:0	S20
14:1	S20
16:1 undifferentiated	S20
18:4	S20
20:1	S20
20:5 n-3	S20
22:1 undifferentiated	S20
22:5 n-3	S20
15:0	S20
17:0	S20
24:0	S20
17:1	S20
20:3 undifferentiated	S20
13:0	S20

### NDB No 22515 CHEF BOYARDEE Beef Ravioli in Tomato and Meat Sauce, canned entree

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742

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### NDB No 22515 CHEF BOYARDEE Beef Ravioli in Tomato and Meat Sauce, canned entree

Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 22516 CHEF BOYARDEE Beefaroni, Macaroni w/Beef in tomato Sauce, canned entree

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 22517 CHEF BOYARDEE Mini Ravioli, Beef Ravioli in Tomato and Meat Sauce, canned entree

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742

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### NDB No 22517 CHEF BOYARDEE Mini Ravioli, Beef Ravioli in Tomato and Meat Sauce, canned entree

Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 22518 CHEF BOYARDEE Spaghetti and Meatballs in tomato Sauce, canned entree

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 22525 BANQUET Chicken Pot pie, frozen entree'

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### NDB No 22525 BANQUET Chicken Pot pie, frozen entree'

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762
Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762
Fatty acids, total polyunsaturated	S3762

### NDB No 22526 MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742

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### NDB No 22526 MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Fatty acids, total saturated S3742

Fatty acids, total monounsaturated S3742

Fatty acids, total polyunsaturated S3742

### NDB No 22527 STOUFFER'S Chicken Pie, frozen entree

Protein S3744

Total lipid (fat) S3744

Carbohydrate, by difference S3744

Ash S3744

Energy S3744

Water S3744

Sugars, total S3744

Fiber, total dietary S3744

Calcium, Ca S3744

Iron, Fe S3744

Potassium, K S3744

Sodium, Na S3744

Vitamin A, IU S3744

Vitamin C, total ascorbic acid S3744

Thiamin S3744

Riboflavin S3744

Niacin S3744

Cholesterol S3744

Fatty acids, total trans S3744

Fatty acids, total saturated S3744

Fatty acids, total monounsaturated S3744

Fatty acids, total polyunsaturated S3744

### NDB No 22569 STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

Protein S3744

Total lipid (fat) S3744

Carbohydrate, by difference S3744

Ash S3744

Energy S3744

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### NDB No 22569 STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22570 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744

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### NDB No 22570 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22571 BANQUET Original Fried Chicken Thigh Meal, w/Mashed Potatoes and Corn in Seasoned Sauce

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762
Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762
Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762
Fatty acids, total polyunsaturated	S3762

### NDB No 22572 STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree

Protein	S3201
Total lipid (fat)	S3201
Carbohydrate, by difference	S3201
Ash	S3201
Energy	S3201
Water	S3201

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**NDB No 22572 STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree**

Sugars, total	S3201
Fiber, total dietary	S3201
Calcium, Ca	S3201
Iron, Fe	S3201
Potassium, K	S3201
Sodium, Na	S3201
Vitamin A, IU	S3201
Vitamin C, total ascorbic acid	S3201
Thiamin	S3201
Riboflavin	S3201
Niacin	S3201
Cholesterol	S3201
Fatty acids, total trans	S3201
Fatty acids, total saturated	S3201
Fatty acids, total monounsaturated	S3201
Fatty acids, total polyunsaturated	S3201

**NDB No 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Paste, frozen entree**

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744

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### NDB No 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Paste, frozen entree

Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22576 STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744

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**NDB No 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree**

Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

**NDB No 22578 STOUFFER'S LEAN CUISINE Homestyle Beef Pot Roast with Whipped Potatoes, frozen entree**

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744

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### NDB No 22578 STOUFFER'S LEAN CUISINE Homestyle Beef Pot Roast with Whipped Potatoes, frozen entree

Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22579 STOUFFER'S Creamed Chipped Beef, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22580 STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

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### NDB No 22580 STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744

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### NDB No 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen entree

Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

### NDB No 22583 STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

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### NDB No 22584 PATIO Beef and Bean Burrito, mild, frozen

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

### NDB No 22585 STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal

Protein	S3744
Total lipid (fat)	S3744
Carbohydrate, by difference	S3744
Ash	S3744
Energy	S3744
Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744

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**NDB No 22585 STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal**

Thiamin	S3744
Riboflavin	S3744
Niacin	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

**NDB No 22587 HEALTHY CHOICE Chicken Teriyaki w/Rice Medley Broccoli, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22588 HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742

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**NDB No 22588 HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, frozen meal**

Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22607 BANQUET Turkey and Gravy w/Dressing Meal, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762
Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762
Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762

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**NDB No 22607 BANQUET Turkey and Gravy w/Dressing Meal, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

Fatty acids, total polyunsaturated S3762

**NDB No 22611 STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree**

Protein S3744

Total lipid (fat) S3744

Carbohydrate, by difference S3744

Ash S3744

Energy S3744

Water S3744

Sugars, total S3744

Fiber, total dietary S3744

Calcium, Ca S3744

Iron, Fe S3744

Potassium, K S3744

Sodium, Na S3744

Vitamin A, IU S3744

Vitamin C, total ascorbic acid S3744

Thiamin S3744

Riboflavin S3744

Niacin S3744

Cholesterol S3744

Fatty acids, total trans S3744

Fatty acids, total saturated S3744

Fatty acids, total monounsaturated S3744

Fatty acids, total polyunsaturated S3744

**NDB No 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree**

Protein S3744

Total lipid (fat) S3744

Carbohydrate, by difference S3744

Ash S3744

Energy S3744

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**NDB No 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree**

Water	S3744
Sugars, total	S3744
Fiber, total dietary	S3744
Calcium, Ca	S3744
Iron, Fe	S3744
Potassium, K	S3744
Sodium, Na	S3744
Vitamin A, IU	S3744
Vitamin C, total ascorbic acid	S3744
Cholesterol	S3744
Fatty acids, total trans	S3744
Fatty acids, total saturated	S3744
Fatty acids, total monounsaturated	S3744
Fatty acids, total polyunsaturated	S3744

**NDB No 22671 WEIGHT WATCHERS SMART ONES, Chicken Enchiladas Suiza, Sour Cream w/Cheese, frozen entree**

Protein	S3765
Total lipid (fat)	S3765
Carbohydrate, by difference	S3765
Ash	S3765
Energy	S3765
Water	S3765
Sugars, total	S3765
Fiber, total dietary	S3765
Calcium, Ca	S3765
Iron, Fe	S3765
Sodium, Na	S3765
Vitamin A, IU	S3765
Vitamin C, total ascorbic acid	S3765
Cholesterol	S3765
Fatty acids, total trans	S3765
Fatty acids, total saturated	S3765
Fatty acids, total monounsaturated	S3765

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**NDB No 22671 WEIGHT WATCHERS SMART ONES, Chicken Enchiladas Suiza, Sour Cream w/Cheese, frozen entree**

Fatty acids, total polyunsaturated S3765

**NDB No 22672 WEIGHT WATCHERS SMART ONES, Roast Turkey Medallions, Mushrooms in Sauce w/Rice and Vegetables, frozen meal**

Protein S3765

Total lipid (fat) S3765

Carbohydrate, by difference S3765

Ash S3765

Energy S3765

Water S3765

Sugars, total S3765

Fiber, total dietary S3765

Calcium, Ca S3765

Iron, Fe S3765

Sodium, Na S3765

Vitamin A, IU S3765

Vitamin C, total ascorbic acid S3765

Cholesterol S3765

Fatty acids, total saturated S3765

Fatty acids, total monounsaturated S3765

Fatty acids, total polyunsaturated S3765

**NDB No 22677 MARIE CALLENDER'S Beef Stroganoff and Noodles w/Carrots and Peas, frozen**

Protein S3742

Total lipid (fat) S3742

Carbohydrate, by difference S3742

Ash S3742

Energy S3742

Water S3742

Sugars, total S3742

Fiber, total dietary S3742

Calcium, Ca S3742

Iron, Fe S3742

Sodium, Na S3742

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**NDB No 22677 MARIE CALLENDER'S Beef Stroganoff and Noodles w/Carrots and Peas, frozen**

Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22687 TYSON Chicken Fajita Kit, frozen, Product Code #2266-910**

Protein	S3768
Total lipid (fat)	S3768
Carbohydrate, by difference	S3768
Ash	S3768
Energy	S3768
Water	S3768
Sugars, total	S3768
Fiber, total dietary	S3768
Calcium, Ca	S3768
Iron, Fe	S3768
Sodium, Na	S3768
Vitamin A, IU	S3768
Vitamin C, total ascorbic acid	S3768
Cholesterol	S3768
Fatty acids, total trans	S3768
Fatty acids, total saturated	S3768
Fatty acids, total monounsaturated	S3768
Fatty acids, total polyunsaturated	S3768

**NDB No 22689 BANQUET HEARTY ONES Salisbury Steak Dinner, w/Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762

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**NDB No 22689 BANQUET HEARTY ONES Salisbury Steak Dinner, w/Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762
Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762
Fatty acids, total polyunsaturated	S3762

**NDB No 22690 KID CUISINE Chicken Nuggets w/Pasta in Cheese Sauce, Corn in a Seasoned Sauce and Chocolate Pudding w/Sprinkles**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

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**NDB No 22691 BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762
Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762
Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762
Fatty acids, total polyunsaturated	S3762

**NDB No 22711 BANQUET Salisbury Steak Meal, Gravy & Salisbury Steak w/ Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Protein	S3762
Total lipid (fat)	S3762
Carbohydrate, by difference	S3762
Ash	S3762
Energy	S3762
Water	S3762
Sugars, total	S3762
Fiber, total dietary	S3762
Calcium, Ca	S3762
Iron, Fe	S3762
Sodium, Na	S3762
Vitamin A, IU	S3762
Vitamin C, total ascorbic acid	S3762

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**NDB No 22711 BANQUET Salisbury Steak Meal, Gravy & Salisbury Steak w/ Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Cholesterol	S3762
Fatty acids, total trans	S3762
Fatty acids, total saturated	S3762
Fatty acids, total monounsaturated	S3762
Fatty acids, total polyunsaturated	S3762

**NDB No 22713 HEALTHY CHOICE Mesquite Chicken BBQ, Roasted Red Potatoes, Mixed Vegetables in Sauce, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22903 Pizza, pepperoni topping, regular crust, frozen, cooked**

Protein	S21
Total lipid (fat)	S21
Ash	S21
Starch	S21
Sucrose	S21
Glucose (dextrose)	S21

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### NDB No 22903 Pizza, pepperoni topping, regular crust, frozen, cooked

Fructose	S21
Lactose	S21
Maltose	S21
Water	S21
Fiber, total dietary	S21
Calcium, Ca	S21
Iron, Fe	S21
Magnesium, Mg	S21
Phosphorus, P	S21
Potassium, K	S21
Sodium, Na	S21
Zinc, Zn	S21
Copper, Cu	S21
Manganese, Mn	S21
Selenium, Se	S21
Vitamin C, total ascorbic acid	S21
Thiamin	S21
Riboflavin	S21
Niacin	S21
Pantothenic acid	S21
Vitamin B-6	S21
Folate, total	S21
Vitamin B-12	S21
Cholesterol	S21
Fatty acids, total saturated	S21
12:0	S21
14:0	S21
16:0	S21
18:0	S21
18:1 undifferentiated	S21
18:2 undifferentiated	S21
18:3 undifferentiated	S21
16:1 undifferentiated	S21
Fatty acids, total monounsaturated	S21
Fatty acids, total polyunsaturated	S21

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### NDB No 22904 Chili con carne with beans, canned entree

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Water	S18
Fiber, total dietary	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Vitamin B-12	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18
20:4 undifferentiated	S18
22:0	S18

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### NDB No 22904 Chili con carne with beans, canned entree

14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18
13:0	S18

### NDB No 22910 Lasagna, Cheese, frozen, prepared

Protein	S22
Total lipid (fat)	S22
Ash	S22
Water	S22
Sugars, total	S22
Fiber, total dietary	S22
Calcium, Ca	S22
Iron, Fe	S22
Magnesium, Mg	S22
Phosphorus, P	S22
Potassium, K	S22
Sodium, Na	S22
Zinc, Zn	S22
Copper, Cu	S22
Manganese, Mn	S22
Selenium, Se	S22
Retinol	S22
Vitamin E (alpha-tocopherol)	S22
Vitamin C, total ascorbic acid	S22
Thiamin	S22
Riboflavin	S22

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### NDB No 22910 Lasagna, Cheese, frozen, prepared

Niacin	S22
Pantothenic acid	S22
Vitamin B-6	S22
Folate, total	S22
Vitamin B-12	S22
Vitamin K (phylloquinone)	S22
Tryptophan	S22
Threonine	S22
Isoleucine	S22
Leucine	S22
Lysine	S22
Methionine	S22
Cystine	S22
Phenylalanine	S22
Tyrosine	S22
Valine	S22
Arginine	S22
Histidine	S22
Alanine	S22
Aspartic acid	S22
Glutamic acid	S22
Glycine	S22
Proline	S22
Serine	S22
Hydroxyproline	S22
Cholesterol	S22
Fatty acids, total saturated	S22
4:0	S22
6:0	S22
8:0	S22
10:0	S22
12:0	S22
14:0	S22
16:0	S22
18:0	S22

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### NDB No 22910 Lasagna, Cheese, frozen, prepared

20:0	S22
18:1 undifferentiated	S22
18:2 undifferentiated	S22
18:3 undifferentiated	S22
20:4 undifferentiated	S22
22:6 n-3	S22
22:0	S22
14:1	S22
16:1 undifferentiated	S22
18:4	S22
20:1	S22
20:5 n-3	S22
22:1 undifferentiated	S22
22:5 n-3	S22
Fatty acids, total monounsaturated	S22
Fatty acids, total polyunsaturated	S22
15:0	S22
17:0	S22
24:0	S22

### NDB No 22911 Chili, no beans, canned entree

Protein	S18
Total lipid (fat)	S18
Ash	S18
Starch	S18
Sucrose	S18
Fructose	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18

