

NDB No. 14101

Alcoholic Beverage, wine, table, red, Barbera

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.29		0	NC	4		25.37	126.85	
Energy.....kcal	85		0	NC	4		25	125	
Energy.....kj	355		0	NC	4		104	521	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.23	0.015	8	A	1		0.07	0.34	
Carbohydrate, by difference.....g	2.79		0	NC	4		0.82	4.10	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.6	0.182	8	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14152

Alcoholic Beverage, wine, table, red, Burgundy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.62		0	NC	4		25.26	126.71	
Energy.....kcal	86		0	NC	4		25	127	
Energy.....kj	360		0	NC	4		106	532	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.34	0.018	14	A	1		0.10	0.50	
Carbohydrate, by difference.....g	3.69		0	NC	4		1.09	5.46	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.3	0.350	14	A	1		3.0	15.2	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14098

Alcoholic Beverage, wine, table, red, Cabernet Franc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.59		0	NC	4		25.11	127.29	
Energy.....kcal	83		0	NC	4		24	123	
Energy.....kj	349		0	NC	4		101	513	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.010	30	A	1		0.08	0.39	
Carbohydrate, by difference.....g	2.45		0	NC	4		0.71	3.61	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.6	0.095	30	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14097
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.56		0	NC	4		25.10	127.24	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kj	347		0	NC	4		101	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.003	377	A	1		0.08	0.43	
Carbohydrate, by difference.....g	2.60		0	NC	4		0.76	3.83	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.5	0.028	376	A	1		3.0	15.4	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29g: 1 fluid ounce

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14109

Alcoholic Beverage, wine, table, red, Carignane

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.88		0	NC	4		25.84	129.18	
Energy.....kcal	74		0	NC	4		22	109	
Energy.....kj	311		0	NC	4		91	457	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.31		1	A	1		0.09	0.46	
Carbohydrate, by difference.....g	2.40		0	NC	4		0.71	3.53	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	9.3		1	A	1		2.7	13.7	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14105

Alcoholic Beverage, wine, table, red, Claret

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.38		0	NC	4		25.40	126.98	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kj	348		0	NC	4		102	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.018	11	A	1		0.09	0.43	
Carbohydrate, by difference.....g	3.01		0	NC	4		0.88	4.42	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.2	0.236	11	A	1		3.0	15.1	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14158

Alcoholic Beverage, wine, table, red, Gamay

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.49		0	NC	4		25.72	128.61	
Energy.....kcal	78		0	NC	4		23	114	
Energy.....kj	326		0	NC	4		96	478	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.015	15	A	1		0.06	0.31	
Carbohydrate, by difference.....g	2.38		0	NC	4		0.70	3.50	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	9.8	0.229	15	A	1		2.9	14.5	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14107

Alcoholic Beverage, wine, table, red, Lemberger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.02		0	NC	4		25.59	127.93	
Energy.....kcal	80		0	NC	4		24	118	
Energy.....kj	337		0	NC	4		99	495	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.25	0.013	11	A	1		0.07	0.37	
Carbohydrate, by difference.....g	2.46		0	NC	4		0.72	3.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.2	0.222	11	A	1		3.0	15.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14602

Alcoholic Beverage, wine, table, red, Merlot

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.59		0	NC	4		25.46	127.29	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kj	348		0	NC	4		102	512	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	
Ash.....g	0.27	0.003	142	A	1		0.08	0.40	
Carbohydrate, by difference.....g	2.51		0	NC	4		0.74	3.69	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	0.62		1	A	1		0.18	0.92	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	A	1		2	11	
Iron, Fe.....mg	0.46		1	A	1		0.14	0.68	
Magnesium, Mg.....mg	12		1	A	1		3	17	
Phosphorus, P.....mg	23		1	A	1		7	34	
Potassium, K.....mg	127		1	A	1		37	187	
Sodium, Na.....mg	4		1	A	1		1	6	
Zinc, Zn.....mg	0.14		1	A	1		0.04	0.20	
Copper, Cu.....mg	0.011		1	A	1		0.003	0.016	
Manganese, Mn.....mg	0.132		1	A	1		0.039	0.194	
Selenium, Se.....mcg	0.2		1	A	1		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.005		1	A	1		0.002	0.008	
Riboflavin.....mg	0.031		1	A	1		0.009	0.046	
Niacin.....mg	0.224		1	A	1		0.066	0.329	
Pantothenic acid.....mg	0.030		1	A	1		0.009	0.044	
Vitamin B-6.....mg	0.057		1	A	1		0.017	0.084	
Folate, total.....mcg	1		1	A	1		0	1	
Folic acid.....mcg									
Folate, food.....mcg	1		1	A	1		0	1	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Others:									
Alcohol, ethyl.....g	10.6	0.038	142	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 14602

Alcoholic Beverage, wine, table, red, Merlot

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14159

Alcoholic Beverage, wine, table, red, Mouvedre

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.81		0	NC	4		25.23	126.14	
Energy.....kcal	88		0	NC	4		26	130	
Energy.....kj	369		0	NC	4		108	542	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.29	0.026	8	A	1		0.08	0.42	
Carbohydrate, by difference.....g	2.64		0	NC	4		0.78	3.89	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	11.2	0.260	8	A	1		3.3	16.5	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14103

Alcoholic Beverage, wine, table, red, Petite Sirah

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.22		0	NC	4		25.44	126.75	
Energy.....kcal	85		0	NC	4		25	125	
Energy.....kj	356		0	NC	4		105	523	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.31	0.013	25	A	1		0.09	0.46	
Carbohydrate, by difference.....g	2.68		0	NC	4		0.79	3.94	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.7	0.130	24	A	1		3.2	15.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14099

Alcoholic Beverage, wine, table, red, Pinot Noir

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.94		0	NC	4		25.56	127.79	
Energy.....kcal	82		0	NC	4		24	120	
Energy.....kj	341		0	NC	4		100	502	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.25	0.003	287	A	1		0.07	0.37	
Carbohydrate, by difference.....g	2.31		0	NC	4		0.68	3.39	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.4	0.039	287	A	1		3.1	15.3	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14108

Alcoholic Beverage, wine, table, red, Sangiovese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.17		0	NC	4		25.33	126.66	
Energy.....kcal	86		0	NC	4		25	126	
Energy.....kj	359		0	NC	4		106	528	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.26	0.009	14	A	1		0.08	0.39	
Carbohydrate, by difference.....g	2.62		0	NC	4		0.77	3.85	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.9	0.113	14	A	1		3.2	16.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14100

Alcoholic Beverage, wine, table, red, Syrah

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.53		0	NC	4		25.44	127.20	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kj	348		0	NC	4		102	511	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.32	0.014	30	A	1		0.09	0.47	
Carbohydrate, by difference.....g	2.58		0	NC	4		0.76	3.79	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.5	0.146	30	A	1		3.1	15.4	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14102

Alcoholic Beverage, wine, table, red, Zinfandel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.71		0	NC	4		25.20	126.00	
Energy.....kcal	88		0	NC	4		26	130	
Energy.....kj	369		0	NC	4		109	543	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.004	164	A	1		0.08	0.40	
Carbohydrate, by difference.....g	2.86		0	NC	4		0.84	4.21	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	11.1	0.062	162	A	1		3.3	16.3	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14006
Alcoholic beverage, beer, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	94.88		0	O	4		27.99	335.88	
Energy.....kcal	29		0	NC	4		9	104	
Energy.....kj	123		0	NC	4		36	436	
Protein (N x 6.25).....g	0.24	0.005	167	A	1		0.07	0.86	
Total lipid (fat).....g	0.00	0.000	4	A	1		0.00	0.00	
Ash.....g	0.09	0.002	167	A	1		0.03	0.33	
Carbohydrate, by difference.....g	1.64		0	NC	4		0.49	5.82	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	0.09	0.017	4	A	1		0.03	0.33	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	0.09	0.017	4	A	1		0.03	0.33	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4	0.231	4	A	1		1	13	
Iron, Fe.....mg	0.03	0.006	4	A	1		0.01	0.09	
Magnesium, Mg.....mg	5	0.362	4	A	1		1	17	
Phosphorus, P.....mg	12	1.519	4	A	1		3	41	
Potassium, K.....mg	21	1.577	4	A	1		6	75	
Sodium, Na.....mg	4	1.140	4	A	1		1	15	
Zinc, Zn.....mg	0.01	0.001	4	A	1		0.00	0.03	
Copper, Cu.....mg	0.006	0.001	4	A	1		0.002	0.021	
Manganese, Mn.....mg	0.006	0.001	4	A	1		0.002	0.022	
Selenium, Se.....mcg	0.4	0.087	4	A	1		0.1	1.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.005	0.000	4	A	1		0.002	0.018	
Riboflavin.....mg	0.015	0.000	4	A	1		0.004	0.053	
Niacin.....mg	0.391	0.023	4	A	1		0.115	1.383	
Pantothenic acid.....mg	0.030	0.000	4	A	1		0.009	0.105	
Vitamin B-6.....mg	0.034	0.002	4	A	1		0.010	0.121	
Folate, total.....mcg	6	1.153	4	A	1		2	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.153	4	A	1		2	23	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	23	
Choline, total.....mg	8.8		0	AS	1		2.6	31.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.02		0	BFZN	4		0.01	0.07	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	

NDB No. 14006
Alcoholic beverage, beer, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.010		0	A	1		0.003	0.035	
Aspartic acid.....g	0.013		0	A	1		0.004	0.046	
Glutamic acid.....g	0.039		0	A	1		0.012	0.138	
Glycine.....g	0.011		0	A	1		0.003	0.039	
Proline.....g	0.029		0	A	1		0.009	0.102	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	3.1	0.027	167	A	1		0.9	11.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 14006
Alcoholic beverage, beer, light

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14007

Alcoholic beverage, beer, light, BUD LIGHT

Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.00		1	MC	9		28.03	336.30	
Energy.....kcal	31		1	MC	9		9	110	
Energy.....kj	130		0	MC	9		38	461	
Protein (N x 6.25).....g	0.25		1	MC	9		0.07	0.90	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference.....g	1.86		1	MC	9		0.55	6.60	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	3		1	MC	9		1	12	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	7		1	MC	9		2	24	
Phosphorus, P.....mg	11		1	MC	9		3	40	
Potassium, K.....mg	26		1	MC	9		8	91	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.002		1	MC	9		0.001	0.007	
Manganese, Mn.....mg	0.006		1	MC	9		0.002	0.021	
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		1	MC	9		1.0	11.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14005
Alcoholic beverage, beer, light, BUDWEISER SELECT
Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.30		1	MC	9		28.59	338.32	
Energy.....kcal	28		1	MC	9		8	99	
Energy.....kj	117		0	MC	9		35	414	
Protein.....g	0.20		1	MC	9		0.06	0.70	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.08		1	MC	9		0.02	0.29	
Carbohydrate, by difference.....g	0.87		1	MC	9		0.26	3.10	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		1	MC	9		1	14	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	6		1	MC	9		2	20	
Phosphorus, P.....mg									
Potassium, K.....mg	26		1	MC	9		8	93	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.04	
Copper, Cu.....mg	0.001		1	MC	9		0.000	0.004	
Manganese, Mn.....mg	0.007		1	MC	9		0.002	0.025	
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.4		1	MC	9		1.0	11.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30g: 1 fluid ounce
 Measure 2 = 355g: 12 fluid ounce

Calories Factors: Protein Fat Carbohydrate

NDB No. 14013
Alcoholic beverage, beer, light, MICHELOB ULTRA
Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.40		1	MC	9		28.14	337.72	
Energy.....kcal	27		1	MC	9		8	95	
Energy.....kj	112		0	MC	9		33	397	
Protein.....g	0.17		1	MC	9		0.05	0.60	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.06		1	MC	9		0.02	0.21	
Carbohydrate, by difference.....g	0.73		1	MC	9		0.22	2.60	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		1	MC	9		1	13	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	4		1	MC	9		1	15	
Phosphorus, P.....mg	8		1	MC	9		2	28	
Potassium, K.....mg	17		1	MC	9		5	60	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.02	
Copper, Cu.....mg	0.002		1	MC	9		0.001	0.007	
Manganese, Mn.....mg	0.005		1	MC	9		0.001	0.018	
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		1	MC	9		1.0	11.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14004

Alcoholic beverage, beer, regular, BUDWEISER

Anheuser-Busch, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.77		1	MC	9		27.65	331.20	
Energy.....kcal	41		1	MC	9		12	145	
Energy.....kj	170		0	MC	9		51	607	
Protein (N x 6.25).....g	0.36		1	MC	9		0.11	1.30	
Total lipid (fat).....g	0.00		1	MC	9		0.00	0.00	
Ash.....g	0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference.....g	2.97		1	MC	9		0.88	10.60	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	0.00		1	MC	9		0.00	0.00	
Fructose.....g	0.00		1	MC	9		0.00	0.00	
Lactose.....g									
Maltose.....g	0.00		1	MC	9		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	MC	9		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4		1	MC	9		1	14	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg.....mg	7		1	MC	9		2	25	
Phosphorus, P.....mg	13		1	MC	9		4	46	
Potassium, K.....mg	33		1	MC	9		10	118	
Sodium, Na.....mg	3		1	MC	9		1	9	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.003		1	MC	9		0.001	0.011	
Manganese, Mn.....mg	0.009		1	MC	9		0.003	0.032	
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.9		1	MC	9		1.2	14.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Measure 2 = 357g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14003

Alcoholic beverage, beer, regular, all (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.96		0	NC	4		327.36	27.31	
Energy.....kcal	43		0	NC	4		154	13	
Energy.....kj	181		0	NC	4		644	54	
Protein (N x 6.25).....g	0.46	0.007	588	A	1		1.64	0.14	
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	
Ash.....g	0.16	0.002	588	A	1		0.58	0.05	
Carbohydrate, by difference.....g	3.55		0	NC	4		12.64	1.05	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	0.00	0.000	3	A	1		0.00	0.00	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	4	0.639	3	A	1		15	1	
Iron, Fe.....mg	0.02	0.004	3	A	1		0.08	0.01	
Magnesium, Mg.....mg	6	0.264	3	A	1		21	2	
Phosphorus, P.....mg	14	2.099	3	A	1		49	4	
Potassium, K.....mg	27	2.282	3	A	1		97	8	
Sodium, Na.....mg	4	0.546	3	A	1		16	1	
Zinc, Zn.....mg	0.01	0.001	3	A	1		0.02	0.00	
Copper, Cu.....mg	0.005	0.001	3	A	1		0.019	0.002	
Manganese, Mn.....mg	0.008	0.001	3	A	1		0.030	0.002	
Selenium, Se.....mcg	0.6	0.044	3	A	1		2.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.005	0.000	3	A	1		0.019	0.002	
Riboflavin.....mg	0.025	0.001	3	A	1		0.089	0.007	
Niacin.....mg	0.513	0.021	3	A	1		1.826	0.152	
Pantothenic acid.....mg	0.041	0.011	3	A	1		0.146	0.012	
Vitamin B-6.....mg	0.046	0.004	3	A	1		0.163	0.014	
Folate, total.....mcg	6	0.706	3	A	1		21	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	0.706	3	A	1		21	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		21	2	
Choline, total.....mg	10.1		0	AS	1		36.0	3.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.02	0.001	33		1		0.07	0.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.012		0	A	1		0.043	0.004	
Aspartic acid.....g	0.016		0	A	1		0.057	0.005	
Glutamic acid.....g	0.047		0	A	1		0.167	0.014	
Glycine.....g	0.013		0	A	1		0.046	0.004	
Proline.....g	0.035		0	A	1		0.125	0.010	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	3.9	0.032	588	A	1		13.8	1.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 14003

Alcoholic beverage, beer, regular, all (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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

Common Measures:

Measure 1 = 356g: 1 can

Measure 2 = 29.7g: 1 fl oz

Footnotes:

1 Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.30		1		1		9.51	14.15	
Energy.....kcal	371		0	NC	4		125	186	
Energy.....kj	1552		0		4		522	776	
Protein (N x 6.25).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	0.30		1		1		0.10	0.15	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	41.60		0	NC	4		13.98	20.80	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	41.60		0	NR	4		13.98	20.80	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.07		1		1		0.02	0.04	
Magnesium, Mg.....mg	0		1		1		0	0	
Phosphorus, P.....mg	0		1		1		0	0	
Potassium, K.....mg	0		1		1		0	0	
Sodium, Na.....mg	5		1		1		2	3	
Zinc, Zn.....mg	0.04		0		4		0.01	0.02	
Copper, Cu.....mg	0.080		1		1		0.027	0.040	
Manganese, Mn.....mg	0.040		1		1		0.013	0.020	
Selenium, Se.....mcg	0.4		0	BFSN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.003		1		1		0.001	0.002	
Pantothenic acid.....mg	0.000		0		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....mcg	0		0		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.014		0		1		0.005	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		1		0.003	0.005	
17:0.....g									
18:0.....g	0.003		0		1		0.001	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.005	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.005	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.056	0.084	
18:2 undifferentiated.....g	0.058		0		1		0.019	0.029	
18:3 undifferentiated.....g	0.109		0		1		0.037	0.055	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	29.8		1		1		10.0	14.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14034

Alcoholic beverage, creme de menthe, 72 proof

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14009
 Alcoholic beverage, daiquiri, canned

Refuse: 0%

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

NDB No. 14009
Alcoholic beverage, daiquiri, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.6		1		1		2.9	19.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

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

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

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NDB No. 14010

Alcoholic beverage, daiquiri, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	RA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0	RA	4		0.002	0.004	
17:0.....g									
18:0.....g	0.000		0	RA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	RA	4		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	RA	4		0.001	0.003	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated.....g	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiated.....g	0.006		0	RA	4		0.002	0.003	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	23.1		0	RA	4		7.0	13.9	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 30.2g: 1 fl oz

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	42.5		0		1		11.8	17.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 27.8g; 1 fl oz

NDB No. 14533

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14037

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.60		0		1		18.51	27.97	
Energy.....kcal	231		0	NC	4		64	97	
Energy.....kj	967		0		4		269	406	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		4		1		0.00	0.00	
Ash.....g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		4		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		235		1		0	0	
Iron, Fe.....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg.....mg	0		231		1		0	0	
Phosphorus, P.....mg	4		13		1		1	2	
Potassium, K.....mg	2		254		1		1	1	
Sodium, Na.....mg	1		260		1		0	0	
Zinc, Zn.....mg	0.04		66		1		0.01	0.02	
Copper, Cu.....mg	0.021		136		1		0.006	0.009	
Manganese, Mn.....mg	0.018		12		1		0.005	0.008	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.006		16		1		0.002	0.003	
Riboflavin.....mg	0.004		16		1		0.001	0.002	
Niacin.....mg	0.013		16		1		0.004	0.005	
Pantothenic acid.....mg	0.000		8		1		0.000	0.000	
Vitamin B-6.....mg	0.001		8		1		0.000	0.000	
Folate, total.....mcg	0		14		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		14		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14037

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

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14550

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.90		1		1		17.76	26.84	
Energy.....kcal	250		0	NC	4		70	105	
Energy.....kj	1046		0		4		291	439	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		4		1		0.00	0.00	
Ash.....g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference.....g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		235		1		0	0	
Iron, Fe.....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg.....mg	0		231		1		0	0	
Phosphorus, P.....mg	4		13		1		1	2	
Potassium, K.....mg	2		254		1		1	1	
Sodium, Na.....mg	1		260		1		0	0	
Zinc, Zn.....mg	0.04		66		1		0.01	0.02	
Copper, Cu.....mg	0.021		136		1		0.006	0.009	
Manganese, Mn.....mg	0.018		12		1		0.005	0.008	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.006		16		1		0.002	0.003	
Riboflavin.....mg	0.004		16		1		0.001	0.002	
Niacin.....mg	0.013		16		1		0.004	0.005	
Pantothenic acid.....mg	0.000		8		1		0.000	0.000	
Vitamin B-6.....mg	0.001		8		1		0.000	0.000	
Folate, total.....mcg	0		14		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		14		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	NR	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14550

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

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.10		1		1		17.26	26.08	
Energy.....kcal	263		0	NC	4		73	110	
Energy.....kj	1100		0		4		306	462	
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	
Total lipid (fat).....g	0.00		4		1		0.00	0.00	
Ash.....g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		235		1		0	0	
Iron, Fe.....mg	0.04		128		1		0.01	0.02	
Magnesium, Mg.....mg	0		231		1		0	0	
Phosphorus, P.....mg	4		13		1		1	2	
Potassium, K.....mg	2		254		1		1	1	
Sodium, Na.....mg	1		260		1		0	0	
Zinc, Zn.....mg	0.04		66		1		0.01	0.02	
Copper, Cu.....mg	0.021		136		1		0.006	0.009	
Manganese, Mn.....mg	0.018		12		1		0.005	0.008	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.006		16		1		0.002	0.003	
Riboflavin.....mg	0.004		16		1		0.001	0.002	
Niacin.....mg	0.013		16		1		0.004	0.005	
Pantothenic acid.....mg	0.000		8		1		0.000	0.000	
Vitamin B-6.....mg	0.001		8		1		0.000	0.000	
Folate, total.....mcg	0		14		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		14		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14551

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	39.7		0		1		11.0	16.7	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 27.8g; 1 fl oz

NDB No. 14532

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14049

Alcoholic beverage, distilled, gin, 90 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.10		1		1		17.26	26.08	
Energy.....kcal	263		0	NC	4		73	110	
Energy.....kj	1100		0		4		306	462	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		2		1		0	0	
Iron, Fe.....mg	0.00	0.000	11		1		0.00	0.00	
Magnesium, Mg.....mg	0		2		1		0	0	
Phosphorus, P.....mg	0		0		1		0	0	
Potassium, K.....mg	0		1		1		0	0	
Sodium, Na.....mg	2		3		1		1	1	
Zinc, Zn.....mg	0.00		0		1		0.00	0.00	
Copper, Cu.....mg	0.004	0.003	16		1		0.001	0.002	
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		1		1		0.000	0.000	
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	0		1		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	37.9		0		1		10.5	15.9	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14049

Alcoholic beverage, distilled, gin, 90 proof

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

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NDB No. 14050

Alcoholic beverage, distilled, rum, 80 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.60		1		1		18.51	27.97	
Energy.....kcal	231		0	NC	4		64	97	
Energy.....kj	967		0		4		269	406	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		4		1		0	0	
Iron, Fe.....mg	0.12		14		1		0.03	0.05	
Magnesium, Mg.....mg	0		2		1		0	0	
Phosphorus, P.....mg	5		1		1		1	2	
Potassium, K.....mg	2		4		1		1	1	
Sodium, Na.....mg	1		5		1		0	0	
Zinc, Zn.....mg	0.07		1		1		0.02	0.03	
Copper, Cu.....mg	0.050		19		1		0.014	0.021	
Manganese, Mn.....mg	0.018		0		4		0.005	0.008	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.008		1		1		0.002	0.003	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		1		1		0.000	0.000	
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	0		1		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14050

Alcoholic beverage, distilled, rum, 80 proof

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14051

Alcoholic beverage, distilled, vodka, 80 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.60		1		1		18.51	27.97	
Energy.....kcal	231		0	NC	4		64	97	
Energy.....kj	967		0		4		269	406	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		3		1		0	0	
Iron, Fe.....mg	0.01		3		1		0.00	0.00	
Magnesium, Mg.....mg	0		3		1		0	0	
Phosphorus, P.....mg	5		1		1		1	2	
Potassium, K.....mg	1		3		1		0	0	
Sodium, Na.....mg	1		4		1		0	0	
Zinc, Zn.....mg	0.00		0		1		0.00	0.00	
Copper, Cu.....mg	0.010		1		1		0.003	0.004	
Manganese, Mn.....mg	0.000		0		1		0.000	0.000	
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.005		4		1		0.001	0.002	
Riboflavin.....mg	0.007		4		1		0.002	0.003	
Niacin.....mg	0.000		4		1		0.000	0.000	
Pantothenic acid.....mg	0.000		2		1		0.000	0.000	
Vitamin B-6.....mg	0.000		2		1		0.000	0.000	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	33.4		0		1		9.3	14.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

NDB No. 14051

Alcoholic beverage, distilled, vodka, 80 proof

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14052

Alcoholic beverage, distilled, whiskey, 86 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.90		1		1		17.76	26.84	
Energy.....kcal	250		0	NC	4		69	105	
Energy.....kj	1046		0	NC	4		291	439	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	0.10		0	NC	4		0.03	0.04	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.10		0	NR	4		0.03	0.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.086	244	JA	6		0	0	
Iron, Fe.....mg	0.02	0.015	117	JA	6		0.00	0.01	
Magnesium, Mg.....mg	0	0.032	242	JA	6		0	0	
Phosphorus, P.....mg	3	2.735	28	JA	6		1	1	
Potassium, K.....mg	1	0.597	258	JA	6		0	1	
Sodium, Na.....mg	0	0.050	261	JA	6		0	0	
Zinc, Zn.....mg	0.02	0.023	81	JA	6		0.01	0.01	
Copper, Cu.....mg	0.014	0.008	117	JA	6		0.004	0.006	
Manganese, Mn.....mg	0.008	0.008	27	JA	6		0.002	0.003	
Selenium, Se.....mcg	0.0	0.000	18	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.008		10		1		0.002	0.003	
Riboflavin.....mg	0.001	0.000	9		1		0.000	0.000	
Niacin.....mg	0.050		10		1		0.014	0.021	
Pantothenic acid.....mg	0.000		4		1		0.000	0.000	
Vitamin B-6.....mg	0.000		4		1		0.000	0.000	
Folate, total.....mcg	0		10		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		10		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14052

Alcoholic beverage, distilled, whiskey, 86 proof

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	36.0		0		1		10.0	15.1	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein

Fat

Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.50		1		1		14.46	21.86	
Energy.....kcal	327		0	NC	4		102	154	
Energy.....kj	1368		0	NC	4		426	643	
Protein (N x 6.38).....g	2.80		1		1		0.87	1.32	
Total lipid (fat).....g	15.70		1		1		4.88	7.38	
Ash.....g	0.40		1		1		0.12	0.19	
Carbohydrate, by difference.....g	20.90		0	NC	4		6.50	9.82	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	19.76		0	FLC	4		6.15	9.29	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1		1		5	8	
Iron, Fe.....mg	0.13		1		1		0.04	0.06	
Magnesium, Mg.....mg	2		1		1		1	1	
Phosphorus, P.....mg	50		1		1		16	24	
Potassium, K.....mg	32		1		1		10	15	
Sodium, Na.....mg	92		1		1		29	43	
Zinc, Zn.....mg	0.16		1		1		0.05	0.08	
Copper, Cu.....mg	0.040		1		1		0.012	0.019	
Manganese, Mn.....mg	0.006		0	FLC	4		0.002	0.003	
Selenium, Se.....mcg	0.4		0	FLC	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.1	0.1	
Thiamin.....mg	0.011		0	FLC	4		0.004	0.005	
Riboflavin.....mg	0.057		1		1		0.018	0.027	
Niacin.....mg	0.078		1		1		0.024	0.037	
Pantothenic acid.....mg	0.087		1		1		0.027	0.041	
Vitamin B-6.....mg	0.011		0	FLC	4		0.003	0.005	
Folate, total.....mcg	2		0	FLC	4		0	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	2		0	FLC	4		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Choline, total.....mg	8.1		0	O	4		2.5	3.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.08		0	FLC	4		0.02	0.04	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	173		0	FLC	4		54	81	
Retinol.....mcg	171		0	FLC	4		53	80	
Carotene, beta.....mcg	30		0	FLC	4		9	14	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	620		0	FLC	4		193	291	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.45		0	FLC	4		0.14	0.21	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	FLC	4		0.4	0.6	
Lipids:									
Fatty acids, total saturated.....g	9.664		0		1		3.006	4.542	
4:0.....g	0.495		0		1		0.154	0.233	
6:0.....g	0.294		0		1		0.091	0.138	
8:0.....g	0.170		0		1		0.053	0.080	
10:0.....g	0.387		0		1		0.120	0.182	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.433		0		1		0.135	0.204	
13:0.....g									
14:0.....g	1.546		0		1		0.481	0.727	
15:0.....g									
16:0.....g	4.126		0		1		1.283	1.939	
17:0.....g									
18:0.....g	0.358		0		1		0.111	0.168	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.458		0		1		1.386	2.095	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.106	0.160	
17:1.....g									
18:1 undifferentiated.....g	3.886		0		1		1.209	1.826	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.669		0		1		0.208	0.314	
18:2 undifferentiated.....g	0.439		0		1		0.137	0.206	
18:3 undifferentiated.....g	0.232		0		1		0.072	0.109	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	FLC	4		18	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.012	0.019	
Threonine.....g	0.127		0		1		0.039	0.060	
Isoleucine.....g	0.170		0		1		0.053	0.080	
Leucine.....g	0.275		0		1		0.086	0.129	
Lysine.....g	0.223		0		1		0.069	0.105	
Methionine.....g	0.070		0		1		0.022	0.033	
Cystine.....g	0.026		0		1		0.008	0.012	
Phenylalanine.....g	0.136		0		1		0.042	0.064	
Tyrosine.....g	0.136		0		1		0.042	0.064	
Valine.....g	0.188		0		1		0.058	0.088	
Arginine.....g	0.102		0		1		0.032	0.048	
Histidine.....g	0.076		0		1		0.024	0.036	
Alanine.....g	0.097		0		1		0.030	0.046	
Aspartic acid.....g	0.213		0		1		0.066	0.100	
Glutamic acid.....g	0.588		0		1		0.183	0.276	
Glycine.....g	0.059		0		1		0.018	0.028	
Proline.....g	0.272		0		1		0.085	0.128	
Serine.....g	0.153		0		1		0.048	0.072	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	13.8		0		1		4.3	6.5	
Caffeine.....mg	8		0	FLC	4		3	4	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

NDB No. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14414

Alcoholic beverage, liqueur, coffee, 53 proof

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00		1		1		10.79	16.12	
Energy.....kcal	326		0	FLA	4		113	170	
Energy.....kj	1364		0	FLA	4		475	709	
Protein (N x 6.25).....g	0.10		2		1		0.03	0.05	
Total lipid (fat).....g	0.30		2		1		0.10	0.16	
Ash.....g	0.10		2		1		0.03	0.05	
Carbohydrate, by difference.....g	46.80		0	FLA	4		16.29	24.34	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	46.43		0	FLA	4		16.16	24.14	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2		1		0	1	
Iron, Fe.....mg	0.06		2		1		0.02	0.03	
Magnesium, Mg.....mg	3		2		1		1	2	
Phosphorus, P.....mg	6		2		1		2	3	
Potassium, K.....mg	30		2		1		10	16	
Sodium, Na.....mg	8		2		1		3	4	
Zinc, Zn.....mg	0.03		2		1		0.01	0.02	
Copper, Cu.....mg	0.040		2		1		0.014	0.021	
Manganese, Mn.....mg	0.014		0	FLA	4		0.005	0.007	
Selenium, Se.....mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.004		2		1		0.001	0.002	
Riboflavin.....mg	0.012		2		1		0.004	0.006	
Niacin.....mg	0.144		2		1		0.050	0.075	
Pantothenic acid.....mg	0.000		2		1		0.000	0.000	
Vitamin B-6.....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.8		0	FLA	4		0.3	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.106		0		1		0.037	0.055	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.078		0		1		0.027	0.041	
17:0.....g									
18:0.....g	0.019		0		1		0.007	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	FLA	4		0.007	0.011	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	FLA	4		0.037	0.055	
18:2 undifferentiated.....g	0.096		0	FLA	4		0.034	0.050	
18:3 undifferentiated.....g	0.008		0	FLA	4		0.003	0.004	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	21.7		0		1		7.6	11.3	
Caffeine.....mg	26		0	FLA	4		9	13	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.078		0		1		0.027	0.041	
17:0.....g									
18:0.....g	0.019		0		1		0.007	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.007	0.011	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0		1		0.037	0.055	
18:2 undifferentiated.....g	0.097		0		1		0.034	0.050	
18:3 undifferentiated.....g	0.008		0		1		0.003	0.004	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	26.0		0		1		9.0	13.5	
Caffeine.....mg	26		0	FLA	4		9	14	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14015

Alcoholic beverage, pina colada, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	1.275		0		1		0.416	2.831	
15:0.....g									
16:0.....g	0.622		0		1		0.203	1.381	
17:0.....g									
18:0.....g	0.211		0		1		0.069	0.468	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.442		0		1		0.144	0.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.442		0		1		0.144	0.981	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.045	0.304	
18:2 undifferentiated.....g	0.137		0		1		0.045	0.304	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.0		1		1		2.9	20.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 32.6g: 1 fl oz

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

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Alcoholic beverage, pina colada, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.323		0	RC	4		0.101	0.455	
15:0.....g									
16:0.....g	0.158		0	RC	4		0.049	0.222	
17:0.....g									
18:0.....g	0.096		0	RC	4		0.030	0.136	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.082		0	RC	4		0.026	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.082		0	RC	4		0.026	0.116	
20:1.....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0	RC	4		0.010	0.046	
18:2 undifferentiated.....g	0.027		0	RC	4		0.009	0.038	
18:3 undifferentiated.....g	0.005		0	RC	4		0.002	0.007	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	9.9		0	RC	4		3.1	14.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	

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

Common Measures:

Measure 1 = 31.4g: 1 fl oz

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

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43479
 Alcoholic beverage, rice (sake)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.40		1		1		22.81		
Energy.....kcal	134		0		4		39		
Energy.....kj	561		0		4		163		
Protein.....g	0.50		1		1		0.15		
Total lipid (fat).....g	0.00		1		1		0.00		
Ash.....g	0.00		0	Z	7		0.00		
Carbohydrate, by difference.....g	5.00		0	NC	4		1.46		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1		1		1		
Iron, Fe.....mg	0.10		1		1		0.03		
Magnesium, Mg.....mg	6		0		4		2		
Phosphorus, P.....mg	6		1		1		2		
Potassium, K.....mg	25		0		4		7		
Sodium, Na.....mg	2		0		4		1		
Zinc, Zn.....mg	0.02		0		4		0.01		
Copper, Cu.....mg	0.009		0		4		0.003		
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.4		0	BFPN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.000		1		1		0.000		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000		
Folate, total.....mcg	0		0		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	0		0	Z	7		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	T	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43479
 Alcoholic beverage, rice (sake)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	16.1		1		1		4.7		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 29.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14019

Alcoholic beverage, tequila sunrise, canned

Refuse: 0%

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

NDB No. 14019

Alcoholic beverage, tequila sunrise, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.021		0		4		0.007	0.044	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.4		1		1		2.9	19.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 31.1g: 1 fl oz

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

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14027

Alcoholic beverage, whiskey sour, canned

Refuse: 0%

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

NDB No. 14027

Alcoholic beverage, whiskey sour, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	9.5		1		1		2.9	19.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

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

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14029

Alcoholic beverage, whiskey sour, prepared from item 14028

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	RPA	1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	RPA	1		0.001	0.005	
17:0.....g									
18:0.....g	0.000		0	RPA	1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPA	1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPA	1		0.000	0.001	
20:1.....g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0	RPA	1		0.003	0.011	
18:2 undifferentiated.....g	0.008		0	RPA	1		0.002	0.008	
18:3 undifferentiated.....g	0.003		0	RPA	1		0.001	0.003	
18:4.....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.5		0	RPI	6		4.4	15.4	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 30.4g: 1 fl oz

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14531

Alcoholic beverage, whiskey sour, prepared from item 14530

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0		1		0.002	0.005	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.004	0.013	
18:2 undifferentiated.....g	0.008		0		1		0.002	0.008	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.1		0		1		4.3	14.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.4g: 1 fl oz

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14025

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.15		0	RPI	6		20.33	71.23	
Energy.....kcal	164		0	RPI	6		48	168	
Energy.....kj	684		0	RPI	6		201	705	
Protein.....g	0.10		0	RPI	6		0.03	0.10	
Total lipid (fat).....g	0.02		0	RPI	6		0.00	0.02	
Ash.....g	0.27		0	RPI	6		0.08	0.28	
Carbohydrate, by difference.....g	15.85		0	RPI	6		4.66	16.33	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	15.81		0	RPI	6		4.65	16.29	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		0	RPA	1		13	47	
Iron, Fe.....mg	0.08		0	RPA	1		0.02	0.08	
Magnesium, Mg.....mg	3		0	RPA	1		1	4	
Phosphorus, P.....mg	4		0	RPA	1		1	4	
Potassium, K.....mg	4		0	RPA	1		1	4	
Sodium, Na.....mg	47		0	RPA	1		14	48	
Zinc, Zn.....mg	0.04		0	RPA	1		0.01	0.04	
Copper, Cu.....mg	0.034		0	RPA	1		0.010	0.035	
Manganese, Mn.....mg	0.007		0	RPA	1		0.002	0.008	
Selenium, Se.....mcg	0.1		0	RPI	6		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	RPI	6		0.1	0.5	
Thiamin.....mg	0.003		0	RPI	6		0.001	0.003	
Riboflavin.....mg	0.002		0	RPI	6		0.000	0.002	
Niacin.....mg	0.005		0	RPI	6		0.002	0.005	
Pantothenic acid.....mg	0.010		0	RPI	6		0.003	0.010	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	5		0	RPI	6		1	5	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.003		0	RPI	6		0.001	0.003	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14025

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0	RPI	6		0.001	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.000	0.001	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0	RPI	6		0.002	0.006	
18:2 undifferentiated.....g	0.004		0	RPI	6		0.001	0.004	
18:3 undifferentiated.....g	0.002		0	RPI	6		0.001	0.002	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	14.6		0	RPI	6		4.3	15.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43154
 Alcoholic beverage, wine, cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.90		0		4		4.36	25.78	
Energy.....kcal	50		0	NC	4		2	15	
Energy.....kj	209		0	NC	4		10	61	
Protein (N x 6.25).....g	0.50		0		4		0.02	0.15	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	1.00		0	NR	4		0.05	0.29	
Carbohydrate, by difference.....g	6.30		0	NC	4		0.31	1.83	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	1.55		0	BFSN	4		0.08	0.45	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0		4		0	3	
Iron, Fe.....mg	0.40		0		4		0.02	0.12	
Magnesium, Mg.....mg	10		0		4		0	3	
Phosphorus, P.....mg	15		0		4		1	4	
Potassium, K.....mg	88		0		4		4	26	
Sodium, Na.....mg	626		0		4		31	182	
Zinc, Zn.....mg	0.08		0		4		0.00	0.02	
Copper, Cu.....mg	0.011		0		4		0.001	0.003	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.010		0		4		0.000	0.003	
Niacin.....mg	0.100		0		4		0.005	0.029	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0		4		0.001	0.006	
Folate, total.....mcg	1		0		4		0	0	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	1		0	BFSN	4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Choline, total.....mg	5.0		0	O	4		0.2	1.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 43154
 Alcoholic beverage, wine, cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	3.3		0		4		0.2	1.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 4.9g: 1 tsp

Measure 2 = 29.0g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14536

Alcoholic beverage, wine, dessert, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.53	0.173	6	AI	13		21.40	74.70	
Energy.....kcal	152		0	NC	4		45	157	
Energy.....kj	638		0	NC	4		188	657	
Protein (N x 6.25).....g	0.20		7		1		0.06	0.21	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference.....g	11.67		0	NC	4		3.44	12.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	1.09	0.040	6	AI	13		0.32	1.12	
Sucrose.....g	0.00		1	AI	13		0.00	0.00	
Glucose (dextrose).....g	0.58	0.040	6	AI	13		0.17	0.60	
Fructose.....g	0.47	0.018	6	AI	13		0.14	0.48	
Lactose.....g									
Maltose.....g	0.10		2	AI	13		0.03	0.10	
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.801	26		1		2	8	
Iron, Fe.....mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg.....mg	9	0.752	19		1		3	9	
Phosphorus, P.....mg	9		2		1		3	9	
Potassium, K.....mg	92	8.026	81		1		27	95	
Sodium, Na.....mg	9	1.406	89		1		3	9	
Zinc, Zn.....mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu.....mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn.....mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin.....mg	0.018	0.002	33		1		0.005	0.019	
Niacin.....mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid.....mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	0	0.046	3		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0	0.046	3		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	

NDB No. 14536

Alcoholic beverage, wine, dessert, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14057

Alcoholic beverage, wine, dessert, sweet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.51	0.442	9	AI	13		20.80	72.62	
Energy.....kcal	160		0	NC	4		47	165	
Energy.....kj	671		0	NC	4		198	691	
Protein (N x 6.25).....g	0.20		7		1		0.06	0.21	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference.....g	13.69		0	NC	4		4.04	14.11	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	7.78	0.769	6	AI	13		2.30	8.02	
Sucrose.....g	0.05	0.050	3	AI	13		0.01	0.05	
Glucose (dextrose).....g	2.60	0.789	6	AI	13		0.77	2.68	
Fructose.....g	5.15	0.206	6	AI	13		1.52	5.31	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.801	26		1		2	8	
Iron, Fe.....mg	0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg.....mg	9	0.752	19		1		3	9	
Phosphorus, P.....mg	9		2		1		3	9	
Potassium, K.....mg	92	8.026	81		1		27	95	
Sodium, Na.....mg	9	1.406	89		1		3	9	
Zinc, Zn.....mg	0.07	0.011	55		1		0.02	0.07	
Copper, Cu.....mg	0.045	0.015	74		1		0.013	0.046	
Manganese, Mn.....mg	0.119	0.063	7		1		0.035	0.123	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.018	0.002	33		1		0.005	0.019	
Riboflavin.....mg	0.018	0.002	33		1		0.005	0.019	
Niacin.....mg	0.213	0.015	33		1		0.063	0.219	
Pantothenic acid.....mg	0.032	0.002	3		1		0.009	0.033	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	0	0.046	3		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0	0.046	3		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	5.0		0	BFZN	4		1.5	5.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	AI	13		0.0	0.0	

NDB No. 14057

Alcoholic beverage, wine, dessert, sweet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	15.3		0		1		4.5	15.8	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43155
Alcoholic beverage, wine, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.23		0	NC	4		27.21	136.50	
Energy.....kcal	49		0	NC	4		15	73	
Energy.....kj	206		0	NC	4		61	305	
Protein.....g	0.07		0	BFSN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.13		0	BFSN	4		0.04	0.19	
Carbohydrate, by difference.....g	1.17		0	O	4		0.35	1.74	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	1.15		0	BFSN	4		0.34	1.70	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0		1		3	13	
Iron, Fe.....mg	0.40		0		1		0.12	0.59	
Magnesium, Mg.....mg	10		0		1		3	15	
Phosphorus, P.....mg	15		0		1		4	22	
Potassium, K.....mg	88		0		1		26	130	
Sodium, Na.....mg	7		0		1		2	10	
Zinc, Zn.....mg	0.08		0		1		0.02	0.12	
Copper, Cu.....mg	0.011		0		1		0.003	0.016	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	BFSN	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.010		0		1		0.003	0.015	
Niacin.....mg	0.100		0		1		0.030	0.148	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0		1		0.006	0.030	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	1		0	BFSN	4		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Choline, total.....mg	5.0		0	BFSN	4		1.5	7.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 43155
Alcoholic beverage, wine, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	6.4		0		4		1.9	9.5	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.58		0	NC	4		128.13	25.54	
Energy.....kcal	83		0	NC	4		123	24	
Energy.....kj	347		0	NC	4		514	102	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.10	0.02	
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	
Ash.....g	0.24	0.038	2526	A	1		0.35	0.07	
Carbohydrate, by difference.....g	2.72		0	NC	4		4.03	0.80	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	0.79		2	A	1		1.17	0.23	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		2	A	1		13	3	
Iron, Fe.....mg	0.37		2	A	1		0.54	0.11	
Magnesium, Mg.....mg	11		2	A	1		16	3	
Phosphorus, P.....mg	20		2	A	1		30	6	
Potassium, K.....mg	99		2	A	1		146	29	
Sodium, Na.....mg	5		2	A	1		7	1	
Zinc, Zn.....mg	0.13		2	A	1		0.19	0.04	
Copper, Cu.....mg	0.007		2	A	1		0.011	0.002	
Manganese, Mn.....mg	0.124		2	A	1		0.184	0.037	
Selenium, Se.....mcg	0.2		2	A	1		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.005		2	A	1		0.008	0.002	
Riboflavin.....mg	0.023		2	A	1		0.034	0.007	
Niacin.....mg	0.166		2	A	1		0.246	0.049	
Pantothenic acid.....mg	0.037		2	A	1		0.055	0.011	
Vitamin B-6.....mg	0.054		2	A	1		0.080	0.016	
Folate, total.....mcg	1		2	A	1		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		2	A	1		1	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	0	
Choline, total.....mg	5.0		0	AS	1		7.4	1.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	AI	13		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.4	0.158	2526	A	1		15.4	3.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 148g: 1 serving 5 fl oz

Measure 2 = 29.5g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14096

Alcoholic beverage, wine, table, red (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.49		0	NC	4		25.43	127.14	
Energy.....kcal	85		0	O	4		25	125	
Energy.....kj	356		0	O	4		105	523	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	
Ash.....g	0.28	0.002	1300	A	1		0.08	0.41	
Carbohydrate, by difference.....g	2.61		0	NC	4		0.77	3.84	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	0.62		1	A	1		0.18	0.92	
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	A	1		2	11	
Iron, Fe.....mg	0.46		1	A	1		0.14	0.68	
Magnesium, Mg.....mg	12		1	A	1		3	17	
Phosphorus, P.....mg	23		1	A	1		7	34	
Potassium, K.....mg	127		1	A	1		37	187	
Sodium, Na.....mg	4		1	A	1		1	6	
Zinc, Zn.....mg	0.14		1	A	1		0.04	0.20	
Copper, Cu.....mg	0.011		1	A	1		0.003	0.016	
Manganese, Mn.....mg	0.132		1	A	1		0.039	0.194	
Selenium, Se.....mcg	0.2		1	A	1		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.005		1	A	1		0.002	0.008	
Riboflavin.....mg	0.031		1	A	1		0.009	0.046	
Niacin.....mg	0.224		1	A	1		0.066	0.329	
Pantothenic acid.....mg	0.030		1	A	1		0.009	0.044	
Vitamin B-6.....mg	0.057		1	A	1		0.017	0.084	
Folate, total.....mcg	1		1	A	1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	NR	4		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Choline, total.....mg	5.7		0	AS	1		1.7	8.3	
Betaine.....mg	0.3		1	A	1		0.1	0.5	
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	O	4		0	1	
Carotene, alpha.....mcg	0		0	O	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	O	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		0	2	
Lycopene.....mcg	0		0	O	4		0	0	
Lutein + zeaxanthin.....mcg	6		0	O	4		2	9	
Vitamin E (alpha-tocopherol).....mg	0.00		0	O	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	O	4		0.1	0.6	

NDB No. 14096
 Alcoholic beverage, wine, table, red (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.6	0.020	1300	A	1		3.1	15.5	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14106

Alcoholic beverage, wine, table, white (1, 2)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.86		0	NC	4		25.54	127.68	
Energy.....kcal	82		0	NC	4		24	120	
Energy.....kj	342		0	NC	4		100	502	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	
Ash.....g	0.20	0.002	1200	A	1		0.06	0.29	
Carbohydrate, by difference.....g	2.60		0	NC	4		0.77	3.83	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	0.96		1	A	1		0.28	1.41	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1	A	1		3	14	
Iron, Fe.....mg	0.27		1	A	1		0.08	0.40	
Magnesium, Mg.....mg	10		1	A	1		3	14	
Phosphorus, P.....mg	18		1	A	1		5	26	
Potassium, K.....mg	71		1	A	1		21	104	
Sodium, Na.....mg	5		1	A	1		1	7	
Zinc, Zn.....mg	0.12		1	A	1		0.04	0.18	
Copper, Cu.....mg	0.004		1	A	1		0.001	0.005	
Manganese, Mn.....mg	0.117		1	A	1		0.034	0.172	
Selenium, Se.....mcg	0.1		1	A	1		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.005		1	A	1		0.002	0.008	
Riboflavin.....mg	0.015		1	A	1		0.004	0.022	
Niacin.....mg	0.108		1	A	1		0.032	0.159	
Pantothenic acid.....mg	0.045		1	A	1		0.013	0.066	
Vitamin B-6.....mg	0.050		1	A	1		0.015	0.074	
Folate, total.....mcg	1		1	A	1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		1	A	1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Choline, total.....mg	4.3		0	AS	1		1.3	6.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	O	4		0.1	0.6	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	10.3	0.028	1200	A	1		3.0	15.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

- 1 Minerals, B vitamins and vitamin C determinations were made on samples of Chardonnay.
- 2 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

NDB No. 14116

Alcoholic beverage, wine, table, white, Chenin Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.78		0	NC	4		25.60	128.43	
Energy.....kcal	80		0	NC	4		24	118	
Energy.....kj	334		0	NC	4		99	495	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.22	0.007	39	A	1		0.06	0.32	
Carbohydrate, by difference.....g	3.31		0	NC	4		0.98	4.90	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	9.6	0.157	39	A	1		2.8	14.2	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 3.87

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14117

Alcoholic beverage, wine, table, white, Fume Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.98		0	NC	4		25.49	127.86	
Energy.....kcal	82		0	NC	4		24	121	
Energy.....kj	343		0	NC	4		100	504	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.007	32	A	1		0.05	0.25	
Carbohydrate, by difference.....g	2.27		0	NC	4		0.67	3.34	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.5	0.111	32	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14124

Alcoholic beverage, wine, table, white, Gewurztraminer (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.03		0	NC	4		25.67	127.93	
Energy.....kcal	81		0	NC	4		24	119	
Energy.....kj	337		0	NC	4		100	496	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.005	68	A	1		0.05	0.25	
Carbohydrate, by difference.....g	2.60		0	NC	4		0.77	3.82	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.1	0.100	66	A	1		3.0	14.9	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14120
Alcoholic beverage, wine, table, white, Muller Thurgau

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.28		0	NC	4		25.75	129.18	
Energy.....kcal	76		0	NC	4		23	113	
Energy.....kj	319		0	NC	4		94	473	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.15	0.012	13	A	1		0.04	0.23	
Carbohydrate, by difference.....g	3.48		0	NC	4		1.03	5.15	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	9.0	0.365	13	A	1		2.7	13.3	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14140

Alcoholic beverage, wine, table, white, Muscat (1, 2)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.69		0	NC	4		25.71	128.53	
Energy.....kcal	82		0	NC	4		25	123	
Energy.....kj	342		0	NC	4		103	513	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.010	37	A	1		0.06	0.32	
Carbohydrate, by difference.....g	5.23		0	NC	4		1.57	7.84	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	8.8	0.253	37	A	1		2.6	13.2	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.0g: 1 fl oz

Measure 2 = 150g: 1 serving 5 fl oz

Footnotes:

- 1 Late harvest wines have not been included.
- 2 Includes Muscat, Muscat Blanc and Muscat Canelli.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14138

Alcoholic beverage, wine, table, white, Pinot Blanc

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.14		0	NC	4		25.53	128.10	
Energy.....kcal	81		0	NC	4		24	120	
Energy.....kj	340		0	NC	4		100	500	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.24	0.014	11	A	1		0.07	0.36	
Carbohydrate, by difference.....g	1.94		0	NC	4		0.57	2.85	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.6	0.142	11	A	1		3.1	15.6	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14113
 Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.98		0	NC	4		25.48	127.85	
Energy.....kcal	83		0	NC	4		24	122	
Energy.....kj	346		0	NC	4		101	509	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.16	0.005	47	A	1		0.05	0.23	
Carbohydrate, by difference.....g	2.06		0	NC	4		0.60	3.03	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.7	0.086	47	A	1		3.1	15.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14132

Alcoholic beverage, wine, table, white, Riesling (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.56		0	NC	4		25.62	128.11	
Energy.....kcal	80		0	NC	4		24	119	
Energy.....kj	337		0	NC	4		100	498	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.17	0.003	146	A	1		0.05	0.25	
Carbohydrate, by difference.....g	3.74		0	NC	4		1.11	5.54	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	9.5	0.081	146	A	1		2.8	14.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 148g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14134

Alcoholic beverage, wine, table, white, Sauvignon Blanc (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.16		0	NC	4		25.54	128.13	
Energy.....kcal	81		0	NC	4		24	119	
Energy.....kj	340		0	NC	4		100	500	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.18	0.003	146	A	1		0.05	0.27	
Carbohydrate, by difference.....g	2.05		0	NC	4		0.60	3.02	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.5	0.062	146	A	1		3.1	15.5	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.3g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14126
 Alcoholic beverage, wine, table, white, Semillon (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.54		0	NC	4		25.53	127.22	
Energy.....kcal	82		0	NC	4		24	121	
Energy.....kj	344		0	NC	4		101	505	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.10	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.21	0.017	31	A	1		0.06	0.31	
Carbohydrate, by difference.....g	3.12		0	NC	4		0.92	4.58	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	10.1	0.145	31	A	1		3.0	14.8	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 147g: 1 serving 5 fl oz

Footnotes:

1 Late harvest wines have not been included.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14135

Alcoholic beverage, wine, table, white, late harvest

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.76		0	NC	4		23.95	119.75	
Energy.....kcal	112		0	NC	4		34	172	
Energy.....kj	467		0	NC	4		144	720	
Protein (N x 6.25).....g	0.07		0	BFZN	4		0.02	0.11	
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	
Ash.....g	0.27	0.016	26	A	1		0.08	0.42	
Carbohydrate, by difference.....g	13.39		0	NC	4		4.12	20.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Others:									
Alcohol, ethyl.....g	8.5	0.235	26	A	1		2.6	13.1	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 154g: 1 serving 5 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.92

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43372

Apple cider-flavored drink, powder, added vitamin C and sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.30		1	AI	13		0.02	0.06	
Energy.....kcal	395		0	NC	4		32	83	
Energy.....kj	1654		0	NC	4		132	347	
Protein (N x 6.25).....g	0.00		1	AI	13		0.00	0.00	
Total lipid (fat).....g	0.00		1	AI	13		0.00	0.00	
Ash.....g	0.90		1	AI	13		0.07	0.19	
Carbohydrate, by difference.....g	98.80		0	NC	4		7.90	20.75	
Fiber, total dietary.....g	0.1		0	FLA	4		0.0	0.0	
Sugars, total.....g	80.95		1	LC	8		6.48	17.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	465		0	FLA	4		37	98	
Iron, Fe.....mg	0.06		0	FLA	4		0.00	0.01	
Magnesium, Mg.....mg	0		0	FLA	4		0	0	
Phosphorus, P.....mg	130		0		4		10	27	
Potassium, K.....mg	7		0	FLA	4		1	2	
Sodium, Na.....mg	95		1	LC	8		8	20	
Zinc, Zn.....mg	0.00		0	FLA	4		0.00	0.00	
Copper, Cu.....mg	0.001		0	FLA	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	FLA	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	363.0		1	AI	13		29.0	76.2	
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin.....mg	0.019		0	FLA	4		0.002	0.004	
Niacin.....mg	0.003		0	FLA	4		0.000	0.001	
Pantothenic acid.....mg	0.002		0	FLA	4		0.000	0.001	
Vitamin B-6.....mg	0.002		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.1		0	O	4		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 43372

Apple cider-flavored drink, powder, added vitamin C and sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 8.0g: 1 tsp

Measure 2 = 21g: 1 packet

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		0		4		239.28	29.91	
Energy.....kcal	1		0		4		2	0	
Energy.....kj	4		0		4		10	1	
Protein.....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.10		0	RPI	6		0.24	0.03	
Carbohydrate, by difference.....g	0.30		0		4		0.72	0.09	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0		4		26	3	
Iron, Fe.....mg	0.03		0		4		0.07	0.01	
Magnesium, Mg.....mg	1		0		4		2	0	
Phosphorus, P.....mg	12		0		4		29	4	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	14		0	O	4		33	4	
Zinc, Zn.....mg	0.03		0		4		0.07	0.01	
Copper, Cu.....mg	0.015		0		4		0.036	0.005	
Manganese, Mn.....mg	0.000		0	RPI	6		0.001	0.000	
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.0		0	O	4		60.0	7.5	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	O	4		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 43388

Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

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

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14114
Beef broth and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.001	0.003	
15:0.....g									
16:0.....g	0.018		0		1		0.005	0.030	
17:0.....g									
18:0.....g	0.011		0		1		0.003	0.018	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.009	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.008	0.044	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.007	0.037	
18:2 undifferentiated.....g	0.021		0		1		0.006	0.035	
18:3 undifferentiated.....g	0.001		0		1		0.000	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.000	0.002	
Threonine.....g	0.011		0		1		0.003	0.018	
Isoleucine.....g	0.009		0		1		0.003	0.015	
Leucine.....g	0.018		0		1		0.005	0.030	
Lysine.....g	0.022		0		1		0.007	0.037	
Methionine.....g	0.004		0		1		0.001	0.007	
Cystine.....g	0.001		0		1		0.000	0.002	
Phenylalanine.....g	0.013		0		1		0.004	0.022	
Tyrosine.....g	0.003		0		1		0.001	0.005	
Valine.....g	0.015		0		1		0.005	0.025	
Arginine.....g	0.041		0		1		0.013	0.069	
Histidine.....g	0.006		0		1		0.002	0.010	
Alanine.....g	0.052		0		1		0.016	0.087	
Aspartic acid.....g	0.044		0		1		0.013	0.074	
Glutamic acid.....g	0.090		0		1		0.027	0.151	
Glycine.....g	0.128		0		1		0.039	0.215	
Proline.....g	0.075		0		1		0.023	0.126	
Serine.....g	0.018		0		1		0.005	0.030	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz
 Measure 2 = 168g: 1 can (5.5 oz)

Calories Factors: Protein 4 Fat 8.9 Carbohydrate 3.9

NDB No. 14114
Beef broth and tomato juice, canned

Food Group: 14 Beverages
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14606

Breakfast type drink, orange flavor, reduced sugar

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.87		0	RPI	6				
Energy.....kcal	4		0	RPI	6				
Energy.....kj	16		0	RPI	6				
Protein.....g	0.04		0	RPI	6				
Total lipid (fat).....g	0.00		0	RPI	6				
Ash.....g	0.19		0	RPI	6				
Carbohydrate, by difference.....g	0.90		0	RPI	6				
Fiber, total dietary.....g	0.0		0	RPI	6				
Sugars, total.....g	0.03		0	RPI	6				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	RPI	6				
Iron, Fe.....mg	0.00		0	RPI	6				
Magnesium, Mg.....mg	4		0	RPI	6				
Phosphorus, P.....mg	7		0	RPI	6				
Potassium, K.....mg	33		0	RPI	6				
Sodium, Na.....mg	5		0	RPI	6				
Zinc, Zn.....mg	0.01		0	RPI	6				
Copper, Cu.....mg	0.010		0	RPI	6				
Manganese, Mn.....mg	0.000		0	RPA	1				
Selenium, Se.....mcg	0.0		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.1		0	RPI	6				
Thiamin.....mg	0.000		0	RPI	6				
Riboflavin.....mg	0.071		0	RPI	6				
Niacin.....mg	0.837		0	RPI	6				
Pantothenic acid.....mg	0.000		0	RPI	6				
Vitamin B-6.....mg	0.084		0	RPI	6				
Folate, total.....mcg	0		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	0		0	RPI	6				
Folate, DFE.....mcg_DFE	0		0	NC	4				
Choline, total.....mg	0.0		0	BFSN	4				
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6				
Vitamin B-12, added.....mcg	0.00		0	RPI	6				
Vitamin A, RAE.....mcg_RAE	63		0	NC	4				
Retinol.....mcg	63		0	NR	4				
Carotene, beta.....mcg	0		0	RPI	6				
Carotene, alpha.....mcg	0		0	RPI	6				
Cryptoxanthin, beta.....mcg	0		0	RPI	6				
Vitamin A, IU.....IU	209		0	RPI	6				
Lycopene.....mcg	0		0	RPI	6				
Lutein + zeaxanthin.....mcg	0		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg	0.56		0	RPI	6				
Vitamin E, added.....mg	0.00		0	RPI	6				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	RPI	6				
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6				
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6				
4:0.....g	0.000		0	RPI	6				
6:0.....g	0.000		0	RPI	6				
8:0.....g	0.000		0	RPI	6				
10:0.....g	0.000		0	RPI	6				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
12:0.....g	0.000		0	RPI	6			
13:0.....g								
14:0.....g	0.000		0	RPI	6			
15:0.....g								
16:0.....g	0.000		0	RPI	6			
17:0.....g								
18:0.....g	0.000		0	RPI	6			
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6			
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0	RPI	6			
17:1.....g								
18:1 undifferentiated.....g	0.000		0	RPI	6			
20:1.....g	0.000		0	RPI	6			
22:1 undifferentiated.....g	0.000		0	RPI	6			
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6			
18:2 undifferentiated.....g	0.000		0	RPI	6			
18:3 undifferentiated.....g	0.000		0	RPI	6			
18:4.....g	0.000		0	RPI	6			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0	RPI	6			
20:5 n-3.....g	0.000		0	RPI	6			
22:5 n-3.....g	0.000		0	RPI	6			
22:6 n-3.....g	0.000		0	RPI	6			
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	RPI	6			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	RPI	6			
Caffeine.....mg	0		0	RPI	6			
Theobromine.....mg	0		0	RPI	6			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14611
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Berry Blend
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.20		1	MC	9		224.05		
Energy.....kcal	29		1	LC	8		70		
Energy.....kj	121		0	LC	8		293		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.39		0	NR	4		0.95		
Carbohydrate, by difference.....g	7.41		1	LC	8		18.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.41		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	14		1	LC	8		35		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14607
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Berry Blend
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.70		1	MC	9		239.84		
Energy.....kcal	4		0	LC	8		10		
Energy.....kj	17		0	LC	8		42		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.07		0	NR	4		0.16		
Carbohydrate, by difference.....g	1.23		1	LC	8		3.00		
Fiber, total dietary.....g									
Sugars, total.....g	0.41		1	LC	8		1.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	33		1	LC	8		80		
Sodium, Na.....mg	14		1	LC	8		35		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14608
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Fruit Medley
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.80		1	MC	9		235.14		
Energy.....kcal	4		0	LC	8		10		
Energy.....kj	18		0	LC	8		42		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.10		0	O	4		0.24		
Carbohydrate, by difference.....g	1.26		1	LC	8		3.00		
Fiber, total dietary.....g									
Sugars, total.....g	0.84		1	LC	8		2.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	15		1	LC	8		35		
Sodium, Na.....mg	13		1	LC	8		30		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.2		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2101		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.13		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 238g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.80		1	MC	9		235.14		
Energy.....kcal	4		0	LC	8		10		
Energy.....kj	18		0	LC	8		42		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.10		0	O	4		0.24		
Carbohydrate, by difference.....g	1.26		1	LC	8		3.00		
Fiber, total dietary.....g									
Sugars, total.....g	0.84		1	LC	8		2.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	LC	8		20		
Iron, Fe.....mg	0.30		1	LC	8		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	15		1	LC	8		35		
Sodium, Na.....mg	13		1	LC	8		30		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.2		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2101		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.13		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 238g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14610
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Diet Tropical Blend
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.80		1	MC	9		235.14		
Energy.....kcal	4		0	LC	8		10		
Energy.....kj	18		0	LC	8		42		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.10		0	O	4		0.24		
Carbohydrate, by difference.....g	1.26		1	LC	8		3.00		
Fiber, total dietary.....g									
Sugars, total.....g	0.42		1	LC	8		1.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	34		1	LC	8		80		
Sodium, Na.....mg	15		1	LC	8		35		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.2		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2101		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.13		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 238g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

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NDB No. 14612
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Fruit Medley
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.80		1	MC	9		223.07		
Energy.....kcal	33		0	LC	8		80		
Energy.....kj	138		0	LC	8		335		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.38		0	NR	4		0.92		
Carbohydrate, by difference.....g	7.82		1	LC	8		19.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.82		1	LC	8		19.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	10		1	LC	8		25		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14613
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Guava Passion Fruit
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.90		1	MC	9		223.32		
Energy.....kcal	33		0	LC	8		80		
Energy.....kj	138		0	LC	8		335		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.28		0	NR	4		0.68		
Carbohydrate, by difference.....g	7.82		1	LC	8		19.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.82		1	LC	8		19.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	12		1	LC	8		30		
Sodium, Na.....mg	14		1	LC	8		35		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14614
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Mango Peach
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.60		1	MC	9		222.59		
Energy.....kcal	33		0	LC	8		80		
Energy.....kj	138		0	LC	8		335		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.17		0	NR	4		0.41		
Carbohydrate, by difference.....g	8.23		1	LC	8		20.00		
Fiber, total dietary.....g									
Sugars, total.....g	8.23		1	LC	8		20.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	12		1	LC	8		30		
Sodium, Na.....mg	16		1	LC	8		40		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14615
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orange Pineapple
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.90		1	MC	9		223.32		
Energy.....kcal	29		0	LC	8		70		
Energy.....kj	121		0	LC	8		293		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.69		0	NR	4		1.68		
Carbohydrate, by difference.....g	7.41		1	LC	8		18.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.41		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	10		1	LC	8		25		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14616
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Orchard Blend
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.20		1	MC	9		224.05		
Energy.....kcal	33		0	LC	8		80		
Energy.....kj	138		0	LC	8		335		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.10		0	O	4		0.24		
Carbohydrate, by difference.....g	7.82		1	LC	8		19.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.82		1	LC	8		19.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	10		1	LC	8		25		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14617
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Banana
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.20		1	MC	9		224.05		
Energy.....kcal	29		0	LC	8		70		
Energy.....kj	121		0	LC	8		293		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.39		0	NR	4		0.95		
Carbohydrate, by difference.....g	7.41		1	LC	8		18.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.41		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	8		1	LC	8		20		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14618
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Strawberry Kiwi
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.40		1	MC	9		224.53		
Energy.....kcal	29		0	LC	8		70		
Energy.....kj	121		0	LC	8		293		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.19		0	NR	4		0.46		
Carbohydrate, by difference.....g	7.41		1	LC	8		18.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.41		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	14		1	LC	8		35		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14619
CAMPBELL Soup Company, V8 SPLASH Juice Drinks, Tropical Blend
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.40		1	MC	9		224.53		
Energy.....kcal	29		0	LC	8		70		
Energy.....kj	121		0	LC	8		293		
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.19		0	NR	4		0.46		
Carbohydrate, by difference.....g	7.41		1	LC	8		18.00		
Fiber, total dietary.....g									
Sugars, total.....g	7.41		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	12		1	LC	8		30		
Sodium, Na.....mg	21		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.7		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.11		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 243g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14086
CAMPBELL Soup Company, V8 SPLASH Smoothies, Peach Mango
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.20		1	MC	9		213.64		
Energy.....kcal	37		1	LC	8		90		
Energy.....kj	154		1	LC	8		377		
Protein.....g	1.22		1	LC	8		3.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	3.82		0	NR	4		9.36		
Carbohydrate, by difference.....g	7.76		1	LC	8		19.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	7.35		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		1	LC	8		100		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	24		1	LC	8		60		
Sodium, Na.....mg	29		1	LC	8		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.5		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	0.816		1	LC	8		2.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.082		1	LC	8		0.200		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1429		1	LC	8		3500		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14086

CAMPBELL Soup Company, V8 SPLASH Smoothies, Peach Mango

Measure 1 = 245g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14087
CAMPBELL Soup Company, V8 SPLASH Smoothies, Strawberry Banana
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.50		1	MC	9		211.93		
Energy.....kcal	37		1	LC	8		90		
Energy.....kj	154		1	LC	8		377		
Protein.....g	1.22		1	LC	8		3.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	4.11		0	NR	4		10.07		
Carbohydrate, by difference.....g	8.16		1	LC	8		20.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	7.35		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		1	LC	8		100		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	24		1	LC	8		60		
Sodium, Na.....mg	29		1	LC	8		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.5		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	0.816		1	LC	8		2.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.082		1	LC	8		0.200		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	408		1	LC	8		1000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14087

CAMPBELL Soup Company, V8 SPLASH Smoothies, Strawberry Banana

Measure 1 = 245g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14088
CAMPBELL Soup Company, V8 SPLASH Smoothies, Tropical Colada
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.70		1	MC	9		213.28		
Energy.....kcal	41		1	LC	8		100		
Energy.....kj	170		1	LC	8		418		
Protein.....g	1.22		1	LC	8		3.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	3.54		0	NR	4		8.71		
Carbohydrate, by difference.....g	8.54		1	LC	8		21.00		
Fiber, total dietary.....g	0.4		1	LC	8		1.0		
Sugars, total.....g	7.32		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		1	LC	8		100		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	24		1	LC	8		60		
Sodium, Na.....mg	20		1	LC	8		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.4		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	0.813		1	LC	8		2.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		1	LC	8		0.000		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.24		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14088

CAMPBELL Soup Company, V8 SPLASH Smoothies, Tropical Colada

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14623
CAMPBELL Soup Company, V8 V. FUSION Juices, Acai Berry
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.40		1	MC	9		217.46		
Energy.....kcal	45		1	LC	8		110		
Energy.....kj									
Protein.....g	0.00		1	LC	8		0.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.62		0	NR	4		1.53		
Carbohydrate, by difference.....g	10.98		1	LC	8		27.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	10.57		1	LC	8		26.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	LC	8		2		
Iron, Fe.....mg	0.81		1	LC	8		2.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	98		1	LC	8		240		
Sodium, Na.....mg	28		1	LC	8		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	40.7		1	LC	8		100.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	6		1	LC	8		15		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.83		1	LC	8		4.50		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
Fatty acids, total trans.....g	0.000		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14623

CAMPBELL Soup Company, V8 V. FUSION Juices, Acai Berry

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14620
CAMPBELL Soup Company, V8 V. FUSION Juices, Peach Mango
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.80		1	MC	9		215.99		
Energy.....kcal	49		0	LC	8		120		
Energy.....kj	204		0	LC	8		502		
Protein.....g	0.41		1	LC	8		1.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.41		0	NR	4		1.01		
Carbohydrate, by difference.....g	11.38		1	LC	8		28.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	10.57		1	LC	8		26.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	LC	8		20		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg	7		1	LC	8		16		
Phosphorus, P.....mg									
Potassium, K.....mg	85		1	LC	8		210		
Sodium, Na.....mg	28		1	LC	8		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.4		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.016		1	LC	8		0.040		
Folate, total.....mcg	3		1	LC	8		8		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	407		1	LC	8		1000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.55		1	LC	8		1.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14621
CAMPBELL Soup Company, V8 V. FUSION Juices, Strawberry Banana
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.90		1	MC	9		216.23		
Energy.....kcal	49		0	LC	8		120		
Energy.....kj	204		0	LC	8		502		
Protein.....g	0.41		1	LC	8		1.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.10		0	O	4		0.25		
Carbohydrate, by difference.....g	11.79		1	LC	8		29.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	10.16		1	LC	8		25.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	LC	8		20		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg	7		1	LC	8		16		
Phosphorus, P.....mg									
Potassium, K.....mg	102		1	LC	8		250		
Sodium, Na.....mg	28		1	LC	8		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.4		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.016		1	LC	8		0.040		
Folate, total.....mcg	3		1	LC	8		8		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	813		1	LC	8		2000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.55		1	LC	8		1.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14622
CAMPBELL Soup Company, V8 V. FUSION Juices, Tropical
 Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.00		1	MC	9		216.48		
Energy.....kcal	49		0	LC	8		120		
Energy.....kj	204		0	LC	8		502		
Protein.....g	0.41		1	LC	8		1.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.21		0	NR	4		0.52		
Carbohydrate, by difference.....g	11.38		1	LC	8		28.00		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	10.16		1	LC	8		25.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	LC	8		20		
Iron, Fe.....mg	0.15		1	LC	8		0.36		
Magnesium, Mg.....mg	7		1	LC	8		16		
Phosphorus, P.....mg									
Potassium, K.....mg	118		1	LC	8		290		
Sodium, Na.....mg	33		1	LC	8		80		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.4		1	LC	8		60.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.016		1	LC	8		0.040		
Folate, total.....mcg	3		1	LC	8		8		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1626		1	LC	8		4000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.55		1	LC	8		1.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Common Measures:

Measure 1 = 246g: 1 serving 8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14145

Carbonated beverage, SPRITE, lemon-lime, without caffeine (1)

The Coca-Cola Company

pop, soft drink, white soda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.78		4	A	1		27.65	331.31	441.74
Energy.....kcal	40		0	NC	4		12	146	195
Energy.....kj	165		0	NC	4		51	610	814
Protein (N x 6.25).....g	0.05		4	A	1		0.01	0.17	0.23
Total lipid (fat).....g	0.02		4	A	1		0.00	0.06	0.08
Ash.....g	0.01		4	A	1		0.00	0.04	0.06
Carbohydrate, by difference.....g	10.14		0	NC	4		3.12	37.42	49.89
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total (2).....g	8.98		0	NR	4		2.77	33.14	44.18
Sucrose (3).....g	0.65		4	A	1		0.20	2.40	3.20
Glucose (dextrose) (4).....g	3.13		4	A	1		0.97	11.57	15.42
Fructose (5).....g	5.19		4	A	1		1.60	19.17	25.56
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		4	A	1		1	9	12
Iron, Fe.....mg	0.11		4	A	1		0.03	0.41	0.54
Magnesium, Mg.....mg	1		4	A	1		0	2	3
Phosphorus, P.....mg	0		4	A	1		0	1	1
Potassium, K.....mg	1		4	A	1		0	3	4
Sodium, Na.....mg	9		4	A	1		3	33	44
Zinc, Zn.....mg	0.04		4	A	1		0.01	0.15	0.19
Copper, Cu.....mg	0.001		4	A	1		0.000	0.003	0.003
Manganese, Mn.....mg	0.002		4	A	1		0.001	0.006	0.008
Selenium, Se.....mcg	0.0		0	CAZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.015		2		1		0.005	0.055	0.074
Pantothenic acid.....mg	0.000		2		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		2		1		0.000	0.000	0.000
Folate, total.....mcg	0		2		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		2		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.4		0	O	4		0.1	1.5	2.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		2	A	1		0	0	0
Theobromine.....mg	0		1	A	1		0	0	0

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 369g: 1 can 12 fl oz

Measure 3 = 492g: 1 bottle 16 fl oz

Footnotes:

- 1 Includes retail and fast food, without ice products.
- 2 Retail products have higher values than fast food products.
- 3 Fast food products contain sucrose while retail products do not.
- 4 Retail products have higher values than fast food products.
- 5 Retail products have higher values than fast food products.

NDB No. 14145

Carbonated beverage, SPRITE, lemon-lime, without caffeine (1)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14552

Carbonated beverage, chocolate-flavored soda

pop, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.20		1		1		27.65	438.86	329.15
Energy.....kcal	42		0		4		13	207	155
Energy.....kj	176		0		4		54	865	648
Protein.....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1		1		0.00	0.00	0.00
Ash.....g	0.10		0	BFSN	4		0.03	0.50	0.38
Carbohydrate, by difference.....g	10.70		0		4		3.32	52.64	39.48
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	10.70		0	NR	4		3.32	52.64	39.48
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1		1		1	20	15
Iron, Fe.....mg	0.10		1		1		0.03	0.49	0.37
Magnesium, Mg.....mg	1		1		1		0	5	4
Phosphorus, P.....mg	1		1		1		0	5	4
Potassium, K.....mg	50		1		1		16	246	185
Sodium, Na.....mg	88		1		1		27	433	325
Zinc, Zn.....mg	0.16		1		1		0.05	0.79	0.59
Copper, Cu.....mg	0.013		1		1		0.004	0.064	0.048
Manganese, Mn.....mg	0.036		0	BFSN	4		0.011	0.175	0.132
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		7		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFSN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		0		7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	O	4		0.1	1.5	1.2
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	Z	7		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14552

Carbonated beverage, chocolate-flavored soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g					4		0.000	0.000	0.000
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g					4		0.000	0.000	0.000
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g					4		0.000	0.000	0.000
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g					4		0.000	0.000	0.000
22:0.....g					4		0.000	0.000	0.000
24:0.....g					4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g					4		0.000	0.000	0.000
15:1.....g					4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g					4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g					4		0.000	0.000	0.000
20:3 undifferentiated.....g					4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g					7		0	0	0
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	BFZN	4		1	10	7
Theobromine.....mg	63		0	BFZN	4		20	310	232

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

Common Measures:

Measure 1 = 31.0g: 1 fl oz

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

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14121
Carbonated beverage, club soda

soft drink
 Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		1		1		29.57	473.53	354.65
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		1		0.00	0.00	0.00
Ash.....g	0.10		1		1		0.03	0.47	0.36
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1		1		1	24	18
Iron, Fe.....mg	0.01		0	BFZN	4		0.00	0.05	0.04
Magnesium, Mg.....mg	1		2		1		0	5	4
Phosphorus, P.....mg	0	0.020	5		1		0	0	0
Potassium, K.....mg	2	1.360	5		1		1	9	7
Sodium, Na.....mg	21	5.841	6		1		6	100	75
Zinc, Zn.....mg	0.10		2		1		0.03	0.47	0.36
Copper, Cu.....mg	0.006		0	BFZN	4		0.002	0.028	0.021
Manganese, Mn.....mg	0.001		0	BFZN	4		0.000	0.005	0.004
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	Z	7		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	Z	7		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14121
Carbonated beverage, club soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

NDB No. 14121

Carbonated beverage, club soda

Measure 1 = 29.6g: 1 fl oz

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14400

Carbonated beverage, cola, contains caffeine (1)

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	90.31	0.033	7	A	1		27.72	332.34	443.42
Energy.....kcal	37		0	NC	4		11	138	184
Energy.....kj	157		0	NC	4		48	576	769
Protein (N x 6.25).....g	0.07	0.000	5	A	1		0.02	0.25	0.33
Total lipid (fat).....g	0.02	0.000	5	A	1		0.01	0.09	0.12
Ash.....g	0.04	0.016	7	A	1		0.01	0.15	0.21
Carbohydrate, by difference.....g	9.56		0	NC	4		2.93	35.18	46.93
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total (2).....g	8.97		0	NR	4		2.75	33.02	44.05
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.085	7	A	1		1	8	11
Iron, Fe.....mg	0.11	0.006	7	A	1		0.03	0.41	0.55
Magnesium, Mg.....mg	0	0.065	7	A	1		0	2	2
Phosphorus, P.....mg	10	0.318	7	A	1		3	38	51
Potassium, K.....mg	2	0.423	7	A	1		1	8	11
Sodium, Na.....mg	4	0.430	7	A	1		1	14	19
Zinc, Zn.....mg	0.02		1	A	1		0.01	0.07	0.10
Copper, Cu.....mg	0.001	0.000	7	A	1		0.000	0.003	0.004
Manganese, Mn.....mg	0.002	0.000	7	A	1		0.001	0.006	0.008
Selenium, Se.....mcg	0.1	0.048	20	JO	11		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.3	0.283	4	A	1		0.1	1.0	1.4
Betaine.....mg	0.1	0.027	7	A	1		0.0	0.2	0.3
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	JA	6		0.0	0.0	0.1

NDB No. 14400

Carbonated beverage, cola, contains caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8	0.127	7	A	1		2	30	39
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 lf oz

Footnotes:

1 Includes retail and fast food, without ice products.

2 Retail products have higher values than fast food products.

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

NDB No. 14400

Carbonated beverage, cola, contains caffeine (1)

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14148

Carbonated beverage, cola, with higher caffeine

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.62	0.067	4	A	1		27.51	329.80	440.04
Energy.....kcal	41		0	NC	4		13	151	201
Energy.....kj	171		0	NC	4		53	630	841
Protein (N x 6.25).....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	0.00
Ash.....g	0.06	0.033	4	A	1		0.02	0.21	0.28
Carbohydrate, by difference.....g	10.58		0	NR	4		3.25	38.93	51.95
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	10.58		0	NR	4		3.25	38.93	51.95
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	4.48	0.035	4	A	1		1.38	16.49	22.00
Fructose.....g	6.10	0.108	4	A	1		1.87	22.46	29.97
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.170	4	A	1		1	9	11
Iron, Fe.....mg	0.02	0.012	4	A	1		0.01	0.07	0.09
Magnesium, Mg.....mg	0	0.130	4	A	1		0	1	1
Phosphorus, P.....mg	11	0.636	4	A	1		3	40	54
Potassium, K.....mg	3	0.845	4	A	1		1	10	13
Sodium, Na.....mg	4	0.859	4	A	1		1	14	18
Zinc, Zn.....mg	0.01	0.002	4	A	1		0.00	0.05	0.07
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	O	4		0.1	1.0	1.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.1

NDB No. 14148

Carbonated beverage, cola, with higher caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	27		0	T	4		8	99	133
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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

Common Measures:

- Measure 1 = 30.7g: 1 fl oz
- Measure 2 = 368g: 1 can 12 fl oz
- Measure 3 = 491g: 1 bottle 16 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14147

Carbonated beverage, cola, without caffeine (1)

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.62	0.067	4	A	1		27.51	329.80	440.04
Energy.....kcal	41		0	NC	4		13	151	201
Energy.....kj	171		0	NC	4		53	630	841
Protein (N x 6.25).....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	0.00
Ash.....g	0.06	0.033	4	A	1		0.02	0.21	0.28
Carbohydrate, by difference.....g	10.58		0	NR	4		3.25	38.93	51.95
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total (2).....g	10.58		0	NR	4		3.25	38.93	51.95
Sucrose (3).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) (4).....g	4.48	0.035	4	A	1		1.38	16.49	22.00
Fructose (5).....g	6.10	0.108	4	A	1		1.87	22.46	29.97
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.170	4	A	1		1	9	11
Iron, Fe.....mg	0.02	0.012	4	A	1		0.01	0.07	0.09
Magnesium, Mg.....mg	0	0.130	4	A	1		0	1	1
Phosphorus, P.....mg	11	0.636	4	A	1		3	40	54
Potassium, K.....mg	3	0.845	4	A	1		1	10	13
Sodium, Na.....mg	4	0.859	4	A	1		1	14	18
Zinc, Zn.....mg	0.01	0.002	4	A	1		0.00	0.05	0.07
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	O	4		0.1	1.0	1.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Carotene, beta.....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.1

Carbonated beverage, cola, without caffeine (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 368g: 1 can 12 fl oz

Measure 3 = 491g: 1 bottle 16 fl oz

Footnotes:

- 1 Includes retail and fast food, without ice products.
- 2 Retail products have higher values than fast food products.
- 3 Fast food products contain sucrose while retail products do not.
- 4 Retail products have higher values than fast food products.
- 5 Retail products have higher values than fast food products.