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### NDB No 22911 Chili, no beans, canned entree

Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Vitamin C, total ascorbic acid	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Vitamin B-12	S18
Threonine	S18
Isoleucine	S18
Leucine	S18
Lysine	S18
Methionine	S18
Phenylalanine	S18
Tyrosine	S18
Valine	S18
Arginine	S18
Histidine	S18
Alanine	S18
Aspartic acid	S18
Glutamic acid	S18
Glycine	S18
Proline	S18
Serine	S18
Cholesterol	S18
Fatty acids, total saturated	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18

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### **NDB No 22911 Chili, no beans, canned entree**

18:3 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
Fatty acids, total monounsaturated	S18
Fatty acids, total polyunsaturated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

### **NDB No 22912 Spaghetti, with meatballs, canned**

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
Folate, total	S19

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### NDB No 22912 Spaghetti, with meatballs, canned

Vitamin B-12	S19
Choline, total	S19
Vitamin K (phylloquinone)	S19
Betaine	S19
Cholesterol	S19
Fatty acids, total saturated	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
20:4 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19

### NDB No 22914 Spaghetti, no meat, canned

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Glucose (dextrose)	S19
Fructose	S19

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### NDB No 22914 Spaghetti, no meat, canned

Lactose	S19
Maltose	S19
Water	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin K (phylloquinone)	S19
Fatty acids, total saturated	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19

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### NDB No 22914 Spaghetti, no meat, canned

15:0	S19
17:0	S19
20:2 n-6 c,c	S19
17:1	S19
20:3 undifferentiated	S19

### NDB No 22915 Lasagna with meat & sauce, low-fat, frozen entree

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Sucrose	S19
Glucose (dextrose)	S19
Fructose	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19
Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19

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### NDB No 22915 Lasagna with meat & sauce, low-fat, frozen entree

Fatty acids, total saturated	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
17:1	S19
20:3 undifferentiated	S19
13:0	S19

### NDB No 22916 Lasagna with meat & sauce, frozen entree

Protein	S19
Total lipid (fat)	S19
Ash	S19
Starch	S19
Water	S19
Fiber, total dietary	S19
Calcium, Ca	S19
Iron, Fe	S19
Magnesium, Mg	S19
Phosphorus, P	S19
Potassium, K	S19

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### NDB No 22916 Lasagna with meat & sauce, frozen entree

Sodium, Na	S19
Zinc, Zn	S19
Copper, Cu	S19
Manganese, Mn	S19
Selenium, Se	S19
Vitamin C, total ascorbic acid	S19
Thiamin	S19
Riboflavin	S19
Niacin	S19
Pantothenic acid	S19
Vitamin B-6	S19
Folate, total	S19
Vitamin B-12	S19
Cholesterol	S19
Fatty acids, total saturated	S19
8:0	S19
10:0	S19
12:0	S19
14:0	S19
16:0	S19
18:0	S19
20:0	S19
18:1 undifferentiated	S19
18:2 undifferentiated	S19
18:3 undifferentiated	S19
22:0	S19
14:1	S19
16:1 undifferentiated	S19
20:1	S19
22:1 undifferentiated	S19
Fatty acids, total monounsaturated	S19
Fatty acids, total polyunsaturated	S19
15:0	S19
17:0	S19
24:0	S19

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### NDB No 22916 Lasagna with meat & sauce, frozen entree

17:1	S19
20:3 undifferentiated	S19
13:0	S19

### NDB No 22917 Burrito, bean and bean, frozen

Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Fiber, total dietary	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23
Retinol	S23
Riboflavin	S23
Pantothenic acid	S23
Folate, total	S23
Vitamin K (phylloquinone)	S23
Cholesterol	S23
4:0	S23
6:0	S23
8:0	S23
10:0	S23
12:0	S23
14:0	S23
16:0	S23
18:0	S23
20:0	S23

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### **NDB No 22917 Burrito, bean and bean, frozen**

18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
22:6 n-3	S23
22:0	S23
14:1	S23
16:1 undifferentiated	S23
18:4	S23
20:1	S23
20:5 n-3	S23
22:1 undifferentiated	S23
22:5 n-3	S23
15:0	S23
17:0	S23
24:0	S23

### **NDB No 22918 Burrito, bean and cheese, frozen**

Protein	S23
Total lipid (fat)	S23
Ash	S23
Starch	S23
Water	S23
Sugars, total	S23
Fiber, total dietary	S23
Calcium, Ca	S23
Iron, Fe	S23
Magnesium, Mg	S23
Phosphorus, P	S23
Potassium, K	S23
Sodium, Na	S23
Zinc, Zn	S23
Copper, Cu	S23
Manganese, Mn	S23
Selenium, Se	S23

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### NDB No 22918 Burrito, bean and cheese, frozen

Retinol	S23
Riboflavin	S23
Pantothenic acid	S23
Vitamin B-6	S23
Folate, total	S23
Vitamin K (phylloquinone)	S23
Cholesterol	S23
Fatty acids, total saturated	S23
4:0	S23
6:0	S23
8:0	S23
10:0	S23
12:0	S23
14:0	S23
16:0	S23
18:0	S23
20:0	S23
18:1 undifferentiated	S23
18:2 undifferentiated	S23
18:3 undifferentiated	S23
20:4 undifferentiated	S23
22:6 n-3	S23
22:0	S23
14:1	S23
16:1 undifferentiated	S23
18:4	S23
20:1	S23
20:5 n-3	S23
22:1 undifferentiated	S23
22:5 n-3	S23
Fatty acids, total monounsaturated	S23
Fatty acids, total polyunsaturated	S23
15:0	S23
17:0	S23
24:0	S23

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**NDB No 22920 HEALTHY CHOICE Traditional Meat Loaf w/Brown Sauce, Mashed Potatoes, Green Beans and Apple Praline Crisp, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22921 HEALTHY CHOICE Salisbury Steak w/Mushroom Gravy, Roasted Red Potatoes, Green Beans, Corn, Carrot Medley, Caramel Apple Dessert, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742

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**NDB No 22921 HEALTHY CHOICE Salisbury Steak w/Mushroom Gravy, Roasted Red Potatoes, Green Beans, Corn, Carrot Medley, Caramel Apple Dessert, frozen meal**

Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22922 HEALTHY CHOICE Country Roasted Turkey w/Cranberry Apple Sauce, Green Beans & Carrot Blend**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22923 HEALTHY CHOICE Mesquite Beef w/BBQ Sauce, Roasted Red Potatoes, and Corn,Carrot Pea Medley, frozen meal**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742

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**NDB No 22923 HEALTHY CHOICE Mesquite Beef w/BBQ Sauce, Roasted Red Potatoes, and Corn,Carrot Pea Medley, frozen meal**

Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

**NDB No 22924 MARIE CALLENDER'S Turkey w/Gravy and Dressing with Mashed Potatoes, Green Beans and Cranberries**

Protein	S3742
Total lipid (fat)	S3742
Carbohydrate, by difference	S3742
Ash	S3742
Energy	S3742
Water	S3742
Sugars, total	S3742
Fiber, total dietary	S3742
Calcium, Ca	S3742
Iron, Fe	S3742
Sodium, Na	S3742
Vitamin A, IU	S3742
Vitamin C, total ascorbic acid	S3742
Cholesterol	S3742
Fatty acids, total trans	S3742
Fatty acids, total saturated	S3742
Fatty acids, total monounsaturated	S3742
Fatty acids, total polyunsaturated	S3742

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**NDB No 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No 23009 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703

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**NDB No 23010 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703

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**NDB No 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703

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**NDB No 23011 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703

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**NDB No 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw**

Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 23012 Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw**

Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23013 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23013 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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**NDB No 23013 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

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**NDB No 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703

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**NDB No 23014 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw**

22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 23015 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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**NDB No 23016 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled**

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Vitamin B-12 S2703

Choline, total S2703

Betaine S2703

Tryptophan S14, S2

Threonine S14, S2

Isoleucine S14, S2

Leucine S14, S2

Lysine S14, S2

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**NDB No 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703

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**NDB No 23017 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw**

17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703

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**NDB No 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703

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**NDB No 23018 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw**

20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703

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**NDB No 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No 23019 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703

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**NDB No 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703

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**NDB No 23020 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw**

22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 23021 Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703

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**NDB No 23022 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw**

18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703

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**NDB No 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703

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**NDB No 23023 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703

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**NDB No 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703

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**NDB No 23024 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw**

18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703

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**NDB No 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703

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**NDB No 23025 Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703

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**NDB No 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703

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**NDB No 23027 Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

Vitamin K (phylloquinone) S2703

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**NDB No 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No 23028 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 23029 Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703

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**NDB No 23030 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703

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**NDB No 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No 23031 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703

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**NDB No 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw**

Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703

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**NDB No 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703

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**NDB No 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

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**NDB No 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No 23034 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2

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**NDB No 23035 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No 23036 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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**NDB No 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No 23037 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703

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**NDB No 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 23038 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703

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**NDB No 23039 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw**

20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703

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**NDB No 23040 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703

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**NDB No 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703

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**NDB No 23041 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703

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**NDB No 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703

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**NDB No 23042 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703

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**NDB No 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703

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**NDB No 23043 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw**

16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No 23044 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703

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**NDB No 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703

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**NDB No 23045 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703

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**NDB No 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703

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**NDB No 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703

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**NDB No 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703

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**NDB No 23047 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw**

14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703

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**NDB No 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 23048 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703

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**NDB No 23049 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw**

18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703

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**NDB No 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703

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**NDB No 23050 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled**

16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703

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**NDB No 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703
Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703

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**NDB No 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw**

18:3 n-3 c,c,c S2703

**NDB No 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Vitamin B-12 S2703

Choline, total S2703

Betaine S2703

Tryptophan S14, S2

Threonine S14, S2

Isoleucine S14, S2

Leucine S14, S2

Lysine S14, S2

Methionine S14, S2

Cystine S14, S2

Phenylalanine S14, S2

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**NDB No 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703

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**NDB No 23052 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703

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**NDB No 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703

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**NDB No 23053 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw**

20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703

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**NDB No 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703

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**NDB No 23054 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

18:3 n-3 c,c,c S2703

**NDB No 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

Tocopherol, beta S2703

Tocopherol, gamma S2703

Tocopherol, delta S2703

Thiamin S2703

Riboflavin S2703

Niacin S2703

Pantothenic acid S2703

Vitamin B-6 S2703

Folate, total S2703

Vitamin B-12 S2703

Choline, total S2703

Vitamin K (phylloquinone) S2703

Betaine S2703

Tryptophan S14, S2

Threonine S14, S2

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**NDB No 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703

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**NDB No 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Fatty acids, total monounsaturated S2703

Fatty acids, total polyunsaturated S2703

15:0 S2703

17:0 S2703

18:1 t S2703

18:2 t,t S2703

20:2 n-6 c,c S2703

18:1 c S2703

18:2 n-6 c,c S2703

18:3 n-6 c,c,c S2703

17:1 S2703

20:3 undifferentiated S2703

Fatty acids, total trans-monoenoic S2703

Fatty acids, total trans-polyenoic S2703

15:1 S2703

18:3 n-3 c,c,c S2703

**NDB No 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein S2703

Total lipid (fat) S2703

Ash S2703

Water S2703

Calcium, Ca S2703

Iron, Fe S2703

Magnesium, Mg S2703

Phosphorus, P S2703

Potassium, K S2703

Sodium, Na S2703

Zinc, Zn S2703

Copper, Cu S2703

Manganese, Mn S2703

Selenium, Se S2703

Retinol S2703

Vitamin E (alpha-tocopherol) S2703

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**NDB No 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703

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**NDB No 23056 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
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**NDB No 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703

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**NDB No 23057 Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703

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**NDB No 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703

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**NDB No 23058 Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703

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**NDB No 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2

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**NDB No 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703

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**NDB No 23059 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703

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**NDB No 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703

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**NDB No 23060 Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703

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**NDB No 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703

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**NDB No 23061 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703

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**NDB No 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703

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**NDB No 23062 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703

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**NDB No 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Hydroxyproline	S2703

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**NDB No 23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw**

Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

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**NDB No 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Retinol	S2703
Vitamin E (alpha-tocopherol)	S2703
Tocopherol, beta	S2703
Tocopherol, gamma	S2703
Tocopherol, delta	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Folate, total	S2703
Vitamin B-12	S2703
Choline, total	S2703
Vitamin K (phylloquinone)	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2

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**NDB No 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703
14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703

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**NDB No 23064 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled**

18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Protein	S2703
Total lipid (fat)	S2703
Ash	S2703
Water	S2703
Calcium, Ca	S2703
Iron, Fe	S2703
Magnesium, Mg	S2703
Phosphorus, P	S2703
Potassium, K	S2703
Sodium, Na	S2703
Zinc, Zn	S2703
Copper, Cu	S2703
Manganese, Mn	S2703
Selenium, Se	S2703
Thiamin	S2703
Riboflavin	S2703
Niacin	S2703
Pantothenic acid	S2703
Vitamin B-6	S2703
Vitamin B-12	S2703

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**NDB No 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

Choline, total	S2703
Betaine	S2703
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2703
Fatty acids, total trans	S2703
Fatty acids, total saturated	S2703
8:0	S2703
10:0	S2703
12:0	S2703
14:0	S2703
16:0	S2703
18:0	S2703
20:0	S2703
18:1 undifferentiated	S2703
18:2 undifferentiated	S2703
18:3 undifferentiated	S2703
20:4 undifferentiated	S2703
22:0	S2703

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**NDB No 23065 Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled**

14:1	S2703
16:1 undifferentiated	S2703
20:1	S2703
Fatty acids, total monounsaturated	S2703
Fatty acids, total polyunsaturated	S2703
15:0	S2703
17:0	S2703
18:1 t	S2703
18:2 t,t	S2703
20:2 n-6 c,c	S2703
18:1 c	S2703
18:2 n-6 c,c	S2703
18:3 n-6 c,c,c	S2703
17:1	S2703
20:3 undifferentiated	S2703
Fatty acids, total trans-monoenoic	S2703
Fatty acids, total trans-polyenoic	S2703
15:1	S2703
18:3 n-3 c,c,c	S2703

**NDB No 23557 Beef, ground, 95% lean meat / 5% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021

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### NDB No 23557 Beef, ground, 95% lean meat / 5% fat, raw

Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14

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### NDB No 23557 Beef, ground, 95% lean meat / 5% fat, raw

4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Protein	S14
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**NDB No 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled**

Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14

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### NDB No 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14

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### NDB No 23558 Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Fatty acids, total polyunsaturated S14

15:0 S14

17:0 S14

20:2 n-6 c,c S14

18:3 n-6 c,c,c S14

17:1 S14

20:3 undifferentiated S14

15:1 S14

18:3 n-3 c,c,c S14

### NDB No 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Fluoride, F D5001, D5002, D5007, D5021

Manganese, Mn S14

Selenium, Se S14

Thiamin S14

Riboflavin S14

Niacin S14

Vitamin B-6 S14

Vitamin B-12 S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

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**NDB No 23559 Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled**

Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
10:0	S14

**NDB No 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14

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**NDB No 23560 Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned**

Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14

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**NDB No 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked**

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14

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**NDB No 23561 Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked**

Cholesterol S14

**NDB No 23562 Beef, ground, 90% lean meat / 10% fat, raw**

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Fluoride, F D5001, D5002, D5007, D5021

Manganese, Mn S14

Selenium, Se S14

Retinol S14

Thiamin S14

Riboflavin S14

Niacin S14

Pantothenic acid S14

Vitamin B-6 S14

Folate, total S14

Vitamin B-12 S14

Choline, total S14

Vitamin K (phylloquinone) S14

Folate, food S14

Betaine S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

Lysine S14

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**NDB No 23562 Beef, ground, 90% lean meat / 10% fat, raw**

Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14

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### NDB No 23562 Beef, ground, 90% lean meat / 10% fat, raw

20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14

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### NDB No 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14

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### NDB No 23563 Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14

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**NDB No 23564 Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled**

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned**

Protein	S14
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**NDB No 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned**

Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14

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**NDB No 23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned**

Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14

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**NDB No 23566 Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked**

Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23567 Beef, ground, 85% lean meat / 15% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14

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**NDB No 23567 Beef, ground, 85% lean meat / 15% fat, raw**

Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14

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### NDB No 23567 Beef, ground, 85% lean meat / 15% fat, raw

16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14

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**NDB No 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14

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### NDB No 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
18:1 t	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14

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**NDB No 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled**

15:1 S14

18:3 n-3 c,c,c S14

**NDB No 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled**

Protein S14

Total lipid (fat) S14

Ash S14

Water S14

Calcium, Ca S14

Iron, Fe S14

Magnesium, Mg S14

Phosphorus, P S14

Potassium, K S14

Sodium, Na S14

Zinc, Zn S14

Copper, Cu S14

Fluoride, F D5001, D5002, D5007, D5021

Manganese, Mn S14

Selenium, Se S14

Thiamin S14

Riboflavin S14

Niacin S14

Vitamin B-6 S14

Vitamin B-12 S14

Tryptophan S14

Threonine S14

Isoleucine S14

Leucine S14

Lysine S14

Methionine S14

Cystine S14

Phenylalanine S14

Tyrosine S14

Valine S14

Arginine S14

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**NDB No 23569 Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled**

Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14

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**NDB No 23570 Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned**

Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14

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**NDB No 23571 Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked**

Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23572 Beef, ground, 80% lean meat / 20% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14

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**NDB No 23572 Beef, ground, 80% lean meat / 20% fat, raw**

Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14

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### NDB No 23572 Beef, ground, 80% lean meat / 20% fat, raw

Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
15:1	S14

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**NDB No 23572 Beef, ground, 80% lean meat / 20% fat, raw**

18:3 n-3 c,c,c S14

**NDB No 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14

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**NDB No 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled**

Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14

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### NDB No 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14

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**NDB No 23574 Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled**

Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14

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**NDB No 23575 Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned**

Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14

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**NDB No 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked**

Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14

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**NDB No 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked**

Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23577 Beef, ground, 75% lean meat / 25% fat, raw**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14

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### NDB No 23577 Beef, ground, 75% lean meat / 25% fat, raw

Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14
18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14

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### NDB No 23577 Beef, ground, 75% lean meat / 25% fat, raw

22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
18:3 n-3 c,c,c	S14

### NDB No 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14

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### NDB No 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Vitamin B-12	S14
Choline, total	S14
Vitamin K (phylloquinone)	S14
Folate, food	S14
Betaine	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14
Fatty acids, total trans	S14
Fatty acids, total saturated	S14
4:0	S14
6:0	S14
8:0	S14
10:0	S14
12:0	S14
14:0	S14
16:0	S14
18:0	S14
20:0	S14

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### NDB No 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

18:1 undifferentiated	S14
18:2 undifferentiated	S14
18:3 undifferentiated	S14
20:4 undifferentiated	S14
22:6 n-3	S14
22:0	S14
14:1	S14
16:1 undifferentiated	S14
18:4	S14
20:1	S14
20:5 n-3	S14
22:1 undifferentiated	S14
22:5 n-3	S14
Fatty acids, total monounsaturated	S14
Fatty acids, total polyunsaturated	S14
15:0	S14
17:0	S14
20:2 n-6 c,c	S14
18:3 n-6 c,c,c	S14
17:1	S14
20:3 undifferentiated	S14
Fatty acids, total trans-monoenoic	S14
15:1	S14
18:3 n-3 c,c,c	S14

### NDB No 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14

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**NDB No 23579 Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled**

Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Vitamin B-6	S14
Vitamin B-12	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Protein	S14
Total lipid (fat)	S14
Ash	S14

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**NDB No 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14
Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14

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**NDB No 23580 Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned**

Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked**

Protein	S14
Total lipid (fat)	S14
Ash	S14
Water	S14
Calcium, Ca	S14
Iron, Fe	S14
Magnesium, Mg	S14
Phosphorus, P	S14
Potassium, K	S14
Sodium, Na	S14
Zinc, Zn	S14
Copper, Cu	S14
Fluoride, F	D5001, D5002, D5007, D5021
Manganese, Mn	S14
Selenium, Se	S14
Retinol	S14
Thiamin	S14
Riboflavin	S14
Niacin	S14
Pantothenic acid	S14
Vitamin B-6	S14
Folate, total	S14
Vitamin B-12	S14
Folate, food	S14
Tryptophan	S14
Threonine	S14
Isoleucine	S14
Leucine	S14

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**NDB No 23581 Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked**

Lysine	S14
Methionine	S14
Cystine	S14
Phenylalanine	S14
Tyrosine	S14
Valine	S14
Arginine	S14
Histidine	S14
Alanine	S14
Aspartic acid	S14
Glutamic acid	S14
Glycine	S14
Proline	S14
Serine	S14
Cholesterol	S14

**NDB No 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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**NDB No 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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### NDB No 23582 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 23583 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2

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**NDB No 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23584 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 23585 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 23586 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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**NDB No 23587 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2

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**NDB No 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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**NDB No 23588 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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**NDB No 23589 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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**NDB No 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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**NDB No 23590 Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2

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**NDB No 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2

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**NDB No 23591 Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted**

Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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**NDB No 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 23592 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 23593 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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### NDB No 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 23594 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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**NDB No 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 23596 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 23597 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2

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**NDB No 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 23599 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23600 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 23601 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked,**

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**NDB No 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23602 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2

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**NDB No 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2

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**NDB No 23603 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw**

Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 23604 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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### NDB No 23604 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 23604 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23605 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 23605 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

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**NDB No 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23606 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 23607 Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

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**NDB No 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23608 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2

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**NDB No 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2

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**NDB No 23609 Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw**

Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

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**NDB No 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### NDB No 23611 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw**

Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2

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**NDB No 23612 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw**

14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### NDB No 23613 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2

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**NDB No 23614 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2

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**NDB No 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2

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**NDB No 23615 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 23616 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 23617 Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23618 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2

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**NDB No 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2

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**NDB No 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 23619 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

22:1 undifferentiated S2

22:5 n-3 S2

**NDB No 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

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**NDB No 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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**NDB No 23620 Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 23621 Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2

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**NDB No 23622 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised**

Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
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**NDB No 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2

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**NDB No 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2

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**NDB No 23623 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw**

20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2

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**NDB No 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2

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### NDB No 23624 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2

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**NDB No 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2

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**NDB No 23625 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw**

18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2

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**NDB No 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2

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**NDB No 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled**

16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2

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**NDB No 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw**

Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2

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### NDB No 23627 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2

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**NDB No 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 23628 Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2

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**NDB No 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2

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**NDB No 23629 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2

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**NDB No 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2

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**NDB No 23630 Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled**

Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2

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**NDB No 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2

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**NDB No 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2

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**NDB No 23631 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw**

22:5 n-3 S2

**NDB No 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

Niacin S2

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**NDB No 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw**

Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2

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### NDB No 23632 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2

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**NDB No 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2

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**NDB No 23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

22:1 undifferentiated S2

22:5 n-3 S2

**NDB No 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Protein S2

Total lipid (fat) S2

Ash S2

Water S2

Caffeine S2

Theobromine S2

Sugars, total S2

Fiber, total dietary S2

Calcium, Ca S2

Iron, Fe S2

Magnesium, Mg S2

Phosphorus, P S2

Potassium, K S2

Sodium, Na S2

Zinc, Zn S2

Copper, Cu S2

Manganese, Mn S2

Selenium, Se S2

Retinol S2

Carotene, beta S2

Carotene, alpha S2

Vitamin E (alpha-tocopherol) S2

Cryptoxanthin, beta S2

Lycopene S2

Lutein + zeaxanthin S2

Tocopherol, beta S2

Tocopherol, gamma S2

Tocopherol, delta S2

Vitamin C, total ascorbic acid S2

Thiamin S2

Riboflavin S2

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**NDB No 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2

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**NDB No 23634 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised**

18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2

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**NDB No 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2

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**NDB No 23635 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw**

10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 23636 Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23637 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2

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**NDB No 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Ash	S2
Water	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Vitamin E (alpha-tocopherol)	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2

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**NDB No 23638 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled**

Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23640 Beef, variety meats and by-products, tripe, cooked, simmered**

Protein	S1581
Total lipid (fat)	S1581
Ash	S1581
Water	S1581
Calcium, Ca	S1581
Iron, Fe	S1581
Magnesium, Mg	S1581

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**NDB No 23640 Beef, variety meats and by-products, tripe, cooked, simmered**

Phosphorus, P	S1581
Potassium, K	S1581
Sodium, Na	S1581
Zinc, Zn	S1581
Copper, Cu	S1581
Manganese, Mn	S1581
Selenium, Se	S1581
Retinol	S1581
Carotene, beta	S1581
Carotene, alpha	S1581
Vitamin E (alpha-tocopherol)	S1581
Cryptoxanthin, beta	S1581
Lycopene	S1581
Tocopherol, beta	S1581
Tocopherol, gamma	S1581
Tocopherol, delta	S1581
Vitamin C, total ascorbic acid	S1581
Thiamin	S1581
Riboflavin	S1581
Niacin	S1581
Pantothenic acid	S1581
Vitamin B-6	S1581
Folate, total	S1581
Vitamin B-12	S1581
Vitamin K (phylloquinone)	S1581
Cholesterol	S1581
Fatty acids, total trans	S1581
Fatty acids, total saturated	S1581
8:0	S1581
10:0	S1581
12:0	S1581
14:0	S1581
16:0	S1581
18:0	S1581
20:0	S1581

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### NDB No 23640 Beef, variety meats and by-products, tripe, cooked, simmered

18:1 undifferentiated	S1581
18:2 undifferentiated	S1581
20:4 undifferentiated	S1581
22:0	S1581
14:1	S1581
16:1 undifferentiated	S1581
20:1	S1581
Fatty acids, total monounsaturated	S1581
Fatty acids, total polyunsaturated	S1581
15:0	S1581
17:0	S1581
20:2 n-6 c,c	S1581
18:3 n-6 c,c,c	S1581
20:3 undifferentiated	S1581
15:1	S1581
18:3 n-3 c,c,c	S1581

### NDB No 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2

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**NDB No 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw**

Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2

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**NDB No 23646 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, all grades, raw**

Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2

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**NDB No 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2

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**NDB No 23647 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, cooked, roasted**

Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Carbohydrate, by difference	S2

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**NDB No 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 23648 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, choice, raw**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### NDB No 23649 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, cooked, roasted

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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**NDB No 23650 Beef, bottom sirloin, tri-tip, separable lean only, trimmed to 0" fat, select, raw**

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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**NDB No 23651 Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw**

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 23652 Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Protein	S2
Total lipid (fat)	S2

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**NDB No 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 23653 Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### NDB No 23654 Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2

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**NDB No 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled**

Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2

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### NDB No 23655 Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2

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**NDB No 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw**

Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2

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### NDB No 23656 Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2

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**NDB No 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw**

Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2

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**NDB No 23657 Beef, flank, separable lean only, trimmed to 0" fat, select, raw**

Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Protein	S2
Total lipid (fat)	S2

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**NDB No 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2

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**NDB No 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2

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**NDB No 23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw**

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2
Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2

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**NDB No 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw**

Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2
6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2

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### NDB No 23659 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

### NDB No 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Protein	S2
Total lipid (fat)	S2
Ash	S2
Water	S2
Caffeine	S2
Theobromine	S2
Sugars, total	S2
Fiber, total dietary	S2
Calcium, Ca	S2
Iron, Fe	S2
Magnesium, Mg	S2
Phosphorus, P	S2
Potassium, K	S2
Sodium, Na	S2
Zinc, Zn	S2
Copper, Cu	S2
Manganese, Mn	S2
Selenium, Se	S2
Retinol	S2
Carotene, beta	S2
Carotene, alpha	S2
Vitamin E (alpha-tocopherol)	S2