NDB No. 14147

Carbonated beverage, cola, without caffeine (1)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14130
Carbonated beverage, cream soda

pop, soft drink

Refuse: 0%

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

NDB No. 14130
Carbonated beverage, cream soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

NDB No. 14130

Carbonated beverage, cream soda

Measure 1 = 30.9g: 1 fl oz

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14136
Carbonated beverage, ginger ale

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	91.23		1	AI	13		27.83	445.20	333.90
Energy.....kcal	34		0	NC	4		10	166	124
Energy.....kj	142		0	NC	4		43	693	520
Protein (N x 6.25).....g	0.00		2		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2		1		0.00	0.00	0.00
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	8.77		0	NC	4		2.67	42.80	32.10
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	8.70		0	NP	4		2.65	42.46	31.84
Sucrose.....g	1.90		1	AI	13		0.58	9.27	6.95
Glucose (dextrose).....g	3.10		1	AI	13		0.95	15.13	11.35
Fructose.....g	3.70		1	AI	13		1.13	18.06	13.54
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		15		1		1	15	11
Iron, Fe.....mg	0.18		2		1		0.05	0.88	0.66
Magnesium, Mg.....mg	1		14		1		0	5	4
Phosphorus, P.....mg	0		13		1		0	0	0
Potassium, K.....mg	1		19		1		0	5	4
Sodium, Na.....mg	7		26		1		2	34	26
Zinc, Zn.....mg	0.05		7		1		0.02	0.24	0.18
Copper, Cu.....mg	0.018		3		1		0.005	0.088	0.066
Manganese, Mn.....mg	0.013		0		4		0.004	0.063	0.048
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		1		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	O	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 14136
Carbonated beverage, ginger ale

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14142
Carbonated beverage, grape soda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 31.0g; 1 fl oz

NDB No. 14142

Carbonated beverage, grape soda

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

pop, soft drink, white soda

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.49		1	A	1		27.56	330.22	440.29
Energy.....kcal	41		0	NC	4		13	150	200
Energy.....kj	170		0	NC	4		52	627	836
Protein (N x 6.25).....g	0.09		1	A	1		0.03	0.34	0.46
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	10.42		0	NC	4		3.21	38.44	51.25
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	10.19		0	NR	4		3.14	37.61	50.15
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	4.32		1	A	1		1.33	15.95	21.27
Fructose.....g	5.87		1	A	1		1.81	21.66	28.88
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	A	1		1	9	12
Iron, Fe.....mg	0.02		1	A	1		0.01	0.08	0.11
Magnesium, Mg.....mg	1		1	A	1		0	2	3
Phosphorus, P.....mg	0		1	A	1		0	1	2
Potassium, K.....mg	1		1	A	1		0	3	4
Sodium, Na.....mg	10		1	A	1		3	37	49
Zinc, Zn.....mg	0.01		1	A	1		0.00	0.03	0.04
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.015		0	BFZN	4		0.005	0.055	0.074
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.4		0	O	4		0.1	1.6	2.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 14144

Carbonated beverage, lemon-lime soda, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	15		0	T	4		5	55	74
Theobromine.....mg	0		1	A	1		0	0	0

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

Common Measures:

- Measure 1 = 30.8g: 1 fl oz
- Measure 2 = 369g: 1 can 12 fl oz
- Measure 3 = 492g: 1 bottle 16 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14416

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine (1)

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.54		7	A	1		29.46	353.37	470.83
Energy.....kcal	2		0	NC	4		1	6	8
Energy.....kj	7		0	NC	4		2	25	34
Protein (N x 6.25).....g	0.11		7	A	1		0.03	0.38	0.51
Total lipid (fat).....g	0.03		7	A	1		0.01	0.09	0.12
Ash.....g	0.03		7	A	1		0.01	0.11	0.15
Carbohydrate, by difference.....g	0.29		0	NC	4		0.09	1.04	1.39
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Sucrose.....g	0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		6	A	1		1	9	13
Iron, Fe.....mg	0.11		6	A	1		0.03	0.40	0.53
Magnesium, Mg.....mg	1		7	A	1		0	2	3
Phosphorus, P.....mg	9		7	A	1		3	31	41
Potassium, K.....mg	8		6	A	1		2	28	38
Sodium, Na.....mg	8		7	A	1		2	28	38
Zinc, Zn.....mg	0.01		6	A	1		0.00	0.04	0.05
Copper, Cu.....mg	0.002		6	A	1		0.001	0.007	0.009
Manganese, Mn.....mg	0.107		7	A	1		0.032	0.380	0.506
Selenium, Se.....mcg	0.0	0.000	18	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.005		1		1		0.001	0.018	0.024
Riboflavin.....mg	0.023		1		1		0.007	0.082	0.109
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		1		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		1	AS	1		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.001	3	JA	6		0.0	0.0	0.0

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	12		7	A	1		3	41	55
Theobromine.....mg	0		4	A	1		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 355g: 1 can 12 fl oz
- Measure 3 = 473g: 1 bottle 16 fl oz

Footnotes:

1 Includes retail and fast food, without ice products.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14146

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.74	0.007	4	A	1		29.52	471.77	354.08
Energy.....kcal	1		0	NC	4		0	4	3
Energy.....kj	4		0	NC	4		1	19	14
Protein (N x 6.25).....g	0.12	0.000	4	A	1		0.03	0.54	0.41
Total lipid (fat).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Ash.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.15		0	NC	4		0.04	0.69	0.52
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.049	4	A	1		1	14	10
Iron, Fe.....mg	0.02	0.001	4	A	1		0.01	0.11	0.08
Magnesium, Mg.....mg	0	0.030	4	A	1		0	2	2
Phosphorus, P.....mg	10	0.063	4	A	1		3	49	37
Potassium, K.....mg	7	0.040	4	A	1		2	35	26
Sodium, Na.....mg	4	0.025	4	A	1		1	19	14
Zinc, Zn.....mg	0.01	0.003	4	A	1		0.00	0.07	0.05
Copper, Cu.....mg	0.002	0.001	4	A	1		0.001	0.011	0.009
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.005		0	BFZN	4		0.001	0.024	0.018
Riboflavin.....mg	0.023		0	BFZN	4		0.007	0.109	0.082
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		1	AS	1		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000

Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0	0.000	4	A	1		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 473g: 1 bottle 16 fl oz
- Measure 3 = 355g: 1 can 12 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14166

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

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.80		3		1		29.54	473.05	354.29
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0				4		0	0	0
Protein (N x 6.25).....g	0.00		4		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		3		1		0.00	0.00	0.00
Ash.....g	0.10	0.012	3		1		0.03	0.47	0.36
Carbohydrate, by difference.....g	0.10		0	NC	4		0.03	0.47	0.36
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.344	74	JA	6		1	17	13
Iron, Fe.....mg	0.02	0.020	28	JA	6		0.01	0.09	0.07
Magnesium, Mg.....mg	1	0.224	74	JA	6		0	4	3
Phosphorus, P.....mg	11	0.162	41	JA	6		3	51	38
Potassium, K.....mg	4	2.235	74	JA	6		1	20	15
Sodium, Na.....mg	16	0.766	72		1		5	76	57
Zinc, Zn.....mg	0.03	0.024	30	JA	6		0.01	0.13	0.09
Copper, Cu.....mg	0.013	0.013	29	JA	6		0.004	0.059	0.044
Manganese, Mn.....mg	0.009	0.009	25	JA	6		0.003	0.040	0.030
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.000		4		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		4		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		4		1		0.000	0.000	0.000
Folate, total.....mcg	0		4		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		4		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.001	3	JA	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14166

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	11	0.622	17		1		3	52	39
Theobromine.....mg	0		0	z	7		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 474g: 1 bottle (16 fl oz)
- Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 3.36

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14143

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

pop, soda, soft drink

Refuse: 0%

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14151

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

pop, soda, soft drink

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	15		0	FLC	4		4	53	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14537

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14150
Carbonated beverage, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 31.0g; 1 fl oz

NDB No. 14150

Carbonated beverage, orange

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14153

Carbonated beverage, pepper-type, contains caffeine

pop, soda, soft drink

Refuse: 0%

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

NDB No. 14153

Carbonated beverage, pepper-type, contains caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	10		3		1		3	49	37
Theobromine.....mg									

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

Common Measures:

Measure 1 = 30.7g: 1 fl oz

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14149

Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	94.78		0	O	4		28.06	336.48	
Energy.....kcal	20		0	NC	4		6	71	
Energy.....kj	84		0	NC	4		25	297	
Protein (N x 6.25).....g	0.00		2	A	1		0.00	0.00	
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	
Ash.....g	0.06	0.033	4	A	1		0.02	0.20	
Carbohydrate, by difference.....g	5.16		0	O	4		1.53	18.32	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	5.16		0	NR	4		1.53	18.32	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.170	4	A	1		1	8	
Iron, Fe.....mg	0.02	0.012	4	A	1		0.01	0.06	
Magnesium, Mg.....mg	0	0.130	4	A	1		0	1	
Phosphorus, P.....mg	11	0.636	4	A	1		3	39	
Potassium, K.....mg	3	0.845	4	A	1		1	10	
Sodium, Na.....mg	4	0.859	4	A	1		1	13	
Zinc, Zn.....mg	0.01	0.002	4	A	1		0.00	0.05	
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	
Selenium, Se.....mcg	0.1	0.048	20	JO	11		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.000		1		1		0.000	0.000	
Riboflavin.....mg	0.000		1		1		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.3		0	O	4		0.1	1.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	JA	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 14149

Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	9	0.254	4	A	1		3	33	
Theobromine.....mg	0	0.000	4	A	1		0	0	

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (8 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14157
Carbonated beverage, root beer

pop, soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.30		2		1		27.50	440.25	330.41
Energy.....kcal	41		0	NC	4		13	202	152
Energy.....kj	172		0		4		53	846	635
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		1		0.00	0.00	0.00
Ash.....g	0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference.....g	10.60		0	NC	4		3.26	52.26	39.22
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	10.60		0	NR	4		3.26	52.26	39.22
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		10		1		2	25	19
Iron, Fe.....mg	0.05	0.012	10		1		0.02	0.25	0.19
Magnesium, Mg.....mg	1		10		1		0	5	4
Phosphorus, P.....mg	0		16		1		0	0	0
Potassium, K.....mg	1		27		1		0	5	4
Sodium, Na.....mg	13		27		1		4	64	48
Zinc, Zn.....mg	0.07	0.018	11		1		0.02	0.35	0.26
Copper, Cu.....mg	0.007		3		1		0.002	0.035	0.026
Manganese, Mn.....mg	0.013		0		4		0.004	0.064	0.048
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	O	4		0.1	1.4	1.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14157
Carbonated beverage, root beer

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 30.8g: 1 fl oz

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

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14155
Carbonated beverage, tonic water

soda, soft drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.10		0		1		27.79	306.10	444.57
Energy.....kcal	34		0	NC	4		10	114	166
Energy.....kj	142		0		4		43	478	694
Protein (N x 6.25).....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Total lipid (fat).....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Ash.....g	0.10		0		4		0.03	0.34	0.49
Carbohydrate, by difference.....g	8.80		0	NC	4		2.68	29.57	42.94
Fiber, total dietary.....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total.....g	8.80		0	NR	4		2.68	29.57	42.94
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1		1		0	3	5
Iron, Fe.....mg	0.01		0		4		0.00	0.03	0.05
Magnesium, Mg.....mg	0		1		1		0	0	0
Phosphorus, P.....mg	0	0.009	3		1		0	0	0
Potassium, K.....mg	0	0.177	3		1		0	0	0
Sodium, Na.....mg	12	1.156	3	LC	8		4	42	60
Zinc, Zn.....mg	0.10		0		4		0.03	0.34	0.49
Copper, Cu.....mg	0.006		0		4		0.002	0.020	0.029
Manganese, Mn.....mg	0.001		0		4		0.000	0.003	0.005
Selenium, Se.....mcg	0.0		0	CAZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14155
Carbonated beverage, tonic water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

NDB No. 14155

Carbonated beverage, tonic water

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 336g: 1 bottle (11 fl oz)

Measure 3 = 488g: 1 can or bottle (16 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14168
Carob-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.024		0		1		0.003		
17:0.....g									
18:0.....g	0.005		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.059		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.008		
18:2 undifferentiated.....g	0.066		0		1		0.008		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.283		0	RPA	1		0.724		
15:0.....g									
16:0.....g	0.791		0	RPA	1		2.025		
17:0.....g									
18:0.....g	0.348		0	RPA	1		0.891		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.777		0	RPI	6		1.989		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.777		0	RPA	1		1.989		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.189		0	RPI	6		0.483		
18:2 undifferentiated.....g	0.118		0	RPA	1		0.301		
18:3 undifferentiated.....g	0.071		0	RPA	1		0.182		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0	RPA	1		0.183		
Threonine.....g	0.136		0	RPA	1		0.349		
Isoleucine.....g	0.157		0	RPA	1		0.403		
Leucine.....g	0.253		0	RPA	1		0.648		
Lysine.....g	0.134		0	RPA	1		0.342		
Methionine.....g	0.071		0	RPA	1		0.183		
Cystine.....g	0.016		0	RPA	1		0.041		
Phenylalanine.....g	0.140		0	RPA	1		0.359		
Tyrosine.....g	0.145		0	RPA	1		0.370		
Valine.....g	0.183		0	RPA	1		0.469		
Arginine.....g	0.071		0	RPA	1		0.183		
Histidine.....g	0.071		0	RPA	1		0.183		
Alanine.....g	0.098		0	RPA	1		0.251		
Aspartic acid.....g	0.226		0	RPA	1		0.579		
Glutamic acid.....g	0.618		0	RPA	1		1.581		
Glycine.....g	0.071		0	RPA	1		0.183		
Proline.....g	0.326		0	RPA	1		0.834		
Serine.....g	0.102		0	RPA	1		0.261		
Hydroxyproline.....g									

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

Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14169

Carob-flavor beverage mix, powder, prepared with whole milk

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14181

Chocolate syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00	3.200	13	A	1		12.09	93.00	
Energy.....kcal	279		0	NC	4		109	837	
Energy.....kj	1167		0	NC	4		455	3502	
Protein (N x 6.25).....g	2.10	0.120	14	A	1		0.82	6.30	
Total lipid (fat).....g	1.13	0.120	14	A	1		0.44	3.39	
Ash.....g	0.67	0.070	13	A	1		0.26	2.01	
Carbohydrate, by difference.....g	65.10		0	NC	4		25.39	195.30	
Fiber, total dietary.....g	2.6	0.465	4	JO	11		1.0	7.7	
Sugars, total.....g	49.65		2	AI	13		19.36	148.95	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		3		1		5	42	
Iron, Fe.....mg	2.11		13		1		0.82	6.33	
Magnesium, Mg.....mg	65		3		1		25	195	
Phosphorus, P.....mg	129		2		1		50	387	
Potassium, K.....mg	224		3		1		87	672	
Sodium, Na.....mg	72	13.460	15	A	1		28	216	
Zinc, Zn.....mg	0.73		3		1		0.28	2.19	
Copper, Cu.....mg	0.512		4		1		0.200	1.536	
Manganese, Mn.....mg	0.382		3		1		0.149	1.146	
Selenium, Se.....mcg	1.4		0	FLA	4		0.6	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		11		1		0.1	0.6	
Thiamin.....mg	0.009		12		1		0.004	0.027	
Riboflavin.....mg	0.050		1		1		0.020	0.150	
Niacin.....mg	0.322		12		1		0.126	0.966	
Pantothenic acid.....mg	0.013		1		1		0.005	0.039	
Vitamin B-6.....mg	0.006		11		1		0.002	0.018	
Folate, total.....mcg	2		0	FLA	4		1	7	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		1	7	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	7	
Choline, total.....mg	1.3		0	FLA	4		0.5	4.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		1	8	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.01	0.06	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLA	4		0.2	1.4	
Lipids:									
Fatty acids, total saturated.....g	0.519		0		1		0.202	1.557	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14181
Chocolate syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.001	0.004	
15:0.....g									
16:0.....g	0.244		0	FLA	4		0.095	0.732	
17:0.....g									
18:0.....g	0.267		0	FLA	4		0.104	0.800	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.286		0	FLA	4		0.112	0.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.286		0	FLA	4		0.111	0.857	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0	FLA	4		0.010	0.078	
18:2 undifferentiated.....g	0.024		0	FLA	4		0.009	0.072	
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.006	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	17	
Theobromine.....mg	190		0	FLA	4		74	569	

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

Common Measures:

Measure 1 = 39g: 1 serving 2 tbsp

Measure 2 = 300g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14182

Chocolate syrup, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.51		0	RPA	1		227.03		
Energy.....kcal	90		0	RPI	6		254		
Energy.....kj	377		0	RPI	6		1062		
Protein.....g	3.07		0	RPA	1		8.66		
Total lipid (fat).....g	2.96		0	RPI	6		8.35		
Ash.....g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference.....g	12.78		0	RPI	6		36.03		
Fiber, total dietary.....g	0.3		0	RPI	6		1.0		
Sugars, total.....g	11.31		0	RPI	6		31.89		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89		0	RPA	1		251		
Iron, Fe.....mg	0.32		0	RPA	1		0.89		
Magnesium, Mg.....mg	18		0	RPA	1		50		
Phosphorus, P.....mg	90		0	RPA	1		254		
Potassium, K.....mg	145		0	RPA	1		409		
Sodium, Na.....mg	47		0	RPA	1		133		
Zinc, Zn.....mg	0.43		0	RPA	1		1.21		
Copper, Cu.....mg	0.090		0	RPA	1		0.253		
Manganese, Mn.....mg	0.055		0	RPA	1		0.154		
Selenium, Se.....mcg	3.4		0	RPI	6		9.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPA	1		0.1		
Thiamin.....mg	0.039		0	RPA	1		0.110		
Riboflavin.....mg	0.165		0	RPA	1		0.464		
Niacin.....mg	0.137		0	RPA	1		0.385		
Pantothenic acid.....mg	0.315		0	RPA	1		0.887		
Vitamin B-6.....mg	0.032		0	RPA	1		0.091		
Folate, total.....mcg	5		0	RPI	6		13		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		13		
Folate, DFE.....mcg_DFE	5		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.38		0	RPI	6		1.07		
Vitamin A, RAE.....mcg_RAE	25		0	RPI	6		69		
Retinol.....mcg	24		0	RPI	6		68		
Carotene, beta.....mcg	4		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	88		0	RPI	6		249		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.05		0	RPI	6		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RPI	6		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.681		0	RPI	6		4.739		
4:0.....g	0.064		0	RPA	1		0.181		
6:0.....g	0.064		0	RPA	1		0.181		
8:0.....g	0.064		0	RPA	1		0.181		
10:0.....g	0.064		0	RPA	1		0.181		
12:0.....g	0.066		0	RPA	1		0.187		
13:0.....g	0.000		0	RPA	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.257		0	RPA	1		0.723		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.746		0	RPA	1		2.104		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.354		0	RPA	1		1.000		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.740		0	RPI	6		2.088		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPA	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.740		0	RPA	1		2.087		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RPI	6		0.484		
18:2 undifferentiated.....g	0.107		0	RPA	1		0.302		
18:3 undifferentiated.....g	0.064		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPA	1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0	RPA	1		0.192		
Threonine.....g	0.132		0	RPA	1		0.373		
Isoleucine.....g	0.151		0	RPA	1		0.426		
Leucine.....g	0.243		0	RPA	1		0.685		
Lysine.....g	0.132		0	RPA	1		0.373		
Methionine.....g	0.067		0	RPA	1		0.188		
Cystine.....g	0.017		0	RPA	1		0.049		
Phenylalanine.....g	0.138		0	RPA	1		0.389		
Tyrosine.....g	0.140		0	RPA	1		0.394		
Valine.....g	0.179		0	RPA	1		0.505		
Arginine.....g	0.077		0	RPA	1		0.217		
Histidine.....g	0.068		0	RPA	1		0.193		
Alanine.....g	0.099		0	RPA	1		0.278		
Aspartic acid.....g	0.227		0	RPA	1		0.641		
Glutamic acid.....g	0.592		0	RPA	1		1.671		
Glycine.....g	0.075		0	RPA	1		0.211		
Proline.....g	0.304		0	RPA	1		0.857		
Serine.....g	0.101		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	64		0	RPI	6		181		

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

Common Measures:

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

NDB No. 14182

Chocolate syrup, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14557

Chocolate-flavor beverage mix for milk, powder, with added nutrients

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.10		0	FLC	4		0.24		
Energy.....kcal	400		0	NC	4		88		
Energy.....kj	1673		0	NC	4		368		
Protein (N x 6.25).....g	4.55		1	LC	8		1.00		
Total lipid (fat).....g	2.27		1	LC	8		0.50		
Ash.....g	1.80		0	BFZN	4		0.40		
Carbohydrate, by difference.....g	90.28		0	NC	4		19.86		
Fiber, total dietary.....g	4.5		1	LC	8		1.0		
Sugars, total.....g	81.82		1	LC	8		18.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	455		1	LC	8		100		
Iron, Fe.....mg	0.00		1	LC	8		0.00		
Magnesium, Mg.....mg	53		0	FLC	4		12		
Phosphorus, P.....mg	86		0	FLC	4		19		
Potassium, K.....mg	280		0	FLC	4		62		
Sodium, Na.....mg	136		1	LC	8		30		
Zinc, Zn.....mg	6.82		1	LC	8		1.50		
Copper, Cu.....mg	0.909		1	LC	8		0.200		
Manganese, Mn.....mg	0.707		0	BFZN	4		0.156		
Selenium, Se.....mcg	1.9		0	FLC	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.3		1	LC	8		6.0		
Thiamin.....mg	0.009		0	FLC	4		0.002		
Riboflavin.....mg	0.056		0	FLC	4		0.012		
Niacin.....mg	0.199		0	FLC	4		0.044		
Pantothenic acid.....mg	0.000		0	FLC	4		0.000		
Vitamin B-6.....mg	0.909		1	LC	8		0.200		
Folate, total.....mcg	4		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	4		0	FLC	4		1		
Folate, DFE.....mcg_DFE	4		0	NC	4		1		
Choline, total.....mg	3.3		0	FLC	4		0.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	2		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLC	4		0.01		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		1	LC	8		0		
Vitamin K (phylloquinone).....mcg	0.9		0	FLC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	2.273		1	LC	8		0.500		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 14557

Chocolate-flavor beverage mix for milk, powder, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.006		0	FLC	4		0.001		
15:0.....g									
16:0.....g	1.082		0	FLC	4		0.238		
17:0.....g									
18:0.....g	1.162		0	FLC	4		0.256		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	8		0	FLC	4		2		
Theobromine.....mg	277		0	FLC	4		61		

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

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14558

Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.10		0	RPI	6		215.73		
Energy.....kcal	88		0	NC	4		235		
Energy.....kj	369		0	NC	4		983		
Protein.....g	3.33		0	RPI	6		8.86		
Total lipid (fat).....g	3.17		0	RPI	6		8.43		
Ash.....g	0.78		0	RPI	6		2.08		
Carbohydrate, by difference.....g	11.61		0	NC	4		30.89		
Fiber, total dietary.....g	0.0		0	O	4		0.1		
Sugars, total.....g	11.59		0	RPI	6		30.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		0	RPI	6		346		
Iron, Fe.....mg	0.03		0	RPI	6		0.08		
Magnesium, Mg.....mg	14		0	RPI	6		36		
Phosphorus, P.....mg	84		0	RPI	6		223		
Potassium, K.....mg	145		0	RPI	6		386		
Sodium, Na.....mg	51		0	RPI	6		135		
Zinc, Zn.....mg	0.91		0	RPI	6		2.43		
Copper, Cu.....mg	0.096		0	RPI	6		0.256		
Manganese, Mn.....mg	0.061		0	RPI	6		0.163		
Selenium, Se.....mcg	3.5		0	RPI	6		9.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		0	RPI	6		6.0		
Thiamin.....mg	0.041		0	RPI	6		0.109		
Riboflavin.....mg	0.172		0	RPI	6		0.458		
Niacin.....mg	0.115		0	RPI	6		0.306		
Pantothenic acid.....mg	0.332		0	RPI	6		0.884		
Vitamin B-6.....mg	0.108		0	RPI	6		0.289		
Folate, total.....mcg	5		0	RPI	6		13		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		13		
Folate, DFE.....mcg_DFE	5		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.40		0	RPI	6		1.07		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		69		
Retinol.....mcg	26		0	RPI	6		68		
Carotene, beta.....mcg	5		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	94		0	RPI	6		249		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.7		
Lipids:									
Fatty acids, total saturated.....g	1.897		0	RPI	6		5.046		
4:0.....g	0.068		0	RPI	6		0.182		
6:0.....g	0.068		0	RPI	6		0.182		
8:0.....g	0.068		0	RPI	6		0.182		
10:0.....g	0.068		0	RPI	6		0.182		
12:0.....g	0.070		0	RPI	6		0.187		
13:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14558

Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.273		0	RPI	6		0.726		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.850		0	RPI	6		2.261		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.431		0	RPI	6		1.146		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.745		0	RPI	6		1.982		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.745		0	RPI	6		1.982		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0	RPI	6		0.475		
18:2 undifferentiated.....g	0.110		0	RPI	6		0.293		
18:3 undifferentiated.....g	0.068		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		25		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	1		0	RPI	6		2		
Theobromine.....mg	23		0	RPI	6		61		

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

Common Measures:

Measure 1 = 266g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.90		16		1		0.20		
Energy.....kcal	405		0	NC	4		89		
Energy.....kj	1693		0	NC	4		373		
Protein (N x 6.25).....g	3.30		20		1		0.73		
Total lipid (fat).....g	3.10		17		1		0.68		
Ash.....g	1.80		14		1		0.40		
Carbohydrate, by difference.....g	90.90		0	NC	4		20.00		
Fiber, total dietary.....g	4.8		2	LC	8		1.1		
Sugars, total.....g	83.88		2	LC	8		18.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		16		1		8		
Iron, Fe.....mg	3.14		27		1		0.69		
Magnesium, Mg.....mg	98		13		1		22		
Phosphorus, P.....mg	128		10		1		28		
Potassium, K.....mg	591		11		1		130		
Sodium, Na.....mg	210		26		1		46		
Zinc, Zn.....mg	1.55		12		1		0.34		
Copper, Cu.....mg	0.705		11		1		0.155		
Manganese, Mn.....mg	0.707		11		1		0.156		
Selenium, Se.....mcg	2.6	0.387	15	A	1		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.196	10		1		0.2		
Thiamin.....mg	0.032		11		1		0.007		
Riboflavin.....mg	0.146		4		1		0.032		
Niacin.....mg	0.511		13		1		0.112		
Pantothenic acid.....mg	0.041		0	FLA	4		0.009		
Vitamin B-6.....mg	0.010	0.000	10		1		0.002		
Folate, total.....mcg	5		0	FLA	4		1		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	5		0	FLA	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Choline, total.....mg	15.5		0	FLA	4		3.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	6		0	FLA	4		1		
Vitamin E (alpha-tocopherol).....mg	0.37		0	FLA	4		0.08		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.1		0	FLA	4		1.8		
Lipids:									
Fatty acids, total saturated.....g	1.834		0	FLA	4		0.403		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.007		0	FLA	4		0.002		
15:0.....g									
16:0.....g	1.038		0	FLA	4		0.228		
17:0.....g									
18:0.....g	0.771		0	FLA	4		0.170		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.009		0	FLA	4		0.222		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.995		0	FLA	4		0.219		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0	FLA	4		0.020		
18:2 undifferentiated.....g	0.081		0	FLA	4		0.018		
18:3 undifferentiated.....g	0.010		0	FLA	4		0.002		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	36		6		1		8		
Theobromine.....mg	424		0	FLA	4		93		

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

Common Measures:

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.79		0	RPA	1		214.89		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kj	356		0	RPI	6		946		
Protein.....g	3.23		0	RPA	1		8.59		
Total lipid (fat).....g	3.24		0	RPI	6		8.61		
Ash.....g	0.78		0	RPA	1		2.09		
Carbohydrate, by difference.....g	11.91		0	RPI	6		31.68		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	RPA	1		254		
Iron, Fe.....mg	0.30		0	RPA	1		0.80		
Magnesium, Mg.....mg	18		0	RPA	1		47		
Phosphorus, P.....mg	88		0	RPA	1		233		
Potassium, K.....mg	172		0	RPA	1		458		
Sodium, Na.....mg	58		0	RPA	1		153		
Zinc, Zn.....mg	0.48		0	RPA	1		1.28		
Copper, Cu.....mg	0.082		0	RPA	1		0.217		
Manganese, Mn.....mg	0.064		0	RPA	1		0.169		
Selenium, Se.....mcg	3.6		0	RPA	1		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.2		
Thiamin.....mg	0.043		0	RPA	1		0.114		
Riboflavin.....mg	0.180		0	RPA	1		0.478		
Niacin.....mg	0.142		0	RPA	1		0.378		
Pantothenic acid.....mg	0.336		0	RPI	6		0.893		
Vitamin B-6.....mg	0.034		0	RPA	1		0.091		
Folate, total.....mcg	5		0	RPI	6		14		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	5		0	RPI	6		14		
Folate, DFE.....mcg_DFE	5		0	NC	4		14		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.40		0	RPI	6		1.06		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		69		
Retinol.....mcg	26		0	RPI	6		68		
Carotene, beta.....mcg	5		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	94		0	RPI	6		249		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.8		
Lipids:									
Fatty acids, total saturated.....g	1.860		0	RPI	6		4.947		
4:0.....g	0.068		0	RPA	1		0.181		
6:0.....g	0.068		0	RPA	1		0.181		
8:0.....g	0.068		0	RPA	1		0.181		
10:0.....g	0.068		0	RPA	1		0.181		
12:0.....g	0.070		0	RPA	1		0.186		
13:0.....g	0.000		0	RPA	1		0.000		

Chocolate-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.272		0	RPA	1		0.722		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.825		0	RPA	1		2.194		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.421		0	RPA	1		1.120		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.829		0	RPI	6		2.206		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.829		0	RPA	1		2.204		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.494		
18:2 undifferentiated.....g	0.117		0	RPA	1		0.312		
18:3 undifferentiated.....g	0.068		0	RPA	1		0.182		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	RPA	1		0.192		
Threonine.....g	0.140		0	RPA	1		0.373		
Isoleucine.....g	0.160		0	RPA	1		0.426		
Leucine.....g	0.257		0	RPA	1		0.684		
Lysine.....g	0.140		0	RPA	1		0.373		
Methionine.....g	0.071		0	RPA	1		0.188		
Cystine.....g	0.018		0	RPA	1		0.049		
Phenylalanine.....g	0.146		0	RPA	1		0.389		
Tyrosine.....g	0.148		0	RPA	1		0.393		
Valine.....g	0.190		0	RPA	1		0.505		
Arginine.....g	0.082		0	RPA	1		0.218		
Histidine.....g	0.073		0	RPA	1		0.193		
Alanine.....g	0.105		0	RPA	1		0.278		
Aspartic acid.....g	0.241		0	RPA	1		0.641		
Glutamic acid.....g	0.628		0	RPA	1		1.670		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.322		0	RPA	1		0.857		
Serine.....g	0.107		0	RPA	1		0.285		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	104		0	RPI	6		278		

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

Common Measures:

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

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43369

Chocolate-flavored drink, whey and milk based

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.63		0	FLC	4		213.81	26.73	
Energy.....kcal	49		0	FLC	4		119	15	
Energy.....kj	205		0	FLC	4		499	62	
Protein (N x 6.25).....g	0.64		0	FLC	4		1.57	0.20	
Total lipid (fat).....g	0.40		0	FLC	4		0.98	0.12	
Ash.....g	0.58		0	FLC	4		1.41	0.18	
Carbohydrate, by difference.....g	10.68		0	FLC	4		26.07	3.26	
Fiber, total dietary.....g	0.6		0	FLC	4		1.4	0.2	
Sugars, total.....g	8.68		0	FLC	4		21.18	2.65	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0	FLC	4		244	31	
Iron, Fe.....mg	0.33		0	FLC	4		0.80	0.10	
Magnesium, Mg.....mg	11		0	FLC	4		28	3	
Phosphorus, P.....mg	24		0	FLC	4		58	7	
Potassium, K.....mg	79		0	FLC	4		192	24	
Sodium, Na.....mg	91		0	FLC	4		222	28	
Zinc, Zn.....mg	0.16		0	FLC	4		0.38	0.05	
Copper, Cu.....mg	0.074		0	FLC	4		0.181	0.023	
Manganese, Mn.....mg	0.073		0	FLC	4		0.179	0.022	
Selenium, Se.....mcg	0.7		0	FLC	4		1.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		0	FLC	4		4.9	0.6	
Thiamin.....mg	0.010		0	FLC	4		0.025	0.003	
Riboflavin.....mg	0.051		0	FLC	4		0.124	0.015	
Niacin.....mg	0.106		0	FLC	4		0.258	0.032	
Pantothenic acid.....mg	0.082		0	FLC	4		0.201	0.025	
Vitamin B-6.....mg	0.011		0	FLC	4		0.027	0.003	
Folate, total.....mcg	1		0	FLC	4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	FLC	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	3.3		0	FLC	4		8.1	1.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.06		0	FLC	4		0.14	0.02	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	60		0	NC	4		146	18	
Retinol.....mcg	60		0	FLC	4		146	18	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	200		0	FLC	4		488	61	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLC	4		2	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLC	4		0.02	0.00	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLC	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.310		0	FLC	4		0.756	0.094	
4:0.....g	0.005		0	FLC	4		0.013	0.002	
6:0.....g	0.001		0	FLC	4		0.002	0.000	
8:0.....g	0.001		0	FLC	4		0.002	0.000	
10:0.....g	0.002		0	FLC	4		0.004	0.000	

NDB No. 43369

Chocolate-flavored drink, whey and milk based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0	FLC	4		0.003	0.000	
13:0.....g									
14:0.....g	0.010		0	FLC	4		0.024	0.003	
15:0.....g	0.000		0	FLC	4		0.000	0.000	
16:0.....g	0.143		0	FLC	4		0.349	0.044	
17:0.....g	0.000		0	FLC	4		0.000	0.000	
18:0.....g	0.139		0	FLC	4		0.339	0.042	
20:0.....g	0.000		0	FLC	4		0.001	0.000	
22:0.....g	0.000		0	FLC	4		0.001	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.049		0	FLC	4		0.119	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.048		0	FLC	4		0.116	0.015	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiated.....g	0.008		0	FLC	4		0.020	0.003	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.001	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		1	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	1		0	FLC	4		4	0	
Theobromine.....mg	50		0	FLC	4		121	15	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14262