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### NDB No 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Cryptoxanthin, beta	S2
Lycopene	S2
Lutein + zeaxanthin	S2
Tocopherol, beta	S2
Tocopherol, gamma	S2
Tocopherol, delta	S2
Vitamin C, total ascorbic acid	S2
Thiamin	S2
Riboflavin	S2
Niacin	S2
Pantothenic acid	S2
Vitamin B-6	S2
Folate, total	S2
Vitamin B-12	S2
Vitamin K (phylloquinone)	S2
Tryptophan	S14, S2
Threonine	S14, S2
Isoleucine	S14, S2
Leucine	S14, S2
Lysine	S14, S2
Methionine	S14, S2
Cystine	S14, S2
Phenylalanine	S14, S2
Tyrosine	S14, S2
Valine	S14, S2
Arginine	S14, S2
Histidine	S14, S2
Alanine	S14, S2
Aspartic acid	S14, S2
Glutamic acid	S14, S2
Glycine	S14, S2
Proline	S14, S2
Serine	S14, S2
Cholesterol	S2
4:0	S2

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**NDB No 23660 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

6:0	S2
8:0	S2
10:0	S2
12:0	S2
14:0	S2
16:0	S2
18:0	S2
18:1 undifferentiated	S2
18:2 undifferentiated	S2
18:3 undifferentiated	S2
20:4 undifferentiated	S2
22:6 n-3	S2
16:1 undifferentiated	S2
18:4	S2
20:1	S2
20:5 n-3	S2
22:1 undifferentiated	S2
22:5 n-3	S2

**NDB No 25000 Snacks, popcorn, microwave, 94% fat free**

Protein	S1163
Total lipid (fat)	S1163
Ash	S1163
Starch	S1163
Sucrose	S1163
Glucose (dextrose)	S1163
Fructose	S1163
Lactose	S1163
Maltose	S1163
Water	S1163
Sugars, total	S1163
Galactose	S1163
Calcium, Ca	S1163
Iron, Fe	S1163

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### NDB No 25000 Snacks, popcorn, microwave, 94% fat free

Magnesium, Mg	S1163
Phosphorus, P	S1163
Potassium, K	S1163
Sodium, Na	S1163
Zinc, Zn	S1163
Copper, Cu	S1163
Manganese, Mn	S1163
Selenium, Se	S1163
Vitamin E (alpha-tocopherol)	S1163
Tocopherol, beta	S1163
Tocopherol, gamma	S1163
Tocopherol, delta	S1163
Vitamin C, total ascorbic acid	S1163
Thiamin	S1163
Riboflavin	S1163
Niacin	S1163
Pantothenic acid	S1163
Vitamin B-6	S1163
Folate, total	S1163
Choline, total	S1163
Vitamin K (phylloquinone)	S1163
Folic acid	S1163
Folate, food	S1163
Betaine	S1163
Tryptophan	S1163
Threonine	S1163
Isoleucine	S1163
Leucine	S1163
Lysine	S1163
Methionine	S1163
Cystine	S1163
Phenylalanine	S1163
Tyrosine	S1163
Valine	S1163
Arginine	S1163

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### NDB No 25000 Snacks, popcorn, microwave, 94% fat free

Histidine	S1163
Alanine	S1163
Aspartic acid	S1163
Glutamic acid	S1163
Glycine	S1163
Proline	S1163
Serine	S1163
Hydroxyproline	S1163
Fatty acids, total trans	S1163
Fatty acids, total saturated	S1163
4:0	S1163
6:0	S1163
8:0	S1163
10:0	S1163
12:0	S1163
14:0	S1163
16:0	S1163
18:0	S1163
20:0	S1163
18:1 undifferentiated	S1163
18:2 undifferentiated	S1163
18:3 undifferentiated	S1163
22:0	S1163
14:1	S1163
16:1 undifferentiated	S1163
20:1	S1163
Fatty acids, total monounsaturated	S1163
Fatty acids, total polyunsaturated	S1163
15:0	S1163
17:0	S1163
18:1 t	S1163
18:2 i	S1163
16:1 c	S1163
18:1 c	S1163
18:2 n-6 c,c	S1163

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### NDB No 25000 Snacks, popcorn, microwave, 94% fat free

17:1	S1163
Fatty acids, total trans-monoenoic	S1163
Fatty acids, total trans-polyenoic	S1163
18:3 n-3 c,c,c	S1163

### NDB No 25002 Snacks, popcorn, unpopped kernels

Protein	S26
Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26
Selenium, Se	S26
Vitamin E (alpha-tocopherol)	S26
Tocopherol, beta	S26
Tocopherol, gamma	S26
Tocopherol, delta	S26
Thiamin	S26
Riboflavin	S26

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### NDB No 25002 Snacks, popcorn, unpopped kernels

Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Fatty acids, total saturated	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
18:1 undifferentiated	S26
18:2 undifferentiated	S26
18:3 undifferentiated	S26
20:4 undifferentiated	S26
22:0	S26
14:1	S26
16:1 undifferentiated	S26
20:1	S26
Fatty acids, total monounsaturated	S26
Fatty acids, total polyunsaturated	S26
15:0	S26
17:0	S26
20:2 n-6 c,c	S26
18:3 n-6 c,c,c	S26
17:1	S26
20:3 undifferentiated	S26
15:1	S26

### NDB No 25004 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Chewy Chocolate Peanut Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361

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### **NDB No 25004    Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Chewy Chocolate Peanut Bar**

Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 25005    Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Multi Grain Crunch Bar**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Energy	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 25006    Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Double Chocolate Nut Bar**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361

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### **NDB No 25006    Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Double Chocolate Nut Bar**

Energy	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Magnesium, Mg	S3361
Phosphorus, P	S3361
Sodium, Na	S3361
Zinc, Zn	S3361
Vitamin A, IU	S3361
Vitamin E (alpha-tocopherol)	S3361
Vitamin C, total ascorbic acid	S3361
Niacin	S3361
Pantothenic acid	S3361
Vitamin B-6	S3361
Folate, total	S3361
Vitamin B-12	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### **NDB No 25007    Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Energy	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361

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### NDB No 25007 Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter

Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 25008 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Honey Nut Oat Bar

Protein	S3361
Total lipid (fat)	S3361
Ash	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 25009 Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Energy	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361

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### **NDB No 25009 Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate**

Fatty acids, total saturated S3361

### **NDB No 25010 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Almond Snack Bar**

Protein S3361

Total lipid (fat) S3361

Carbohydrate, by difference S3361

Ash S3361

Water S3361

Sugars, total S3361

Fiber, total dietary S3361

Calcium, Ca S3361

Iron, Fe S3361

Sodium, Na S3361

Vitamin A, IU S3361

Vitamin C, total ascorbic acid S3361

Fatty acids, total trans S3361

Fatty acids, total saturated S3361

### **NDB No 25012 Snacks, sweet potato chips**

Protein S3602

Total lipid (fat) S3602

Sugars, total S3602

Fiber, total dietary S3602

Calcium, Ca S3602

Iron, Fe S3602

Sodium, Na S3602

Vitamin A, IU S3602

Vitamin C, total ascorbic acid S3602

Cholesterol S3602

Fatty acids, total saturated S3602

### **NDB No 25013 Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor**

Tryptophan S2661

Threonine S2661

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**NDB No 25013 Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor**

Isoleucine	S2661
Leucine	S2661
Lysine	S2661
Methionine	S2661
Cystine	S2661
Phenylalanine	S2661
Tyrosine	S2661
Valine	S2661
Arginine	S2661
Histidine	S2661
Alanine	S2661
Aspartic acid	S2661
Glutamic acid	S2661
Glycine	S2661
Proline	S2661
Serine	S2661

**NDB No 25015 Formulated Bar, MASTERFOODS USA, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush**

Protein	S3361
Total lipid (fat)	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Magnesium, Mg	S3361
Phosphorus, P	S3361
Potassium, K	S3361
Sodium, Na	S3361
Zinc, Zn	S3361
Vitamin A, IU	S3361
Vitamin E (alpha-tocopherol)	S3361
Vitamin C, total ascorbic acid	S3361
Thiamin	S3361
Riboflavin	S3361

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**NDB No 25015 Formulated Bar, MASTERFOODS USA, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush**

Niacin	S3361
Pantothenic acid	S3361
Vitamin B-6	S3361
Folate, total	S3361
Vitamin B-12	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

**NDB No 25016 Formulated Bar, MASTERFOODS USA, SNICKERS Marathon Energy Bar, all flavors**

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361
Energy	S3361
Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Magnesium, Mg	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Niacin	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

**NDB No 25017 Formulated bar, POWER BAR, chocolate**

Protein	S2109
Total lipid (fat)	S2109
Ash	S2109
Starch	S2109

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### NDB No 25017 Formulated bar, POWER BAR, chocolate

Sucrose	S2109
Glucose (dextrose)	S2109
Fructose	S2109
Lactose	S2109
Maltose	S2109
Water	S2109
Sugars, total	S2109
Galactose	S2109
Fiber, total dietary	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109
Selenium, Se	S2109
Vitamin E (alpha-tocopherol)	S2109
Tocopherol, beta	S2109
Tocopherol, gamma	S2109
Tocopherol, delta	S2109
Thiamin	S2109
Riboflavin	S2109
Niacin	S2109
Pantothenic acid	S2109
Vitamin B-6	S2109
Vitamin B-12	S2109
Vitamin K (phylloquinone)	S2109
Tryptophan	S2109
Threonine	S2109
Isoleucine	S2109
Leucine	S2109
Lysine	S2109

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### NDB No 25017 Formulated bar, POWER BAR, chocolate

Methionine	S2109
Cystine	S2109
Phenylalanine	S2109
Tyrosine	S2109
Valine	S2109
Arginine	S2109
Histidine	S2109
Alanine	S2109
Aspartic acid	S2109
Glutamic acid	S2109
Glycine	S2109
Proline	S2109
Serine	S2109
Hydroxyproline	S2109
Cholesterol	S2109
Fatty acids, total trans	S2109
Fatty acids, total saturated	S2109
4:0	S2109
6:0	S2109
8:0	S2109
10:0	S2109
12:0	S2109
14:0	S2109
16:0	S2109
18:0	S2109
20:0	S2109
18:1 undifferentiated	S2109
18:2 undifferentiated	S2109
18:3 undifferentiated	S2109
20:4 undifferentiated	S2109
22:6 n-3	S2109
22:0	S2109
14:1	S2109
16:1 undifferentiated	S2109
18:4	S2109

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### NDB No 25017 Formulated bar, POWER BAR, chocolate

20:1	S2109
20:5 n-3	S2109
22:1 undifferentiated	S2109
22:5 n-3	S2109
Fatty acids, total monounsaturated	S2109
Fatty acids, total polyunsaturated	S2109
15:0	S2109
17:0	S2109
24:0	S2109
16:1 t	S2109
18:1 t	S2109
22:1 t	S2109
18:2 t not further defined	S2109
18:2 CLAs	S2109
24:1 c	S2109
20:2 n-6 c,c	S2109
16:1 c	S2109
18:1 c	S2109
18:2 n-6 c,c	S2109
22:1 c	S2109
18:3 n-6 c,c,c	S2109
17:1	S2109
20:3 undifferentiated	S2109
Fatty acids, total trans-monoenoic	S2109
Fatty acids, total trans-polyenoic	S2109
15:1	S2109
18:3 n-3 c,c,c	S2109
20:3 n-3	S2109
20:3 n-6	S2109

### NDB No 25018 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Blueberry Snack Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Ash	S3361

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### NDB No 25018 Formulated Bar, MASTERFOODS USA, COCOAVIA, Chocolate Blueberry Snack Bar

Water	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 35001 Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin E (alpha-tocopherol)	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961

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### NDB No 35001 Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

Vitamin B-6	D4961
Folate, total	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin A, IU	D4961
Vitamin E (alpha-tocopherol)	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

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### NDB No 35003 Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35004 Ascidians (tunughnak) (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961

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### NDB No 35004    **Ascidians (tunughnak) (Alaska Native)**

Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35008    **Bear, polar, meat, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961

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### **NDB No 35008 Bear, polar, meat, raw (Alaska Native)**

Fatty acids, total polyunsaturated D4961

### **NDB No 35009 Whale, beluga, meat, dried (Alaska Native)**

Protein D4961, S3561

Total lipid (fat) D4961, S3561

Carbohydrate, by difference D4961

Ash S3561

Water D4961, S3561

Calcium, Ca D4961, S3561

Iron, Fe D4961, S3561

Magnesium, Mg S3561

Phosphorus, P D4961, S3561

Potassium, K S3561

Sodium, Na S3561

Zinc, Zn S3561

Copper, Cu S3561

Manganese, Mn S3561

Selenium, Se S3561

Retinol D5922

Vitamin E (alpha-tocopherol) D5922, S3561

Tocopherol, beta S3561

Tocopherol, gamma S3561

Tocopherol, delta S3561

Vitamin C, total ascorbic acid S3561

Thiamin S3561

Riboflavin S3561

Niacin S3561

Pantothenic acid S3561

Vitamin B-6 S3561

Folate, total S3561

Vitamin B-12 S3561

Choline, total S3561

Vitamin K (phylloquinone) S3561

Folic acid S3561

Folate, food S3561

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### NDB No 35009 Whale, beluga, meat, dried (Alaska Native)

Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561

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### NDB No 35009 Whale, beluga, meat, dried (Alaska Native)

16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35010 Whale, beluga, eyes (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961

### NDB No 35011 Whale, beluga, meat, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961

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### NDB No 35011 Whale, beluga, meat, raw (Alaska Native)

Iron, Fe	D4961
Phosphorus, P	D4961
Cholesterol	D4961

### NDB No 35012 Whale, beluga, flipper, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Pantothenic acid	D4961

### NDB No 35013 Whale, beluga, liver, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961

### NDB No 35014 Oil, beluga, whale (Alaska Native)

Protein	S3561
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	S3561
Water	D4961
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561

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### NDB No 35014 Oil, beluga, whale (Alaska Native)

Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Vitamin K (phylloquinone)	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561

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### NDB No 35014 Oil, beluga, whale (Alaska Native)

22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35015 Blackberries, wild, raw (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481
Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481

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### NDB No 35015 Blackberries, wild, raw (Alaska Native)

Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Carotene, beta	S3481
Carotene, alpha	S3481
Vitamin E (alpha-tocopherol)	S3481
Cryptoxanthin, beta	S3481
Lycopene	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin K (phylloquinone)	S3481
Folic acid	S3481
Folate, food	S3481

### NDB No 35016 Fish, blackfish, whole (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

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### **NDB No 35017 Blueberries, wild, frozen (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No 35021 Caribou, bone marrow, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No 35022 Caribou, eye, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

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### NDB No 35022 Caribou, eye, raw (Alaska Native)

Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35023 Caribou, liver, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961

### NDB No 35024 Stew/soup, caribou (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961

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### NDB No 35024 Stew/soup, caribou (Alaska Native)

Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Fatty acids, total saturated	D4961
18:3 undifferentiated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35025 Caribou, tongue, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961

### NDB No 35026 Chiton, leathery, gumboots (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961

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### NDB No 35026 Chiton, leathery, gumboots (Alaska Native)

Niacin	D4961
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### NDB No 35027 Cloudberry, raw (Alaska Native)

Protein	D4961
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Total lipid (fat)	D4961
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Carbohydrate, by difference	D4961
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Ash	D4961
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Water	D4961
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Calcium, Ca	D4961
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Iron, Fe	D4961
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Phosphorus, P	D4961
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Vitamin A, IU	D4961
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Vitamin C, total ascorbic acid	D4961
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Thiamin	D4961
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Riboflavin	D4961
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Niacin	D4961
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### NDB No 35028 Cockles (Alaska Native)

Protein	D4961
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Total lipid (fat)	D4961
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Carbohydrate, by difference	D4961
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Ash	D4961
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Water	D4961
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Calcium, Ca	D4961
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Iron, Fe	D4961
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Thiamin	D4961
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Riboflavin	D4961
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Niacin	D4961
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### NDB No 35029 Cranberry, wild, bush, raw (Alaska Native)

Protein	D4961
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Total lipid (fat)	D4961
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Carbohydrate, by difference	D4961
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Ash	D4961
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### NDB No 35029 Cranberries, wild, bush, raw (Alaska Native)

Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35030 Cranberry, low bush or lingenberry, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35034 Fish, devilfish, meat (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961

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### **NDB No 35034 Fish, devilfish, meat (Alaska Native)**

Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No 35038 Fireweed, young leaves, raw (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No 35039 Fish, herring eggs on giant kelp, Pacific (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961

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### NDB No 35039 Fish, herring eggs on giant kelp, Pacific (Alaska Native)

Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35040 Fish, herring eggs, Pacific, dry (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35041 Fish, herring eggs, Pacific, plain (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961

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### NDB No 35041 Fish, herring eggs, Pacific, plain (Alaska Native)

Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35042 Fish, herring, Pacific, flesh, air-dried, packed in oil (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Niacin	D4961

### NDB No 35043 Huckleberries, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35046 Fish, lingcod, meat, raw (Alaska Native)

Protein	D4961
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### **NDB No 35046 Fish, lingcod, meat, raw (Alaska Native)**

Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961

### **NDB No 35047 Fish, lingcod, liver (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Niacin	D4961

### **NDB No 35048 Stew, moose (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961

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### NDB No 35048 Stew, moose (Alaska Native)

Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35049 Moose, meat, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961

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### NDB No 35049 Moose, meat, raw (Alaska Native)

Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35050 Mashu roots, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35051 Moose, liver, braised (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961

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### NDB No 35051 Moose, liver, braised (Alaska Native)

Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35054 Octopus (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961

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### NDB No 35054 Octopus (Alaska Native)

Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35055 Seal, bearded (Oogruk), meat, dried (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Fatty acids, total saturated	D4961

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### **NDB No 35055 Seal, bearded (Oogruk), meat, dried (Alaska Native)**

18:2 undifferentiated D4961

18:3 undifferentiated D4961

Fatty acids, total monounsaturated D4961

Fatty acids, total polyunsaturated D4961

### **NDB No 35056 Seal, bearded (Oogruk), meat, raw (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Phosphorus, P D4961

Vitamin A, IU D4961

Thiamin D4961

Riboflavin D4961

Niacin D4961

Cholesterol D4961

### **NDB No 35057 Oil, bearded seal (Oogruk) (Alaska Native)**

Protein S3561

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash S3561

Water D4961

Calcium, Ca D4961

Iron, Fe S3561

Magnesium, Mg S3561

Phosphorus, P S3561

Potassium, K S3561

Sodium, Na S3561

Zinc, Zn S3561

Copper, Cu S3561

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### NDB No 35057 Oil, bearded seal (Oogruk) (Alaska Native)

Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin A, IU	D4961
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Vitamin K (phylloquinone)	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	D4961

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### NDB No 35057 Oil, bearded seal (Oogruk) (Alaska Native)

Fatty acids, total polyunsaturated S3561

15:0 S3561

17:0 S3561

24:0 S3561

24:1 c S3561

20:2 n-6 c,c S3561

17:1 S3561

20:3 undifferentiated S3561

15:1 S3561

21:5 S3561

22:4 S3561

### NDB No 35058 Oopah, whole animal (Alaska Native)

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Phosphorus, P D4961

Riboflavin D4961

Niacin D4961

### NDB No 35059 Owl, horned, meat (Alaska Native)

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Phosphorus, P D4961

Vitamin A, IU D4961

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### NDB No 35060 Fish, pike, northern, liver (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35063 Rhubarb, wild, leaves (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Niacin	D4961

### NDB No 35064 Fish, salmon, tipnuk, fermented (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961

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**NDB No 35064 Fish, salmon, tipnuk, fermented (Alaska Native)**

Riboflavin D4961

Niacin D4961

**NDB No 35065 Fish, salmon, king, chinook, kippered, canned (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Vitamin A, IU D4961

Thiamin D4961

Riboflavin D4961

Niacin D4961

**NDB No 35066 Fish, salmon, king, chinook, smoked and canned (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

Water D4961

Calcium, Ca D4961

Iron, Fe D4961

Vitamin A, IU D4961

Thiamin D4961

Riboflavin D4961

Niacin D4961

**NDB No 35067 Fish, salmon, king, chinook, smoked, brined (Alaska Native)**

Protein D4961

Total lipid (fat) D4961

Carbohydrate, by difference D4961

Ash D4961

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### NDB No 35067 Fish, salmon, king, chinook, smoked, brined (Alaska Native)

Water	D4961
Fiber, total dietary	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Potassium, K	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35068 Fish, salmon, king, chinook, liver (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35070 Sea cucumber, yane (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961

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### **NDB No 35070 Sea cucumber, yane (Alaska Native)**

Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No 35071 Seal, ringed, meat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Sodium, Na	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Pantothenic acid	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No 35072 Seal, ringed, (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961

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### **NDB No 35072 Seal, ringed, (Alaska Native)**

Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### **NDB No 35073 Soup, fish, homemade (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961

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### **NDB No 35073 Soup, fish, homemade (Alaska Native)**

Cholesterol	D4961
Fatty acids, total saturated	D4961

### **NDB No 35074 Sourdock, young leaves (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### **NDB No 35075 Squirrel, ground, meat (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961

### **NDB No 35078 Tea, tundra, herb and laborador combination (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961

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### NDB No 35078 Tea, tundra, herb and laborador combination (Alaska Native)

Calcium, Ca	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Manganese, Mn	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Pantothenic acid	D4961
Vitamin B-6	D4961
Folate, total	D4961
Vitamin B-12	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35079 Walrus, meat, dried (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961

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### NDB No 35079 Walrus, meat, dried (Alaska Native)

Riboflavin	D4961
Niacin	D4961

### NDB No 35080 Deer (venison), sitka, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35081 Walrus, meat, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961

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### NDB No 35081 Walrus, meat, raw (Alaska Native)

Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35082 Walrus, meat and subcutaneous fat raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961

### NDB No 35083 Walrus, liver, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961

### NDB No 35084 Oil, walrus (Alaska Native)

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### **NDB No 35084 Oil, walrus (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961
Cholesterol	D4961

### **NDB No 35085 Whale, bowhead, subcutaneous fat (blubber) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Cholesterol	D4961

### **NDB No 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

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### NDB No 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35087 Oil, whale, bowhead (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

### NDB No 35088 Fish, whitefish, broad, liver (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Niacin	D4961

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### NDB No 35089 Fish, whitefish, mixed species, raw (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Magnesium, Mg	D4961
Phosphorus, P	D4961
Potassium, K	D4961
Sodium, Na	D4961
Zinc, Zn	D4961
Copper, Cu	D4961
Vitamin A, IU	D4961
Thiamin	D4961
Riboflavin	D4961
Cholesterol	D4961
Fatty acids, total saturated	D4961
18:2 undifferentiated	D4961
18:3 undifferentiated	D4961
Fatty acids, total monounsaturated	D4961
Fatty acids, total polyunsaturated	D4961

### NDB No 35091 Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

### NDB No 35092 Willow, leaves in oil (Alaska Native)

Protein	D4961
Total lipid (fat)	D4961

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### **NDB No 35092 Willow, leaves in oil (Alaska Native)**

Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Iron, Fe	D4961
Phosphorus, P	D4961

### **NDB No 35093 Willow, young leaves, chopped (Alaska Native)**

Protein	D4961
Total lipid (fat)	D4961
Carbohydrate, by difference	D4961
Ash	D4961
Water	D4961
Calcium, Ca	D4961
Iron, Fe	D4961
Phosphorus, P	D4961
Vitamin A, IU	D4961
Vitamin C, total ascorbic acid	D4961
Niacin	D4961

### **NDB No 35130 Mush, blue corn with ash (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381

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### NDB No 35130 Mush, blue corn with ash (Navajo)

Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381

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### NDB No 35130 Mush, blue corn with ash (Navajo)

16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35131 Cornmeal, blue (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381

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### NDB No 35131 Cornmeal, blue (Navajo)

Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381

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### NDB No 35131 Cornmeal, blue (Navajo)

18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35132 Melon, banana (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381

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### NDB No 35132 Melon, banana (Navajo)

Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381

### NDB No 35133 Chilchen (Red Berry Beverage) (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381

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### NDB No 35133 Chilchen (Red Berry Beverage) (Navajo)

Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35134 Corn, dried (Navajo)

Protein	S2381
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### NDB No 35134 Corn, dried (Navajo)

Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381

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### NDB No 35134 Corn, dried (Navajo)

12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35135 Corn, white, steamed (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381

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### NDB No 35135 Corn, white, steamed (Navajo)

Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Fatty acids, total saturated	S2381
8:0	S2381

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### NDB No 35135 Corn, white, steamed (Navajo)

10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35136 Cornmeal, white (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381

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### NDB No 35136 Cornmeal, white (Navajo)

Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381

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### NDB No 35136 Cornmeal, white (Navajo)

Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381

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### NDB No 35136 Cornmeal, white (Navajo)

18:3 n-3 c,c,c S2381

### NDB No 35137 Cornmeal, yellow (Navajo)

Protein S2381

Total lipid (fat) S2381

Ash S2381

Starch S2381

Sucrose S2381

Glucose (dextrose) S2381

Fructose S2381

Lactose S2381

Maltose S2381

Water S2381

Sugars, total S2381

Galactose S2381

Fiber, total dietary S2381

Calcium, Ca S2381

Iron, Fe S2381

Magnesium, Mg S2381

Phosphorus, P S2381

Potassium, K S2381

Sodium, Na S2381

Zinc, Zn S2381

Copper, Cu S2381

Manganese, Mn S2381

Selenium, Se S2381

Vitamin E (alpha-tocopherol) S2381

Tocopherol, beta S2381

Tocopherol, gamma S2381

Tocopherol, delta S2381

Vitamin C, total ascorbic acid S2381

Thiamin S2381

Riboflavin S2381

Niacin S2381

Pantothenic acid S2381

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### NDB No 35137 Cornmeal, yellow (Navajo)

Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381

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### NDB No 35137 Cornmeal, yellow (Navajo)

22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35138 Squash, Indian, raw (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381

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### NDB No 35138 Squash, Indian, raw (Navajo)

Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381

### NDB No 35139 Squash, Indian, cooked, boiled (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381

### NDB No 35140 Bread, kneel down (Navajo)

Protein	S2381
Total lipid (fat)	S2381

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### NDB No 35140 Bread, kneel down (Navajo)

Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381

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### NDB No 35140 Bread, kneel down (Navajo)

16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35141 Mutton, cooked, roasted (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Water	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381

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**NDB No 35141 Mutton, cooked, roasted (Navajo)**

Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Choline, total	S2381
Betaine	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Hydroxyproline	S2381
Cholesterol	S2381

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### NDB No 35141 Mutton, cooked, roasted (Navajo)

Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35142 Frybread, made with lard (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381

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### NDB No 35142 Frybread, made with lard (Navajo)

Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381

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### NDB No 35142 Frybread, made with lard (Navajo)

16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381

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### NDB No 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Folic acid	S2381
Folate, food	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381

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### NDB No 35143 Tortilla, includes plain and from mutton sandwich (Navajo)

Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35144 Stew, dumpling with mutton (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381

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### NDB No 35144 Stew, dumpling with mutton (Navajo)

Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381

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### NDB No 35144 Stew, dumpling with mutton (Navajo)

8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35145 Stew, hominy with mutton (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381

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### NDB No 35145 Stew, hominy with mutton (Navajo)

Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381

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### NDB No 35145 Stew, hominy with mutton (Navajo)

Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381

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### **NDB No 35145 Stew, hominy with mutton (Navajo)**

20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### **NDB No 35146 Stew, mutton, corn, squash (Navajo)**

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381

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### NDB No 35146 Stew, mutton, corn, squash (Navajo)

Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Vitamin K (phylloquinone)	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381
Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381

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### NDB No 35146 Stew, mutton, corn, squash (Navajo)

18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35147 Tamales (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381
Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381

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### NDB No 35147 Tamales (Navajo)

Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Retinol	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin B-12	S2381
Tryptophan	S2381
Threonine	S2381
Isoleucine	S2381
Leucine	S2381
Lysine	S2381
Methionine	S2381
Cystine	S2381
Phenylalanine	S2381
Tyrosine	S2381
Valine	S2381
Arginine	S2381
Histidine	S2381
Alanine	S2381
Aspartic acid	S2381
Glutamic acid	S2381
Glycine	S2381