Citrus fruit juice drink, frozen concentrate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.40		1		1		20.20	242.80	
Energy.....kcal	162		0	NC	4		57	684	
Energy.....kj	676		0	NC	4		238	2861	
Protein (N x 6.25).....g	1.20		1		1		0.42	5.08	
Total lipid (fat).....g	0.10		1		1		0.04	0.42	
Ash.....g	1.10		1		1		0.39	4.65	
Carbohydrate, by difference.....g	40.20		0	NC	4		14.15	170.05	
Fiber, total dietary.....g	0.2		0	FLC	4		0.1	1.0	
Sugars, total.....g	28.63		0	FLC	4		10.08	121.09	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		7		1		9	106	
Iron, Fe.....mg	3.94		1		1		1.39	16.67	
Magnesium, Mg.....mg	20		8		1		7	85	
Phosphorus, P.....mg	36	2.789	4		1		13	152	
Potassium, K.....mg	393		8		1		138	1662	
Sodium, Na.....mg	3		8		1		1	13	
Zinc, Zn.....mg	0.12		1		1		0.04	0.51	
Copper, Cu.....mg	0.097		4		1		0.034	0.410	
Manganese, Mn.....mg	0.255		2		1		0.090	1.079	
Selenium, Se.....mcg	0.4		0	FLC	4		0.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	95.3		1		1		33.5	403.1	
Thiamin.....mg	0.051		1		1		0.018	0.216	
Riboflavin.....mg	0.034		0	FLC	4		0.012	0.142	
Niacin.....mg	0.263		0	FLC	4		0.093	1.113	
Pantothenic acid.....mg	0.214		0	FLC	4		0.075	0.904	
Vitamin B-6.....mg	0.066		0	FLC	4		0.023	0.278	
Folate, total.....mcg	26		0	FLC	4		9	111	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	26		0	FLC	4		9	111	
Folate, DFE.....mcg_DFE	26		0	NC	4		9	111	
Choline, total.....mg	1.8		0	O	4		0.6	7.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	7		0	FLC	4		2	29	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	27		0	FLC	4		10	116	
Carotene, alpha.....mcg	6		0	FLC	4		2	24	
Cryptoxanthin, beta.....mcg	97		0	FLC	4		34	411	
Vitamin A, IU.....IU	131		0	FLC	4		46	555	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	93		0	FLC	4		33	395	
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLC	4		0.08	0.92	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLC	4		0.1	1.0	
Lipids:									
Fatty acids, total saturated.....g	0.007		0	FLC	4		0.002	0.029	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 14262

Citrus fruit juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.001	
15:0.....g									
16:0.....g	0.006		0	FLC	4		0.002	0.027	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	FLC	4		0.002	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLC	4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.006		0	FLC	4		0.002	0.026	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0	FLC	4		0.005	0.063	
18:2 undifferentiated.....g	0.011		0	FLC	4		0.004	0.045	
18:3 undifferentiated.....g	0.004		0	FLC	4		0.002	0.018	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 35.2g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.83		0	RPI	6		217.81	27.23	
Energy.....kcal	46		0	RPI	6		114	14	
Energy.....kj	192		0	RPI	6		476	60	
Protein (N x 0).....g	0.34		0	RPI	6		0.85	0.11	
Total lipid (fat).....g	0.03		0	RPI	6		0.07	0.01	
Ash.....g	0.38		0	RPI	6		0.95	0.12	
Carbohydrate, by difference.....g	11.42		0	RPI	6		28.32	3.54	
Fiber, total dietary.....g	0.1		0	RPI	6		0.2	0.0	
Sugars, total.....g	8.13		0	RPI	6		20.17	2.52	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	RPA	1		23	3	
Iron, Fe.....mg	1.12		0	RPA	1		2.78	0.35	
Magnesium, Mg.....mg	6		0	RPA	1		16	2	
Phosphorus, P.....mg	10		0	RPA	1		25	3	
Potassium, K.....mg	112		0	RPA	1		278	35	
Sodium, Na.....mg	4		0	RPA	1		9	1	
Zinc, Zn.....mg	0.04		0	RPA	1		0.09	0.01	
Copper, Cu.....mg	0.035		0	RPA	1		0.086	0.011	
Manganese, Mn.....mg	0.073		0	RPA	1		0.180	0.023	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	27.1		0	RPI	6		67.1	8.4	
Thiamin.....mg	0.014		0	RPI	6		0.036	0.004	
Riboflavin.....mg	0.010		0	RPI	6		0.024	0.003	
Niacin.....mg	0.075		0	RPI	6		0.185	0.023	
Pantothenic acid.....mg	0.061		0	RPI	6		0.151	0.019	
Vitamin B-6.....mg	0.019		0	RPI	6		0.046	0.006	
Folate, total.....mcg	7		0	RPI	6		18	2	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	7		0	RPI	6		18	2	
Folate, DFE.....mcg_DFE	7		0	NC	4		18	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	RPI	6		5	1	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	8		0	RPI	6		19	2	
Carotene, alpha.....mcg	2		0	RPI	6		4	1	
Cryptoxanthin, beta.....mcg	28		0	RPI	6		68	9	
Vitamin A, IU.....IU	37		0	RPI	6		92	12	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	27		0	RPI	6		66	8	
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15	0.02	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RPI	6		0.2	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.002		0	RPI	6		0.005	0.001	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0	RPI	6		0.004	0.001	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.004	0.001	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	RPI	6		0.011	0.001	
18:2 undifferentiated.....g	0.003		0	RPI	6		0.008	0.001	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 248g: 1 serving 8 fl oz

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14187
Clam and tomato juice, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.004		0	FLC	4		0.001	0.006	
Threonine.....g	0.010		0	FLC	4		0.003	0.016	
Isoleucine.....g	0.011		0	FLC	4		0.003	0.018	
Leucine.....g	0.015		0	FLC	4		0.005	0.025	
Lysine.....g	0.013		0	FLC	4		0.004	0.022	
Methionine.....g	0.004		0	FLC	4		0.001	0.006	
Cystine.....g	0.003		0	FLC	4		0.001	0.006	
Phenylalanine.....g	0.010		0	FLC	4		0.003	0.016	
Tyrosine.....g	0.006		0	FLC	4		0.002	0.010	
Valine.....g	0.011		0	FLC	4		0.003	0.018	
Arginine.....g	0.023		0	FLC	4		0.007	0.038	
Histidine.....g	0.007		0	FLC	4		0.002	0.011	
Alanine.....g	0.011		0	FLC	4		0.003	0.019	
Aspartic acid.....g	0.042		0	FLC	4		0.013	0.070	
Glutamic acid.....g	0.124		0	FLC	4		0.037	0.206	
Glycine.....g	0.009		0	FLC	4		0.003	0.015	
Proline.....g	0.010		0	FLC	4		0.003	0.016	
Serine.....g	0.010		0	FLC	4		0.003	0.017	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 30.2g: 1 fl oz

NDB No. 14187

Clam and tomato juice, canned

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

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 44203

Cocktail mix, non-alcoholic, concentrated, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.24		0	FLA	4		10.16		
Energy.....kcal	287		0	NC	4		103		
Energy.....kj	1200		0	NC	4		432		
Protein (N x 6.25).....g	0.08		0	FLA	4		0.03		
Total lipid (fat).....g	0.01		0	FLA	4		0.00		
Ash.....g	0.07		0	FLA	4		0.03		
Carbohydrate, by difference.....g	71.60		0	NC	4		25.78		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	48.44		0	FLA	4		17.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	FLA	4		1		
Iron, Fe.....mg	0.04		0	FLA	4		0.01		
Magnesium, Mg.....mg	1		0	FLA	4		0		
Phosphorus, P.....mg	2		0	FLA	4		1		
Potassium, K.....mg	23		0	FLA	4		8		
Sodium, Na.....mg	0		2	LC	8		0		
Zinc, Zn.....mg	0.02		0	FLA	4		0.01		
Copper, Cu.....mg	0.020		0	FLA	4		0.007		
Manganese, Mn.....mg	0.045		0	FLA	4		0.016		
Selenium, Se.....mcg	0.5		0	FLA	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.2		2	LC	8		1.5		
Thiamin.....mg	0.009		0	FLA	4		0.003		
Riboflavin.....mg	0.017		0	FLA	4		0.006		
Niacin.....mg	0.026		0	FLA	4		0.009		
Pantothenic acid.....mg	0.023		0	FLA	4		0.008		
Vitamin B-6.....mg	0.005		0	FLA	4		0.002		
Folate, total.....mcg	5		0	FLA	4		2		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	5		0	FLA	4		2		
Folate, DFE.....mcg_DFE	5		0	NC	4		2		
Choline, total.....mg	3.0		0	O	4		1.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	2		0	FLA	4		1		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	9		0	FLA	4		3		
Vitamin A, IU.....IU	12		0	FLA	4		4		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	12		0	FLA	4		4		
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.01		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.003		0	FLA	4		0.001		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 44203

Cocktail mix, non-alcoholic, concentrated, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.003		0	FLA	4		0.001		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	FLA	4		0.003		
18:2 undifferentiated.....g	0.006		0	FLA	4		0.002		
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 36.0g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14195

Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Nestle USA, Inc.

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.18		0	O	4		0.84		
Energy.....kcal	400		1	MC	9		80		
Energy.....kj	1674		0	MC	9		335		
Protein.....g	2.80		1	MC	9		0.56		
Total lipid (fat).....g	15.00		1	MC	9		3.00		
Ash.....g	3.02		3	A	1		0.60		
Carbohydrate, by difference.....g	75.00		1	MC	9		15.00		
Fiber, total dietary.....g	3.7		1	MC	9		0.7		
Sugars, total.....g	65.00		1	MC	9		13.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		1	MC	9		16		
Iron, Fe.....mg	1.80		1	MC	9		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	800		1	MC	9		160		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	10		1	MC	9		2		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	15.000		1	MC	9		3.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.230		1	MC	9		0.046		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14195

Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Measure 1 = 20g: 1 serving 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14197

Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Nestle USA, Inc.

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.73		0	O	4		0.75		
Energy.....kcal	400		1	MC	9		80		
Energy.....kj	1674		0	MC	9		335		
Protein.....g	3.00		1	MC	9		0.60		
Total lipid (fat).....g	15.00		1	MC	9		3.00		
Ash.....g	3.27		3	A	1		0.65		
Carbohydrate, by difference.....g	75.00		1	MC	9		15.00		
Fiber, total dietary.....g	4.0		1	MC	9		0.8		
Sugars, total.....g	60.00		1	MC	9		12.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		1	MC	9		20		
Iron, Fe.....mg	1.80		1	MC	9		0.36		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	0		1	LC	8		0		
Sodium, Na.....mg	850		1	MC	9		170		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	11		1	MC	9		2		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.000		1	MC	9		2.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.250		1	MC	9		0.050		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14197

Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix

Measure 1 = 20g: 1 serving 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14196
Cocoa mix, no sugar added, powder

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.40		2		1		0.65	0.51	
Energy.....kcal	377		0	NC	4		72	57	
Energy.....kj	1576		0	NC	4		299	236	
Protein (N x 6.25).....g	15.49		2	LC	8		2.94	2.32	
Total lipid (fat).....g	3.00		2		1		0.57	0.45	
Ash.....g	6.18		0	FLA	4		1.17	0.93	
Carbohydrate, by difference.....g	71.93		0	NC	4		13.67	10.79	
Fiber, total dietary.....g	7.5		0	FLA	4		1.4	1.1	
Sugars, total.....g	37.65		0	FLA	4		7.15	5.65	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	576		1		1		109	86	
Iron, Fe.....mg	4.96		2		1		0.94	0.74	
Magnesium, Mg.....mg	208		2		1		40	31	
Phosphorus, P.....mg	893		1		1		170	134	
Potassium, K.....mg	2702		2		1		513	405	
Sodium, Na.....mg	876	189.858	3	LC	8		166	131	
Zinc, Zn.....mg	3.44		2		1		0.65	0.52	
Copper, Cu.....mg	0.730		2		1		0.139	0.110	
Manganese, Mn.....mg	0.665		2		1		0.126	0.100	
Selenium, Se.....mcg	16.9		0	FLA	4		3.2	2.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	LC	8		0.0	0.0	
Thiamin.....mg	0.267		2		1		0.051	0.040	
Riboflavin.....mg	1.400		2		1		0.266	0.210	
Niacin.....mg	1.084		2		1		0.206	0.163	
Pantothenic acid.....mg	3.826		2		1		0.727	0.574	
Vitamin B-6.....mg	0.318		2		1		0.060	0.048	
Folate, total.....mcg	14		0	FLA	4		3	2	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	14		0	FLA	4		3	2	
Folate, DFE.....mcg_DFE	14		0	NC	4		3	2	
Choline, total.....mg	115.3		0	FLA	4		21.9	17.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.18		0	FLA	4		0.23	0.18	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	FLA	4		1	1	
Retinol.....mcg	4		0	FLA	4		1	1	
Carotene, beta.....mcg	1		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	15		0	FLA	4		3	2	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		2	1	
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLA	4		0.01	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	FLA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated.....g	1.777		0		1		0.338	0.267	
4:0.....g	0.023		0	FLA	4		0.004	0.003	
6:0.....g	0.003		0	FLA	4		0.001	0.001	
8:0.....g	0.004		0	FLA	4		0.001	0.001	
10:0.....g	0.007		0	FLA	4		0.001	0.001	

NDB No. 14196
Cocoa mix, no sugar added, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0	FLA	4		0.001	0.001	
13:0.....g									
14:0.....g	0.044		0	FLA	4		0.008	0.007	
15:0.....g									
16:0.....g	0.817		0	FLA	4		0.155	0.123	
17:0.....g									
18:0.....g	0.830		0	FLA	4		0.158	0.125	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0	FLA	4		0.186	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.955		0	FLA	4		0.182	0.143	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	FLA	4		0.017	0.013	
18:2 undifferentiated.....g	0.078		0	FLA	4		0.015	0.012	
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	19		0	FLA	4		4	3	
Theobromine.....mg	658		0	FLA	4		125	99	

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

Common Measures:

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

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14192
Cocoa mix, powder

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.50	0.079	4		1		0.42		
Energy.....kcal	398		0	NC	4		111		
Energy.....kj	1664		0	NC	4		466		
Protein (N x 6.25).....g	6.67	0.877	3	LC	8		1.87		
Total lipid (fat).....g	4.00		8		1		1.12		
Ash.....g	4.10	0.050	4		1		1.15		
Carbohydrate, by difference.....g	83.73		0	NC	4		23.44		
Fiber, total dietary.....g	3.7	0.679	3	LC	8		1.0		
Sugars, total.....g	65.55	5.392	3	LC	8		18.35		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	133	17.549	3	LC	8		37		
Iron, Fe.....mg	1.19		8		1		0.33		
Magnesium, Mg.....mg	83		9		1		23		
Phosphorus, P.....mg	315		8		1		88		
Potassium, K.....mg	712		8		1		199		
Sodium, Na.....mg	504		8		1		141		
Zinc, Zn.....mg	1.46		9		1		0.41		
Copper, Cu.....mg	0.286		8		1		0.080		
Manganese, Mn.....mg	0.269		8		1		0.075		
Selenium, Se.....mcg	5.0		3	AI	13		1.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1		
Thiamin.....mg	0.096		8		1		0.027		
Riboflavin.....mg	0.565		8		1		0.158		
Niacin.....mg	0.586		8		1		0.164		
Pantothenic acid.....mg	0.893		3		1		0.250		
Vitamin B-6.....mg	0.114		3		1		0.032		
Folate, total.....mcg	6		0	FLA	4		2		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	6		0	FLA	4		2		
Folate, DFE.....mcg_DFE	6		0	NC	4		2		
Choline, total.....mg	33.1		0	O	4		9.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.35		0	FLA	4		0.10		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0		
Retinol.....mcg	1		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	4		0	FLA	4		1		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	5		0	FLA	4		1		
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLA	4		0.05		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	2.377		0	FLA	4		0.666		
4:0.....g	0.012		0	FLA	4		0.003		
6:0.....g	0.002		0	FLA	4		0.001		
8:0.....g	0.002		0	FLA	4		0.001		
10:0.....g	0.004		0	FLA	4		0.001		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0	FLA	4		0.001		
13:0.....g									
14:0.....g	0.029		0	FLA	4		0.008		
15:0.....g	0.001		0	FLA	4		0.000		
16:0.....g	1.085		0	FLA	4		0.304		
17:0.....g	0.004		0	FLA	4		0.001		
18:0.....g	1.181		0	FLA	4		0.331		
20:0.....g	0.012		0	FLA	4		0.003		
22:0.....g	0.012		0	FLA	4		0.003		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.325		0	FLA	4		0.371		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	1.318		0	FLA	4		0.369		
20:1.....g	0.001		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0	FLA	4		0.032		
18:2 undifferentiated.....g	0.107		0	FLA	4		0.030		
18:3 undifferentiated.....g	0.003		0	FLA	4		0.001		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	18		10		1		5		
Theobromine.....mg	323		0	FLA	4		90		

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

Common Measures:

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14194

Cocoa mix, powder, prepared with water

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.34		0	RPI	6		177.87	29.62	
Energy.....kcal	55		0	RPI	6		113	19	
Energy.....kj	229		0	RPI	6		472	79	
Protein.....g	0.92		0	RPI	6		1.89	0.32	
Total lipid (fat).....g	0.55		0	RPI	6		1.14	0.19	
Ash.....g	0.65		0	RPI	6		1.34	0.22	
Carbohydrate, by difference.....g	11.54		0	RPI	6		23.76	3.96	
Fiber, total dietary.....g	0.5		0	RPI	6		1.1	0.2	
Sugars, total.....g	9.03		0	RPI	6		18.60	3.10	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	RPI	6		43	7	
Iron, Fe.....mg	0.17		0	RPA	1		0.34	0.06	
Magnesium, Mg.....mg	12		0	RPA	1		25	4	
Phosphorus, P.....mg	43		0	RPA	1		89	15	
Potassium, K.....mg	99		0	RPA	1		203	34	
Sodium, Na.....mg	73		0	RPA	1		150	25	
Zinc, Zn.....mg	0.21		0	RPA	1		0.42	0.07	
Copper, Cu.....mg	0.048		0	RPA	1		0.099	0.016	
Manganese, Mn.....mg	0.037		0	RPA	1		0.077	0.013	
Selenium, Se.....mcg	0.7		0	RPI	6		1.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.1	0.0	
Thiamin.....mg	0.013		0	RPI	6		0.027	0.005	
Riboflavin.....mg	0.078		0	RPI	6		0.160	0.027	
Niacin.....mg	0.081		0	RPI	6		0.166	0.028	
Pantothenic acid.....mg	0.123		0	RPI	6		0.253	0.042	
Vitamin B-6.....mg	0.016		0	RPI	6		0.032	0.005	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	4.6		0	RPI	6		9.4	1.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.05		0	RPI	6		0.10	0.02	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	1		0	RPI	6		1	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	1		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	RPI	6		0.06	0.01	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RPI	6		0.2	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.328		0	RPI	6		0.675	0.112	
4:0.....g	0.002		0	RPI	6		0.003	0.001	
6:0.....g	0.000		0	RPI	6		0.001	0.000	
8:0.....g	0.000		0	RPI	6		0.001	0.000	
10:0.....g	0.001		0	RPI	6		0.001	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.001	0.000	
13:0.....g									
14:0.....g	0.004		0	RPI	6		0.008	0.001	
15:0.....g	0.000		0	RPI	6		0.000	0.000	
16:0.....g	0.150		0	RPI	6		0.308	0.051	
17:0.....g	0.001		0	RPI	6		0.001	0.000	
18:0.....g	0.163		0	RPI	6		0.335	0.056	
20:0.....g	0.002		0	RPI	6		0.003	0.001	
22:0.....g	0.002		0	RPI	6		0.003	0.001	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.183		0	RPI	6		0.376	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182		0	RPI	6		0.374	0.062	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016		0	RPI	6		0.032	0.005	
18:2 undifferentiated.....g	0.015		0	RPI	6		0.030	0.005	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g	0.104		0	RPI	6		0.215	0.036	
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		5	1	
Theobromine.....mg	44		0	RPI	6		92	15	

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

Common Measures:

Measure 1 = 206g: 1 serving 6 fl oz

Measure 2 = 34.3g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14538

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.40		2		1		0.51	0.65	
Energy.....kcal	359		0	NC	4		54	68	
Energy.....kj	1504		0	NC	4		226	286	
Protein (N x 6.25).....g	25.10		2		1		3.77	4.77	
Total lipid (fat).....g	3.00		2		1		0.45	0.57	
Ash.....g	10.50		2		1		1.58	2.00	
Carbohydrate, by difference.....g	58.00		0	NC	4		8.70	11.02	
Fiber, total dietary.....g	1.1		0	FLA	4		0.2	0.2	
Sugars, total.....g	55.58		0	FLA	4		8.34	10.56	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1440		1		1		216	274	
Iron, Fe.....mg	4.96		2		1		0.74	0.94	
Magnesium, Mg.....mg	208		2		1		31	40	
Phosphorus, P.....mg	1630		1		1		245	310	
Potassium, K.....mg	2702		2		1		405	513	
Sodium, Na.....mg	653		1		1		98	124	
Zinc, Zn.....mg	3.44		2		1		0.52	0.65	
Copper, Cu.....mg	0.730		2		1		0.110	0.139	
Manganese, Mn.....mg	0.665		2		1		0.100	0.126	
Selenium, Se.....mcg	24.0		0	FLA	4		3.6	4.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.267		2		1		0.040	0.051	
Riboflavin.....mg	1.400		2		1		0.210	0.266	
Niacin.....mg	1.084		2		1		0.163	0.206	
Pantothenic acid.....mg	3.826		2		1		0.574	0.727	
Vitamin B-6.....mg	0.318		2		1		0.048	0.060	
Folate, total.....mcg	27		0	FLA	4		4	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	27		0	FLA	4		4	5	
Folate, DFE.....mcg_DFE	27		0	NC	4		4	5	
Choline, total.....mg	175.6		0	FLA	4		26.3	33.4	
Betaine.....mg									
Vitamin B-12.....mcg	2.78		0	FLA	4		0.42	0.53	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	479		0	FLA	4		72	91	
Retinol.....mcg	479		0	FLA	4		72	91	
Carotene, beta.....mcg	1		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	1600		0	FLA	4		240	304	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.21		0	FLA	4		0.03	0.04	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		0	FLA	4		0.6	0.8	
Lipids:									
Fatty acids, total saturated.....g	1.777		0		1		0.267	0.338	
4:0.....g	0.074		0	FLA	4		0.011	0.014	
6:0.....g	0.013		0	FLA	4		0.002	0.002	
8:0.....g	0.015		0	FLA	4		0.002	0.003	
10:0.....g	0.031		0	FLA	4		0.005	0.006	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.022		0	FLA	4		0.003	0.004	
13:0.....g									
14:0.....g	0.164		0	FLA	4		0.025	0.031	
15:0.....g									
16:0.....g	1.013		0	FLA	4		0.152	0.192	
17:0.....g									
18:0.....g	0.379		0	FLA	4		0.057	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0	FLA	4		0.147	0.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.007	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.910		0	FLA	4		0.136	0.173	
20:1.....g	0.003		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	FLA	4		0.013	0.017	
18:2 undifferentiated.....g	0.077		0	FLA	4		0.012	0.015	
18:3 undifferentiated.....g	0.011		0	FLA	4		0.002	0.002	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	FLA	4		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	1		0	FLA	4		0	0	
Theobromine.....mg	27		0	FLA	4		4	5	

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

Common Measures:

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

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14390

Cocoa mix, with aspartame, powder, prepared with water

hot chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.38		0	RPI	6		177.36	29.65	
Energy.....kcal	29		0	RPI	6		56	9	
Energy.....kj	123		0	RPI	6		236	39	
Protein.....g	1.21		0	RPI	6		2.32	0.39	
Total lipid (fat).....g	0.23		0	RPI	6		0.45	0.08	
Ash.....g	0.57		0	RPI	6		1.10	0.18	
Carbohydrate, by difference.....g	5.61		0	RPI	6		10.77	1.80	
Fiber, total dietary.....g	0.6		0	RPI	6		1.1	0.2	
Sugars, total.....g	2.93		0	RPI	6		5.64	0.94	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		0	RPA	1		92	15	
Iron, Fe.....mg	0.39		0	RPA	1		0.75	0.12	
Magnesium, Mg.....mg	17		0	RPA	1		33	5	
Phosphorus, P.....mg	70		0	RPA	1		134	22	
Potassium, K.....mg	211		0	RPA	1		405	68	
Sodium, Na.....mg	72		0	RPI	6		138	23	
Zinc, Zn.....mg	0.27		0	RPA	1		0.52	0.09	
Copper, Cu.....mg	0.066		0	RPA	1		0.127	0.021	
Manganese, Mn.....mg	0.052		0	RPA	1		0.100	0.017	
Selenium, Se.....mcg	1.3		0	RPI	6		2.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.021		0	RPI	6		0.040	0.007	
Riboflavin.....mg	0.109		0	RPI	6		0.210	0.035	
Niacin.....mg	0.085		0	RPI	6		0.162	0.027	
Pantothenic acid.....mg	0.298		0	RPI	6		0.573	0.096	
Vitamin B-6.....mg	0.025		0	RPI	6		0.048	0.008	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.09		0	RPI	6		0.18	0.03	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		1	0	
Retinol.....mcg	0		0	RPI	6		1	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	1		0	RPI	6		2	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	1		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.01	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RPI	6		0.1	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.139		0	RPI	6		0.266	0.044	
4:0.....g	0.002		0	RPI	6		0.003	0.001	
6:0.....g	0.000		0	RPI	6		0.001	0.000	
8:0.....g	0.000		0	RPI	6		0.001	0.000	
10:0.....g	0.001		0	RPI	6		0.001	0.000	

NDB No. 14390

Cocoa mix, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.001	0.000	
13:0.....g									
14:0.....g	0.003		0	RPI	6		0.007	0.001	
15:0.....g									
16:0.....g	0.064		0	RPI	6		0.122	0.020	
17:0.....g									
18:0.....g	0.065		0	RPI	6		0.124	0.021	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.076		0	RPI	6		0.147	0.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.074		0	RPI	6		0.143	0.024	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0	RPI	6		0.013	0.002	
18:2 undifferentiated.....g	0.006		0	RPI	6		0.012	0.002	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		3	0	
Theobromine.....mg	51		0	RPI	6		99	16	

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

Common Measures:

Measure 1 = 192g: 1 serving 6 fl oz

Measure 2 = 32.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43343

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		0		4		0.20		
Energy.....kcal	257		0	LC	8		16		
Energy.....kj	1075		0	LC	8		69		
Protein.....g	9.00		0		4		0.58		
Total lipid (fat).....g	13.21		0	NR	4		0.85		
Ash.....g	3.29		0	FLC	4		0.21		
Carbohydrate, by difference.....g	71.40		0	LC	8		4.57		
Fiber, total dietary.....g	4.8		0	FLC	4		0.3		
Sugars, total.....g	34.98		0	FLC	4		2.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0	FLC	4		4		
Iron, Fe.....mg	3.06		0	FLC	4		0.20		
Magnesium, Mg.....mg	122		0	FLC	4		8		
Phosphorus, P.....mg	451		0		4		29		
Potassium, K.....mg	1856		0		4		119		
Sodium, Na.....mg	500		1	LC	8		32		
Zinc, Zn.....mg	1.01		0	FLC	4		0.06		
Copper, Cu.....mg	0.560		0	FLC	4		0.036		
Manganese, Mn.....mg	0.807		0	FLC	4		0.052		
Selenium, Se.....mcg	4.0		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.021		0	FLC	4		0.001		
Riboflavin.....mg	0.109		0	FLC	4		0.007		
Niacin.....mg	4.655		0	FLC	4		0.298		
Pantothenic acid.....mg	0.063		0	FLC	4		0.004		
Vitamin B-6.....mg	0.030		0	FLC	4		0.002		
Folate, total.....mcg	5		0	FLC	4		0		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5		0	FLC	4		0		
Folate, DFE.....mcg_DFE	5		0	NC	4		0		
Choline, total.....mg	16.8		0	O	4		1.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	2		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	4		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	6		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	FLC	4		0.01		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	FLC	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	11.376		0	NC	4		0.728		
4:0.....g	0.002		0		4		0.000		
6:0.....g	0.077		0		4		0.005		
8:0.....g	0.954		0		4		0.061		
10:0.....g	0.764		0		4		0.049		

NDB No. 43343

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	5.672		0		4		0.363		
13:0.....g									
14:0.....g	2.140		0		4		0.137		
15:0.....g									
16:0.....g	1.233		0		4		0.079		
17:0.....g									
18:0.....g	0.535		0		4		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.954		0	NC	4		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.952		0		4		0.061		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0	NC	4		0.022		
18:2 undifferentiated.....g	0.338		0		4		0.022		
18:3 undifferentiated.....g	0.011		0		4		0.001		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	476		0	FLC	4		30		
Theobromine.....mg	390		0	FLC	4		25		

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

Common Measures:

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14204

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		0	BFZN	4		0.20		
Energy.....kcal	257		0	BFZN	4		16		
Energy.....kj	1075		0	BFZN	4		69		
Protein (N x 6.25).....g	9.00		0	BFZN	4		0.58		
Total lipid (fat).....g	13.21		0	BFZN	4		0.85		
Ash.....g	3.29		0	BFZN	4		0.21		
Carbohydrate, by difference.....g	71.40		0	BFZN	4		4.57		
Fiber, total dietary.....g	4.8		0	BFZN	4		0.3		
Sugars, total.....g	34.98		0	BFZN	4		2.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0	BFZN	4		4		
Iron, Fe.....mg	3.06		0	BFZN	4		0.20		
Magnesium, Mg.....mg	122		0	BFZN	4		8		
Phosphorus, P.....mg	451		0	BFZN	4		29		
Potassium, K.....mg	1856		0	BFZN	4		119		
Sodium, Na.....mg	500		0	BFZN	4		32		
Zinc, Zn.....mg	1.01		0	BFZN	4		0.06		
Copper, Cu.....mg	0.560		0	BFZN	4		0.036		
Manganese, Mn.....mg	0.807		0	BFZN	4		0.052		
Selenium, Se.....mcg	4.0		0	BFZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.021		0	BFZN	4		0.001		
Riboflavin.....mg	0.109		0	BFZN	4		0.007		
Niacin.....mg	4.655		0	BFZN	4		0.298		
Pantothenic acid.....mg	0.063		0	BFZN	4		0.004		
Vitamin B-6.....mg	0.030		0	BFZN	4		0.002		
Folate, total.....mcg	5		0	BFZN	4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	5		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	5		0	NC	4		0		
Choline, total.....mg	16.8		0	BFZN	4		1.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	2		0	BFZN	4		0		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	4		0	BFZN	4		0		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	6		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	11.376		0	BFZN	4		0.728		
4:0.....g	0.002		0	BFZN	4		0.000		
6:0.....g	0.077		0	BFZN	4		0.005		
8:0.....g	0.954		0	BFZN	4		0.061		
10:0.....g	0.764		0	BFZN	4		0.049		

NDB No. 14204

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	5.672		0	BFZN	4		0.363		
13:0.....g									
14:0.....g	2.140		0	BFZN	4		0.137		
15:0.....g									
16:0.....g	1.233		0	BFZN	4		0.079		
17:0.....g									
18:0.....g	0.535		0	BFZN	4		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.954		0	BFZN	4		0.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.952		0	BFZN	4		0.061		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0	BFZN	4		0.022		
18:2 undifferentiated.....g	0.338		0	BFZN	4		0.022		
18:3 undifferentiated.....g	0.011		0	BFZN	4		0.001		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	25		0	FLC	4		2		
Theobromine.....mg	324		0	FLC	4		21		

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

Common Measures:

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14236

Coffee substitute, cereal grain beverage, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.99	1.713	26	JO	11		0.24		
Energy.....kcal	360		0	NC	4		11		
Energy.....kj	1508		0	NC	4		45		
Protein (N x 6.25).....g	6.01	0.335	26	JO	11		0.18		
Total lipid (fat).....g	2.52	0.595	26	JO	11		0.08		
Ash.....g	5.06	0.894	26	JO	11		0.15		
Carbohydrate, by difference.....g	78.42		0	NC	4		2.35		
Fiber, total dietary.....g	23.3		0	FLA	4		0.7		
Sugars, total.....g	4.63		0	FLA	4		0.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	58		1		1		2		
Iron, Fe.....mg	4.60	1.615	11	JO	11		0.14		
Magnesium, Mg.....mg	244	107.000	11	JO	11		7		
Phosphorus, P.....mg	580	144.100	11	JO	11		17		
Potassium, K.....mg	2443	860.000	11	JO	11		73		
Sodium, Na.....mg	83	19.500	11	JO	11		2		
Zinc, Zn.....mg	0.51		3		1		0.02		
Copper, Cu.....mg	0.208		3		1		0.006		
Manganese, Mn.....mg	1.100		1		1		0.033		
Selenium, Se.....mcg	64.1		0	FLA	4		1.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.413		0	FLA	4		0.012		
Riboflavin.....mg	0.095		1		1		0.003		
Niacin.....mg	17.664	2.046	16	JO	11		0.530		
Pantothenic acid.....mg	1.410		0	FLA	4		0.042		
Vitamin B-6.....mg	0.747		0	FLA	4		0.022		
Folate, total.....mcg	52		0	FLA	4		2		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	52		0	FLA	4		2		
Folate, DFE.....mcg_DFE	52		0	NC	4		2		
Choline, total.....mg	13.4		0	FLA	4		0.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	5		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	8		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	194		0	FLA	4		6		
Vitamin E (alpha-tocopherol).....mg	0.98		0	FLA	4		0.03		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.603		0	FLA	4		0.018		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.011		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 14236

Coffee substitute, cereal grain beverage, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0	FLA	4		0.000		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.006		0	FLA	4		0.000		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.522		0	FLA	4		0.016		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.033		0	FLA	4		0.001		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	0.356		0	FLA	4		0.011		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.012		0	FLA	4		0.000		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.341		0	FLA	4		0.010		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0	FLA	4		0.037		
18:2 undifferentiated.....g	1.134		0	FLA	4		0.034		
18:3 undifferentiated.....g	0.083		0	FLA	4		0.003		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.003		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 3.0g: 1 tsp (1 serving)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14421

Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.332		0		1		0.614		
15:0.....g									
16:0.....g	0.875		0		1		1.619		
17:0.....g									
18:0.....g	0.400		0		1		0.740		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.958		0		1		1.772		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		1		0.137		
17:1.....g									
18:1 undifferentiated.....g	0.834		0		1		1.543		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.172		
18:3 undifferentiated.....g	0.051		0		1		0.094		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.085		
Threonine.....g	0.150		0		1		0.278		
Isoleucine.....g	0.199		0		1		0.368		
Leucine.....g	0.323		0		1		0.598		
Lysine.....g	0.260		0		1		0.481		
Methionine.....g	0.083		0		1		0.154		
Cystine.....g	0.031		0		1		0.057		
Phenylalanine.....g	0.160		0		1		0.296		
Tyrosine.....g	0.159		0		1		0.294		
Valine.....g	0.221		0		1		0.409		
Arginine.....g	0.121		0		1		0.224		
Histidine.....g	0.089		0		1		0.165		
Alanine.....g	0.115		0		1		0.213		
Aspartic acid.....g	0.251		0		1		0.464		
Glutamic acid.....g	0.695		0		1		1.286		
Glycine.....g	0.072		0		1		0.133		
Proline.....g	0.322		0		1		0.596		
Serine.....g	0.180		0		1		0.333		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0		1		0		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 185g: 6 fl oz

NDB No. 14421

Coffee substitute, cereal grain beverage, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.37		0	RPI	6		177.07	29.61	
Energy.....kcal	6		0	RPI	6		11	2	
Energy.....kj	25		0	RPI	6		45	8	
Protein.....g	0.10		0	RPI	6		0.18	0.03	
Total lipid (fat).....g	0.04		0	RPI	6		0.08	0.01	
Ash.....g	0.18		0	RPI	6		0.33	0.05	
Carbohydrate, by difference.....g	1.30		0	RPI	6		2.35	0.39	
Fiber, total dietary.....g	0.4		0	RPI	6		0.7	0.1	
Sugars, total.....g	0.08		0	RPI	6		0.14	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		7	1	
Iron, Fe.....mg	0.08		0	RPI	6		0.14	0.02	
Magnesium, Mg.....mg	5		0	RPI	6		9	2	
Phosphorus, P.....mg	10		0	RPI	6		17	3	
Potassium, K.....mg	41		0	RPI	6		74	12	
Sodium, Na.....mg	5		0	RPI	6		9	2	
Zinc, Zn.....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu.....mg	0.013		0	RPA	1		0.024	0.004	
Manganese, Mn.....mg	0.019		0	RPA	1		0.033	0.006	
Selenium, Se.....mcg	1.1		0	RPI	6		1.9	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.007		0	RPI	6		0.012	0.002	
Riboflavin.....mg	0.002		0	RPI	6		0.003	0.000	
Niacin.....mg	0.294		0	RPI	6		0.529	0.088	
Pantothenic acid.....mg	0.023		0	RPI	6		0.042	0.007	
Vitamin B-6.....mg	0.012		0	RPI	6		0.022	0.004	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	0.2		0	RPI	6		0.4	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	3		0	RPI	6		6	1	
Vitamin E (alpha-tocopherol).....mg	0.02		0	RPI	6		0.03	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.010		0	RPI	6		0.018	0.003	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

Coffee substitute, cereal grain beverage, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g	0.000		0	RPI	6		0.000	0.000	
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g	0.000		0	RPI	6		0.000	0.000	
16:0.....g	0.009		0	RPI	6		0.016	0.003	
17:0.....g	0.000		0	RPI	6		0.000	0.000	
18:0.....g	0.001		0	RPI	6		0.001	0.000	
20:0.....g	0.000		0	RPI	6		0.000	0.000	
22:0.....g	0.000		0	RPI	6		0.000	0.000	
24:0.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.006		0	RPI	6		0.011	0.002	
14:1.....g	0.000		0	RPI	6		0.000	0.000	
15:1.....g	0.000		0	RPI	6		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g	0.000		0	RPI	6		0.000	0.000	
18:1 undifferentiated.....g	0.006		0	RPI	6		0.010	0.002	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	RPI	6		0.037	0.006	
18:2 undifferentiated.....g	0.019		0	RPI	6		0.034	0.006	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	RPI	6		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 180g: 1 serving 6 fl oz

Measure 2 = 30.1g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14624

Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.20		1	MC	9		0.04		
Energy.....kcal	358		1	MC	9		7		
Energy.....kj									
Protein (N x 6.25).....g	4.50		1	MC	9		0.09		
Total lipid (fat).....g	0.30		1	MC	9		0.01		
Ash.....g	8.70		1	MC	9		0.17		
Carbohydrate, by difference.....g	84.30		1	MC	9		1.69		
Fiber, total dietary.....g	0.0		1	MC	9		0.0		
Sugars, total.....g	3.50		1	MC	9		0.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		1	MC	9		1		
Iron, Fe.....mg	3.87		1	MC	9		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	999		1	MC	9		20		
Sodium, Na.....mg	126		1	MC	9		3		
Zinc, Zn.....mg	0.50		1	MC	9		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

NDB No. 14624

Coffee substitute, roasted grain beverage, NATURAL TOUCH KAFFREE ROMA, powder

Measure 1 = 2.0g: 1 tsp rounded (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Coffee, brewed from grounds, prepared with tap water (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.39	0.019	10	A	1		235.56	29.42	176.92
Energy.....kcal	1		0	NC	4		1	0	1
Energy.....kj	2		0	NC	4		6	1	4
Protein (N x 6.25).....g	0.12	0.000	10	A	1		0.29	0.04	0.22
Total lipid (fat).....g	0.02	0.003	6	A	1		0.04	0.00	0.03
Ash.....g	0.35	0.025	10	A	1		0.82	0.10	0.62
Carbohydrate, by difference.....g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.023	11	A	1		4	1	3
Iron, Fe.....mg	0.01	0.000	11	A	1		0.02	0.00	0.01
Magnesium, Mg.....mg	3	0.039	11	A	1		7	1	5
Phosphorus, P.....mg	3	0.035	11	A	1		7	1	5
Potassium, K.....mg	49	0.667	11	A	1		115	14	87
Sodium, Na.....mg	2	0.131	11	A	1		4	0	3
Zinc, Zn.....mg	0.02	0.001	11	A	1		0.05	0.01	0.04
Copper, Cu.....mg	0.002		3	A	1		0.004	0.000	0.003
Manganese, Mn.....mg	0.023	0.001	11	A	1		0.054	0.007	0.040
Selenium, Se.....mcg	0.0	0.003	9	A	1		0.1	0.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.014		3	A	1		0.033	0.004	0.025
Riboflavin.....mg	0.076	0.004	6	A	1		0.179	0.022	0.135
Niacin.....mg	0.191	0.000	6	A	1		0.453	0.057	0.340
Pantothenic acid.....mg	0.254	0.026	6	A	1		0.603	0.075	0.453
Vitamin B-6.....mg	0.001	0.000	6	A	1		0.003	0.000	0.002
Folate, total.....mcg	2	0.082	6	A	1		5	1	4
Folic acid.....mcg	0		2	A	1		0	0	0
Folate, food.....mcg	2	0.082	6	A	1		5	1	4
Folate, DFE.....mcg_DFE	2		0	NC	4		5	1	4
Choline, total.....mg	2.6		0	AS	1		6.2	0.8	4.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		2	A	1		0.02	0.00	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.01		2	A	1		0.02	0.00	0.01
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.066	9	JA	6		0.2	0.0	0.1