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### NDB No 35147 Tamales (Navajo)

Proline	S2381
Serine	S2381
Cholesterol	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381
14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35148 Stew, steamed corn (Navajo)

Protein	S2381
Total lipid (fat)	S2381
Ash	S2381
Starch	S2381

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### NDB No 35148 Stew, steamed corn (Navajo)

Sucrose	S2381
Glucose (dextrose)	S2381
Fructose	S2381
Lactose	S2381
Maltose	S2381
Water	S2381
Sugars, total	S2381
Galactose	S2381
Fiber, total dietary	S2381
Calcium, Ca	S2381
Iron, Fe	S2381
Magnesium, Mg	S2381
Phosphorus, P	S2381
Potassium, K	S2381
Sodium, Na	S2381
Zinc, Zn	S2381
Copper, Cu	S2381
Manganese, Mn	S2381
Selenium, Se	S2381
Vitamin E (alpha-tocopherol)	S2381
Tocopherol, beta	S2381
Tocopherol, gamma	S2381
Tocopherol, delta	S2381
Vitamin C, total ascorbic acid	S2381
Thiamin	S2381
Riboflavin	S2381
Niacin	S2381
Pantothenic acid	S2381
Vitamin B-6	S2381
Folate, total	S2381
Vitamin K (phylloquinone)	S2381
Fatty acids, total saturated	S2381
8:0	S2381
10:0	S2381
12:0	S2381

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### NDB No 35148 Stew, steamed corn (Navajo)

14:0	S2381
16:0	S2381
18:0	S2381
20:0	S2381
18:1 undifferentiated	S2381
18:2 undifferentiated	S2381
18:3 undifferentiated	S2381
20:4 undifferentiated	S2381
22:0	S2381
14:1	S2381
16:1 undifferentiated	S2381
20:1	S2381
Fatty acids, total monounsaturated	S2381
Fatty acids, total polyunsaturated	S2381
15:0	S2381
17:0	S2381
20:2 n-6 c,c	S2381
18:3 n-6 c,c,c	S2381
17:1	S2381
20:3 undifferentiated	S2381
15:1	S2381
18:3 n-3 c,c,c	S2381

### NDB No 35149 Fish, halibut, raw, with skin (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481

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**NDB No 35149 Fish, halibut, raw, with skin (Alaska Native)**

Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Hydroxyproline	S3481
Cholesterol	S3481

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### NDB No 35149 Fish, halibut, raw, with skin (Alaska Native)

Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
22:1 c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35150 Fish, salmon, coho (silver), raw (Alaska Native)

Protein	S3481
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### NDB No 35150 Fish, salmon, coho (silver), raw (Alaska Native)

Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481

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### NDB No 35150 Fish, salmon, coho (silver), raw (Alaska Native)

Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481

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### NDB No 35150 Fish, salmon, coho (silver), raw (Alaska Native)

17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

### NDB No 35152 Fish, Salmon, Chum, raw (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481

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### NDB No 35152 Fish, Salmon, Chum, raw (Alaska Native)

Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481

**NDB No 35152 Fish, Salmon, Chum, raw (Alaska Native)**

22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

**NDB No 35153 Fish, salmon, king (chinook), raw (Alaska Native)**

Protein	S2141, S3481
Total lipid (fat)	S2141, S3481
Ash	S3481
Water	S2141, S3481
Calcium, Ca	S2141, S3481
Iron, Fe	S2141, S3481
Magnesium, Mg	S3481
Phosphorus, P	S2141, S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S2141, S3481

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**NDB No 35153 Fish, salmon, king (chinook), raw (Alaska Native)**

Niacin	S2141, S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481

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### NDB No 35153 Fish, salmon, king (chinook), raw (Alaska Native)

17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

### NDB No 35154 Salmonberries, raw (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Starch	S3561
Sucrose	S3561
Glucose (dextrose)	S3561
Fructose	S3561
Lactose	S3561
Maltose	S3561
Water	S3561
Sugars, total	S3561
Galactose	S3561
Fiber, total dietary	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Carotene, beta	S3561
Carotene, alpha	S3561
Vitamin E (alpha-tocopherol)	S3561
Cryptoxanthin, beta	S3561
Lycopene	S3561
Tocopherol, beta	S3561

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### NDB No 35154 Salmonberries, raw (Alaska Native)

Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Vitamin C, total ascorbic acid	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561

### NDB No 35155 Blueberries, wild, raw (Alaska Native)

Protein	S3481, S3561
Total lipid (fat)	S3481, S3561
Ash	S3481, S3561
Starch	S3481, S3561
Sucrose	S3481, S3561
Glucose (dextrose)	S3481, S3561
Fructose	S3481, S3561
Lactose	S3481, S3561
Maltose	S3481, S3561
Water	S3481, S3561
Sugars, total	S3481, S3561
Galactose	S3481, S3561
Fiber, total dietary	S3481, S3561
Calcium, Ca	S3481, S3561
Iron, Fe	S3481, S3561
Magnesium, Mg	S3481, S3561
Phosphorus, P	S3481, S3561
Potassium, K	S3481, S3561
Sodium, Na	S3481, S3561
Zinc, Zn	S3481, S3561
Copper, Cu	S3481, S3561

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### NDB No 35155 Blueberries, wild, raw (Alaska Native)

Manganese, Mn	S3481, S3561
Carotene, beta	S3481, S3561
Carotene, alpha	S3481, S3561
Vitamin E (alpha-tocopherol)	S3481, S3561
Cryptoxanthin, beta	S3481, S3561
Lycopene	S3481
Tocopherol, beta	S3481, S3561
Tocopherol, gamma	S3481, S3561
Tocopherol, delta	S3481, S3561
Vitamin C, total ascorbic acid	S3481, S3561
Thiamin	S3481, S3561
Riboflavin	S3481, S3561
Niacin	S3481, S3561
Pantothenic acid	S3561
Vitamin B-6	S3481, S3561
Folate, total	S3481, S3561
Vitamin K (phylloquinone)	S3481, S3561
Folic acid	S3481, S3561
Folate, food	S3481, S3561

### NDB No 35156 Oil, spotted seal (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561

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### NDB No 35156 Oil, spotted seal (Alaska Native)

Retinol	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Vitamin K (phylloquinone)	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561

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### NDB No 35156 Oil, spotted seal (Alaska Native)

17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561

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### NDB No 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561

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### NDB No 35157 Fish, salmon, red, canned, bones removed (Alaska Native)

14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35158 Fish, whitefish, eggs (Alaska Native)

Protein	D4961, S3561
Total lipid (fat)	D4961, S3561
Carbohydrate, by difference	D4961
Ash	S3561
Water	D4961, S3561
Calcium, Ca	D4961, S3561
Iron, Fe	D4961, S3561
Magnesium, Mg	S3561
Phosphorus, P	D4961, S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561

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### NDB No 35158 Fish, whitefish, eggs (Alaska Native)

Selenium, Se	S3561
Vitamin A, IU	D4961
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	D4961, S3561
Riboflavin	S3561
Niacin	D4961, S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561

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### NDB No 35158 Fish, whitefish, eggs (Alaska Native)

Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

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**NDB No 35159 Fish, salmon, red, canned (Alaska Native) - duplicate, do not use**

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561

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**NDB No 35159 Fish, salmon, red, canned (Alaska Native) - duplicate, do not use**

14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

**NDB No 35160 Caribou, rump meat, partially dried (Alaska Native)**

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561

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**NDB No 35160 Caribou, rump meat, partially dried (Alaska Native)**

Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561

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### NDB No 35160 Caribou, rump meat, partially dried (Alaska Native)

18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35161 Caribou, shoulder meat, dried (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561

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**NDB No 35161 Caribou, shoulder meat, dried (Alaska Native)**

Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561

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### NDB No 35161 Caribou, shoulder meat, dried (Alaska Native)

22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35162 Caribou, hind quarter meat, raw (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561

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### NDB No 35162 Caribou, hind quarter meat, raw (Alaska Native)

Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561

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### NDB No 35162 Caribou, hind quarter meat, raw (Alaska Native)

18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35163 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561

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### NDB No 35163 Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Tocopherol, delta	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Betaine	S3561

### NDB No 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561

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**NDB No 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)**

Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561

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### NDB No 35164 Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35165 Fish, whitefish, dried (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561

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**NDB No 35165 Fish, whitefish, dried (Alaska Native)**

Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561

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### NDB No 35165 Fish, whitefish, dried (Alaska Native)

8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Protein	S3561
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**NDB No 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)**

Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561

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**NDB No 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)**

Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561

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**NDB No 35166 Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)**

15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

**NDB No 35167 Fish, salmon, red, (sockeye), kippered (Alaska Native)**

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561

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### NDB No 35167 Fish, salmon, red, (sockeye), kippered (Alaska Native)

Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561

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### NDB No 35167 Fish, salmon, red, (sockeye), kippered (Alaska Native)

24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35168 Fish, salmon, king, with skin, kippered, (Alaska Native) - CY040CJ

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Vitamin D	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561

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### NDB No 35168 Fish, salmon, king, with skin, kippered, (Alaska Native) - CY040CJ

Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561

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### NDB No 35168 Fish, salmon, king, with skin, kippered, (Alaska Native) - CY040CJ

20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561
21:5	S3561
22:4	S3561

### NDB No 35169 Fish, sheefish, dried (Alaska Native)

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561

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### NDB No 35169 Fish, sheefish, dried (Alaska Native)

Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Vitamin C, total ascorbic acid	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561
Vitamin K (phylloquinone)	S3561
Folic acid	S3561
Folate, food	S3561
Betaine	S3561
Tryptophan	S3561
Threonine	S3561
Isoleucine	S3561
Leucine	S3561
Lysine	S3561
Methionine	S3561
Cystine	S3561
Phenylalanine	S3561
Tyrosine	S3561
Valine	S3561
Arginine	S3561
Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561

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### NDB No 35169 Fish, sheefish, dried (Alaska Native)

Glycine	S3561
Proline	S3561
Serine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561

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### NDB No 35169 Fish, sheefish, dried (Alaska Native)

21:5 S3561

22:4 S3561

### NDB No 35170 Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Protein S3561

Total lipid (fat) S3561

Ash S3561

Water S3561

Calcium, Ca S3561

Iron, Fe S3561

Magnesium, Mg S3561

Phosphorus, P S3561

Potassium, K S3561

Sodium, Na S3561

Zinc, Zn S3561

Copper, Cu S3561

Manganese, Mn S3561

Vitamin E (alpha-tocopherol) S3561

Tocopherol, beta S3561

Tocopherol, gamma S3561

Tocopherol, delta S3561

Choline, total S3561

Vitamin K (phylloquinone) S3561

Betaine S3561

Tryptophan S3561

Threonine S3561

Isoleucine S3561

Leucine S3561

Lysine S3561

Methionine S3561

Cystine S3561

Phenylalanine S3561

Tyrosine S3561

Valine S3561

Arginine S3561

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**NDB No 35170 Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)**

Histidine	S3561
Alanine	S3561
Aspartic acid	S3561
Glutamic acid	S3561
Glycine	S3561
Proline	S3561
Serine	S3561

**NDB No 35171 Fish, salmon, chum, dried (Alaska Native)**

Protein	S3561
Total lipid (fat)	S3561
Ash	S3561
Water	S3561
Calcium, Ca	S3561
Iron, Fe	S3561
Magnesium, Mg	S3561
Phosphorus, P	S3561
Potassium, K	S3561
Sodium, Na	S3561
Zinc, Zn	S3561
Copper, Cu	S3561
Manganese, Mn	S3561
Selenium, Se	S3561
Vitamin E (alpha-tocopherol)	S3561
Tocopherol, beta	S3561
Tocopherol, gamma	S3561
Tocopherol, delta	S3561
Thiamin	S3561
Riboflavin	S3561
Niacin	S3561
Pantothenic acid	S3561
Vitamin B-6	S3561
Folate, total	S3561
Vitamin B-12	S3561
Choline, total	S3561

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### NDB No 35171 Fish, salmon, chum, dried (Alaska Native)

Vitamin K (phylloquinone)	S3561
Folate, food	S3561
Betaine	S3561
Cholesterol	S3561
Fatty acids, total saturated	S3561
8:0	S3561
10:0	S3561
12:0	S3561
14:0	S3561
16:0	S3561
18:0	S3561
20:0	S3561
18:1 undifferentiated	S3561
18:2 undifferentiated	S3561
18:3 undifferentiated	S3561
20:4 undifferentiated	S3561
22:6 n-3	S3561
22:0	S3561
14:1	S3561
16:1 undifferentiated	S3561
18:4	S3561
20:1	S3561
20:5 n-3	S3561
22:1 undifferentiated	S3561
22:5 n-3	S3561
Fatty acids, total monounsaturated	S3561
Fatty acids, total polyunsaturated	S3561
15:0	S3561
17:0	S3561
24:0	S3561
24:1 c	S3561
20:2 n-6 c,c	S3561
17:1	S3561
20:3 undifferentiated	S3561
15:1	S3561

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### NDB No 35171 Fish, salmon, chum, dried (Alaska Native)

21:5 S3561

22:4 S3561

### NDB No 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

Protein S2802

Total lipid (fat) S2802

Ash S2802

Water S2802

Calcium, Ca S2802

Iron, Fe S2802

Magnesium, Mg S2802

Phosphorus, P S2802

Potassium, K S2802

Sodium, Na S2802

Zinc, Zn S2802

Copper, Cu S2802

Manganese, Mn S2802

Selenium, Se S2802

Vitamin E (alpha-tocopherol) S2802

Tocopherol, beta S2802

Tocopherol, gamma S2802

Tocopherol, delta S2802

Thiamin S2802

Riboflavin S2802

Niacin S2802

Pantothenic acid S2802

Vitamin B-6 S2802

Folate, total S2802

Vitamin B-12 S2802

Folic acid S2802

Folate, food S2802

Tryptophan S2802

Threonine S2802

Isoleucine S2802

Leucine S2802

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### NDB No 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

Lysine	S2802
Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802
Proline	S2802
Serine	S2802
Cholesterol	S2802
Fatty acids, total trans	S2802
Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802
20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802
20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802