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	NC	4		0.004	0.000	0.003
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:0.....g	0.002	0.000	6	A	1		0.004	0.000	0.003
17:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.034	0.004	0.026
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.000		3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000	0.000	5	JO	11		0.000	0.000	0.000
18:1 c.....g	0.015		1	A	1		0.034	0.004	0.026
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	NC	4		0.003	0.000	0.002
18:2 undifferentiated.....g	0.001	0.000	6	A	1		0.003	0.000	0.002
18:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.001		0		1		0.002	0.000	0.002
Isoleucine.....g	0.002		0		1		0.005	0.001	0.004
Leucine.....g	0.005		0		1		0.012	0.001	0.009
Lysine.....g	0.001		0		1		0.002	0.000	0.002
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.002		0		1		0.005	0.001	0.004
Phenylalanine.....g	0.003		0		1		0.007	0.001	0.005
Tyrosine.....g	0.002		0		1		0.005	0.001	0.004

NDB No. 14209

Coffee, brewed from grounds, prepared with tap water (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Valine.....g	0.003		0		1		0.007	0.001	0.005
Arginine.....g	0.001		0		1		0.002	0.000	0.002
Histidine.....g	0.002		0		1		0.005	0.001	0.004
Alanine.....g	0.003		0		1		0.007	0.001	0.005
Aspartic acid.....g	0.005		0		1		0.012	0.001	0.009
Glutamic acid.....g	0.020		0		1		0.047	0.006	0.036
Glycine.....g	0.004		0		1		0.009	0.001	0.007
Proline.....g	0.004		0		1		0.009	0.001	0.007
Serine.....g	0.001		0		1		0.002	0.000	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	40	0.476	8	A	1		95	12	71
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

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

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Footnotes:

1 Includes fast food and home brewed coffee.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

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NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.30		0	BFZN	4		235.34	29.39	176.75
Energy.....kcal	0		0	NC	4		1	0	1
Energy.....kj	1		0	NC	4		3	0	3
Protein (N x 6.25).....g	0.10		0	BFZN	4		0.24	0.03	0.18
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash.....g	0.10		0	BFZN	4		0.24	0.03	0.18
Carbohydrate, by difference.....g	0.00		0	NR	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	NC	4		0.00	0.00	0.00
Sucrose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fructose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	BFZN	4		5	1	4
Iron, Fe.....mg	0.05		0	BFZN	4		0.12	0.01	0.09
Magnesium, Mg.....mg	5		0	BFZN	4		12	1	9
Phosphorus, P.....mg	1		0	BFZN	4		2	0	2
Potassium, K.....mg	54		0	BFZN	4		128	16	96
Sodium, Na.....mg	2		0	BFZN	4		5	1	4
Zinc, Zn.....mg	0.02		0	BFZN	4		0.05	0.01	0.04
Copper, Cu.....mg	0.007		0	BFZN	4		0.017	0.002	0.012
Manganese, Mn.....mg	0.027		0	BFZN	4		0.064	0.008	0.048
Selenium, Se.....mcg	0.1		0	BFZN	4		0.2	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.222		0	BFZN	4		0.526	0.066	0.395
Pantothenic acid.....mg	0.001		0	BFZN	4		0.002	0.000	0.002
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	1.0		0	BFZN	4		2.4	0.3	1.8
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	NC	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.01		0	BFZN	4		0.02	0.00	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	O	4		0.2	0.0	0.2

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.002		0	BFZN	4		0.005	0.001	0.004
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:0.....g	0.001		0	BFZN	4		0.002	0.000	0.002
17:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 c.....g	0.015		0	BFZN	4		0.034	0.004	0.026
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	BFZN	4		0.005	0.001	0.004
18:2 undifferentiated.....g	0.002		0	BFZN	4		0.005	0.001	0.004
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-3 c,c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Isoleucine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Leucine.....g	0.005		0	BFZN	4		0.012	0.001	0.009
Lysine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Phenylalanine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Tyrosine.....g	0.002		0	BFZN	4		0.005	0.001	0.004

NDB No. 14201

Coffee, brewed from grounds, prepared with tap water, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Valine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Arginine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Histidine.....g	0.002		0	BFZN	4		0.005	0.001	0.004
Alanine.....g	0.003		0	BFZN	4		0.007	0.001	0.005
Aspartic acid.....g	0.005		0	BFZN	4		0.012	0.001	0.009
Glutamic acid.....g	0.020		0	BFZN	4		0.047	0.006	0.036
Glycine.....g	0.004		0	BFZN	4		0.009	0.001	0.007
Proline.....g	0.004		0	BFZN	4		0.009	0.001	0.007
Serine.....g	0.001		0	BFZN	4		0.002	0.000	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		2	0	2
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

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

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14210

Coffee, brewed, espresso, restaurant-prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	97.80		2	A	1		29.34		
Energy.....kcal	2		0	NC	4		1		
Energy.....kj	8		0	NC	4		2		
Protein (N x 6.25).....g	0.12		0	BFZN	4		0.04		
Total lipid (fat).....g	0.18		2	A	1		0.05		
Ash.....g	0.23		2	A	1		0.07		
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		2	A	1		1		
Iron, Fe.....mg	0.13		2	A	1		0.04		
Magnesium, Mg.....mg	80		2	A	1		24		
Phosphorus, P.....mg	7		2	A	1		2		
Potassium, K.....mg	115		2	A	1		35		
Sodium, Na.....mg	14		2	A	1		4		
Zinc, Zn.....mg	0.05		2	A	1		0.02		
Copper, Cu.....mg	0.050		2	A	1		0.015		
Manganese, Mn.....mg	0.050		2	A	1		0.015		
Selenium, Se.....mcg	0.0		0	BFPN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		2	A	1		0.1		
Thiamin.....mg	0.001		2	A	1		0.000		
Riboflavin.....mg	0.177		2	A	1		0.053		
Niacin.....mg	5.207		2	A	1		1.562		
Pantothenic acid.....mg	0.028		2	A	1		0.008		
Vitamin B-6.....mg	0.002		2	A	1		0.001		
Folate, total.....mcg	1		2	A	1		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	1		2	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Choline, total.....mg	2.6		0	BFZN	4		0.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	0		0	BFZN	4		0		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	BFZN	4		0		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFZN	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, gamma.....mg	0.01		0	BFZN	4		0.00		
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.092		0	BFFN	4		0.028		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g	0.000		0	BFZN	4		0.000		
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g	0.000		0	BFZN	4		0.000		
16:0.....g	0.046		0	BFFN	4		0.014		
17:0.....g	0.000		0	BFZN	4		0.000		
18:0.....g	0.000		0	BFFN	4		0.000		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4		0.000		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:1 c.....g	0.015		0	BFZN	4		0.004		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFFN	4		0.028		
18:2 undifferentiated.....g	0.092		0	BFFN	4		0.028		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:3 n-3 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	212		2	A	1		64		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 30g: 1 fluid ounce

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

NDB No. 14210

Coffee, brewed, espresso, restaurant-prepared

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14202

Coffee, brewed, espresso, restaurant-prepared, decaffeinated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	97.80		0	BFZN	4		29.34		
Energy.....kcal	0		0	BFZN	4		0		
Energy.....kj	1		0	BFZN	4		0		
Protein.....g	0.10		0	BFZN	4		0.03		
Total lipid (fat).....g	0.18		0	BFZN	4		0.05		
Ash.....g	0.23		0	BFZN	4		0.07		
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	BFZN	4		1		
Iron, Fe.....mg	0.13		0	BFZN	4		0.04		
Magnesium, Mg.....mg	80		0	BFZN	4		24		
Phosphorus, P.....mg	7		0	BFZN	4		2		
Potassium, K.....mg	115		0	BFZN	4		35		
Sodium, Na.....mg	14		0	BFZN	4		4		
Zinc, Zn.....mg	0.05		0	BFZN	4		0.02		
Copper, Cu.....mg	0.050		0	BFZN	4		0.015		
Manganese, Mn.....mg	0.050		0	BFZN	4		0.015		
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	BFZN	4		0.1		
Thiamin.....mg	0.001		0	BFZN	4		0.000		
Riboflavin.....mg	0.177		0	BFZN	4		0.053		
Niacin.....mg	5.207		0	BFZN	4		1.562		
Pantothenic acid.....mg	0.028		0	BFZN	4		0.008		
Vitamin B-6.....mg	0.002		0	BFZN	4		0.001		
Folate, total.....mcg	1		0	BFZN	4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	1		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Choline, total.....mg	1.0		0	BFZN	4		0.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	0		0	BFZN	4		0		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	BFZN	4		0		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.092		0	BFZN	4		0.028		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g	0.000		0	BFZN	4		0.000		
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g	0.000		0	BFZN	4		0.000		
16:0.....g	0.046		0	BFZN	4		0.014		
17:0.....g	0.000		0	BFZN	4		0.000		
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g	0.000		0	BFZN	4		0.000		
22:0.....g	0.000		0	BFZN	4		0.000		
24:0.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g	0.000		0	BFZN	4		0.000		
15:1.....g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:1 c.....g	0.015		0	BFZN	4		0.004		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		0	BFZN	4		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFZN	4		0.028		
18:2 undifferentiated.....g	0.092		0	BFZN	4		0.028		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 n-3 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3 n-6 c,c,c.....g	0.000		0	BFZN	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFZN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	1		0	BFZN	4		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 30g: 1 fluid ounce

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14202

Coffee, brewed, espresso, restaurant-prepared, decaffeinated

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43401

Coffee, dry, powder, with whitener, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.16		0	FLA	4		0.10		
Energy.....kcal	509		0	NC	4		9		
Energy.....kj	2132		0	NC	4		36		
Protein (N x 6.25).....g	1.96		0	FLA	4		0.03		
Total lipid (fat).....g	29.10		0		4		0.49		
Ash.....g	2.84		0	FLA	4		0.05		
Carbohydrate, by difference.....g	59.94		0	NC	4		1.02		
Fiber, total dietary.....g	0.5		0	FLA	4		0.0		
Sugars, total.....g	59.00		0	NR	4		1.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0	FLA	4		0		
Iron, Fe.....mg	0.06		0	FLA	4		0.00		
Magnesium, Mg.....mg	2		0	FLA	4		0		
Phosphorus, P.....mg	135		0	FLA	4		2		
Potassium, K.....mg	909		0	FLA	4		15		
Sodium, Na.....mg	819		0	FLA	4		14		
Zinc, Zn.....mg	0.02		0	FLA	4		0.00		
Copper, Cu.....mg	0.011		0	FLA	4		0.000		
Manganese, Mn.....mg	0.011		0	FLA	4		0.000		
Selenium, Se.....mcg	0.9		0	FLA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.000		0	FLA	4		0.000		
Riboflavin.....mg	0.000		0	FLA	4		0.000		
Niacin.....mg	0.188		0	FLA	4		0.003		
Pantothenic acid.....mg	0.001		0	FLA	4		0.000		
Vitamin B-6.....mg	0.000		0	FLA	4		0.000		
Folate, total.....mcg	1		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	1		0	FLA	4		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Choline, total.....mg	0.7		0	FLA	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	9		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	14		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.26		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.8		0	FLA	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	25.128		0	FLA	4		0.427		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 43401

Coffee, dry, powder, with whitener, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	7.368		0	FLA	4		0.125		
17:0.....g									
18:0.....g	17.761		0	FLA	4		0.302		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.705		0	FLA	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.705		0	FLA	4		0.029		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.576		0	FLA	4		0.010		
18:2 undifferentiated.....g	0.576		0	FLA	4		0.010		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	21		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 1.7g: 1 tsp dry

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14218

Coffee, instant, decaffeinated, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.20		6		1		0.06		
Energy.....kcal	224		0	NC	4		4		
Energy.....kj	937		0		4		17		
Protein (N x 6.25).....g	11.60		10		1		0.21		
Total lipid (fat).....g	0.20		4		1		0.00		
Ash.....g	9.00		6		1		0.16		
Carbohydrate, by difference.....g	42.60		5	NC	4		0.77		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	FLA	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	140		27		1		3		
Iron, Fe.....mg	3.80		14		1		0.07		
Magnesium, Mg.....mg	311		23		1		6		
Phosphorus, P.....mg	286		26		1		5		
Potassium, K.....mg	3501		29		1		63		
Sodium, Na.....mg	23		29		1		0		
Zinc, Zn.....mg	0.11	0.139	4		1		0.00		
Copper, Cu.....mg	0.069	0.037	8		1		0.001		
Manganese, Mn.....mg	1.222	0.299	8		1		0.022		
Selenium, Se.....mcg	17.3		0	FLA	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.000		0	FLA	4		0.000		
Riboflavin.....mg	1.360		2		1		0.024		
Niacin.....mg	28.075		6		1		0.505		
Pantothenic acid.....mg	0.097		0	FLA	4		0.002		
Vitamin B-6.....mg	0.000		0	FLA	4		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	101.9		0	AS	1		1.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.101		0		1		0.002		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.075		0		1		0.001		
17:0.....g									
18:0.....g	0.018		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0		1		0.002		
18:2 undifferentiated.....g	0.093		0		1		0.002		
18:3 undifferentiated.....g	0.008		0		1		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.001		
Threonine.....g	0.136		0		1		0.002		
Isoleucine.....g	0.164		0		1		0.003		
Leucine.....g	0.456		0		1		0.008		
Lysine.....g	0.092		0		1		0.002		
Methionine.....g	0.022		0		1		0.000		
Cystine.....g	0.193		0		1		0.003		
Phenylalanine.....g	0.250		0		1		0.005		
Tyrosine.....g	0.158		0		1		0.003		
Valine.....g	0.263		0		1		0.005		
Arginine.....g	0.050		0		1		0.001		
Histidine.....g	0.158		0		1		0.003		
Alanine.....g	0.320		0		1		0.006		
Aspartic acid.....g	0.456		0		1		0.008		
Glutamic acid.....g	1.937		0		1		0.035		
Glycine.....g	0.421		0		1		0.008		
Proline.....g	0.335		0		1		0.006		
Serine.....g	0.121		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	122		10		1		2		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

NDB No. 14218

Coffee, instant, decaffeinated, powder

Measure 1 = 1.8g: 1 tsp rounded

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.93		0	RPI	6		177.08	29.58	
Energy.....kcal	2		0	RPI	6		4	1	
Energy.....kj	9		0	RPI	6		16	3	
Protein (N x 0).....g	0.12		0	RPI	6		0.21	0.03	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.19		0	RPI	6		0.34	0.06	
Carbohydrate, by difference.....g	0.43		0	RPI	6		0.77	0.13	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		8	1	
Iron, Fe.....mg	0.04		0	RPA	1		0.07	0.01	
Magnesium, Mg.....mg	4		0	RPA	1		7	1	
Phosphorus, P.....mg	3		0	RPA	1		5	1	
Potassium, K.....mg	36		0	RPA	1		64	11	
Sodium, Na.....mg	4		0	RPA	1		7	1	
Zinc, Zn.....mg	0.01		0	RPA	1		0.01	0.00	
Copper, Cu.....mg	0.010		0	RPA	1		0.019	0.003	
Manganese, Mn.....mg	0.012		0	RPA	1		0.022	0.004	
Selenium, Se.....mcg	0.2		0	RPI	6		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.014		0	RPI	6		0.024	0.004	
Niacin.....mg	0.282		0	RPI	6		0.505	0.084	
Pantothenic acid.....mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.002	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.001	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.002	0.000	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.002	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	1		0	RPI	6		2	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 179g: 1 serving 6 fl oz

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14214
Coffee, instant, regular, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		11		1		0.03	0.06	
Energy.....kcal	241		0	NC	4		2	5	
Energy.....kj	1008		0		4		10	20	
Protein (N x 6.25).....g	12.20		10		1		0.12	0.24	
Total lipid (fat).....g	0.50		8		1		0.01	0.01	
Ash.....g	8.80		10		1		0.09	0.18	
Carbohydrate, by difference.....g	41.10		5	NC	4		0.41	0.82	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		28		1		1	3	
Iron, Fe.....mg	4.41		18		1		0.04	0.09	
Magnesium, Mg.....mg	327		23		1		3	7	
Phosphorus, P.....mg	303		28		1		3	6	
Potassium, K.....mg	3535		32		1		35	71	
Sodium, Na.....mg	37		32		1		0	1	
Zinc, Zn.....mg	0.35		12		1		0.00	0.01	
Copper, Cu.....mg	0.139		12		1		0.001	0.003	
Manganese, Mn.....mg	1.712	0.244	24		1		0.017	0.034	
Selenium, Se.....mcg	12.6	0.398	10	A	1		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.008	0.005	3		1		0.000	0.000	
Riboflavin.....mg	0.074	0.012	3		1		0.001	0.001	
Niacin.....mg	28.173		10		1		0.282	0.563	
Pantothenic acid.....mg	0.097	0.031	3		1		0.001	0.002	
Vitamin B-6.....mg	0.029	0.002	3		1		0.000	0.001	
Folate, total.....mcg	0		0		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	101.9		0	BFZN	4		1.0	2.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFZN	4		0	0	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.197		0		1		0.002	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14214
Coffee, instant, regular, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.146		0		1		0.001	0.003	
17:0.....g									
18:0.....g	0.035		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0		1		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.000	0.001	
20:1.....g	0.001		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.002	0.004	
18:2 undifferentiated.....g	0.180		0		1		0.002	0.004	
18:3 undifferentiated.....g	0.015		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.000	0.001	
Threonine.....g	0.142		0		1		0.001	0.003	
Isoleucine.....g	0.172		0		1		0.002	0.003	
Leucine.....g	0.478		0		1		0.005	0.010	
Lysine.....g	0.096		0		1		0.001	0.002	
Methionine.....g	0.023		0		1		0.000	0.000	
Cystine.....g	0.202		0		1		0.002	0.004	
Phenylalanine.....g	0.262		0		1		0.003	0.005	
Tyrosine.....g	0.165		0		1		0.002	0.003	
Valine.....g	0.276		0		1		0.003	0.006	
Arginine.....g	0.053		0		1		0.001	0.001	
Histidine.....g	0.165		0		1		0.002	0.003	
Alanine.....g	0.335		0		1		0.003	0.007	
Aspartic acid.....g	0.478		0		1		0.005	0.010	
Glutamic acid.....g	2.030		0		1		0.020	0.041	
Glycine.....g	0.441		0		1		0.004	0.009	
Proline.....g	0.351		0		1		0.004	0.007	
Serine.....g	0.126		0		1		0.001	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	3142		15		1		31	63	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 14214

Coffee, instant, regular, powder

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14203

Coffee, instant, regular, powder, half the caffeine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		0	BFZN	4		0.03	0.06	
Energy.....kcal	350		0	FLC	4		4	7	
Energy.....kj	1464		0		4		15	29	
Protein (N x 6.25).....g	14.42		0	FLC	4		0.14	0.29	
Total lipid (fat).....g	0.50		0	BFZN	4		0.01	0.01	
Ash.....g	8.80		0	BFZN	4		0.09	0.18	
Carbohydrate, by difference.....g	70.60		0	FLC	4		0.71	1.41	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		0	BFZN	4		1	3	
Iron, Fe.....mg	4.41		0	BFZN	4		0.04	0.09	
Magnesium, Mg.....mg	327		0	BFZN	4		3	7	
Phosphorus, P.....mg	303		0	BFZN	4		3	6	
Potassium, K.....mg	3535		0	BFZN	4		35	71	
Sodium, Na.....mg	37		0	BFZN	4		0	1	
Zinc, Zn.....mg	0.35		0	BFZN	4		0.00	0.01	
Copper, Cu.....mg	0.139		0	BFZN	4		0.001	0.003	
Manganese, Mn.....mg	1.712		0	BFZN	4		0.017	0.034	
Selenium, Se.....mcg	12.6		0	BFZN	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.008		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.074		0	BFZN	4		0.001	0.001	
Niacin.....mg	28.173		0	BFZN	4		0.282	0.563	
Pantothenic acid.....mg	0.097		0	BFZN	4		0.001	0.002	
Vitamin B-6.....mg	0.029		0	BFZN	4		0.000	0.001	
Folate, total.....mcg	0		0	BFZN	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	101.9		0	O	4		1.0	2.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Carotene, beta.....mcg	0		0	BFZN	4		0	0	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.197		0	BFZN	4		0.002	0.004	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14203

Coffee, instant, regular, powder, half the caffeine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.146		0	BFZN	4		0.001	0.003	
17:0.....g									
18:0.....g	0.035		0	BFZN	4		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0	BFZN	4		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040		0	BFZN	4		0.000	0.001	
20:1.....g	0.001		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0	BFZN	4		0.002	0.004	
18:2 undifferentiated.....g	0.180		0	BFZN	4		0.002	0.004	
18:3 undifferentiated.....g	0.015		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	1571		0	FLC	4		16	31	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 1.0g: 1 tsp

Measure 2 = 2.0g: 1 packet

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14215

Coffee, instant, regular, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.09		0	RPI	6		177.37	29.53	
Energy.....kcal	2		0	RPI	6		3	1	
Energy.....kj	7		0	RPI	6		13	2	
Protein (N x 0).....g	0.10		0	RPI	6		0.18	0.03	
Total lipid (fat).....g	0.00		0	RPI	6		0.01	0.00	
Ash.....g	0.17		0	RPI	6		0.31	0.05	
Carbohydrate, by difference.....g	0.34		0	RPI	6		0.62	0.10	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		8	1	
Iron, Fe.....mg	0.04		0	RPA	1		0.07	0.01	
Magnesium, Mg.....mg	4		0	RPA	1		7	1	
Phosphorus, P.....mg	3		0	RPA	1		5	1	
Potassium, K.....mg	30		0	RPA	1		54	9	
Sodium, Na.....mg	4		0	RPA	1		7	1	
Zinc, Zn.....mg	0.01		0	RPA	1		0.01	0.00	
Copper, Cu.....mg	0.011		0	RPA	1		0.019	0.003	
Manganese, Mn.....mg	0.015		0	RPA	1		0.026	0.004	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.001		0	RPI	6		0.001	0.000	
Niacin.....mg	0.236		0	RPI	6		0.423	0.070	
Pantothenic acid.....mg	0.001		0	RPI	6		0.001	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.002		0	RPI	6		0.003	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14215

Coffee, instant, regular, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.002	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPI	6		0.003	0.000	
18:2 undifferentiated.....g	0.002		0	RPI	6		0.003	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	26		0	RPI	6		47	8	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 179g: 1 serving 6 fl oz

Measure 2 = 29.8g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.052		0		1		0.001		
17:0.....g									
18:0.....g	0.012		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.001		
18:2 undifferentiated.....g	0.065		0		1		0.001		
18:3 undifferentiated.....g	0.005		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.000		
Threonine.....g	0.103		0		1		0.002		
Isoleucine.....g	0.124		0		1		0.002		
Leucine.....g	0.344		0		1		0.006		
Lysine.....g	0.069		0		1		0.001		
Methionine.....g	0.017		0		1		0.000		
Cystine.....g	0.146		0		1		0.003		
Phenylalanine.....g	0.189		0		1		0.003		
Tyrosine.....g	0.119		0		1		0.002		
Valine.....g	0.198		0		1		0.004		
Arginine.....g	0.038		0		1		0.001		
Histidine.....g	0.119		0		1		0.002		
Alanine.....g	0.241		0		1		0.004		
Aspartic acid.....g	0.344		0		1		0.006		
Glutamic acid.....g	1.462		0		1		0.026		
Glycine.....g	0.318		0		1		0.006		
Proline.....g	0.253		0		1		0.005		
Serine.....g	0.091		0		1		0.002		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2063	144.376	3		1		37		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 1.8g: 1 tsp, rounded

NDB No. 14222

Coffee, instant, with chicory, powder

Calories Factors: Protein 3.2

Fat 8.37

Carbohydrate 4.1

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14223

Coffee, instant, with chicory, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.94		0	RPI	6		177.10	29.58	
Energy.....kcal	3		0	RPI	6		6	1	
Energy.....kj	14		0	RPI	6		25	4	
Protein.....g	0.09		0	RPI	6		0.17	0.03	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.17		0	RPI	6		0.31	0.05	
Carbohydrate, by difference.....g	0.75		0	RPI	6		1.33	0.22	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		7	1	
Iron, Fe.....mg	0.05		0	RPA	1		0.09	0.01	
Magnesium, Mg.....mg	3		0	RPA	1		6	1	
Phosphorus, P.....mg	3		0	RPA	1		5	1	
Potassium, K.....mg	35		0	RPA	1		62	10	
Sodium, Na.....mg	7		0	RPA	1		12	2	
Zinc, Zn.....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu.....mg	0.010		0	RPA	1		0.018	0.003	
Manganese, Mn.....mg	0.012		0	RPA	1		0.022	0.004	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.003		0	RPI	6		0.005	0.001	
Niacin.....mg	0.218		0	RPI	6		0.390	0.065	
Pantothenic acid.....mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.001	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.001	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14223

Coffee, instant, with chicory, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.001	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.001	0.000	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	21		0	RPI	6		37	6	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 179g: 1 serving 6 fl oz

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14228

Coffee, instant, with sugar, cappuccino-flavor powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.30		6		1		0.17		
Energy.....kcal	406		0	NC	4		53		
Energy.....kj	1699		0	NC	4		221		
Protein (N x 6.25).....g	3.10		6		1		0.40		
Total lipid (fat).....g	5.56	7.199	5	LC	8		0.72		
Ash.....g	4.10		6		1		0.53		
Carbohydrate, by difference.....g	85.94		0	NC	4		11.17		
Fiber, total dietary.....g	1.2	1.512	8	LC	8		0.2		
Sugars, total.....g	69.16		0	FLC	4		8.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	133	28.795	5	LC	8		17		
Iron, Fe.....mg	0.48		0	FLC	4		0.06		
Magnesium, Mg.....mg	43		0	FLC	4		6		
Phosphorus, P.....mg	183		6		1		24		
Potassium, K.....mg	831		6		1		108		
Sodium, Na.....mg	180	178.939	5	LC	8		23		
Zinc, Zn.....mg	0.25		1		1		0.03		
Copper, Cu.....mg	0.110		1		1		0.014		
Manganese, Mn.....mg	0.200		1		1		0.026		
Selenium, Se.....mcg	4.2		0	FLC	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLC	4		0.1		
Thiamin.....mg	0.111		1		1		0.014		
Riboflavin.....mg	0.037		1		1		0.005		
Niacin.....mg	2.262		6		1		0.294		
Pantothenic acid.....mg	0.073		1		1		0.009		
Vitamin B-6.....mg	0.036		0	FLC	4		0.005		
Folate, total.....mcg	5		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5		0	FLC	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Choline, total.....mg	68.0		0	O	4		8.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.38		0	FLC	4		0.05		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLC	4		0.05		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	FLC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	3.422	7.404	5	LC	8		0.445		
4:0.....g	0.006		0	FLC	4		0.001		
6:0.....g	0.011		0	FLC	4		0.001		
8:0.....g	0.125		0	FLC	4		0.016		
10:0.....g	0.093		0	FLC	4		0.012		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.722		0	FLC	4		0.094		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.289		0	FLC	4		0.038		
15:0.....g	0.003		0	FLC	4		0.000		
16:0.....g	1.008		0	FLC	4		0.131		
17:0.....g	0.009		0	FLC	4		0.001		
18:0.....g	1.097		0	FLC	4		0.143		
20:0.....g	0.028		0	FLC	4		0.004		
22:0.....g	0.026		0	FLC	4		0.003		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.604		0	FLC	4		0.209		
14:1.....g									
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.004		0	FLC	4		0.000		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	1.599		0	FLC	4		0.208		
20:1.....g	0.001		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.241		0	FLC	4		0.031		
18:2 undifferentiated.....g	0.234		0	FLC	4		0.030		
18:3 undifferentiated.....g	0.007		0	FLC	4		0.001		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	302		0	FLC	4		39		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 13.0g: 4 teaspoon (1 serving)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14229

Coffee, instant, with sugar, french-flavor, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.40	0.041	5		1		0.31		
Energy.....kcal	484		0	NC	4		63		
Energy.....kj	2027		0	NC	4		263		
Protein (N x 6.25).....g	4.50		5		1		0.59		
Total lipid (fat).....g	22.63		2	LC	8		2.94		
Ash.....g	4.80	0.097	5		1		0.62		
Carbohydrate, by difference.....g	65.67		0	NC	4		8.54		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	41.74		2	LC	8		5.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36	2.449	5		1		5		
Iron, Fe.....mg	0.36		0	FLA	4		0.05		
Magnesium, Mg.....mg	26		0	FLA	4		3		
Phosphorus, P.....mg	354	9.273	5		1		46		
Potassium, K.....mg	1184	61.693	5		1		154		
Sodium, Na.....mg	557		2	LC	8		72		
Zinc, Zn.....mg	0.04		0	FLA	4		0.00		
Copper, Cu.....mg	0.022		0	FLA	4		0.003		
Manganese, Mn.....mg	0.171		0	FLA	4		0.022		
Selenium, Se.....mcg	1.4		0	FLA	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.001		0	FLA	4		0.000		
Riboflavin.....mg	0.020		0	FLA	4		0.003		
Niacin.....mg	5.859	0.197	7		1		0.762		
Pantothenic acid.....mg	0.012		0	FLA	4		0.002		
Vitamin B-6.....mg	0.002		0	FLA	4		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	10.0		0	FLA	4		1.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	1.65		0	FLA	4		0.22		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.1		0	FLA	4		0.8		
Lipids:									
Fatty acids, total saturated.....g	4.997		2	LC	8		0.650		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 14229

Coffee, instant, with sugar, french-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.021		0	FLA	4		0.003		
15:0.....g	0.007		0	FLA	4		0.001		
16:0.....g	2.290		0	FLA	4		0.298		
17:0.....g	0.024		0	FLA	4		0.003		
18:0.....g	2.511		0	FLA	4		0.326		
20:0.....g	0.070		0	FLA	4		0.009		
22:0.....g	0.072		0	FLA	4		0.009		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.001		0	FLA	4		1.820		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	13.970		0	FLA	4		1.816		
20:1.....g	0.009		0	FLA	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.419		0	FLA	4		0.315		
18:2 undifferentiated.....g	2.225		0	FLA	4		0.289		
18:3 undifferentiated.....g	0.082		0	FLA	4		0.011		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	246		0	FLA	4		32		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 13.0g: 4 teaspoon (1 serving)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14224

Coffee, instant, with sugar, mocha-flavor, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.70		12		1		0.22		
Energy.....kcal	460		0	NC	4		60		
Energy.....kj	1925		0	NC	4		250		
Protein (N x 6.25).....g	5.29		1	LC	8		0.69		
Total lipid (fat).....g	15.87		1	LC	8		2.06		
Ash.....g	3.10		12		1		0.40		
Carbohydrate, by difference.....g	74.04		0	NC	4		9.62		
Fiber, total dietary.....g	1.9		2	LC	8		0.2		
Sugars, total.....g	58.20		1	LC	8		7.57		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	271		2	LC	8		35		
Iron, Fe.....mg	0.00		2	LC	8		0.00		
Magnesium, Mg.....mg	68		2		1		9		
Phosphorus, P.....mg	251		9		1		33		
Potassium, K.....mg	1033		9		1		134		
Sodium, Na.....mg	317		1	LC	8		41		
Zinc, Zn.....mg	0.96		2		1		0.12		
Copper, Cu.....mg	0.435		2		1		0.057		
Manganese, Mn.....mg	0.445		2		1		0.058		
Selenium, Se.....mcg	6.2		0	FLC	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLC	4		0.1		
Thiamin.....mg	0.031		5		1		0.004		
Riboflavin.....mg	0.028		2		1		0.004		
Niacin.....mg	2.263		14		1		0.294		
Pantothenic acid.....mg	0.052		2		1		0.007		
Vitamin B-6.....mg	0.055		0	FLC	4		0.007		
Folate, total.....mcg	9		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	9		0	FLC	4		1		
Folate, DFE.....mcg_DFE	9		0	NC	4		1		
Choline, total.....mg	31.3		0	O	4		4.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.45		0	FLC	4		0.06		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	2		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	5		0	FLC	4		1		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	FLC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	4.934		0	NC	4		0.641		
4:0.....g	0.003		0	FLC	4		0.000		
6:0.....g	0.001		0	FLC	4		0.000		
8:0.....g	0.162		0	FLC	4		0.021		
10:0.....g	0.179		0	FLC	4		0.023		

NDB No. 14224

Coffee, instant, with sugar, mocha-flavor, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	1.647		0	FLC	4		0.214		
13:0.....g									
14:0.....g	0.737		0	FLC	4		0.096		
15:0.....g									
16:0.....g	0.929		0	FLC	4		0.121		
17:0.....g									
18:0.....g	1.276		0	FLC	4		0.166		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.934		0	NC	4		1.161		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0	FLC	4		0.004		
17:1.....g									
18:1 undifferentiated.....g	8.899		0	FLC	4		1.157		
20:1.....g	0.002		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.053		0	NC	4		0.137		
18:2 undifferentiated.....g	0.995		0	FLC	4		0.129		
18:3 undifferentiated.....g	0.058		0	FLC	4		0.007		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	360		0	FLC	4		47		
Theobromine.....mg	294		0	FLC	4		38		

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

Common Measures:

Measure 1 = 13.0g: 1 serving 2 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 42181

Corn beverage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.16		0	FLA	4		27.23		
Energy.....kcal	40		0	FLA	4		12		
Energy.....kj	166		0	FLA	4		50		
Protein.....g	0.80		0	FLA	4		0.24		
Total lipid (fat).....g	0.20		0	FLA	4		0.06		
Ash.....g	0.15		0	FLA	4		0.04		
Carbohydrate, by difference.....g	8.70		0	FLA	4		2.63		
Fiber, total dietary.....g	0.4		0	FLA	4		0.1		
Sugars, total.....g	0.18		0	FLA	4		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	FLA	4		1		
Iron, Fe.....mg	0.12		0	FLA	4		0.04		
Magnesium, Mg.....mg	5		0	FLA	4		1		
Phosphorus, P.....mg	12		0	FLA	4		3		
Potassium, K.....mg	17		0	FLA	4		5		
Sodium, Na.....mg	140		0		4		42		
Zinc, Zn.....mg	0.08		0	FLA	4		0.02		
Copper, Cu.....mg	0.017		0	FLA	4		0.005		
Manganese, Mn.....mg	0.020		0	FLA	4		0.006		
Selenium, Se.....mcg	1.3		0	FLA	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.015		0	FLA	4		0.005		
Riboflavin.....mg	0.005		0	FLA	4		0.002		
Niacin.....mg	0.110		0	FLA	4		0.033		
Pantothenic acid.....mg	0.031		0	FLA	4		0.009		
Vitamin B-6.....mg	0.022		0	FLA	4		0.007		
Folate, total.....mcg	3		0	FLA	4		1		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	3		0	FLA	4		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Choline, total.....mg	1.3		0	O	4		0.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	11		0	FLA	4		3		
Carotene, alpha.....mcg	7		0	FLA	4		2		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	24		0	FLA	4		7		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	149		0	FLA	4		45		
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.01		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000		
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 30.2g; 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14242
 Cranberry juice cocktail, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.17		1	A	1		218.02	27.23	
Energy.....kcal	54		0	NC	4		136	17	
Energy.....kj	224		0	NC	4		567	71	
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat).....g	0.10		1	A	1		0.27	0.03	
Ash.....g	0.20		1	A	1		0.52	0.06	
Carbohydrate, by difference.....g	13.52		0	NC	4		34.20	4.27	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	11.87		1	A	1		30.03	3.75	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	6.79		1	A	1		17.17	2.14	
Fructose.....g	4.97		1	A	1		12.57	1.57	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.12		1	A	1		0.29	0.04	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		9	1	
Iron, Fe.....mg	0.10		1	A	1		0.26	0.03	
Magnesium, Mg.....mg	1		1	A	1		3	0	
Phosphorus, P.....mg	1		1	A	1		3	0	
Potassium, K.....mg	14		1	A	1		36	5	
Sodium, Na.....mg	2		1	A	1		5	1	
Zinc, Zn.....mg	0.03		1	A	1		0.06	0.01	
Copper, Cu.....mg	0.010		1	A	1		0.024	0.003	
Manganese, Mn.....mg	0.048		1	A	1		0.121	0.015	
Selenium, Se.....mcg	0.2		0	FLA	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	42.3		1	A	1		107.0	13.4	
Thiamin.....mg	0.000		1	A	1		0.000	0.000	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.041		1	A	1		0.104	0.013	
Pantothenic acid.....mg	0.052		1	A	1		0.131	0.016	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	0	0.027	3	AI	13		1	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0	0.027	3	AI	13		1	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		1	0	
Choline, total.....mg	1.1		0	AS	1		2.9	0.4	
Betaine.....mg	0.1		1	A	1		0.2	0.0	
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	5		0	FLA	4		13	2	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	8		0	FLA	4		21	3	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	13		0	FLA	4		32	4	
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLA	4		0.57	0.07	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	FLA	4		2.4	0.3	

NDB No. 14242
Cranberry juice cocktail, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.009		0	FLA	4		0.022	0.003	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.007		0	FLA	4		0.017	0.002	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0	FLA	4		0.049	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0	FLA	4		0.047	0.006	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0	FLA	4		0.149	0.019	
18:2 undifferentiated.....g	0.035		0	FLA	4		0.090	0.011	
18:3 undifferentiated.....g	0.023		0	FLA	4		0.059	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14243

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.20		1	MC	9		225.62	28.18	
Energy.....kcal	19		0	NC	4		44	5	
Energy.....kj	77		0	NC	4		184	23	
Protein (N x 6.25).....g	0.02		0	FLC	4		0.04	0.00	
Total lipid (fat).....g	0.01		0	FLC	4		0.01	0.00	
Ash.....g	0.18		1	AI	13		0.43	0.05	
Carbohydrate, by difference.....g	4.60		0	NC	4		10.90	1.36	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	4.59		0	FLA	4		10.89	1.36	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1	MC	9		22	3	
Iron, Fe.....mg	0.04		1	MC	9		0.09	0.01	
Magnesium, Mg.....mg	2		1	MC	9		4	1	
Phosphorus, P.....mg	1		1	MC	9		2	0	
Potassium, K.....mg	25		1	AI	13		58	7	
Sodium, Na.....mg	3		1	MC	9		8	1	
Zinc, Zn.....mg	0.02		1	MC	9		0.05	0.01	
Copper, Cu.....mg	0.010		0	FLC	4		0.024	0.003	
Manganese, Mn.....mg	0.006		0	FLC	4		0.013	0.002	
Selenium, Se.....mcg	0.0		0	FLC	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.2		2		1		76.3	9.5	
Thiamin.....mg	0.000		0	FLC	4		0.001	0.000	
Riboflavin.....mg	0.002		0	FLC	4		0.004	0.001	
Niacin.....mg	0.004		0	FLC	4		0.009	0.001	
Pantothenic acid.....mg	0.001		0	FLC	4		0.001	0.000	
Vitamin B-6.....mg	0.002		0	FLC	4		0.005	0.001	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.4		0	O	4		0.9	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	1		0	FLC	4		3	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	2		0	FLC	4		4	1	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		7	1	
Vitamin E (alpha-tocopherol).....mg	0.05		0	FLC	4		0.12	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLC	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

NDB No. 14243

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

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

Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14430

Cranberry juice cocktail, frozen concentrate

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

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

Common Measures:

Measure 1 = 36.2g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.08		0	RPI	6		208.74	26.07	
Energy.....kcal	47		0	NC	4		112	14	
Energy.....kj	198		0	NC	4		469	59	
Protein.....g	0.01		0	RPI	6		0.03	0.00	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.10		0	RPI	6		0.24	0.03	
Carbohydrate, by difference.....g	11.81		0	RPI	6		27.99	3.50	
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total.....g	9.76		0	RPI	6		23.12	2.89	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	RPA	1		12	1	
Iron, Fe.....mg	0.07		0	RPA	1		0.17	0.02	
Magnesium, Mg.....mg	2		0	RPA	1		4	1	
Phosphorus, P.....mg	1		0	RPA	1		3	0	
Potassium, K.....mg	12		0	RPA	1		28	3	
Sodium, Na.....mg	4		0	RPA	1		9	1	
Zinc, Zn.....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu.....mg	0.012		0	RPA	1		0.029	0.004	
Manganese, Mn.....mg	0.032		0	RPA	1		0.077	0.010	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.5		0	RPI	6		24.9	3.1	
Thiamin.....mg	0.005		0	RPI	6		0.013	0.002	
Riboflavin.....mg	0.007		0	RPI	6		0.017	0.002	
Niacin.....mg	0.009		0	RPI	6		0.022	0.003	
Pantothenic acid.....mg	0.112		0	RPI	6		0.265	0.033	
Vitamin B-6.....mg	0.011		0	RPI	6		0.027	0.003	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		1	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	8		0	RPI	6		18	2	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14431

Cranberry juice cocktail, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 237g: 1 serving 8 fl oz

Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14238
 Cranberry-apple juice drink, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.78		1	A	1		205.26	25.64	
Energy.....kcal	63		0	NC	4		154	19	
Energy.....kj	263		0	NC	4		643	80	
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat).....g	0.11		1	A	1		0.28	0.03	
Ash.....g	0.26		1	A	1		0.63	0.08	
Carbohydrate, by difference.....g	15.85		0	NC	4		38.83	4.85	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	14.50		1	A	1		35.53	4.44	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		7	1	
Iron, Fe.....mg	0.07		1	A	1		0.18	0.02	
Magnesium, Mg.....mg	1		1	A	1		3	0	
Phosphorus, P.....mg	2		1	A	1		4	0	
Potassium, K.....mg	17		1	A	1		42	5	
Sodium, Na.....mg	2		1	A	1		5	1	
Zinc, Zn.....mg	0.02		1	A	1		0.05	0.01	
Copper, Cu.....mg	0.010		1	A	1		0.024	0.003	
Manganese, Mn.....mg	0.029		1	A	1		0.071	0.009	
Selenium, Se.....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	39.5		1	A	1		96.8	12.1	
Thiamin.....mg	0.000		1	A	1		0.000	0.000	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	0		0	FLM	4		0	0	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	0		0	FLM	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.7		0	O	4		1.6	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		1	0	
Retinol.....mcg	0		0	FLM	4		0	0	
Carotene, beta.....mcg	2		0	FLM	4		5	1	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	3		0	FLM	4		8	1	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	6		0	FLM	4		16	2	
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLM	4		0.29	0.04	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLM	4		1.2	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.013		0	FLM	4		0.033	0.004	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 14238
 Cranberry-apple juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.001	0.000	
15:0.....g									
16:0.....g	0.011		0	FLM	4		0.027	0.003	
17:0.....g									
18:0.....g	0.002		0	FLM	4		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	FLM	4		0.034	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0	FLM	4		0.033	0.004	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	FLM	4		0.127	0.016	
18:2 undifferentiated.....g	0.034		0	FLM	4		0.084	0.011	
18:3 undifferentiated.....g	0.017		0	FLM	4		0.042	0.005	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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

Common Measures:

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

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43404

Cranberry-apple juice drink, low calorie, with vitamin C added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.20		0		4		228.48	28.56	
Energy.....kcal	19		0		4		46	6	
Energy.....kj	79		0		4		191	24	
Protein.....g	0.10		0		4		0.24	0.03	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.12		1	MC	9		0.29	0.04	
Carbohydrate, by difference.....g	4.70		0		4		11.28	1.41	
Fiber, total dietary.....g	0.1		0		4		0.2	0.0	
Sugars, total.....g	4.60		0	NR	4		11.04	1.38	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1	MC	9		23	3	
Iron, Fe.....mg	0.06		0		4		0.14	0.02	
Magnesium, Mg.....mg	3		1	MC	9		7	1	
Phosphorus, P.....mg	1		1	MC	9		3	0	
Potassium, K.....mg	45		1	MC	9		107	13	
Sodium, Na.....mg	5		1	MC	9		11	1	
Zinc, Zn.....mg	0.02		1	MC	9		0.04	0.00	
Copper, Cu.....mg	0.007		0		4		0.017	0.002	
Manganese, Mn.....mg	0.014		0	FLC	4		0.034	0.004	
Selenium, Se.....mcg	0.1		0	FLC	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.0		0		4		76.8	9.6	
Thiamin.....mg	0.003		0	FLC	4		0.007	0.001	
Riboflavin.....mg	0.007		0	FLC	4		0.017	0.002	
Niacin.....mg	0.028		0	FLC	4		0.068	0.009	
Pantothenic acid.....mg	0.014		0	FLC	4		0.033	0.004	
Vitamin B-6.....mg	0.019		0	FLC	4		0.045	0.006	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.4		0	O	4		0.9	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		1	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	6		0	FLC	4		14	2	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	10		0	FLC	4		24	3	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	19		0	FLC	4		45	6	
Vitamin E (alpha-tocopherol).....mg	0.27		0	FLC	4		0.64	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	FLC	4		2.7	0.3	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 43404

Cranberry-apple juice drink, low calorie, with vitamin C added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g					4		0.000	0.000	
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g					4		0.000	0.000	
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g					4		0.000	0.000	
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g					4		0.000	0.000	
22:0.....g					4		0.000	0.000	
24:0.....g					4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g					4		0.000	0.000	
15:1.....g					4		0.000	0.000	
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g					4		0.000	0.000	
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g					4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g					4		0.000	0.000	
20:3 undifferentiated.....g					4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g					4		0.000	0.000	
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg					4		0	0	
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

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

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14240
 Cranberry-apricot juice drink, bottled

Refuse: 0%

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

NDB No. 14240
Cranberry-apricot juice drink, bottled

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

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

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)
 Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14241
Cranberry-grape juice drink, bottled

Refuse: 0%

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

NDB No. 14241
 Cranberry-grape juice drink, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0		4		0.056	0.007	
18:2 undifferentiated.....g	0.023		0		4		0.056	0.007	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

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

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14422

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.80		1		1		2.69		
Energy.....kcal	329		0	NC	4		69		
Energy.....kj	1377		0	NC	4		289		
Protein (N x 6.25).....g	25.00		1		1		5.25		
Total lipid (fat).....g	2.60		1		1		0.55		
Ash.....g	8.20		1		1		1.72		
Carbohydrate, by difference.....g	51.40		0	NC	4		10.79		
Fiber, total dietary.....g	9.4		1	LC	8		2.0		
Sugars, total.....g	32.94		1	LC	8		6.92		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1412		1	LC	8		296		
Iron, Fe.....mg	7.70		1		1		1.62		
Magnesium, Mg.....mg	210		1		1		44		
Phosphorus, P.....mg	893		0	FLA	4		187		
Potassium, K.....mg	2240		1		1		470		
Sodium, Na.....mg	659		1	LC	8		138		
Zinc, Zn.....mg	3.60		1		1		0.76		
Copper, Cu.....mg	0.800		1		1		0.168		
Manganese, Mn.....mg	0.730		1		1		0.153		
Selenium, Se.....mcg	21.5		0	FLC	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.6		1	LC	8		1.2		
Thiamin.....mg	0.112		1		1		0.024		
Riboflavin.....mg	1.938		1		1		0.407		
Niacin.....mg	1.250		1		1		0.263		
Pantothenic acid.....mg	2.139		1		1		0.449		
Vitamin B-6.....mg	0.110		1		1		0.023		
Folate, total.....mcg	33		0	FLA	4		7		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	33		0	FLA	4		7		
Folate, DFE.....mcg_DFE	33		0	NC	4		7		
Choline, total.....mg	128.3		0	FLC	4		26.9		
Betaine.....mg									
Vitamin B-12.....mcg	2.03		0	FLC	4		0.43		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	209		0	FLC	4		44		
Retinol.....mcg	209		0	FLC	4		44		
Carotene, beta.....mcg	1		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	698		0	FLC	4		147		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	12		0	FLC	4		3		
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLC	4		0.01		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	188		1	LC	8		40		
Vitamin K (phylloquinone).....mcg	0.8		0	FLC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	1.871		0		1		0.393		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.007		0		1		0.001		
8:0.....g	0.096		0		1		0.020		
10:0.....g	0.077		0		1		0.016		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.571		0		1		0.120		
13:0.....g									
14:0.....g	0.216		0		1		0.045		
15:0.....g									
16:0.....g	0.430		0		1		0.090		
17:0.....g									
18:0.....g	0.461		0		1		0.097		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.496		0		1		0.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.492		0		1		0.103		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.013		
18:2 undifferentiated.....g	0.060		0		1		0.013		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	LC	8		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.365		0		1		0.077		
Threonine.....g	1.102		0		1		0.231		
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	25		0	FLC	4		5		
Theobromine.....mg	833		0	FLC	4		175		

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

Common Measures:

NDB No. 14422

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

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14423

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.26		0	RPI	6		224.20		
Energy.....kcal	29		0	RPI	6		70		
Energy.....kj	121		0	RPI	6		293		
Protein (N x 0).....g	2.19		0	RPI	6		5.33		
Total lipid (fat).....g	0.23		0	RPI	6		0.55		
Ash.....g	0.81		0	RPI	6		1.97		
Carbohydrate, by difference.....g	4.51		0	RPI	6		10.95		
Fiber, total dietary.....g	0.8		0	RPI	6		2.0		
Sugars, total.....g	2.89		0	RPI	6		7.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	127		0	RPI	6		308		
Iron, Fe.....mg	0.68		0	RPA	1		1.64		
Magnesium, Mg.....mg	19		0	RPA	1		47		
Phosphorus, P.....mg	78		0	RPI	6		190		
Potassium, K.....mg	197		0	RPA	1		478		
Sodium, Na.....mg	61		0	RPI	6		149		
Zinc, Zn.....mg	0.32		0	RPA	1		0.78		
Copper, Cu.....mg	0.079		0	RPA	1		0.192		
Manganese, Mn.....mg	0.064		0	RPA	1		0.156		
Selenium, Se.....mcg	1.9		0	RPI	6		4.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	RPI	6		1.2		
Thiamin.....mg	0.010		0	RPI	6		0.024		
Riboflavin.....mg	0.170		0	RPI	6		0.413		
Niacin.....mg	0.110		0	RPI	6		0.266		
Pantothenic acid.....mg	0.188		0	RPI	6		0.456		
Vitamin B-6.....mg	0.010		0	RPI	6		0.023		
Folate, total.....mcg	3		0	RPI	6		7		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	3		0	RPI	6		7		
Folate, DFE.....mcg_DFE	3		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	RPI	6		0.43		
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE.....mcg_RAE	18		0	RPI	6		45		
Retinol.....mcg	18		0	RPI	6		45		
Carotene, beta.....mcg	0		0	RPI	6		0		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	61		0	RPI	6		149		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		3		
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.01		
Vitamin E, added.....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RPI	6		0.2		
Lipids:									
Fatty acids, total saturated.....g	0.164		0	RPI	6		0.399		
4:0.....g	0.000		0	RPI	6		0.000		
6:0.....g	0.001		0	RPI	6		0.001		
8:0.....g	0.008		0	RPI	6		0.020		
10:0.....g	0.007		0	RPI	6		0.016		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.050		0	RPI	6		0.122		
13:0.....g									
14:0.....g	0.019		0	RPI	6		0.046		
15:0.....g									
16:0.....g	0.038		0	RPI	6		0.092		
17:0.....g									
18:0.....g	0.040		0	RPI	6		0.098		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.043		0	RPI	6		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.043		0	RPI	6		0.105		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	RPI	6		0.013		
18:2 undifferentiated.....g	0.005		0	RPI	6		0.013		
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	RPI	6		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0	RPA	1		0.078		
Threonine.....g	0.097		0	RPA	1		0.235		
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		5		
Theobromine.....mg	73		0	RPI	6		178		

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

Common Measures:

NDB No. 14423

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

Measure 1 = 243g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14131

Drink mix, QUAKER OATS, GATORADE, lemon-lime flavor, powder

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

Refuse: 0%

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

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

Common Measures:

Measure 1 = 16g: .75 scoop

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14450

Drink mix, QUAKER OATS, GATORADE, orange flavor, powder

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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

Common Measures:

Measure 1 = 207g: 1 cup powder

Measure 2 = 23g: 1 scoop powder

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Eggnog-flavor mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.284		0	RPI	6		0.774		
15:0.....g	0.000		0	RPI	6		0.000		
16:0.....g	0.751		0	RPI	6		2.042		
17:0.....g									
18:0.....g	0.329		0	RPI	6		0.895		
20:0.....g	0.000		0	RPI	6		0.000		
22:0.....g	0.000		0	RPI	6		0.000		
24:0.....g	0.000		0	RPI	6		0.000		
Fatty acids, total monounsaturated.....g	0.767		0	RPI	6		2.085		
14:1.....g	0.000		0	RPI	6		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPI	6		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.761		0	RPI	6		2.069		
20:1.....g	0.000		0	RPI	6		0.001		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0	RPI	6		0.506		
18:2 undifferentiated.....g	0.118		0	RPI	6		0.320		
18:3 undifferentiated.....g	0.067		0	RPI	6		0.182		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	RPI	6		0.003		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0	RPI	6		0.183		
Threonine.....g	0.129		0	RPI	6		0.352		
Isoleucine.....g	0.149		0	RPI	6		0.406		
Leucine.....g	0.240		0	RPI	6		0.654		
Lysine.....g	0.128		0	RPI	6		0.348		
Methionine.....g	0.068		0	RPI	6		0.184		
Cystine.....g	0.015		0	RPI	6		0.042		
Phenylalanine.....g	0.133		0	RPI	6		0.361		
Tyrosine.....g	0.137		0	RPI	6		0.373		
Valine.....g	0.174		0	RPI	6		0.473		
Arginine.....g	0.069		0	RPI	6		0.188		
Histidine.....g	0.068		0	RPI	6		0.184		
Alanine.....g	0.094		0	RPI	6		0.254		
Aspartic acid.....g	0.215		0	RPI	6		0.586		
Glutamic acid.....g	0.584		0	RPI	6		1.589		
Glycine.....g	0.068		0	RPI	6		0.185		
Proline.....g	0.307		0	RPI	6		0.836		
Serine.....g	0.098		0	RPI	6		0.267		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

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

Common Measures:

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

NDB No. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14156

Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Red Bull North America/Red Bull GmbH

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.35		1	AI	13		245.88		
Energy.....kcal	5		0	NC	4		11		
Energy.....kj	19		0	NC	4		47		
Protein (N x 6.25).....g	0.25		1	AI	13		0.63		
Total lipid (fat).....g	0.08		1	AI	13		0.20		
Ash.....g	0.62		1	AI	13		1.55		
Carbohydrate, by difference.....g	0.70		0	NC	4		1.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		2	AI	13		33		
Iron, Fe.....mg	0.02		2	AI	13		0.05		
Magnesium, Mg.....mg	3		2	AI	13		8		
Phosphorus, P.....mg	0		2	AI	13		1		
Potassium, K.....mg	3		2	AI	13		8		
Sodium, Na.....mg	84		2	AI	13		209		
Zinc, Zn.....mg	0.00		2	AI	13		0.01		
Copper, Cu.....mg	0.005		2	AI	13		0.013		
Manganese, Mn.....mg	0.003		2	AI	13		0.008		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.025		2	AI	13		0.063		
Riboflavin.....mg	0.575		2	AI	13		1.438		
Niacin.....mg	8.500		2	AI	13		21.250		
Pantothenic acid.....mg	1.400		2	AI	13		3.500		
Vitamin B-6.....mg	0.835		2	AI	13		2.088		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.75		2	AI	13		4.38		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	30		2	AI	13		75		
Theobromine.....mg									

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

Common Measures:

Measure 1 = 250g: 1 serving 8.3 fl oz can

NDB No. 14156

Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14154

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

Red Bull North America/Red Bull GmbH

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.45		1	AI	13		225.55		
Energy.....kcal	45		0	NC	4		116		
Energy.....kj	190		0	NC	4		485		
Protein (N x 6.25).....g	0.25		1	AI	13		0.64		
Total lipid (fat).....g	0.08		1	AI	13		0.20		
Ash.....g	0.28		1	AI	13		0.71		
Carbohydrate, by difference.....g	10.94		0	NC	4		27.90		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	10.06		1	AI	13		25.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		2	AI	13		34		
Iron, Fe.....mg	0.02		2	AI	13		0.05		
Magnesium, Mg.....mg	3		2	AI	13		8		
Phosphorus, P.....mg	0		2	AI	13		1		
Potassium, K.....mg	3		2	AI	13		9		
Sodium, Na.....mg	84		2	AI	13		213		
Zinc, Zn.....mg	0.00		2	AI	13		0.01		
Copper, Cu.....mg	0.005		2	AI	13		0.013		
Manganese, Mn.....mg	0.003		2	AI	13		0.008		
Selenium, Se.....mcg	0.2		0	FLC	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.025		2	AI	13		0.064		
Riboflavin.....mg	0.575		2	AI	13		1.466		
Niacin.....mg	8.500		2	AI	13		21.675		
Pantothenic acid.....mg	1.400		2	AI	13		3.570		
Vitamin B-6.....mg	0.835		2	AI	13		2.129		
Folate, total.....mcg	0		0	FLC	4		0		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	0		0	FLC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.3		0	O	4		0.9		
Betaine.....mg									
Vitamin B-12.....mcg	1.75		2	AI	13		4.46		
Vitamin B-12, added.....mcg	1.75		0	NR	4		4.46		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 14154

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	30		2	AI	13		77		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 255g: 1 serving 8.3 fl oz can

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14268
 Fruit punch drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.003		0		1		0.001	0.013	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.002	0.025	
18:2 undifferentiated.....g	0.005		0		1		0.002	0.021	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.008	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 34.8g: 1 fl oz
 Measure 2 = 418g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14269

Fruit punch drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.15		0	RPI	6		217.73	27.24	
Energy.....kcal	46		0	RPI	6		113	14	
Energy.....kj	191		0	RPI	6		472	59	
Protein (N x 0).....g	0.06		0	RPI	6		0.14	0.02	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.13		0	RPI	6		0.32	0.04	
Carbohydrate, by difference.....g	11.66		0	RPI	6		28.81	3.60	
Fiber, total dietary.....g	0.1		0	RPI	6		0.3	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		11	1	
Iron, Fe.....mg	0.09		0	RPA	1		0.21	0.03	
Magnesium, Mg.....mg	2		0	RPA	1		6	1	
Phosphorus, P.....mg	1		0	RPA	1		1	0	
Potassium, K.....mg	13		0	RPA	1		31	4	
Sodium, Na.....mg	5		0	RPA	1		12	2	
Zinc, Zn.....mg	0.02		0	RPA	1		0.06	0.01	
Copper, Cu.....mg	0.032		0	RPA	1		0.080	0.010	
Manganese, Mn.....mg	0.102		0	RPA	1		0.251	0.031	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	43.8		0	RPI	6		108.3	13.5	
Thiamin.....mg	0.010		0	RPI	6		0.024	0.003	
Riboflavin.....mg	0.013		0	RPI	6		0.032	0.004	
Niacin.....mg	0.021		0	RPI	6		0.051	0.006	
Pantothenic acid.....mg	0.008		0	RPI	6		0.019	0.002	
Vitamin B-6.....mg	0.006		0	RPI	6		0.015	0.002	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	RPI	6		1	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	11		0	RPI	6		27	3	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.002	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14269

Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.002	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.002	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	RPI	6		0.004	0.001	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	
18:3 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 247g: 1 serving 8 fl oz

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14267

Fruit punch drink, with added nutrients, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.97	0.231	6	JO	11		218.17	27.27	
Energy.....kcal	47		0	NC	4		116	14	
Energy.....kj	195		0	NC	4		485	61	
Protein (N x 6.25).....g	0.00		5		1		0.00	0.00	
Total lipid (fat).....g	0.00		3		1		0.00	0.00	
Ash.....g	0.05	0.016	6	JO	11		0.13	0.02	
Carbohydrate, by difference.....g	11.97		0	NC	4		29.70	3.71	
Fiber, total dietary.....g	0.2		0	FLA	4		0.5	0.1	
Sugars, total.....g	11.29		1	AI	13		28.00	3.50	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	1.370	15	A	1		20	3	
Iron, Fe.....mg	0.09	0.014	18	A	1		0.22	0.03	
Magnesium, Mg.....mg	3	0.433	18	A	1		8	1	
Phosphorus, P.....mg	3	0.744	17	A	1		8	1	
Potassium, K.....mg	31	5.553	18	A	1		78	10	
Sodium, Na.....mg	38		1	LC	8		95	12	
Zinc, Zn.....mg	0.01	0.004	18	A	1		0.03	0.00	
Copper, Cu.....mg	0.010		2	AI	13		0.025	0.003	
Manganese, Mn.....mg	0.084	0.018	18	A	1		0.209	0.026	
Selenium, Se.....mcg	0.2	0.141	18	A	1		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	29.6		11		1		73.4	9.2	
Thiamin.....mg	0.005		2	JO	11		0.012	0.002	
Riboflavin.....mg	0.023		2		1		0.057	0.007	
Niacin.....mg	0.021		3		1		0.052	0.007	
Pantothenic acid.....mg	0.014		2		1		0.035	0.004	
Vitamin B-6.....mg	0.011		2	JO	11		0.027	0.003	
Folate, total.....mcg	1		2	JO	11		2	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	1		2	JO	11		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	0.5		0	O	4		1.2	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	FLA	4		4	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	14		0	FLA	4		36	4	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	4		0	FLA	4		11	1	
Vitamin A, IU.....IU	28		0	FLA	4		69	9	
Lycopene.....mcg	1		0	FLA	4		3	0	
Lutein + zeaxanthin.....mcg	2		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.02	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14267

Fruit punch drink, with added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	FLA	4		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	FLA	4		0.004	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	FLA	4		0.007	0.001	
18:2 undifferentiated.....g	0.002		0	FLA	4		0.006	0.001	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.002	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14264

Fruit punch drink, without added nutrients, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.97		0	BFZN	4				
Energy.....kcal	48		0	NC	4				
Energy.....kj	200		0	NC	4				
Protein.....g	0.00		2	LC	8				
Total lipid (fat).....g	0.00		2	LC	8				
Ash.....g	0.05		0	BFZN	4				
Carbohydrate, by difference.....g	11.97		0	NC	4				
Fiber, total dietary.....g	0.0		2	LC	8				
Sugars, total.....g	11.29		0	BFZN	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0	BFZN	4				
Iron, Fe.....mg	0.09		0	BFZN	4				
Magnesium, Mg.....mg	3		0	BFZN	4				
Phosphorus, P.....mg	3		0	BFZN	4				
Potassium, K.....mg	25		0	BFZN	4				
Sodium, Na.....mg	10		2	LC	8				
Zinc, Zn.....mg	0.01		0	BFZN	4				
Copper, Cu.....mg	0.010		0	BFZN	4				
Manganese, Mn.....mg	0.084		0	BFZN	4				
Selenium, Se.....mcg	0.2		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLC	4				
Thiamin.....mg	0.022		0	BFZN	4				
Riboflavin.....mg	0.023		0	BFZN	4				
Niacin.....mg	0.021		0	BFZN	4				
Pantothenic acid.....mg	0.014		0	BFZN	4				
Vitamin B-6.....mg	0.011		0	BFZN	4				
Folate, total.....mcg	4		0	BFZN	4				
Folic acid.....mcg	0		0	BFZN	4				
Folate, food.....mcg	4		0	BFZN	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Choline, total.....mg	0.5		0	O	4				
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4				
Retinol.....mcg	0		0	FLC	4				
Carotene, beta.....mcg	0		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Vitamin A, IU.....IU	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFZN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.000		0	FLC	4				

Fruit punch drink, without added nutrients, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4				
13:0.....g									
14:0.....g	0.000		0	FLC	4				
15:0.....g									
16:0.....g	0.000		0	FLC	4				
17:0.....g									
18:0.....g	0.000		0	FLC	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14405

Fruit punch juice drink, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.008	
15:0.....g									
16:0.....g	0.079		0		1		0.028	0.334	
17:0.....g									
18:0.....g	0.004		0		1		0.001	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.086		0		1		0.030	0.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.017	0.199	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0		1		0.061	0.732	
18:2 undifferentiated.....g	0.126		0		1		0.044	0.533	
18:3 undifferentiated.....g	0.047		0		1		0.017	0.199	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 35.2g: 1 fl oz

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14406

Fruit punch juice drink, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.15		0	RPI	6		208.60	26.12	
Energy.....kcal	42		0	RPI	6		99	12	
Energy.....kj	177		0	RPI	6		415	52	
Protein (N x 0).....g	0.07		0	RPI	6		0.17	0.02	
Total lipid (fat).....g	0.17		0	RPI	6		0.40	0.05	
Ash.....g	0.20		0	RPI	6		0.46	0.06	
Carbohydrate, by difference.....g	10.44		0	RPI	6		24.43	3.06	
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0	RPA	1		17	2	
Iron, Fe.....mg	0.20		0	RPA	1		0.46	0.06	
Magnesium, Mg.....mg	3		0	RPA	1		8	1	
Phosphorus, P.....mg	3		0	RPI	6		7	1	
Potassium, K.....mg	66		0	RPA	1		154	19	
Sodium, Na.....mg	5		0	RPA	1		12	2	
Zinc, Zn.....mg	0.17		0	RPA	1		0.41	0.05	
Copper, Cu.....mg	0.024		0	RPA	1		0.057	0.007	
Manganese, Mn.....mg	0.051		0	RPA	1		0.119	0.015	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.8		0	RPI	6		11.2	1.4	
Thiamin.....mg	0.001		0	RPI	6		0.002	0.000	
Riboflavin.....mg	0.056		0	RPI	6		0.130	0.016	
Niacin.....mg	0.050		0	RPI	6		0.118	0.015	
Pantothenic acid.....mg	0.025		0	RPI	6		0.058	0.007	
Vitamin B-6.....mg	0.011		0	RPI	6		0.026	0.003	
Folate, total.....mcg	2		0	RPI	6		4	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	2		0	RPI	6		4	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		4	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		1	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	5		0	RPI	6		12	1	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.021		0	RPI	6		0.049	0.006	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14406

Fruit punch juice drink, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001	0.000	
15:0.....g									
16:0.....g	0.019		0	RPI	6		0.045	0.006	
17:0.....g									
18:0.....g	0.001		0	RPI	6		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	RPI	6		0.049	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	RPI	6		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0	RPI	6		0.027	0.003	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	RPI	6		0.098	0.012	
18:2 undifferentiated.....g	0.031		0	RPI	6		0.071	0.009	
18:3 undifferentiated.....g	0.011		0	RPI	6		0.027	0.003	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 234g: 1 serving 8 fl oz

Measure 2 = 29.3g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14540

Fruit punch-flavor drink, powder, without added sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.40		7		1		0.35	2.88	
Energy.....kcal	382		0	NC	4		96	787	
Energy.....kj	1598		0	NC	4		400	3292	
Protein (N x 6.25).....g	0.00		2		1		0.00	0.00	
Total lipid (fat).....g	0.10		2		1		0.03	0.21	
Ash.....g	0.80		7		1		0.20	1.65	
Carbohydrate, by difference.....g	97.70		0	NC	4		24.43	201.26	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	95.20		0	FLA	4		23.80	196.11	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	142		7		1		36	293	
Iron, Fe.....mg	0.50		2		1		0.13	1.03	
Magnesium, Mg.....mg	0		0	FLA	4		0	0	
Phosphorus, P.....mg	0		0	FLA	4		0	0	
Potassium, K.....mg	5		2		1		1	10	
Sodium, Na.....mg	42		2		1		11	87	
Zinc, Zn.....mg	0.11		2		1		0.03	0.23	
Copper, Cu.....mg	0.130		1		1		0.033	0.268	
Manganese, Mn.....mg	0.025		2		1		0.006	0.052	
Selenium, Se.....mcg	0.7		0	FLA	4		0.2	1.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	121.9		2		1		30.5	251.1	
Thiamin.....mg	0.004		2		1		0.001	0.008	
Riboflavin.....mg	0.023		1		1		0.006	0.047	
Niacin.....mg	0.014		2		1		0.004	0.029	
Pantothenic acid.....mg	0.001		2		1		0.000	0.002	
Vitamin B-6.....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.1		0	O	4		0.0	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.057		0		1		0.014	0.117	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.005		0		1		0.001	0.010	
10:0.....g	0.004		0		1		0.001	0.008	

NDB No. 14540

Fruit punch-flavor drink, powder, without added sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.027		0		1		0.007	0.056	
13:0.....g									
14:0.....g	0.010		0		1		0.003	0.021	
15:0.....g									
16:0.....g	0.009		0		1		0.002	0.019	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.002	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.002	0.014	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.003	0.023	
18:2 undifferentiated.....g	0.011		0		1		0.003	0.023	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 25g: 2 tbsp, rounded

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

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14541

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.35		0	RPI	6		236.72	29.54	
Energy.....kcal	37		0	RPI	6		97	12	
Energy.....kj	155		0	RPI	6		406	51	
Protein (N x 0).....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat).....g	0.01		0	RPI	6		0.03	0.00	
Ash.....g	0.17		0	RPI	6		0.44	0.05	
Carbohydrate, by difference.....g	9.47		0	RPI	6		24.82	3.10	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	9.23		0	RPI	6		24.18	3.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	RPA	1		43	5	
Iron, Fe.....mg	0.05		0	RPA	1		0.13	0.02	
Magnesium, Mg.....mg	1		0	RPI	6		2	0	
Phosphorus, P.....mg	0		0	RPI	6		0	0	
Potassium, K.....mg	1		0	RPA	1		2	0	
Sodium, Na.....mg	7		0	RPA	1		20	2	
Zinc, Zn.....mg	0.02		0	RPA	1		0.04	0.00	
Copper, Cu.....mg	0.021		0	RPA	1		0.056	0.007	
Manganese, Mn.....mg	0.003		0	RPA	1		0.007	0.001	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.8		0	RPI	6		31.0	3.9	
Thiamin.....mg	0.000		0	RPI	6		0.001	0.000	
Riboflavin.....mg	0.002		0	RPI	6		0.006	0.001	
Niacin.....mg	0.001		0	RPI	6		0.004	0.000	
Pantothenic acid.....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.014	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.001	0.000	
10:0.....g	0.000		0	RPI	6		0.001	0.000	

NDB No. 14541

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0	RPI	6		0.007	0.001	
13:0.....g									
14:0.....g	0.001		0	RPI	6		0.003	0.000	
15:0.....g									
16:0.....g	0.001		0	RPI	6		0.002	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.002	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	RPI	6		0.002	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.003	0.000	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.003	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 262g: 1 serving 8 fl oz

Measure 2 = 32.7g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 47011

Fruit-flavored drink mix, powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.96		0	FLM	4		0.24		
Energy.....kcal	226		0	NC	4		56		
Energy.....kj	944		0	NC	4		236		
Protein (N x 6.25).....g	0.00		0	FLM	4		0.00		
Total lipid (fat).....g	0.00		0	FLM	4		0.00		
Ash.....g	7.74		0	FLM	4		1.93		
Carbohydrate, by difference.....g	91.30		0	NC	4		22.82		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	0.00		1	LC	8		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1105		0	BFZN	4		276		
Iron, Fe.....mg	0.03		0	FLM	4		0.01		
Magnesium, Mg.....mg	0		0	FLM	4		0		
Phosphorus, P.....mg	509		0	BFZN	4		127		
Potassium, K.....mg	1		0	FLM	4		0		
Sodium, Na.....mg	2727		1	LC	8		682		
Zinc, Zn.....mg	0.01		0	FLM	4		0.00		
Copper, Cu.....mg	0.003		0	FLM	4		0.001		
Manganese, Mn.....mg	0.007		0	FLM	4		0.002		
Selenium, Se.....mcg	0.0		0	FLM	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1090.9		1	LC	8		272.7		
Thiamin.....mg	0.000		0	FLM	4		0.000		
Riboflavin.....mg	0.000		0	FLM	4		0.000		
Niacin.....mg	0.001		0	FLM	4		0.000		
Pantothenic acid.....mg	0.000		0	FLM	4		0.000		
Vitamin B-6.....mg	0.000		0	FLM	4		0.000		
Folate, total.....mcg	0		0	FLM	4		0		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	0		0	FLM	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0		
Retinol.....mcg	0		0	FLM	4		0		
Carotene, beta.....mcg	0		0	FLM	4		0		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLM	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		

NDB No. 47011

Fruit-flavored drink mix, powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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

Common Measures:

Measure 1 = 25g: 2 tsp, rounded

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 42055

Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.84		0	FLC	4		0.15		
Energy.....kcal	217		0	NC	4		17		
Energy.....kj	907		0	NC	4		73		
Protein (N x 6.25).....g	0.45		0	FLC	4		0.04		
Total lipid (fat).....g	0.04		0	FLC	4		0.00		
Ash.....g	10.30		0	FLC	4		0.82		
Carbohydrate, by difference.....g	86.85		0	FLC	4		6.95		
Fiber, total dietary.....g	0.1		0	FLC	4		0.0		
Sugars, total.....g	0.00		0	FLC	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1047		0		4		84		
Iron, Fe.....mg	0.08		0	FLC	4		0.01		
Magnesium, Mg.....mg	3		0	FLC	4		0		
Phosphorus, P.....mg	1239		0		4		99		
Potassium, K.....mg	498		0		4		40		
Sodium, Na.....mg	404		0	FLC	4		32		
Zinc, Zn.....mg	0.00		0	FLC	4		0.00		
Copper, Cu.....mg	0.000		0	FLC	4		0.000		
Manganese, Mn.....mg	0.001		0	FLC	4		0.000		
Selenium, Se.....mcg	0.0		0	FLC	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	560.0		0	BFZN	4		44.8		
Thiamin.....mg	0.000		0	FLC	4		0.000		
Riboflavin.....mg	0.000		0	FLC	4		0.000		
Niacin.....mg	0.000		0	FLC	4		0.000		
Pantothenic acid.....mg	0.000		0	FLC	4		0.000		
Vitamin B-6.....mg	0.000		0	FLC	4		0.000		
Folate, total.....mcg	0		0	FLC	4		0		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	0		0	FLC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 42055

Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 8.0g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43345

Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.32		1		9		0.03		
Energy.....kcal	227		0	NC	4		5		
Energy.....kj	951		0	NC	4		19		
Protein (N x 6.25).....g	0.25		0	FLA	4		0.01		
Total lipid (fat).....g	0.16		1		9		0.00		
Ash.....g	7.27		1		9		0.15		
Carbohydrate, by difference.....g	91.00		0	NC	4		1.82		
Fiber, total dietary.....g	2.2		0	FLA	4		0.0		
Sugars, total.....g	0.00		1	LC	8		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	800		1	LC	8		16		
Iron, Fe.....mg	0.08		0	FLA	4		0.00		
Magnesium, Mg.....mg	245		1		9		5		
Phosphorus, P.....mg	493		1		9		10		
Potassium, K.....mg	2518		1		9		50		
Sodium, Na.....mg	14		0	FLA	4		0		
Zinc, Zn.....mg	0.01		1		9		0.00		
Copper, Cu.....mg	0.011		1		9		0.000		
Manganese, Mn.....mg	0.008		0	FLA	4		0.000		
Selenium, Se.....mcg	0.0		0	FLA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2400.0		1		8		48.0		
Thiamin.....mg	0.009		0	FLA	4		0.000		
Riboflavin.....mg	6.800		1	LC	8		0.136		
Niacin.....mg	80.000		1	LC	8		1.600		
Pantothenic acid.....mg	0.018		0	FLA	4		0.000		
Vitamin B-6.....mg	8.000		1	LC	8		0.160		
Folate, total.....mcg	5		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	5		0	FLA	4		0		
Folate, DFE.....mcg_DFE	5		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	5997		0	FLA	4		120		
Retinol.....mcg	5996		0	FLA	4		120		
Carotene, beta.....mcg	2		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	10		0	FLA	4		0		
Vitamin A, IU.....IU	20000		0	FLA	4		400		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	13		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.010		0	NC	4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43345

Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.010		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0	NC	4		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.001		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		1		9		0.001		
18:2 undifferentiated.....g	0.025		0		4		0.001		
18:3 undifferentiated.....g	0.009		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 2.0g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 2.471

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14277
 Grape drink, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.20		0	FLA	4		210.49	26.35	
Energy.....kcal	61		0	NC	4		154	19	
Energy.....kj	257		0	NC	4		642	80	
Protein (N x 6.25).....g	0.00		2	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		2	LC	8		0.00	0.00	
Ash.....g	0.06		2	AI	13		0.14	0.02	
Carbohydrate, by difference.....g	15.75		0	NC	4		39.37	4.93	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	13.06		2	LC	8		32.66	4.09	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		1	LC	8		131	16	
Iron, Fe.....mg	0.07		0	FLA	4		0.16	0.02	
Magnesium, Mg.....mg	1		0	FLA	4		2	0	
Phosphorus, P.....mg	0		0	FLA	4		1	0	
Potassium, K.....mg	12	3.148	5	JO	11		30	4	
Sodium, Na.....mg	16		2	LC	8		39	5	
Zinc, Zn.....mg	0.12		1	AI	13		0.29	0.04	
Copper, Cu.....mg	0.013		1	AI	13		0.033	0.004	
Manganese, Mn.....mg	0.027		0	FLA	4		0.068	0.009	
Selenium, Se.....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.4		2	LC	8		78.4	9.8	
Thiamin.....mg	0.001		0	FLA	4		0.002	0.000	
Riboflavin.....mg	0.004		0	FLA	4		0.010	0.001	
Niacin.....mg	0.010		0	FLA	4		0.024	0.003	
Pantothenic acid.....mg	0.003		0	FLA	4		0.008	0.001	
Vitamin B-6.....mg	0.002		0	FLA	4		0.006	0.001	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.3		0	O	4		0.8	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		1	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		1	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLA	4		10	1	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14277
Grape drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