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### NDB No 35172 Elk, free range, ground, cooked patties (Shoshone Bannock)

17:0	S2802
18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802
18:3 n-3 c,c,c	S2802

### NDB No 35173 Elk, free range, ground, raw (Shoshone Bannock)

Protein	S2802
Total lipid (fat)	S2802
Ash	S2802
Water	S2802
Calcium, Ca	S2802
Iron, Fe	S2802
Magnesium, Mg	S2802
Phosphorus, P	S2802
Potassium, K	S2802
Sodium, Na	S2802
Zinc, Zn	S2802
Copper, Cu	S2802
Manganese, Mn	S2802
Selenium, Se	S2802
Thiamin	S2802
Riboflavin	S2802
Niacin	S2802
Pantothenic acid	S2802
Vitamin B-6	S2802
Vitamin B-12	S2802

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### NDB No 35173 Elk, free range, ground, raw (Shoshone Bannock)

Tryptophan	S2802
Threonine	S2802
Isoleucine	S2802
Leucine	S2802
Lysine	S2802
Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802
Proline	S2802
Serine	S2802
Hydroxyproline	S2802
Fatty acids, total trans	S2802
Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802
20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802

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### NDB No 35173 Elk, free range, ground, raw (Shoshone Bannock)

20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802
17:0	S2802
18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802
18:3 n-3 c,c,c	S2802

### NDB No 35174 Buffalo, free range, top round steak, raw (Shoshone Bannock)

Protein	S2802
Total lipid (fat)	S2802
Ash	S2802
Water	S2802
Calcium, Ca	S2802
Iron, Fe	S2802
Magnesium, Mg	S2802
Phosphorus, P	S2802
Potassium, K	S2802
Sodium, Na	S2802
Zinc, Zn	S2802
Copper, Cu	S2802
Manganese, Mn	S2802
Selenium, Se	S2802
Thiamin	S2802
Riboflavin	S2802

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**NDB No 35174 Buffalo, free range, top round steak, raw (Shoshone Bannock)**

Niacin	S2802
Pantothenic acid	S2802
Vitamin B-6	S2802
Vitamin B-12	S2802
Tryptophan	S2802
Threonine	S2802
Isoleucine	S2802
Leucine	S2802
Lysine	S2802
Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802
Proline	S2802
Serine	S2802
Hydroxyproline	S2802
Fatty acids, total trans	S2802
Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802

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### NDB No 35174 Buffalo, free range, top round steak, raw (Shoshone Bannock)

20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802
20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802
17:0	S2802
18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802
18:3 n-3 c,c,c	S2802

### NDB No 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Protein	S2802
Total lipid (fat)	S2802
Ash	S2802
Water	S2802
Calcium, Ca	S2802
Iron, Fe	S2802
Magnesium, Mg	S2802
Phosphorus, P	S2802
Potassium, K	S2802
Sodium, Na	S2802
Zinc, Zn	S2802
Copper, Cu	S2802

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**NDB No 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)**

Manganese, Mn	S2802
Selenium, Se	S2802
Vitamin E (alpha-tocopherol)	S2802
Tocopherol, beta	S2802
Tocopherol, gamma	S2802
Tocopherol, delta	S2802
Thiamin	S2802
Riboflavin	S2802
Niacin	S2802
Pantothenic acid	S2802
Vitamin B-6	S2802
Folate, total	S2802
Vitamin B-12	S2802
Folic acid	S2802
Folate, food	S2802
Tryptophan	S2802
Threonine	S2802
Isoleucine	S2802
Leucine	S2802
Lysine	S2802
Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802
Proline	S2802
Serine	S2802
Cholesterol	S2802
Fatty acids, total trans	S2802

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### **NDB No 35176 Buffalo, free range, top round steak, cooked (Shoshone Bannock)**

Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802
20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802
20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802
17:0	S2802
18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802
18:3 n-3 c,c,c	S2802

### **NDB No 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)**

Protein	S2802
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**NDB No 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)**

Total lipid (fat)	S2802
Ash	S2802
Water	S2802
Calcium, Ca	S2802
Iron, Fe	S2802
Magnesium, Mg	S2802
Phosphorus, P	S2802
Potassium, K	S2802
Sodium, Na	S2802
Zinc, Zn	S2802
Copper, Cu	S2802
Manganese, Mn	S2802
Selenium, Se	S2802
Thiamin	S2802
Riboflavin	S2802
Niacin	S2802
Pantothenic acid	S2802
Vitamin B-6	S2802
Vitamin B-12	S2802
Tryptophan	S2802
Threonine	S2802
Isoleucine	S2802
Leucine	S2802
Lysine	S2802
Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802

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### NDB No 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Proline	S2802
Serine	S2802
Hydroxyproline	S2802
Fatty acids, total trans	S2802
Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802
20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802
20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802
17:0	S2802
18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802

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**NDB No 35177 Elk, free range, roast, eye of round, raw (Shoshone Bannock)**

18:3 n-3 c,c,c S2802

**NDB No 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)**

Protein S2802

Total lipid (fat) S2802

Ash S2802

Water S2802

Calcium, Ca S2802

Iron, Fe S2802

Magnesium, Mg S2802

Phosphorus, P S2802

Potassium, K S2802

Sodium, Na S2802

Zinc, Zn S2802

Copper, Cu S2802

Manganese, Mn S2802

Selenium, Se S2802

Vitamin E (alpha-tocopherol) S2802

Tocopherol, beta S2802

Tocopherol, gamma S2802

Tocopherol, delta S2802

Thiamin S2802

Riboflavin S2802

Niacin S2802

Pantothenic acid S2802

Vitamin B-6 S2802

Folate, total S2802

Vitamin B-12 S2802

Folic acid S2802

Folate, food S2802

Tryptophan S2802

Threonine S2802

Isoleucine S2802

Leucine S2802

Lysine S2802

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### NDB No 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Methionine	S2802
Cystine	S2802
Phenylalanine	S2802
Tyrosine	S2802
Valine	S2802
Arginine	S2802
Histidine	S2802
Alanine	S2802
Aspartic acid	S2802
Glutamic acid	S2802
Glycine	S2802
Proline	S2802
Serine	S2802
Cholesterol	S2802
Fatty acids, total trans	S2802
Fatty acids, total saturated	S2802
8:0	S2802
10:0	S2802
12:0	S2802
14:0	S2802
16:0	S2802
18:0	S2802
20:0	S2802
18:1 undifferentiated	S2802
18:2 undifferentiated	S2802
18:3 undifferentiated	S2802
20:4 undifferentiated	S2802
22:0	S2802
14:1	S2802
16:1 undifferentiated	S2802
20:1	S2802
Fatty acids, total monounsaturated	S2802
Fatty acids, total polyunsaturated	S2802
15:0	S2802
17:0	S2802

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### NDB No 35178 Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

18:1 t	S2802
18:2 t,t	S2802
20:2 n-6 c,c	S2802
18:1 c	S2802
18:2 n-6 c,c	S2802
18:3 n-6 c,c,c	S2802
17:1	S2802
20:3 undifferentiated	S2802
Fatty acids, total trans-monoenoic	S2802
Fatty acids, total trans-polyenoic	S2802
15:1	S2802
18:3 n-3 c,c,c	S2802

### NDB No 35179 Chokecherries, raw, pitted (Shoshone Bannock)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481
Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481

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### NDB No 35179 Chokecherries, raw, pitted (Shoshone Bannock)

Manganese, Mn	S3481
Selenium, Se	S3481
Carotene, beta	S3481
Carotene, alpha	S3481
Vitamin E (alpha-tocopherol)	S3481
Cryptoxanthin, beta	S3481
Lycopene	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin K (phylloquinone)	S3481

### NDB No 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481

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### NDB No 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

Vitamin D	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
22:1 c	S3481
18:3 n-6 c,c,c	S3481

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### NDB No 35180 Steelhead trout, dried, flesh (Shoshone Bannock)

17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35181 Steelhead trout, boiled, canned (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Vitamin D	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481

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### NDB No 35181 Steelhead trout, boiled, canned (Alaska Native)

20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
22:1 c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35182 Acorn stew (Apache)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481

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**NDB No 35182 Acorn stew (Apache)**

Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Folic acid	S3481
Folate, food	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481

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### NDB No 35182 Acorn stew (Apache)

Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481

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### NDB No 35182 Acorn stew (Apache)

Fatty acids, total monounsaturated S3481

Fatty acids, total polyunsaturated S3481

15:0 S3481

17:0 S3481

24:0 S3481

24:1 c S3481

20:2 n-6 c,c S3481

17:1 S3481

20:3 undifferentiated S3481

15:1 S3481

21:5 S3481

22:4 S3481

### NDB No 35183 Corn, dried, Yellow, Yankton Sioux Reservation, SD - CY013ER (Plains)

Protein S3481

Total lipid (fat) S3481

Ash S3481

Starch S3481

Sucrose S3481

Glucose (dextrose) S3481

Fructose S3481

Lactose S3481

Maltose S3481

Water S3481

Sugars, total S3481

Galactose S3481

Fiber, total dietary S3481

Calcium, Ca S3481

Iron, Fe S3481

Magnesium, Mg S3481

Phosphorus, P S3481

Potassium, K S3481

Sodium, Na S3481

Zinc, Zn S3481

Copper, Cu S3481

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### NDB No 35183 Corn, dried, Yellow, Yankton Sioux Reservation, SD - CY013ER (Plains)

Manganese, Mn	S3481
Selenium, Se	S3481
Carotene, beta	S3481
Carotene, alpha	S3481
Cryptoxanthin, beta	S3481
Lycopene	S3481
Vitamin C, total ascorbic acid	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481

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### NDB No 35183 Corn, dried, Yellow, Yankton Sioux Reservation, SD - CY013ER (Plains)

14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35184 Smelt, dried (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481

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### NDB No 35184 Smelt, dried (Alaska Native)

Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Retinol	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481

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### NDB No 35184 Smelt, dried (Alaska Native)

8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

### NDB No 35185 Frybread, made with lard (Apache)

Protein	S3481
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### NDB No 35185 Frybread, made with lard (Apache)

Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481
Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481

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### NDB No 35185 Frybread, made with lard (Apache)

8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35186 Corned beef and potatoes in tortilla (Apache)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481

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### NDB No 35186 Corned beef and potatoes in tortilla (Apache)

Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Hydroxyproline	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481

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### NDB No 35186 Corned beef and potatoes in tortilla (Apache)

20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
20:2 n-6 c,c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35187 Tennis Bread, plain (Apache)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Starch	S3481
Sucrose	S3481
Glucose (dextrose)	S3481
Fructose	S3481
Lactose	S3481
Maltose	S3481
Water	S3481
Sugars, total	S3481
Galactose	S3481
Fiber, total dietary	S3481
Calcium, Ca	S3481

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### NDB No 35187 Tennis Bread, plain (Apache)

Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin K (phylloquinone)	S3481
Folic acid	S3481
Folate, food	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481

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### NDB No 35187 Tennis Bread, plain (Apache)

22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

### NDB No 35188 Fish, halibut, cooked, with skin (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481
Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481

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### NDB No 35188 Fish, halibut, cooked, with skin (Alaska Native)

Selenium, Se	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481
Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Hydroxyproline	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481

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### NDB No 35188 Fish, halibut, cooked, with skin (Alaska Native)

10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481
24:0	S3481
20:2 n-6 c,c	S3481
22:1 c	S3481
18:3 n-6 c,c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
18:3 n-3 c,c,c	S3481

### NDB No 35190 Fish, salmon, red (sockeye), smoked (Alaska Native)

Protein	S3481
Total lipid (fat)	S3481
Ash	S3481

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### NDB No 35190 Fish, salmon, red (sockeye), smoked (Alaska Native)

Water	S3481
Calcium, Ca	S3481
Iron, Fe	S3481
Magnesium, Mg	S3481
Phosphorus, P	S3481
Potassium, K	S3481
Sodium, Na	S3481
Zinc, Zn	S3481
Copper, Cu	S3481
Manganese, Mn	S3481
Selenium, Se	S3481
Retinol	S3481
Vitamin E (alpha-tocopherol)	S3481
Tocopherol, beta	S3481
Tocopherol, gamma	S3481
Tocopherol, delta	S3481
Thiamin	S3481
Riboflavin	S3481
Niacin	S3481
Pantothenic acid	S3481
Vitamin B-6	S3481
Folate, total	S3481
Vitamin B-12	S3481
Vitamin K (phylloquinone)	S3481
Folic acid	S3481
Folate, food	S3481
Tryptophan	S3481
Threonine	S3481
Isoleucine	S3481
Leucine	S3481
Lysine	S3481
Methionine	S3481
Cystine	S3481
Phenylalanine	S3481
Tyrosine	S3481

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### NDB No 35190 Fish, salmon, red (sockeye), smoked (Alaska Native)

Valine	S3481
Arginine	S3481
Histidine	S3481
Alanine	S3481
Aspartic acid	S3481
Glutamic acid	S3481
Glycine	S3481
Proline	S3481
Serine	S3481
Cholesterol	S3481
Fatty acids, total saturated	S3481
8:0	S3481
10:0	S3481
12:0	S3481
14:0	S3481
16:0	S3481
18:0	S3481
20:0	S3481
18:1 undifferentiated	S3481
18:2 undifferentiated	S3481
18:3 undifferentiated	S3481
20:4 undifferentiated	S3481
22:6 n-3	S3481
22:0	S3481
14:1	S3481
16:1 undifferentiated	S3481
18:4	S3481
20:1	S3481
20:5 n-3	S3481
22:1 undifferentiated	S3481
22:5 n-3	S3481
Fatty acids, total monounsaturated	S3481
Fatty acids, total polyunsaturated	S3481
15:0	S3481
17:0	S3481

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### NDB No 35190 Fish, salmon, red (sockeye), smoked (Alaska Native)

24:0	S3481
24:1 c	S3481
20:2 n-6 c,c	S3481
17:1	S3481
20:3 undifferentiated	S3481
15:1	S3481
21:5	S3481
22:4	S3481

### NDB No 35192 Agave, raw (Southwest)

Protein	S3682
Total lipid (fat)	S3682
Ash	S3682
Starch	S3682
Sucrose	S3682
Glucose (dextrose)	S3682
Fructose	S3682
Lactose	S3682
Maltose	S3682
Water	S3682
Sugars, total	S3682
Galactose	S3682
Fiber, total dietary	S3682
Calcium, Ca	S3682
Iron, Fe	S3682
Magnesium, Mg	S3682
Phosphorus, P	S3682
Potassium, K	S3682
Sodium, Na	S3682
Zinc, Zn	S3682
Copper, Cu	S3682
Manganese, Mn	S3682
Selenium, Se	S3682
Carotene, beta	S3682
Carotene, alpha	S3682

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### NDB No 35192 Agave, raw (Southwest)

Vitamin E (alpha-tocopherol)	S3682
Cryptoxanthin, beta	S3682
Lycopene	S3682
Tocopherol, beta	S3682
Tocopherol, gamma	S3682
Tocopherol, delta	S3682
Vitamin C, total ascorbic acid	S3682
Thiamin	S3682
Riboflavin	S3682
Niacin	S3682
Pantothenic acid	S3682
Vitamin B-6	S3682
Folate, total	S3682
Vitamin K (phylloquinone)	S3682
Tryptophan	S3682
Threonine	S3682
Isoleucine	S3682
Leucine	S3682
Lysine	S3682
Methionine	S3682
Cystine	S3682
Phenylalanine	S3682
Tyrosine	S3682
Valine	S3682
Arginine	S3682
Histidine	S3682
Alanine	S3682
Aspartic acid	S3682
Glutamic acid	S3682
Glycine	S3682
Proline	S3682
Serine	S3682

### NDB No 35193 Agave, cooked (Southwest)

Ash	S3682
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### NDB No 35193 Agave, cooked (Southwest)

Starch	S3682
Sucrose	S3682
Glucose (dextrose)	S3682
Fructose	S3682
Lactose	S3682
Maltose	S3682
Water	S3682
Sugars, total	S3682
Galactose	S3682
Fiber, total dietary	S3682
Calcium, Ca	S3682
Iron, Fe	S3682
Magnesium, Mg	S3682
Phosphorus, P	S3682
Potassium, K	S3682
Sodium, Na	S3682
Zinc, Zn	S3682
Copper, Cu	S3682
Manganese, Mn	S3682
Selenium, Se	S3682
Carotene, beta	S3682
Carotene, alpha	S3682
Vitamin E (alpha-tocopherol)	S3682
Cryptoxanthin, beta	S3682
Lycopene	S3682
Tocopherol, beta	S3682
Tocopherol, gamma	S3682
Tocopherol, delta	S3682
Vitamin C, total ascorbic acid	S3682
Thiamin	S3682
Riboflavin	S3682
Niacin	S3682
Pantothenic acid	S3682
Vitamin B-6	S3682
Folate, total	S3682

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### NDB No 35193 Agave, cooked (Southwest)

Choline, total	S3682
Vitamin K (phylloquinone)	S3682
Betaine	S3682

### NDB No 35194 Agave, dried (Southwest)

Protein	S3682
Total lipid (fat)	S3682
Ash	S3682
Starch	S3682
Sucrose	S3682
Glucose (dextrose)	S3682
Fructose	S3682
Lactose	S3682
Maltose	S3682
Water	S3682
Sugars, total	S3682
Galactose	S3682
Fiber, total dietary	S3682
Calcium, Ca	S3682
Iron, Fe	S3682
Magnesium, Mg	S3682
Phosphorus, P	S3682
Potassium, K	S3682
Sodium, Na	S3682
Zinc, Zn	S3682
Copper, Cu	S3682
Manganese, Mn	S3682
Selenium, Se	S3682
Carotene, beta	S3682
Carotene, alpha	S3682
Vitamin E (alpha-tocopherol)	S3682
Cryptoxanthin, beta	S3682
Lycopene	S3682
Tocopherol, beta	S3682
Tocopherol, gamma	S3682

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### NDB No 35194 Agave, dried (Southwest)

Tocopherol, delta	S3682
Vitamin C, total ascorbic acid	S3682
Thiamin	S3682
Riboflavin	S3682
Niacin	S3682
Pantothenic acid	S3682
Vitamin B-6	S3682
Folate, total	S3682
Vitamin K (phylloquinone)	S3682

### NDB No 42148 Candies, MASTERFOODS USA, M&M's Peanut Butter Chocolate Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 42161 Bologna, beef, low fat

Protein	S281
Total lipid (fat)	S281
Ash	S281
Water	S281
Sodium, Na	S281
Vitamin A, IU	S281
Cholesterol	S281

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### NDB No 42187 Frozen yogurts, flavors other than chocolate

Fluoride, F	D5301
Choline, total	S3461
Betaine	S3461

### NDB No 42190 Pork sausage rice links, brown and serve, cooked

Protein	S243, S281, S282
Total lipid (fat)	S243, S281, S282
Ash	S243, S281, S282
Water	S243, S281, S282
Fiber, total dietary	S243
Calcium, Ca	S243
Iron, Fe	S243
Magnesium, Mg	S243
Phosphorus, P	S243
Potassium, K	S243
Sodium, Na	S243, S281, S282
Zinc, Zn	S243
Copper, Cu	S243
Manganese, Mn	S243
Vitamin A, IU	S281
Vitamin C, total ascorbic acid	S243
Thiamin	S243
Riboflavin	S243
Niacin	S243
Cholesterol	S243, S281, S282

### NDB No 42196 Candies, MASTERFOODS USA, MILKY WAY Midnight Bar

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361

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### NDB No 42196 Candies, MASTERFOODS USA, MILKY WAY Midnight Bar

Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total saturated	S3361

### NDB No 42227 Candies, MASTERFOODS USA, M&M's Almond Chocolate Candies

Protein	S3361
Total lipid (fat)	S3361
Carbohydrate, by difference	S3361
Energy	S3361
Sugars, total	S3361
Fiber, total dietary	S3361
Calcium, Ca	S3361
Iron, Fe	S3361
Sodium, Na	S3361
Vitamin A, IU	S3361
Vitamin C, total ascorbic acid	S3361
Cholesterol	S3361
Fatty acids, total trans	S3361
Fatty acids, total saturated	S3361

### NDB No 42304 Cheese, mozzarella, nonfat

Calcium, Ca	S5
Sodium, Na	S5

### NDB No 43133 Soyburger

Choline, total	S3461
Betaine	S3461

### NDB No 43158 Sweeteners, tabletop, saccharin

Protein	S2109
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### NDB No 43158 Sweeteners, tabletop, saccharin

Total lipid (fat)	S2109
Ash	S2109
Starch	S2109
Water	S2109
Calcium, Ca	S2109
Iron, Fe	S2109
Magnesium, Mg	S2109
Phosphorus, P	S2109
Potassium, K	S2109
Sodium, Na	S2109
Zinc, Zn	S2109
Copper, Cu	S2109
Manganese, Mn	S2109

### NDB No 43215 Salad dressing, buttermilk, lite

Total lipid (fat)	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Sodium, Na	S26
Zinc, Zn	S26
Copper, Cu	S26
Manganese, Mn	S26

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### NDB No 43215 Salad dressing, buttermilk, lite

Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Folate, total	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26
4:0	S26
6:0	S26
8:0	S26
10:0	S26
12:0	S26
14:0	S26
16:0	S26
18:0	S26
20:0	S26
20:4 undifferentiated	S26
22:6 n-3	S26
22:0	S26
14:1	S26
18:4	S26
20:1	S26
20:5 n-3	S26
22:1 undifferentiated	S26
22:5 n-3	S26
Stigmasterol	S26
Campesterol	S26
Beta-sitosterol	S26
17:0	S26
24:0	S26
18:1 t	S26
18:2 i	S26

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**NDB No 43215 Salad dressing, buttermilk, lite**

24:1 c	S26
16:1 c	S26
18:1 c	S26
18:2 n-6 c,c	S26
18:3 n-3 c,c,c	S26

**NDB No 43297 Pork, oriental style, dehydrated**

Tryptophan	S1082
Threonine	S1082
Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082

**NDB No 43312 Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added**

Fluoride, F	D5002
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**NDB No 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie**

Sugars, total	S25
Iron, Fe	S25
Magnesium, Mg	S25
Phosphorus, P	S25

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### **NDB No 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie**

Potassium, K	S25
Sodium, Na	S25
Zinc, Zn	S25
Vitamin E (alpha-tocopherol)	S25
Pantothenic acid	S25
Folic acid	S25

### **NDB No 43364 Snacks, tortilla chips, unsalted, white corn**

Protein	S26
Ash	S26
Starch	S26
Sucrose	S26
Glucose (dextrose)	S26
Fructose	S26
Lactose	S26
Maltose	S26
Water	S26
Sugars, total	S26
Galactose	S26
Fiber, total dietary	S26
Calcium, Ca	S26
Iron, Fe	S26
Magnesium, Mg	S26
Phosphorus, P	S26
Potassium, K	S26
Zinc, Zn	S26
Vitamin C, total ascorbic acid	S26
Thiamin	S26
Riboflavin	S26
Niacin	S26
Pantothenic acid	S26
Vitamin B-6	S26
Vitamin B-12	S26
Vitamin K (phylloquinone)	S26
Cholesterol	S26

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

Protein	S5
Total lipid (fat)	S5
Ash	S5
Water	S5
Vitamin C, total ascorbic acid	S5

### **NDB No 43378 Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium**

Protein	S1082
Total lipid (fat)	S1082
Ash	S1082
Water	S1082
Calcium, Ca	S1082
Iron, Fe	S1082
Magnesium, Mg	S1082
Phosphorus, P	S1082
Potassium, K	S1082
Zinc, Zn	S1082
Copper, Cu	S1082
Manganese, Mn	S1082
Selenium, Se	S1082
Retinol	S1082
Vitamin E (alpha-tocopherol)	S1166
Tocopherol, beta	S1166
Tocopherol, gamma	S1166
Tocopherol, delta	S1166
Thiamin	S1082
Riboflavin	S1082
Niacin	S1082
Pantothenic acid	S1082
Vitamin B-6	S1082
Folate, total	S1166
Vitamin B-12	S1082
Vitamin K (phylloquinone)	S1166
Tryptophan	S1082
Threonine	S1082

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**NDB No 43378    Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium**

Isoleucine	S1082
Leucine	S1082
Lysine	S1082
Methionine	S1082
Cystine	S1082
Phenylalanine	S1082
Tyrosine	S1082
Valine	S1082
Arginine	S1082
Histidine	S1082
Alanine	S1082
Aspartic acid	S1082
Glutamic acid	S1082
Glycine	S1082
Proline	S1082
Serine	S1082
Cholesterol	S1082
Fatty acids, total trans	S1082
8:0	S1082
10:0	S1082
12:0	S1082
14:0	S1082
16:0	S1082
18:0	S1082
20:0	S1082
18:1 undifferentiated	S1082
20:4 undifferentiated	S1082
22:0	S1082
14:1	S1082
16:1 undifferentiated	S1082
20:1	S1082
15:0	S1082
17:0	S1082
20:2 n-6 c,c	S1082
18:2 n-6 c,c	S1082

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### **NDB No 43378** Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium

18:3 n-6 c,c,c	S1082
17:1	S1082
20:3 undifferentiated	S1082
15:1	S1082
18:3 n-3 c,c,c	S1082

### **NDB No 43514** Frozen novelties, ice type, pop, with low calorie sweetener

Protein	S1067
Ash	S1067
Sucrose	S1067
Glucose (dextrose)	S1067
Fructose	S1067
Lactose	S1067
Maltose	S1067
Water	S1067
Fiber, total dietary	S1067
Calcium, Ca	S1067
Iron, Fe	S1067
Magnesium, Mg	S1067
Phosphorus, P	S1067
Potassium, K	S1067
Sodium, Na	S1067
Zinc, Zn	S1067
Copper, Cu	S1067
Fluoride, F	S1067
Manganese, Mn	S1067
Vitamin C, total ascorbic acid	S1067

### **NDB No 43535** Babyfood, juice, apple - cherry

Fluoride, F	D5201
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### **NDB No 48052** Vital wheat gluten

Protein	S1362
Total lipid (fat)	S1362

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### **NDB No 48052    Vital wheat gluten**

Ash	S1362
Energy	S1362
Water	S1362
Fiber, total dietary	S1362
Calcium, Ca	S1362
Iron, Fe	S1362
Phosphorus, P	S1362
Potassium, K	S1362
Sodium, Na	S1362

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- S3      University of Wisconsin - Madison, Muscle Biology Laboratory 2000  
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S21	Nutrient Data Laboratory, ARS, USDA 1999 National Food and Nutrient Analysis Program Wave 2c Beltsville, MD
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S25	Nutrient Data Laboratory, ARS, USDA 2001 National Food and Nutrient Analysis Program Wave 4a Beltsville, MD
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S53	Produce Marketing Association (PMA) 1990 Nutrient Content of Sweet Cherries
S73	Food and Drug Administration (FDA), DHHS 1989 FDA Total Diet Study
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S77	International Nut Council 1999 Nutrient Content of Macadamia Nuts
S78	Produce Marketing Association (PMA) 1982 Nutrient Content of Mushrooms
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S81	Nutrient Data Laboratory, ARS, USDA 1987 Nutrient Analysis of Selected Foods, University of Georgia Beltsville, MD
S82	Nutrient Data Laboratory, ARS, USDA 1990 Determination of the Tocopherol Content of Selected Foods Beltsville, MD
S83	Hazelnut Marketing Board 1999 Nutrient Content of Hazelnuts Aurora, OR
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S85	Pecan Shellers Association 1999 Nutrient Content of Pecans
S86	California Pistachio Commission 1999 Nutrient Content of Pistachio Nuts
S87	Nutrient Data Laboratory, ARS, USDA 1997 NDL Report Vitamin E 1997 Beltsville, MD
S101	California Pistachio Commission 1994 Nutrition Labeling Database for California Pistachios
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S141	Almond Board of California 1999 Nutrient Content of Almonds Modesto, CA
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