NDB No. 14277

Grape drink, canned

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

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14282
 Grape juice drink, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.30		0	O	4		213.25	26.70	
Energy.....kcal	57		0	NC	4		142	18	
Energy.....kj	237		0	NC	4		594	74	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	0.12	0.032	7	AI	13		0.30	0.04	
Carbohydrate, by difference.....g	14.55		1	LC	8		36.38	4.55	
Fiber, total dietary.....g	0.1		0	FLA	4		0.1	0.0	
Sugars, total.....g	14.11		1	LC	8		35.27	4.42	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0	FLA	4		17	2	
Iron, Fe.....mg	0.13		0	FLA	4		0.34	0.04	
Magnesium, Mg.....mg	6		0	FLA	4		15	2	
Phosphorus, P.....mg	6		0	FLA	4		15	2	
Potassium, K.....mg	33	4.043	6	AI	13		82	10	
Sodium, Na.....mg	9		1	LC	8		22	3	
Zinc, Zn.....mg	0.03		0	FLA	4		0.08	0.01	
Copper, Cu.....mg	0.022		0	FLA	4		0.054	0.007	
Manganese, Mn.....mg	0.200		0	FLA	4		0.501	0.063	
Selenium, Se.....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.5		1	LC	8		66.1	8.3	
Thiamin.....mg	0.225		1	AI	13		0.563	0.070	
Riboflavin.....mg	0.354		1	AI	13		0.885	0.111	
Niacin.....mg	0.142		0	FLA	4		0.355	0.044	
Pantothenic acid.....mg	0.023		0	FLA	4		0.057	0.007	
Vitamin B-6.....mg	0.035		0	FLA	4		0.088	0.011	
Folate, total.....mcg	1		0	FLA	4		4	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	1		0	FLA	4		4	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		4	0	
Choline, total.....mg	0.3		0	O	4		0.8	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	3		0	FLA	4		6	1	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	4		0	FLA	4		11	1	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	19		0	FLA	4		47	6	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14282
 Grape juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14542
Lemonade, frozen concentrate, pink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	0.002
15:0.....g									
16:0.....g	0.024		0		1		0.009	0.105	0.052
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.004	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.035	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.004	0.002
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.031	0.015
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.021	0.258	0.129
18:2 undifferentiated.....g	0.042		0		1		0.015	0.184	0.092
18:3 undifferentiated.....g	0.017		0		1		0.006	0.074	0.037
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									

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

Common Measures:

- Measure 1 = 36.4g: 1 fl oz
- Measure 2 = 437g: 1 can (12 fl oz)
- Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14543

Lemonade, frozen concentrate, pink, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.37		0	RPI	6		220.73	27.61	
Energy.....kcal	40		0	RPI	6		99	12	
Energy.....kj	168		0	RPI	6		415	52	
Protein (N x 0).....g	0.07		0	RPI	6		0.16	0.02	
Total lipid (fat).....g	0.04		0	RPI	6		0.11	0.01	
Ash.....g	0.12		0	RPI	6		0.30	0.04	
Carbohydrate, by difference.....g	10.42		0	RPI	6		25.75	3.22	
Fiber, total dietary.....g	0.1		0	RPI	6		0.2	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		10	1	
Iron, Fe.....mg	0.16		0	RPA	1		0.40	0.05	
Magnesium, Mg.....mg	2		0	RPA	1		5	1	
Phosphorus, P.....mg	2		0	RPA	1		5	1	
Potassium, K.....mg	15		0	RPA	1		38	5	
Sodium, Na.....mg	4		0	RPA	1		9	1	
Zinc, Zn.....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu.....mg	0.021		0	RPA	1		0.052	0.006	
Manganese, Mn.....mg	0.005		0	RPA	1		0.011	0.001	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9		0	RPI	6		9.7	1.2	
Thiamin.....mg	0.006		0	RPI	6		0.014	0.002	
Riboflavin.....mg	0.021		0	RPI	6		0.052	0.007	
Niacin.....mg	0.016		0	RPI	6		0.040	0.005	
Pantothenic acid.....mg	0.013		0	RPI	6		0.031	0.004	
Vitamin B-6.....mg	0.006		0	RPI	6		0.014	0.002	
Folate, total.....mcg	2		0	RPI	6		5	1	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	2		0	RPI	6		5	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	1	
Choline, total.....mg	0.4		0	RPI	6		1.1	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	2		0	RPI	6		4	1	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.014	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14543

Lemonade, frozen concentrate, pink, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001	0.000	
15:0.....g									
16:0.....g	0.005		0	RPI	6		0.013	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.004	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	RPI	6		0.032	0.004	
18:2 undifferentiated.....g	0.009		0	RPI	6		0.023	0.003	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.009	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 247g: 1 cup 8 fl oz

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14292

Lemonade, frozen concentrate, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.30		2		1		19.09	229.07	114.54
Energy.....kcal	181		0	NC	4		66	794	397
Energy.....kj	758		0	NC	4		277	3322	1661
Protein (N x 6.25).....g	0.30		2		1		0.11	1.31	0.66
Total lipid (fat).....g	0.20		2		1		0.07	0.88	0.44
Ash.....g	0.20		2		1		0.07	0.88	0.44
Carbohydrate, by difference.....g	47.00		0	NC	4		17.16	205.86	102.93
Fiber, total dietary.....g	0.2		0	FLA	4		0.1	0.9	0.4
Sugars, total.....g	45.03		0	FLA	4		16.43	197.21	98.61
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		38		1		3	31	15
Iron, Fe.....mg	0.72		12		1		0.26	3.15	1.58
Magnesium, Mg.....mg	5		37		1		2	22	11
Phosphorus, P.....mg	9		28		1		3	39	20
Potassium, K.....mg	67		37		1		24	293	147
Sodium, Na.....mg	4		36		1		1	18	9
Zinc, Zn.....mg	0.08		11		1		0.03	0.35	0.18
Copper, Cu.....mg	0.060		12		1		0.022	0.263	0.131
Manganese, Mn.....mg	0.020		10		1		0.007	0.088	0.044
Selenium, Se.....mcg	0.4		0	FLA	4		0.1	1.6	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.7		32		1		6.5	77.5	38.8
Thiamin.....mg	0.026		2		1		0.009	0.114	0.057
Riboflavin.....mg	0.096		2		1		0.035	0.420	0.210
Niacin.....mg	0.074		2		1		0.027	0.324	0.162
Pantothenic acid.....mg	0.057		2		1		0.021	0.250	0.125
Vitamin B-6.....mg	0.025		2		1		0.009	0.110	0.055
Folate, total.....mcg	5		0	FLA	4		2	21	10
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	5		0	FLA	4		2	21	10
Folate, DFE.....mcg_DFE	5		0	NC	4		2	21	10
Choline, total.....mg	2.0		2	A	1		0.7	8.6	4.3
Betaine.....mg	0.2		2	A	1		0.1	0.9	0.5
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	1	1
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	1		0	FLA	4		0	4	2
Carotene, alpha.....mcg	0		0	FLA	4		0	1	0
Cryptoxanthin, beta.....mcg	6		0	FLA	4		2	25	13
Vitamin A, IU.....IU	7		0	FLA	4		2	29	14
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1	16	8
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLA	4		0.01	0.18	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.025		0	FLA	4		0.009	0.111	0.056
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 14292
Lemonade, frozen concentrate, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.003	0.001
15:0.....g									
16:0.....g	0.023		0	FLA	4		0.008	0.101	0.050
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.001	0.008	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	FLA	4		0.003	0.035	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.003	0.001
17:1.....g									
18:1 undifferentiated.....g	0.007		0	FLA	4		0.003	0.032	0.016
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0	FLA	4		0.022	0.258	0.129
18:2 undifferentiated.....g	0.041		0	FLA	4		0.015	0.181	0.091
18:3 undifferentiated.....g	0.018		0	FLA	4		0.006	0.077	0.039
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

- Measure 1 = 36.5g: 1 fl oz
- Measure 2 = 438g: 1 can (12 fl oz)
- Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.35		0	RPI	6		220.69	27.61	
Energy.....kcal	40		0	RPI	6		99	12	
Energy.....kj	168		0	RPI	6		415	52	
Protein (N x 0).....g	0.07		0	RPI	6		0.16	0.02	
Total lipid (fat).....g	0.04		0	RPI	6		0.11	0.01	
Ash.....g	0.12		0	RPI	6		0.30	0.04	
Carbohydrate, by difference.....g	10.42		0	RPI	6		25.74	3.22	
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total.....g	9.98		0	RPI	6		24.66	3.08	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	RPA	1		10	1	
Iron, Fe.....mg	0.16		0	RPA	1		0.40	0.05	
Magnesium, Mg.....mg	2		0	RPA	1		5	1	
Phosphorus, P.....mg	2		0	RPA	1		5	1	
Potassium, K.....mg	15		0	RPA	1		38	5	
Sodium, Na.....mg	4		0	RPA	1		9	1	
Zinc, Zn.....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu.....mg	0.021		0	RPA	1		0.052	0.006	
Manganese, Mn.....mg	0.005		0	RPA	1		0.011	0.001	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9		0	RPI	6		9.7	1.2	
Thiamin.....mg	0.006		0	RPI	6		0.014	0.002	
Riboflavin.....mg	0.021		0	RPI	6		0.053	0.007	
Niacin.....mg	0.016		0	RPI	6		0.041	0.005	
Pantothenic acid.....mg	0.013		0	RPI	6		0.031	0.004	
Vitamin B-6.....mg	0.006		0	RPI	6		0.014	0.002	
Folate, total.....mcg	1		0	RPI	6		3	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Choline, total.....mg	0.4		0	RPI	6		1.1	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		1	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	1		0	RPI	6		3	0	
Vitamin A, IU.....IU	1		0	RPI	6		4	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	RPI	6		0.02	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.006		0	RPI	6		0.014	0.002	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14293

Lemonade, frozen concentrate, white, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	RPI	6		0.013	0.002	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.004	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	RPI	6		0.032	0.004	
18:2 undifferentiated.....g	0.009		0	RPI	6		0.023	0.003	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.010	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 247g: 1 serving 1 cup 8 fl oz

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14289

Lemonade, low calorie, with aspartame, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.80		1		1		0.03		
Energy.....kcal	332		0	NC	4		6		
Energy.....kj	1389		0		4		26		
Protein (N x 6.25).....g	3.60		1		1		0.07		
Total lipid (fat).....g	0.30		1		1		0.01		
Ash.....g	10.60		1		1		0.20		
Carbohydrate, by difference.....g	83.70		0	NC	4		1.59		
Fiber, total dietary.....g	0.1		0		4		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3098		1		1		59		
Iron, Fe.....mg	5.70		1		1		0.11		
Magnesium, Mg.....mg	14		1		1		0		
Phosphorus, P.....mg	1554		1		1		30		
Potassium, K.....mg	11		1		1		0		
Sodium, Na.....mg	10		1		1		0		
Zinc, Zn.....mg	0.16		1		1		0.00		
Copper, Cu.....mg	0.110		1		1		0.002		
Manganese, Mn.....mg	0.110		1		1		0.002		
Selenium, Se.....mcg	0.6		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	394.0		1		1		7.5		
Thiamin.....mg	0.007		1		1		0.000		
Riboflavin.....mg	0.037		1		1		0.001		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg	0.000		1		1		0.000		
Vitamin B-6.....mg	0.000		0		1		0.000		
Folate, total.....mcg	13		0		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		0		
Folate, DFE.....mcg_DFE	13		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.039		0		4		0.001		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 14289

Lemonade, low calorie, with aspartame, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.001		0		4		0.000		
15:0.....g									
16:0.....g	0.035		0		4		0.001		
17:0.....g									
18:0.....g	0.002		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		4		0.002		
18:2 undifferentiated.....g	0.062		0		4		0.001		
18:3 undifferentiated.....g	0.026		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 1.9g: 1 serving

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.10		0	RPI	6		236.85	29.53	
Energy.....kcal	3		0	RPI	6		6	1	
Energy.....kj	11		0	RPI	6		27	3	
Protein (N x 0).....g	0.03		0	RPI	6		0.07	0.01	
Total lipid (fat).....g	0.00		0	RPI	6		0.01	0.00	
Ash.....g	0.19		0	RPI	6		0.44	0.06	
Carbohydrate, by difference.....g	0.68		0	RPI	6		1.63	0.20	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	RPA	1		68	8	
Iron, Fe.....mg	0.05		0	RPA	1		0.12	0.01	
Magnesium, Mg.....mg	1		0	RPA	1		3	0	
Phosphorus, P.....mg	13		0	RPA	1		30	4	
Potassium, K.....mg	1		0	RPA	1		1	0	
Sodium, Na.....mg	4		0	RPA	1		9	1	
Zinc, Zn.....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu.....mg	0.011		0	RPA	1		0.025	0.003	
Manganese, Mn.....mg	0.001		0	RPA	1		0.003	0.000	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2		0	RPI	6		7.7	1.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.000		0	RPI	6		0.001	0.000	
Niacin.....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid.....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	RPI	6		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.001	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.001	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.002	0.000	
18:2 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 239g: 1 serving 1 cup 8 fl oz

Measure 2 = 29.8g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14287
Lemonade, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.30		6		1		0.05	0.65	
Energy.....kcal	389		1	LC	8		70	848	
Energy.....kj	1627		0	LC	8		293	3547	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	0.49		0	O	4		0.09	1.07	
Carbohydrate, by difference.....g	94.44		1	LC	8		17.00	205.89	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	94.44		1	LC	8		17.00	205.89	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	242		6		1		44	528	
Iron, Fe.....mg	0.50		1		1		0.09	1.09	
Magnesium, Mg.....mg	1		1		1		0	2	
Phosphorus, P.....mg	126		6		1		23	275	
Potassium, K.....mg	120		1		1		22	262	
Sodium, Na.....mg	0		1	LC	8		0	0	
Zinc, Zn.....mg	0.14		1		1		0.03	0.31	
Copper, Cu.....mg	0.032		0	FLC	4		0.006	0.070	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	FLC	4		0.1	1.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.3		1	LC	8		6.0	72.7	
Thiamin.....mg	0.015		1		1		0.003	0.033	
Riboflavin.....mg	0.025		0	FLC	4		0.005	0.055	
Niacin.....mg	0.130		1		1		0.023	0.283	
Pantothenic acid.....mg	0.060		1		1		0.011	0.131	
Vitamin B-6.....mg	0.026		1		1		0.005	0.057	
Folate, total.....mcg	6		0	FLC	4		1	13	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	6		0	FLC	4		1	13	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	13	
Choline, total.....mg	0.1		1	A	1		0.0	0.2	
Betaine.....mg	0.7		1	A	1		0.1	1.6	
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLC	4		0	2	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	1		0	FLC	4		0	3	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	8		0	FLC	4		1	17	
Vitamin A, IU.....IU	9		0	FLC	4		2	20	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLC	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.14		0	FLC	4		0.03	0.31	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 14287
Lemonade, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 18g: 1 serving

Measure 2 = 218g: 1 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14288

Lemonade, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.65		0	RPI	6		236.67	29.58	
Energy.....kcal	37		0	RPI	6		98	12	
Energy.....kj	155		0	RPI	6		408	51	
Protein (N x 0).....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.14		0	RPI	6		0.37	0.05	
Carbohydrate, by difference.....g	9.72		0	RPI	6		25.67	3.21	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	9.72		0	RPI	6		25.67	3.21	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	RPA	1		73	9	
Iron, Fe.....mg	0.05		0	RPA	1		0.14	0.02	
Magnesium, Mg.....mg	1		0	RPA	1		3	0	
Phosphorus, P.....mg	13		0	RPA	1		34	4	
Potassium, K.....mg	13		0	RPA	1		34	4	
Sodium, Na.....mg	3		0	RPI	6		9	1	
Zinc, Zn.....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu.....mg	0.012		0	RPI	6		0.032	0.004	
Manganese, Mn.....mg	0.000		0	RPA	1		0.001	0.000	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.4		0	RPI	6		9.1	1.1	
Thiamin.....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin.....mg	0.003		0	RPI	6		0.007	0.001	
Niacin.....mg	0.013		0	RPI	6		0.035	0.004	
Pantothenic acid.....mg	0.006		0	RPI	6		0.016	0.002	
Vitamin B-6.....mg	0.003		0	RPI	6		0.007	0.001	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	0.0		0	RPI	6		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	1		0	RPI	6		2	0	
Vitamin A, IU.....IU	1		0	RPI	6		2	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	RPI	6		0.04	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 264g: 1 serving 1 cup 8 fl oz

Measure 2 = 33.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14296
Lemonade-flavor drink, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.60		2		1		0.11		
Energy.....kcal	389		1	LC	8		70		
Energy.....kj	1627		0	LC	8		293		
Protein (N x 6.25).....g	0.10		2		1		0.02		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.30		1		1		0.05		
Carbohydrate, by difference.....g	94.44		1	LC	8		17.00		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	94.44		1	LC	8		17.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83		1		1		15		
Iron, Fe.....mg	0.11		2		1		0.02		
Magnesium, Mg.....mg	1		1		1		0		
Phosphorus, P.....mg	9		3		1		2		
Potassium, K.....mg	3		1		1		1		
Sodium, Na.....mg	139		1	LC	8		25		
Zinc, Zn.....mg	0.05		2		1		0.01		
Copper, Cu.....mg	0.045		2		1		0.008		
Manganese, Mn.....mg	0.002		0	FLA	4		0.000		
Selenium, Se.....mcg	0.4		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.3		1	LC	8		6.0		
Thiamin.....mg	0.002		1		1		0.000		
Riboflavin.....mg	0.011		1		1		0.002		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg	0.000		1		1		0.000		
Vitamin B-6.....mg	0.000		1		1		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.003		0	FLA	4		0.001		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 14296
Lemonade-flavor drink, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.002		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 18g: 1 serving

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14297

Lemonade-flavor drink, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.88		0	RPI	6		236.84	29.54	
Energy.....kcal	26		0	RPI	6		65	8	
Energy.....kj	107		0	RPI	6		273	34	
Protein (N x 0).....g	0.01		0	RPI	6		0.02	0.00	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.11		0	RPI	6		0.29	0.04	
Carbohydrate, by difference.....g	6.68		0	RPI	6		17.03	2.12	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	6.68		0	RPI	6		17.03	2.12	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	RPA	1		22	3	
Iron, Fe.....mg	0.01		0	RPA	1		0.02	0.00	
Magnesium, Mg.....mg	1		0	RPA	1		2	0	
Phosphorus, P.....mg	1		0	RPA	1		2	0	
Potassium, K.....mg	1		0	RPA	1		2	0	
Sodium, Na.....mg	13		0	RPI	6		34	4	
Zinc, Zn.....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu.....mg	0.012		0	RPA	1		0.031	0.004	
Manganese, Mn.....mg	0.000		0	RPI	6		0.001	0.000	
Selenium, Se.....mcg	0.0		0	RPI	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4		0	RPI	6		6.0	0.7	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.001		0	RPI	6		0.002	0.000	
Niacin.....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid.....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	RPI	6		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.001	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14297

Lemonade-flavor drink, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.1	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 255g: 1 serving 1 cup 8 fl oz

Measure 2 = 31.8g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14302
Limeade, frozen concentrate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.46		0	O	4		13.64	163.72	81.67
Energy.....kcal	247		2	LC	8		90	1079	538
Energy.....kj	1033		0	LC	8		376	4515	2252
Protein (N x 6.25).....g	0.00		2	LC	8		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	LC	8		0.00	0.00	0.00
Ash.....g	0.22		0	FLC	4		0.08	0.96	0.48
Carbohydrate, by difference.....g	62.32		2	LC	8		22.68	272.32	135.85
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	59.96		2	LC	8		21.83	262.05	130.72
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	LC	8		0	0	0
Iron, Fe.....mg	0.00		1	LC	8		0.00	0.00	0.00
Magnesium, Mg.....mg	5		0	FLA	4		2	20	10
Phosphorus, P.....mg	3		0	FLA	4		1	12	6
Potassium, K.....mg	43		0	FLA	4		16	190	95
Sodium, Na.....mg	0		2	LC	8		0	0	0
Zinc, Zn.....mg	0.04		0	FLA	4		0.02	0.18	0.09
Copper, Cu.....mg	0.039		0	FLA	4		0.014	0.169	0.084
Manganese, Mn.....mg	0.005		0	FLA	4		0.002	0.020	0.010
Selenium, Se.....mcg	0.3		0	FLA	4		0.1	1.4	0.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.1		2	LC	8		5.1	61.7	30.8
Thiamin.....mg	0.008		0	FLA	4		0.003	0.034	0.017
Riboflavin.....mg	0.013		0	FLA	4		0.005	0.055	0.028
Niacin.....mg	0.038		0	FLA	4		0.014	0.168	0.084
Pantothenic acid.....mg	0.053		0	FLA	4		0.019	0.232	0.116
Vitamin B-6.....mg	0.017		0	FLA	4		0.006	0.074	0.037
Folate, total.....mcg	3		0	FLA	4		1	14	7
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	3		0	FLA	4		1	14	7
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14	7
Choline, total.....mg	2.1		0	O	4		0.8	9.1	4.5
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	1	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		1	LC	8		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 14302
Limeade, frozen concentrate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	FLA	4		0.000	0.000	0.000
Threonine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Leucine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Lysine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Methionine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Cystine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Valine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Arginine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Histidine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Alanine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	FLA	4		0.000	0.000	0.000
Glycine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Proline.....g	0.000		0	FLA	4		0.000	0.000	0.000
Serine.....g	0.000		0	FLA	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

NDB No. 14302

Limeade, frozen concentrate

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz)

Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14303

Limeade, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.08		0	RPI	6		212.62	26.60	
Energy.....kcal	52		0	RPI	6		129	16	
Energy.....kj	219		0	RPI	6		542	68	
Protein.....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.13		0	RPI	6		0.31	0.04	
Carbohydrate, by difference.....g	13.79		0	RPI	6		34.06	4.26	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	13.27		0	RPI	6		32.78	4.10	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	RPI	6		6	1	
Iron, Fe.....mg	0.00		0	RPI	6		0.00	0.00	
Magnesium, Mg.....mg	2		0	RPI	6		4	1	
Phosphorus, P.....mg	1		0	RPI	6		2	0	
Potassium, K.....mg	10		0	RPI	6		25	3	
Sodium, Na.....mg	3		0	RPI	6		7	1	
Zinc, Zn.....mg	0.01		0	RPI	6		0.03	0.00	
Copper, Cu.....mg	0.016		0	RPI	6		0.040	0.005	
Manganese, Mn.....mg	0.001		0	RPI	6		0.003	0.000	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.1		0	RPI	6		7.7	1.0	
Thiamin.....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin.....mg	0.003		0	RPI	6		0.007	0.001	
Niacin.....mg	0.009		0	RPI	6		0.021	0.003	
Pantothenic acid.....mg	0.012		0	RPI	6		0.029	0.004	
Vitamin B-6.....mg	0.004		0	RPI	6		0.009	0.001	
Folate, total.....mcg	1		0	RPI	6		2	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	0.5		0	RPI	6		1.1	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14303

Limeade, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 247g: 1 serving 1 cup 8 fl oz

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14305

Malt beverage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.15	2.976	4	JO	11		216.03	26.98	
Energy.....kcal	37		0	NC	4		89	11	
Energy.....kj	156		0	NC	4		371	46	
Protein (N x 6.25).....g	0.21	0.050	3	JO	11		0.50	0.06	
Total lipid (fat).....g	0.12		2	A	1		0.28	0.04	
Ash.....g	0.12	0.017	3	JO	11		0.28	0.03	
Carbohydrate, by difference.....g	8.05		0	NC	4		19.08	2.38	
Fiber, total dietary.....g	0.0		2	AI	13		0.0	0.0	
Sugars, total.....g	8.05		0	NR	4		19.08	2.38	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	1.139	4	JO	11		16	2	
Iron, Fe.....mg	0.06	0.025	4	JO	11		0.14	0.02	
Magnesium, Mg.....mg	7	0.941	3	JO	11		16	2	
Phosphorus, P.....mg	16	7.533	3	JO	11		37	5	
Potassium, K.....mg	8		2	A	1		19	2	
Sodium, Na.....mg	13		2	A	1		31	4	
Zinc, Zn.....mg	0.02		3	A	1		0.05	0.01	
Copper, Cu.....mg	0.008		2	JO	11		0.019	0.002	
Manganese, Mn.....mg	0.013		1	A	1		0.031	0.004	
Selenium, Se.....mcg	1.2		0	BFFN	4		2.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		1.2	0.1	
Thiamin.....mg	0.016		2	A	1		0.038	0.005	
Riboflavin.....mg	0.048		2	A	1		0.114	0.014	
Niacin.....mg	1.113		2	A	1		2.638	0.329	
Pantothenic acid.....mg	0.037		2	A	1		0.088	0.011	
Vitamin B-6.....mg	0.027		2	A	1		0.064	0.008	
Folate, total.....mcg	14		2	A	1		33	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		2	A	1		33	4	
Folate, DFE.....mcg_DFE	14		0	NC	4		33	4	
Choline, total.....mg	10.1		0	O	4		24.0	3.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.02		0	BFFN	4		0.05	0.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		2	Z	7		0	0	
Carotene, alpha.....mcg	0		2	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	2		2	A	1		5	1	
Lycopene.....mcg	0		2	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFFN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.024		0	BFFN	4		0.057	0.007	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 14305
Malt beverage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.002	0.000	
15:0.....g									
16:0.....g	0.021		0	BFFN	4		0.050	0.006	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	BFFN	4		0.036	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFFN	4		0.028	0.004	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	BFFN	4		0.133	0.017	
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.119	0.015	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.014	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.3	0.048	3	JO	11		0.8	0.1	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 237g: 1 cup
 Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14317
Malted drink mix, chocolate, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.30	0.067	6		1		0.27		
Energy.....kcal	411		0	NC	4		86		
Energy.....kj	1720		0	NC	4		361		
Protein (N x 6.25).....g	5.10		9		1		1.07		
Total lipid (fat).....g	4.76		1	LC	8		1.00		
Ash.....g	1.90	0.020	6		1		0.40		
Carbohydrate, by difference.....g	86.94		0	NC	4		18.26		
Fiber, total dietary.....g	4.8		1	LC	8		1.0		
Sugars, total.....g	66.67		1	LC	8		14.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		3		1		13		
Iron, Fe.....mg	2.28		8		1		0.48		
Magnesium, Mg.....mg	70		1		1		15		
Phosphorus, P.....mg	175		1		1		37		
Potassium, K.....mg	618		0	FLA	4		130		
Sodium, Na.....mg	190		1	LC	8		40		
Zinc, Zn.....mg	0.80		1		1		0.17		
Copper, Cu.....mg	0.200		1		1		0.042		
Manganese, Mn.....mg									
Selenium, Se.....mcg	6.9		0	FLA	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		7		1		0.3		
Thiamin.....mg	0.173		7		1		0.036		
Riboflavin.....mg	0.200		1		1		0.042		
Niacin.....mg	2.003		7		1		0.421		
Pantothenic acid.....mg	0.316		0	FLA	4		0.066		
Vitamin B-6.....mg	0.156		7		1		0.033		
Folate, total.....mcg	37		0	FLA	4		8		
Folic acid.....mcg	18		0	FLA	4		4		
Folate, food.....mcg	19		0	FLA	4		4		
Folate, DFE.....mcg_DFE	50		0	NC	4		10		
Choline, total.....mg	27.2		0	O	4		5.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.42		0	FLA	4		0.09		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	33		0	FLA	4		7		
Retinol.....mcg	32		0	FLA	4		7		
Carotene, beta.....mcg	5		0	FLA	4		1		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	117		0	FLA	4		25		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	2		0	FLA	4		1		
Vitamin E (alpha-tocopherol).....mg	0.17		0	FLA	4		0.04		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		0	FLA	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	2.381		1	LC	8		0.500		
4:0.....g	0.111		0	FLA	4		0.023		
6:0.....g	0.031		0	FLA	4		0.006		
8:0.....g	0.034		0	FLA	4		0.007		
10:0.....g	0.076		0	FLA	4		0.016		

NDB No. 14317
Malted drink mix, chocolate, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.079		0	FLA	4		0.017		
13:0.....g									
14:0.....g	0.362		0	FLA	4		0.076		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	1.152		0	FLA	4		0.242		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.412		0	FLA	4		0.086		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	1.167		0	FLA	4		0.245		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.158		0	FLA	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	0.941		0	FLA	4		0.198		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.669		0	FLA	4		0.140		
18:2 undifferentiated.....g	0.583		0	FLA	4		0.122		
18:3 undifferentiated.....g	0.085		0	FLA	4		0.018		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	37		2		1		8		
Theobromine.....mg	345		0	BFZN	4		72		

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

Common Measures:

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.34		0	RPA	1		215.56		
Energy.....kcal	85		0	RPI	6		226		
Energy.....kj	357		0	RPI	6		947		
Protein.....g	3.37		0	RPA	1		8.94		
Total lipid (fat).....g	3.29		0	RPI	6		8.73		
Ash.....g	0.79		0	RPA	1		2.08		
Carbohydrate, by difference.....g	11.20		0	RPI	6		29.67		
Fiber, total dietary.....g	0.5		0	RPI	6		1.4		
Sugars, total.....g	6.68		0	RPI	6		17.71		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0	RPA	1		259		
Iron, Fe.....mg	0.21		0	RPA	1		0.57		
Magnesium, Mg.....mg	15		0	RPA	1		40		
Phosphorus, P.....mg	91		0	RPA	1		242		
Potassium, K.....mg	172		0	RPI	6		455		
Sodium, Na.....mg	60		0	RPA	1		159		
Zinc, Zn.....mg	0.41		0	RPA	1		1.10		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.080		0	RPI	6		0.211		
Selenium, Se.....mcg	5.4		0	RPI	6		14.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.3		
Thiamin.....mg	0.054		0	RPA	1		0.143		
Riboflavin.....mg	0.184		0	RPA	1		0.488		
Niacin.....mg	0.259		0	RPA	1		0.687		
Pantothenic acid.....mg	0.354		0	RPI	6		0.937		
Vitamin B-6.....mg	0.046		0	RPA	1		0.122		
Folate, total.....mcg	9		0	RPI	6		23		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	9		0	RPI	6		23		
Folate, DFE.....mcg_DFE	9		0	NC	4		23		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.42		0	RPA	1		1.11		
Vitamin A, RAE.....mcg_RAE	26		0	RPI	6		70		
Retinol.....mcg	26		0	RPI	6		69		
Carotene, beta.....mcg	5		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	95		0	RPI	6		252		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		3		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.9		
Lipids:									
Fatty acids, total saturated.....g	1.883		0	RPI	6		4.989		
4:0.....g	0.076		0	RPA	1		0.202		
6:0.....g	0.073		0	RPA	1		0.194		
8:0.....g	0.071		0	RPA	1		0.189		
10:0.....g	0.075		0	RPA	1		0.198		
12:0.....g	0.077		0	RPA	1		0.205		
13:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.297		0	RPA	1		0.788		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.838		0	RPA	1		2.222		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.375		0	RPA	1		0.993		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.827		0	RPI	6		2.192		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0	RPA	1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.822		0	RPA	1		2.178		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	RPI	6		0.550		
18:2 undifferentiated.....g	0.133		0	RPA	1		0.353		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0	RPA	1		0.195		
Threonine.....g	0.143		0	RPA	1		0.379		
Isoleucine.....g	0.165		0	RPA	1		0.436		
Leucine.....g	0.268		0	RPA	1		0.709		
Lysine.....g	0.142		0	RPA	1		0.376		
Methionine.....g	0.074		0	RPA	1		0.196		
Cystine.....g	0.023		0	RPA	1		0.061		
Phenylalanine.....g	0.150		0	RPA	1		0.398		
Tyrosine.....g	0.152		0	RPA	1		0.402		
Valine.....g	0.193		0	RPA	1		0.510		
Arginine.....g	0.085		0	RPA	1		0.226		
Histidine.....g	0.077		0	RPA	1		0.203		
Alanine.....g	0.109		0	RPA	1		0.290		
Aspartic acid.....g	0.252		0	RPA	1		0.666		
Glutamic acid.....g	0.677		0	RPA	1		1.794		
Glycine.....g	0.079		0	RPA	1		0.211		
Proline.....g	0.350		0	RPA	1		0.926		
Serine.....g	0.119		0	RPA	1		0.316		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	28		0	RPI	6		73		

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

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

NDB No. 14318

Malted drink mix, chocolate, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14315

Malted drink mix, chocolate, with added nutrients, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.50		3		1		1.95	0.53	
Energy.....kcal	389		0	NC	4		303	82	
Energy.....kj	1626		0	NC	4		1268	341	
Protein (N x 6.25).....g	4.90		5		1		3.82	1.03	
Total lipid (fat).....g	3.40		4		1		2.65	0.71	
Ash.....g	4.60		3		1		3.59	0.97	
Carbohydrate, by difference.....g	84.60		0	NC	4		65.99	17.77	
Fiber, total dietary.....g	4.7		1	LC	8		3.7	1.0	
Sugars, total.....g	70.56		1	LC	8		55.03	14.82	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1881		1	LC	8		1467	395	
Iron, Fe.....mg	17.38		5		1		13.56	3.65	
Magnesium, Mg.....mg	96		2		1		75	20	
Phosphorus, P.....mg	401		2		1		313	84	
Potassium, K.....mg	1193		2		1		931	251	
Sodium, Na.....mg	594		5		1		463	125	
Zinc, Zn.....mg	1.07		2		1		0.83	0.22	
Copper, Cu.....mg	0.634		2		1		0.495	0.133	
Manganese, Mn.....mg	0.627		2		1		0.489	0.132	
Selenium, Se.....mcg	3.3		0	FLC	4		2.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	150.1		4		1		117.1	31.5	
Thiamin.....mg	3.052		4		1		2.381	0.641	
Riboflavin.....mg	4.110		2		1		3.206	0.863	
Niacin.....mg	50.937		4		1		39.731	10.697	
Pantothenic acid.....mg	0.683		1		1		0.533	0.143	
Vitamin B-6.....mg	4.366		4		1		3.405	0.917	
Folate, total.....mcg	7		0	FLC	4		5	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0	FLC	4		5	1	
Folate, DFE.....mcg_DFE	7		0	NC	4		5	1	
Choline, total.....mg	5.9		0	FLC	4		4.6	1.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.03		0	FLC	4		0.02	0.01	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3929		0	FLA	4		3065	825	
Retinol.....mcg	3929		0	FLA	4		3065	825	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	13098		2		1		10216	2751	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		9	2	
Vitamin E (alpha-tocopherol).....mg	0.03		0	FLC	4		0.02	0.01	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	FLC	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated.....g	1.964		0		1		1.532	0.412	
4:0.....g	0.088		0		1		0.069	0.018	
6:0.....g	0.052		0		1		0.041	0.011	
8:0.....g	0.030		0		1		0.023	0.006	
10:0.....g	0.068		0		1		0.053	0.014	

NDB No. 14315

Malted drink mix, chocolate, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.077		0		1		0.060	0.016	
13:0.....g									
14:0.....g	0.275		0		1		0.215	0.058	
15:0.....g									
16:0.....g	0.861		0		1		0.672	0.181	
17:0.....g									
18:0.....g	0.447		0		1		0.349	0.094	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.951		0		1		0.742	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.049	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.846		0		1		0.660	0.178	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0		1		0.254	0.068	
18:2 undifferentiated.....g	0.260		0		1		0.203	0.055	
18:3 undifferentiated.....g	0.065		0		1		0.051	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	28		1		1		22	6	
Theobromine.....mg	345		0	FLA	4		269	72	

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

Common Measures:

Measure 1 = 78g: 1 cup

Measure 2 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.44		0	RPA	1		215.81		
Energy.....kcal	84		0	RPI	6		223		
Energy.....kj	352		0	RPI	6		932		
Protein.....g	3.36		0	RPA	1		8.90		
Total lipid (fat).....g	3.26		0	RPI	6		8.64		
Ash.....g	1.00		0	RPA	1		2.66		
Carbohydrate, by difference.....g	10.92		0	RPI	6		28.95		
Fiber, total dietary.....g	0.4		0	RPI	6		1.0		
Sugars, total.....g	10.49		0	RPI	6		27.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		0	RPA	1		340		
Iron, Fe.....mg	1.42		0	RPA	1		3.77		
Magnesium, Mg.....mg	17		0	RPA	1		45		
Phosphorus, P.....mg	109		0	RPA	1		290		
Potassium, K.....mg	218		0	RPA	1		577		
Sodium, Na.....mg	87		0	RPA	1		231		
Zinc, Zn.....mg	0.44		0	RPA	1		1.16		
Copper, Cu.....mg	0.072		0	RPA	1		0.191		
Manganese, Mn.....mg	0.053		0	RPA	1		0.141		
Selenium, Se.....mcg	4.7		0	RPI	6		12.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0	RPA	1		31.9		
Thiamin.....mg	0.285		0	RPA	1		0.755		
Riboflavin.....mg	0.497		0	RPA	1		1.318		
Niacin.....mg	4.182		0	RPA	1		11.081		
Pantothenic acid.....mg	0.388		0	RPA	1		1.028		
Vitamin B-6.....mg	0.383		0	RPA	1		1.016		
Folate, total.....mcg	7		0	RPI	6		18		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	7		0	RPI	6		18		
Folate, DFE.....mcg_DFE	7		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.43		0	RPI	6		1.15		
Vitamin A, RAE.....mcg_RAE	341		0	RPI	6		904		
Retinol.....mcg	341		0	RPI	6		903		
Carotene, beta.....mcg	5		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	1144		0	RPI	6		3031		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	1		0	RPI	6		2		
Vitamin E (alpha-tocopherol).....mg	0.06		0	RPI	6		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RPI	6		0.8		
Lipids:									
Fatty acids, total saturated.....g	1.868		0	RPI	6		4.950		
4:0.....g	0.076		0	RPA	1		0.200		
6:0.....g	0.073		0	RPA	1		0.193		
8:0.....g	0.071		0	RPA	1		0.188		
10:0.....g	0.074		0	RPA	1		0.196		
12:0.....g	0.077		0	RPA	1		0.203		
13:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.295		0	RPA	1		0.782		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.831		0	RPA	1		2.203		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.371		0	RPA	1		0.984		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.820		0	RPI	6		2.173		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RPA	1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.815		0	RPA	1		2.160		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0	RPI	6		0.543		
18:2 undifferentiated.....g	0.131		0	RPA	1		0.348		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.195		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	RPI	6		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0	RPA	1		0.182		
Threonine.....g	0.131		0	RPA	1		0.348		
Isoleucine.....g	0.152		0	RPA	1		0.402		
Leucine.....g	0.244		0	RPA	1		0.647		
Lysine.....g	0.129		0	RPA	1		0.342		
Methionine.....g	0.069		0	RPA	1		0.182		
Cystine.....g	0.015		0	RPA	1		0.041		
Phenylalanine.....g	0.135		0	RPA	1		0.358		
Tyrosine.....g	0.139		0	RPA	1		0.370		
Valine.....g	0.177		0	RPA	1		0.468		
Arginine.....g	0.069		0	RPA	1		0.182		
Histidine.....g	0.069		0	RPA	1		0.182		
Alanine.....g	0.095		0	RPA	1		0.251		
Aspartic acid.....g	0.218		0	RPA	1		0.579		
Glutamic acid.....g	0.596		0	RPA	1		1.580		
Glycine.....g	0.069		0	RPA	1		0.182		
Proline.....g	0.314		0	RPA	1		0.833		
Serine.....g	0.098		0	RPA	1		0.260		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	2		0	RPI	6		6		
Theobromine.....mg	28		0	RPI	6		73		

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

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

NDB No. 14316

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14311
Malted drink mix, natural, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.00	0.134	6		1		0.42		
Energy.....kcal	428		0	NC	4		90		
Energy.....kj	1789		0	NC	4		376		
Protein (N x 6.25).....g	14.29		1	LC	8		3.00		
Total lipid (fat).....g	9.52		1	LC	8		2.00		
Ash.....g	2.98		0	FLC	4		0.63		
Carbohydrate, by difference.....g	71.21		0	NC	4		14.95		
Fiber, total dietary.....g	0.1		0	FLC	4		0.0		
Sugars, total.....g	47.62		1	LC	8		10.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	298		1		1		63		
Iron, Fe.....mg	0.70		7		1		0.15		
Magnesium, Mg.....mg	93		1		1		20		
Phosphorus, P.....mg	358		1		1		75		
Potassium, K.....mg	758		0		1		159		
Sodium, Na.....mg	405		1	LC	8		85		
Zinc, Zn.....mg	0.99		1		1		0.21		
Copper, Cu.....mg	0.200		1		1		0.042		
Manganese, Mn.....mg	0.237		0	FLC	4		0.050		
Selenium, Se.....mcg	16.4		0	FLC	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.9		7		1		0.6		
Thiamin.....mg	0.505		7		1		0.106		
Riboflavin.....mg	0.920		1		1		0.193		
Niacin.....mg	5.246		7		1		1.102		
Pantothenic acid.....mg	0.624		0	FLC	4		0.131		
Vitamin B-6.....mg	0.410		7		1		0.086		
Folate, total.....mcg	46		0	FLM	4		10		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	46		0	FLM	4		10		
Folate, DFE.....mcg_DFE	46		0	NC	4		10		
Choline, total.....mg	58.7		0	O	4		12.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.80		0	FLC	4		0.17		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	63		0	FLC	4		13		
Retinol.....mcg	62		0	FLC	4		13		
Carotene, beta.....mcg	11		0	FLC	4		2		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	224		0	FLC	4		47		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	7		0	FLC	4		1		
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLC	4		0.08		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	FLC	4		1.1		
Lipids:									
Fatty acids, total saturated.....g	4.762		1	LC	8		1.000		
4:0.....g	0.220		0	FLC	4		0.046		
6:0.....g	0.061		0	FLC	4		0.013		
8:0.....g	0.068		0	FLC	4		0.014		
10:0.....g	0.151		0	FLC	4		0.032		

NDB No. 14311
Malted drink mix, natural, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.156		0	FLC	4		0.033		
13:0.....g									
14:0.....g	0.719		0	FLC	4		0.151		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	2.343		0	FLC	4		0.492		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.799		0	FLC	4		0.168		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.157		0	FLC	4		0.453		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.290		0	FLC	4		0.061		
17:1.....g									
18:1 undifferentiated.....g	1.741		0	FLC	4		0.366		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.429		0	FLC	4		0.300		
18:2 undifferentiated.....g	1.254		0	FLC	4		0.263		
18:3 undifferentiated.....g	0.174		0	FLC	4		0.037		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.40		0	RPA	1		215.70		
Energy.....kcal	88		0	RPI	6		234		
Energy.....kj	369		0	RPI	6		977		
Protein.....g	3.86		0	RPA	1		10.24		
Total lipid (fat).....g	3.62		0	RPI	6		9.60		
Ash.....g	0.89		0	RPA	1		2.36		
Carbohydrate, by difference.....g	10.23		0	RPI	6		27.12		
Fiber, total dietary.....g	0.1		0	RPI	6		0.2		
Sugars, total.....g	9.56		0	RPI	6		25.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		0	RPA	1		309		
Iron, Fe.....mg	0.09		0	RPA	1		0.23		
Magnesium, Mg.....mg	17		0	RPA	1		44		
Phosphorus, P.....mg	106		0	RPA	1		280		
Potassium, K.....mg	183		0	RPA	1		485		
Sodium, Na.....mg	79		0	RPA	1		210		
Zinc, Zn.....mg	0.43		0	RPA	1		1.14		
Copper, Cu.....mg	0.037		0	RPA	1		0.098		
Manganese, Mn.....mg	0.021		0	RPI	6		0.057		
Selenium, Se.....mcg	5.2		0	RPI	6		13.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RPA	1		0.6		
Thiamin.....mg	0.081		0	RPA	1		0.214		
Riboflavin.....mg	0.242		0	RPA	1		0.641		
Niacin.....mg	0.519		0	RPA	1		1.376		
Pantothenic acid.....mg	0.402		0	RPI	6		1.066		
Vitamin B-6.....mg	0.066		0	RPA	1		0.176		
Folate, total.....mcg	8		0	RPA	1		22		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	8		0	RPI	6		22		
Folate, DFE.....mcg_DFE	8		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.46		0	RPA	1		1.23		
Vitamin A, RAE.....mcg_RAE	33		0	RPI	6		87		
Retinol.....mcg	32		0	RPI	6		85		
Carotene, beta.....mcg	6		0	RPI	6		16		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	117		0	RPI	6		310		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		1		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	RPI	6		1.3		
Lipids:									
Fatty acids, total saturated.....g	2.039		0	RPI	6		5.403		
4:0.....g	0.085		0	RPA	1		0.224		
6:0.....g	0.078		0	RPA	1		0.207		
8:0.....g	0.074		0	RPA	1		0.196		
10:0.....g	0.081		0	RPA	1		0.215		
12:0.....g	0.085		0	RPA	1		0.224		
13:0.....g	0.000		0	RPA	1		0.000		

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.324		0	RPA	1		0.858		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.916		0	RPA	1		2.426		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.397		0	RPA	1		1.053		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.903		0	RPI	6		2.394		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.012		0	RPA	1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.892		0	RPA	1		2.363		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0	RPI	6		0.731		
18:2 undifferentiated.....g	0.191		0	RPA	1		0.507		
18:3 undifferentiated.....g	0.085		0	RPA	1		0.224		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0	RPA	1		0.209		
Threonine.....g	0.155		0	RPA	1		0.412		
Isoleucine.....g	0.180		0	RPA	1		0.476		
Leucine.....g	0.298		0	RPA	1		0.789		
Lysine.....g	0.154		0	RPA	1		0.409		
Methionine.....g	0.082		0	RPA	1		0.216		
Cystine.....g	0.034		0	RPA	1		0.090		
Phenylalanine.....g	0.167		0	RPA	1		0.441		
Tyrosine.....g	0.165		0	RPA	1		0.438		
Valine.....g	0.209		0	RPA	1		0.553		
Arginine.....g	0.103		0	RPA	1		0.274		
Histidine.....g	0.087		0	RPA	1		0.232		
Alanine.....g	0.127		0	RPA	1		0.338		
Aspartic acid.....g	0.291		0	RPA	1		0.770		
Glutamic acid.....g	0.796		0	RPA	1		2.108		
Glycine.....g	0.089		0	RPA	1		0.236		
Proline.....g	0.407		0	RPA	1		1.078		
Serine.....g	0.150		0	RPA	1		0.398		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

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

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

NDB No. 14312

Malted drink mix, natural, powder, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14309

Malted drink mix, natural, with added nutrients, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.10		2		1		0.65		
Energy.....kcal	372		0	FLA	4		78		
Energy.....kj	1555		0	FLA	4		326		
Protein (N x 6.25).....g	9.41		1	LC	8		1.98		
Total lipid (fat).....g	1.33		0	FLA	4		0.28		
Ash.....g	2.57		0	FLA	4		0.54		
Carbohydrate, by difference.....g	83.59		0	NC	4		17.55		
Fiber, total dietary.....g	1.9		0	FLA	4		0.4		
Sugars, total.....g	63.38		0	FLA	4		13.31		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	376		1	LC	8		79		
Iron, Fe.....mg	12.70		1	LC	8		2.67		
Magnesium, Mg.....mg	63		0	FLA	4		13		
Phosphorus, P.....mg	376		1	LC	8		79		
Potassium, K.....mg	591		0	FLA	4		124		
Sodium, Na.....mg	259		1	LC	8		54		
Zinc, Zn.....mg	0.73		0	FLA	4		0.15		
Copper, Cu.....mg	0.687		0	FLA	4		0.144		
Manganese, Mn.....mg	0.324		0	FLA	4		0.068		
Selenium, Se.....mcg	7.0		0	FLA	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	127.0		1	LC	8		26.7		
Thiamin.....mg	4.233		1	LC	8		0.889		
Riboflavin.....mg	3.598		1	LC	8		0.756		
Niacin.....mg	42.327		1	LC	8		8.889		
Pantothenic acid.....mg	0.955		0	FLA	4		0.201		
Vitamin B-6.....mg	4.233		1	LC	8		0.889		
Folate, total.....mcg	43		0	FLA	4		9		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	43		0	FLA	4		9		
Folate, DFE.....mcg_DFE	43		0	NC	4		9		
Choline, total.....mg	31.5		0	FLA	4		6.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.48		0	FLA	4		0.10		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	3172		0	NC	4		666		
Retinol.....mcg	3172		0	NR	4		666		
Carotene, beta.....mcg	4		0	FLA	4		1		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	10582		1	LC	8		2222		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLA	4		0.01		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLA	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	0.679		0	FLA	4		0.143		
4:0.....g	0.035		0	FLA	4		0.007		
6:0.....g	0.009		0	FLA	4		0.002		
8:0.....g	0.010		0	FLA	4		0.002		
10:0.....g	0.022		0	FLA	4		0.005		

NDB No. 14309

Malted drink mix, natural, with added nutrients, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.022		0	FLA	4		0.005		
13:0.....g									
14:0.....g	0.107		0	FLA	4		0.022		
15:0.....g									
16:0.....g	0.320		0	FLA	4		0.067		
17:0.....g									
18:0.....g	0.115		0	FLA	4		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.343		0	FLA	4		0.072		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.275		0	FLA	4		0.058		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0	FLA	4		0.035		
18:2 undifferentiated.....g	0.139		0	FLA	4		0.029		
18:3 undifferentiated.....g	0.024		0	FLA	4		0.005		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.49		0	RPA	1		215.94		
Energy.....kcal	86		0	RPI	6		227		
Energy.....kj	359		0	RPI	6		951		
Protein.....g	3.67		0	RPA	1		9.73		
Total lipid (fat).....g	3.21		0	RPI	6		8.52		
Ash.....g	0.97		0	RPA	1		2.57		
Carbohydrate, by difference.....g	10.67		0	RPI	6		28.27		
Fiber, total dietary.....g	0.0		0	RPI	6		0.1		
Sugars, total.....g	8.37		0	RPI	6		22.19		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	123		0	RPA	1		326		
Iron, Fe.....mg	1.36		0	RPA	1		3.61		
Magnesium, Mg.....mg	15		0	RPA	1		39		
Phosphorus, P.....mg	107		0	RPA	1		284		
Potassium, K.....mg	200		0	RPA	1		529		
Sodium, Na.....mg	72		0	RPA	1		191		
Zinc, Zn.....mg	0.41		0	RPA	1		1.08		
Copper, Cu.....mg	0.044		0	RPA	1		0.116		
Manganese, Mn.....mg	0.037		0	RPA	1		0.097		
Selenium, Se.....mcg	4.2		0	RPI	6		11.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.4		0	RPA	1		27.5		
Thiamin.....mg	0.277		0	RPA	1		0.734		
Riboflavin.....mg	0.455		0	RPA	1		1.204		
Niacin.....mg	3.993		0	RPA	1		10.583		
Pantothenic acid.....mg	0.353		0	RPI	6		0.935		
Vitamin B-6.....mg	0.325		0	RPA	1		0.860		
Folate, total.....mcg	6		0	RPI	6		15		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	6		0	RPI	6		15		
Folate, DFE.....mcg_DFE	6		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.40		0	RPI	6		1.07		
Vitamin A, RAE.....mcg_RAE	281		0	RPI	6		744		
Retinol.....mcg	280		0	RPI	6		743		
Carotene, beta.....mcg	5		0	RPI	6		13		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	942		0	RPI	6		2496		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	RPI	6		1.0		
Lipids:									
Fatty acids, total saturated.....g	1.830		0	RPI	6		4.849		
4:0.....g	0.074		0	RPA	1		0.197		
6:0.....g	0.072		0	RPA	1		0.191		
8:0.....g	0.070		0	RPA	1		0.187		
10:0.....g	0.073		0	RPA	1		0.193		
12:0.....g	0.075		0	RPA	1		0.200		

NDB No. 14310

Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.291		0	RPA	1		0.771		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.817		0	RPA	1		2.164		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.357		0	RPA	1		0.947		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	0.802		0	RPI	6		2.127		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.004		0	RPA	1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.798		0	RPA	1		2.116		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	RPI	6		0.565		
18:2 undifferentiated.....g	0.139		0	RPA	1		0.368		
18:3 undifferentiated.....g	0.074		0	RPA	1		0.197		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6		30		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

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

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14119

Mixed vegetable and fruit juice drink, with added nutrients

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.34		0	FLC	4		228.08		
Energy.....kcal	29		1	LC	8		72		
Energy.....kj	122		0	LC	8		301		
Protein.....g	0.04		0	FLC	4		0.10		
Total lipid (fat).....g	0.01		0	FLC	4		0.03		
Ash.....g	0.13		0	FLC	4		0.33		
Carbohydrate, by difference.....g	7.47		0	NC	4		18.46		
Fiber, total dietary.....g	0.0		0	FLC	4		0.1		
Sugars, total.....g	2.10		0	FLC	4		5.19		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	FLC	4		8		
Iron, Fe.....mg	0.04		0	FLC	4		0.10		
Magnesium, Mg.....mg	1		0	FLC	4		3		
Phosphorus, P.....mg	2		0	FLC	4		5		
Potassium, K.....mg	19		1	LC	8		46		
Sodium, Na.....mg	21		1	LC	8		51		
Zinc, Zn.....mg	0.01		0	FLC	4		0.03		
Copper, Cu.....mg	0.009		0	FLC	4		0.023		
Manganese, Mn.....mg	0.012		0	FLC	4		0.030		
Selenium, Se.....mcg	0.1		0	FLC	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.5		1	LC	8		80.3		
Thiamin.....mg	0.003		0	FLC	4		0.008		
Riboflavin.....mg	0.004		0	FLC	4		0.010		
Niacin.....mg	0.018		0	FLC	4		0.045		
Pantothenic acid.....mg	0.013		0	FLC	4		0.031		
Vitamin B-6.....mg	0.010		0	FLC	4		0.024		
Folate, total.....mcg	0		0	FLC	4		0		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	0		0	FLC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	5.2		0	O	4		12.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	104		0	FLC	4		257		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	1178		0	FLC	4		2910		
Carotene, alpha.....mcg	144		0	FLC	4		355		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	2083		1	LC	8		5146		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	12		0	FLC	4		30		
Vitamin E (alpha-tocopherol).....mg	1.63		0	NR	4		4.01		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLC	4		1.3		
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 14119

Mixed vegetable and fruit juice drink, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 247g: 8 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14327

Orange and apricot juice drink, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.70		0		1		216.75	27.05	
Energy.....kcal	51		0	NC	4		128	16	
Energy.....kj	213		0		4		533	67	
Protein (N x 6.25).....g	0.30		0		1		0.75	0.09	
Total lipid (fat).....g	0.10		0		1		0.25	0.03	
Ash.....g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference.....g	12.70		0	NC	4		31.75	3.96	
Fiber, total dietary.....g	0.1		0	FLA	4		0.3	0.0	
Sugars, total.....g	12.06		0	FLA	4		30.16	3.76	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0		1		13	2	
Iron, Fe.....mg	0.10		0		1		0.25	0.03	
Magnesium, Mg.....mg	5		0	FLA	4		13	2	
Phosphorus, P.....mg	8		0		1		20	2	
Potassium, K.....mg	80		1		1		200	25	
Sodium, Na.....mg	2		0	FLA	4		5	1	
Zinc, Zn.....mg	0.04		0	FLA	4		0.09	0.01	
Copper, Cu.....mg	0.032		0	FLA	4		0.080	0.010	
Manganese, Mn.....mg	0.009		0	FLA	4		0.021	0.003	
Selenium, Se.....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.0		1		1		50.0	6.2	
Thiamin.....mg	0.020		0		1		0.050	0.006	
Riboflavin.....mg	0.010		0		1		0.025	0.003	
Niacin.....mg	0.200		0		1		0.500	0.062	
Pantothenic acid.....mg	0.068		0	FLA	4		0.171	0.021	
Vitamin B-6.....mg	0.037		0	FLA	4		0.093	0.012	
Folate, total.....mcg	7		0	FLA	4		18	2	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	7		0	FLA	4		18	2	
Folate, DFE.....mcg_DFE	7		0	NC	4		18	2	
Choline, total.....mg	0.5		0	O	4		1.4	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	9		0	FLA	4		23	3	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	79		0	FLA	4		197	25	
Carotene, alpha.....mcg	2		0	FLA	4		5	1	
Cryptoxanthin, beta.....mcg	60		0	FLA	4		150	19	
Vitamin A, IU.....IU	183		0	FLA	4		456	57	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	47		0	FLA	4		118	15	
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLA	4		0.27	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.3	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.010		0		1		0.025	0.003	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14327
Orange and apricot juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.009		0		1		0.023	0.003	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.078	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.073	0.009	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.055	0.007	
18:2 undifferentiated.....g	0.019		0		1		0.048	0.006	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14435

Orange breakfast drink, ready-to-drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.90		0		4		222.25	27.83	
Energy.....kcal	43		0	NC	4		108	14	
Energy.....kj	181		0	NC	4		452	57	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.30		0		4		0.75	0.09	
Carbohydrate, by difference.....g	10.80		0	NC	4		27.00	3.38	
Fiber, total dietary.....g	0.2		0	FLA	4		0.6	0.1	
Sugars, total.....g	6.56		0	FLA	4		16.40	2.05	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0		4		10	1	
Iron, Fe.....mg	0.04		0		4		0.10	0.01	
Magnesium, Mg.....mg	3		0	FLA	4		8	1	
Phosphorus, P.....mg	3		0	FLA	4		9	1	
Potassium, K.....mg	41		0	FLA	4		102	13	
Sodium, Na.....mg	2		0	FLA	4		5	1	
Zinc, Zn.....mg	0.02		0	FLA	4		0.05	0.01	
Copper, Cu.....mg	0.018		0	FLA	4		0.044	0.006	
Manganese, Mn.....mg	0.013		0	FLA	4		0.033	0.004	
Selenium, Se.....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.0		0		4		32.5	4.1	
Thiamin.....mg	0.017		0	FLA	4		0.042	0.005	
Riboflavin.....mg	0.009		0	FLA	4		0.022	0.003	
Niacin.....mg	0.068		0	FLA	4		0.170	0.021	
Pantothenic acid.....mg	0.051		0	FLA	4		0.129	0.016	
Vitamin B-6.....mg	0.013		0	FLA	4		0.032	0.004	
Folate, total.....mcg	5		0	FLA	4		11	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	5		0	FLA	4		11	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		11	1	
Choline, total.....mg	0.5		0	O	4		1.1	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		3	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	5		0	FLA	4		11	1	
Carotene, alpha.....mcg	1		0	FLA	4		2	0	
Cryptoxanthin, beta.....mcg	12		0	FLA	4		30	4	
Vitamin A, IU.....IU	18		0	FLA	4		46	6	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	15		0	FLA	4		37	5	
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLA	4		0.09	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14435

Orange breakfast drink, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14436

Orange breakfast drink, ready-to-drink, with added nutrients

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.40		0		4		26.99	216.06	
Energy.....kcal	53		0	NC	4		17	134	
Energy.....kj	221		0	NC	4		70	559	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	1.40		0		4		0.44	3.54	
Carbohydrate, by difference.....g	13.20		0	NC	4		4.17	33.40	
Fiber, total dietary.....g	0.1		0		4		0.0	0.3	
Sugars, total.....g	8.02		0	O	4		2.53	20.28	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0		4		32	253	
Iron, Fe.....mg	0.05		0		4		0.02	0.13	
Magnesium, Mg.....mg	5		0		4		2	13	
Phosphorus, P.....mg	7		0		4		2	18	
Potassium, K.....mg	83		0		4		26	210	
Sodium, Na.....mg	54		0		4		17	137	
Zinc, Zn.....mg	0.05		0		4		0.02	0.13	
Copper, Cu.....mg	0.027		0		4		0.009	0.068	
Manganese, Mn.....mg	0.013		0	FLA	4		0.004	0.034	
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.0		0		4		7.6	60.7	
Thiamin.....mg	0.120		0		4		0.038	0.304	
Riboflavin.....mg	0.010		0		4		0.003	0.025	
Niacin.....mg	0.090		0		4		0.028	0.228	
Pantothenic acid.....mg	0.051		0	FLA	4		0.016	0.130	
Vitamin B-6.....mg	0.020		0		4		0.006	0.051	
Folate, total.....mcg	5		0	NR	4		1	11	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	5		0	FLA	4		1	11	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	11	
Choline, total.....mg	0.5		0	O	4		0.1	1.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	21		0	FLC	4		7	53	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	219		0	FLC	4		69	554	
Carotene, alpha.....mcg	0		0	FLC	4		0	1	
Cryptoxanthin, beta.....mcg	62		0	FLC	4		20	156	
Vitamin A, IU.....IU	417		0	FLC	4		132	1054	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	8		0	FLC	4		3	21	
Vitamin E (alpha-tocopherol).....mg	0.04		0	NR	4		0.01	0.09	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Orange breakfast drink, ready-to-drink, with added nutrients

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 31.6g: 1 fl oz

Measure 2 = 253g: 1 cup (8 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.20		1		1		21.49	258.11	
Energy.....kcal	153		0	NC	4		56	667	
Energy.....kj	640		0		4		232	2791	
Protein (N x 6.25).....g	0.40		1		1		0.15	1.74	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	1.40		1		1		0.51	6.10	
Carbohydrate, by difference.....g	39.00		0	NC	4		14.16	170.04	
Fiber, total dietary.....g	0.1		0		4		0.0	0.4	
Sugars, total.....g	38.05		0	BFCN	4		13.81	165.88	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	399		1		1		145	1740	
Iron, Fe.....mg	0.26		1		1		0.09	1.13	
Magnesium, Mg.....mg	34		1		1		12	148	
Phosphorus, P.....mg	115		1		1		42	501	
Potassium, K.....mg	465		1		1		169	2027	
Sodium, Na.....mg	26		1		1		9	113	
Zinc, Zn.....mg	0.12		1		1		0.04	0.52	
Copper, Cu.....mg	0.320		1		1		0.116	1.395	
Manganese, Mn.....mg	0.048		0		4		0.017	0.209	
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	189.7		1		1		68.9	827.1	
Thiamin.....mg	0.363		1		1		0.132	1.583	
Riboflavin.....mg	3.590		1		1		1.303	15.652	
Niacin.....mg	0.870		1		1		0.316	3.793	
Pantothenic acid.....mg	0.650		1		1		0.236	2.834	
Vitamin B-6.....mg	0.244		1		1		0.089	1.064	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	Z	7		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	1.7		0	O	4		0.6	7.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		1		1		0	5	
Retinol.....mcg	0		0	BFZN	4		0	0	
Carotene, beta.....mcg	11		0	O	4		4	48	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	21		1		1		8	92	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.03	0.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.001	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.017	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.000	0.004	
Threonine.....g	0.004		0		1		0.001	0.017	
Isoleucine.....g	0.004		0		1		0.001	0.017	
Leucine.....g	0.007		0		1		0.003	0.031	
Lysine.....g	0.005		0		1		0.002	0.022	
Methionine.....g	0.002		0		1		0.001	0.009	
Cystine.....g	0.003		0		1		0.001	0.013	
Phenylalanine.....g	0.005		0		1		0.002	0.022	
Tyrosine.....g	0.002		0		1		0.001	0.009	
Valine.....g	0.006		0		1		0.002	0.026	
Arginine.....g	0.025		0		1		0.009	0.109	
Histidine.....g	0.002		0		1		0.001	0.009	
Alanine.....g	0.008		0		1		0.003	0.035	
Aspartic acid.....g	0.040		0		1		0.015	0.174	
Glutamic acid.....g	0.018		0		1		0.007	0.078	
Glycine.....g	0.005		0		1		0.002	0.022	
Proline.....g	0.023		0		1		0.008	0.100	
Serine.....g	0.007		0		1		0.003	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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

Common Measures:

NDB No. 14426

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.08		0	RPI	6		220.20	27.57	
Energy.....kcal	45		0	RPI	6		111	14	
Energy.....kj	186		0	RPI	6		466	58	
Protein (N x 0).....g	0.12		0	RPI	6		0.29	0.04	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.48		0	RPI	6		1.19	0.15	
Carbohydrate, by difference.....g	11.32		0	RPI	6		28.31	3.54	
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total.....g	11.05		0	RPI	6		27.62	3.46	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	118		0	RPA	1		295	37	
Iron, Fe.....mg	0.08		0	RPA	1		0.19	0.02	
Magnesium, Mg.....mg	11		0	RPA	1		26	3	
Phosphorus, P.....mg	33		0	RPA	1		84	10	
Potassium, K.....mg	167	17.976	3	AI	13		417	52	
Sodium, Na.....mg	10	3.005	3	AI	13		26	3	
Zinc, Zn.....mg	0.04		0	RPA	1		0.10	0.01	
Copper, Cu.....mg	0.100		0	RPA	1		0.250	0.031	
Manganese, Mn.....mg	0.014		0	RPI	6		0.035	0.004	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	55.1		0	RPI	6		137.7	17.2	
Thiamin.....mg	0.105		0	RPI	6		0.264	0.033	
Riboflavin.....mg	1.042		0	RPI	6		2.606	0.326	
Niacin.....mg	0.253		0	RPI	6		0.632	0.079	
Pantothenic acid.....mg	0.189		0	RPI	6		0.472	0.059	
Vitamin B-6.....mg	0.071		0	RPI	6		0.177	0.022	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		1	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	3		0	RPI	6		8	1	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	6		0	RPI	6		15	2	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	RPI	6		0.06	0.01	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.001		0	RPI	6		0.001	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14427

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	RPI	6		0.002	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	RPI	6		0.003	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 250g: 1 serving 8 fl oz

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14323

Orange drink, canned, with added vitamin C

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.47	0.269	6	A	1		216.94	27.12	
Energy.....kcal	49		0	NC	4		121	15	
Energy.....kj	204		0	NC	4		505	63	
Protein (N x 6.25).....g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat).....g	0.07	0.023	6	A	1		0.17	0.02	
Ash.....g	0.11	0.025	6	A	1		0.28	0.04	
Carbohydrate, by difference.....g	12.34		0	NC	4		30.62	3.83	
Fiber, total dietary.....g	0.0		0	FLA	4		0.1	0.0	
Sugars, total.....g	11.03	0.209	6	A	1		27.35	3.42	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.168	5	A	1		13	2	
Iron, Fe.....mg	0.04	0.006	6	A	1		0.11	0.01	
Magnesium, Mg.....mg	2	0.160	6	A	1		5	1	
Phosphorus, P.....mg	1	0.136	6	A	1		3	0	
Potassium, K.....mg	18		8		1		45	6	
Sodium, Na.....mg	3	0.530	6	A	1		6	1	
Zinc, Zn.....mg	0.02	0.004	6	A	1		0.05	0.01	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.011	0.002	6	A	1		0.028	0.004	
Selenium, Se.....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	57.3		2	A	1		142.1	17.8	
Thiamin.....mg	0.000	0.000	6	A	1		0.000	0.000	
Riboflavin.....mg	0.000	0.000	6	A	1		0.000	0.000	
Niacin.....mg	0.011	0.007	6	A	1		0.028	0.004	
Pantothenic acid.....mg	0.018		0	FLA	4		0.044	0.005	
Vitamin B-6.....mg	0.000	0.000	6	A	1		0.000	0.000	
Folate, total.....mcg	2		0	FLA	4		6	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		6	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	
Choline, total.....mg	0.5		0	O	4		1.3	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	1		0	FLA	4		3	0	
Carotene, alpha.....mcg	0		0	FLA	4		1	0	
Cryptoxanthin, beta.....mcg	7		0	FLA	4		17	2	
Vitamin A, IU.....IU	8		0	FLA	4		21	3	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		22	3	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.05	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.002		0	FLA	4		0.005	0.001	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 14323

Orange drink, canned, with added vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.002		0		1		0.005	0.001	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.007	0.001	
18:2 undifferentiated.....g	0.002		0		1		0.005	0.001	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 42270
Orange juice drink

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.20		0		4		214.64	26.81	226.71
Energy.....kcal	54		0	NC	4		136	17	143
Energy.....kj	228		0	NC	4		567	71	599
Protein (N x 6.25).....g	0.20		0		4		0.50	0.06	0.53
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.19		0	BFSN	4		0.46	0.06	0.49
Carbohydrate, by difference.....g	13.41		0	NC	4		33.40	4.17	35.28
Fiber, total dietary.....g	0.2		0	FLA	4		0.5	0.1	0.5
Sugars, total.....g	9.36		0	FLA	4		23.32	2.91	24.63
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		4		5	1	5
Iron, Fe.....mg	0.11		0		4		0.27	0.03	0.29
Magnesium, Mg.....mg	3		0		4		7	1	8
Phosphorus, P.....mg	4		0		4		10	1	11
Potassium, K.....mg	42		0		4		105	13	110
Sodium, Na.....mg	2		0		4		5	1	5
Zinc, Zn.....mg	0.02		0		4		0.05	0.01	0.05
Copper, Cu.....mg	0.018		0		4		0.045	0.006	0.047
Manganese, Mn.....mg	0.007		0	BFSN	4		0.019	0.002	0.020
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.0		0		4		37.4	4.7	39.5
Thiamin.....mg	0.380		0		4		0.946	0.118	0.999
Riboflavin.....mg	0.430		0		4		1.071	0.134	1.131
Niacin.....mg	5.000		0		4		12.450	1.555	13.150
Pantothenic acid.....mg	0.060		0	BFSN	4		0.150	0.019	0.159
Vitamin B-6.....mg	0.500		0		4		1.245	0.156	1.315
Folate, total.....mcg	4		0		4		10	1	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	4		0		4		10	1	11
Folate, DFE.....mcg_DFE	4		0	NC	4		10	1	11
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	FLC	4		5	1	6
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	7		0	FLC	4		18	2	19
Carotene, alpha.....mcg	1		0	FLC	4		3	0	3
Cryptoxanthin, beta.....mcg	37		0	FLC	4		93	12	98
Vitamin A, IU.....IU	44		0		4		110	14	116
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	29		0	FLC	4		72	9	76
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.05	0.01	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 42270
Orange juice drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.025	0.003	0.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		4		0.025	0.003	0.026
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

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

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14409

Orange-flavor drink, breakfast type, low calorie, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14407

Orange-flavor drink, breakfast type, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.14		5	MC	9		0.04		
Energy.....kcal	386		0	NC	4		100		
Energy.....kj	1615		0	NC	4		420		
Protein (N x 6.25).....g	0.00	0.000	5	MC	9		0.00		
Total lipid (fat).....g	0.00		0	FLA	4		0.00		
Ash.....g	0.92		5	MC	9		0.24		
Carbohydrate, by difference.....g	98.94		0	NC	4		25.72		
Fiber, total dietary.....g	0.4		0	FLA	4		0.1		
Sugars, total.....g	92.31		1	LC	8		24.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	385	61.712	3	AI	13		100		
Iron, Fe.....mg	0.02		0	FLA	4		0.01		
Magnesium, Mg.....mg	0		0	FLA	4		0		
Phosphorus, P.....mg	151		5	MC	9		39		
Potassium, K.....mg	190		0	MC	9		49		
Sodium, Na.....mg	17		5	MC	9		4		
Zinc, Zn.....mg	0.01		0	FLA	4		0.00		
Copper, Cu.....mg	0.013		0	FLA	4		0.003		
Manganese, Mn.....mg	0.050		1		1		0.013		
Selenium, Se.....mcg	0.5		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	230.8		1	LC	8		60.0		
Thiamin.....mg	0.001		0	FLA	4		0.000		
Riboflavin.....mg	0.680		0	MC	9		0.177		
Niacin.....mg	8.000		0	MC	9		2.080		
Pantothenic acid.....mg	0.007		0	FLA	4		0.002		
Vitamin B-6.....mg	0.800		0	MC	9		0.208		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	600		0	FLA	4		156		
Retinol.....mcg	599		0	FLA	4		156		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0		
Vitamin A, IU.....IU	2000		0	FLA	4		520		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 14407

Orange-flavor drink, breakfast type, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 26g: 1 serving 2 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14408

Orange-flavor drink, breakfast type, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.15		0	RPI	6		176.91	29.54	
Energy.....kcal	49		0	RPI	6		100	17	
Energy.....kj	206		0	RPI	6		419	70	
Protein.....g	0.00		0	RPI	6		0.00	0.00	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.20		0	RPI	6		0.42	0.07	
Carbohydrate, by difference.....g	12.65		0	RPI	6		25.67	4.29	
Fiber, total dietary.....g	0.1		0	RPI	6		0.1	0.0	
Sugars, total.....g	11.80		0	RPI	6		23.95	4.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52		0	RPI	6		105	18	
Iron, Fe.....mg	0.00		0	RPI	6		0.01	0.00	
Magnesium, Mg.....mg	1		0	RPI	6		2	0	
Phosphorus, P.....mg	19		0	RPI	6		39	7	
Potassium, K.....mg	25		0	RPI	6		50	8	
Sodium, Na.....mg	5		0	RPI	6		11	2	
Zinc, Zn.....mg	0.01		0	RPI	6		0.01	0.00	
Copper, Cu.....mg	0.010		0	RPI	6		0.021	0.003	
Manganese, Mn.....mg	0.007		0	RPA	1		0.013	0.002	
Selenium, Se.....mcg	0.1		0	RPI	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	29.5		0	RPI	6		59.9	10.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.087		0	RPI	6		0.176	0.029	
Niacin.....mg	1.023		0	RPI	6		2.076	0.347	
Pantothenic acid.....mg	0.001		0	RPI	6		0.002	0.000	
Vitamin B-6.....mg	0.102		0	RPI	6		0.208	0.035	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	77		0	RPI	6		156	26	
Retinol.....mcg	77		0	RPI	6		156	26	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	256		0	RPI	6		519	87	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 203g: 1 serving 6 fl oz

Measure 2 = 33.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14424

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.20		6		1		19.49	234.05	
Energy.....kcal	172		0	NC	4		61	729	
Energy.....kj	720		0		4		254	3051	
Protein (N x 6.25).....g	0.10		6		1		0.04	0.42	
Total lipid (fat).....g	0.50		6		1		0.18	2.12	
Ash.....g	1.30		6		1		0.46	5.51	
Carbohydrate, by difference.....g	42.90		0	NC	4		15.14	181.90	
Fiber, total dietary.....g	0.2		0	FLA	4		0.1	0.7	
Sugars, total.....g	41.85		0	FLA	4		14.77	177.45	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		1	AI	13		46	551	
Iron, Fe.....mg	0.26		1		1		0.09	1.10	
Magnesium, Mg.....mg	2		1		1		1	8	
Phosphorus, P.....mg	76		6		1		27	322	
Potassium, K.....mg	435		6		1		154	1844	
Sodium, Na.....mg	24		6		1		8	102	
Zinc, Zn.....mg	0.06		1		1		0.02	0.25	
Copper, Cu.....mg	0.039		0	FLA	4		0.014	0.165	
Manganese, Mn.....mg	0.028		0	FLA	4		0.010	0.120	
Selenium, Se.....mcg	0.3		0	FLA	4		0.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	243.1		1		1		85.8	1030.7	
Thiamin.....mg	0.422		1		1		0.149	1.789	
Riboflavin.....mg	0.133		1		1		0.047	0.564	
Niacin.....mg	0.000		1		1		0.000	0.000	
Pantothenic acid.....mg	0.025		1		1		0.009	0.106	
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	
Folate, total.....mcg	30		0	FLA	4		11	129	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	30		0	FLA	4		11	129	
Folate, DFE.....mcg_DFE	30		0	NC	4		11	129	
Choline, total.....mg	0.0		0	O	4		0.0	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.11	1.28	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.1	0.8	
Lipids:									
Fatty acids, total saturated.....g	0.078		0		1		0.028	0.331	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14424

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.004	
15:0.....g									
16:0.....g	0.051		0		1		0.018	0.216	
17:0.....g									
18:0.....g	0.026		0		1		0.009	0.110	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.226		0		1		0.080	0.958	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.223		0		1		0.079	0.946	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.070	0.835	
18:2 undifferentiated.....g	0.183		0		1		0.065	0.776	
18:3 undifferentiated.....g	0.014		0		1		0.005	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14425

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.18		0	RPI	6		216.20	27.02	
Energy.....kcal	49		0	RPI	6		121	15	
Energy.....kj	205		0	RPI	6		508	63	
Protein (N x 0).....g	0.03		0	RPI	6		0.07	0.01	
Total lipid (fat).....g	0.14		0	RPI	6		0.35	0.04	
Ash.....g	0.44		0	RPI	6		1.10	0.14	
Carbohydrate, by difference.....g	12.21		0	RPI	6		30.28	3.79	
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	
Sugars, total.....g	11.91		0	RPI	6		29.54	3.69	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	RPI	6		97	12	
Iron, Fe.....mg	0.08		0	RPA	1		0.19	0.02	
Magnesium, Mg.....mg	1		0	RPA	1		3	0	
Phosphorus, P.....mg	22		0	RPA	1		54	7	
Potassium, K.....mg	124		0	RPA	1		308	38	
Sodium, Na.....mg	10		0	RPA	1		24	3	
Zinc, Zn.....mg	0.02		0	RPA	1		0.05	0.01	
Copper, Cu.....mg	0.018		0	RPI	6		0.045	0.006	
Manganese, Mn.....mg	0.008		0	RPI	6		0.020	0.003	
Selenium, Se.....mcg	0.1		0	RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	69.2		0	RPI	6		171.6	21.5	
Thiamin.....mg	0.120		0	RPI	6		0.298	0.037	
Riboflavin.....mg	0.038		0	RPI	6		0.094	0.012	
Niacin.....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid.....mg	0.007		0	RPI	6		0.018	0.002	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	9		0	RPI	6		22	3	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	9		0	RPI	6		22	3	
Folate, DFE.....mcg_DFE	9		0	NC	4		22	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.022		0	RPI	6		0.055	0.007	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	
12:0.....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 14425

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001	0.000	
15:0.....g									
16:0.....g	0.015		0	RPI	6		0.036	0.005	
17:0.....g									
18:0.....g	0.007		0	RPI	6		0.018	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0	RPI	6		0.160	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPI	6		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.063		0	RPI	6		0.157	0.020	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	RPI	6		0.139	0.017	
18:2 undifferentiated.....g	0.052		0	RPI	6		0.129	0.016	
18:3 undifferentiated.....g	0.004		0	RPI	6		0.010	0.001	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	

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

Common Measures:

Measure 1 = 248g: 1 serving 8 fl oz

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14334

Pineapple and grapefruit juice drink, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.90		7		1		219.75	27.51	
Energy.....kcal	47		0	NC	4		118	15	
Energy.....kj	197		0		4		492	62	
Protein (N x 6.25).....g	0.20		8		1		0.50	0.06	
Total lipid (fat).....g	0.10		7		1		0.25	0.03	
Ash.....g	0.20		7		1		0.50	0.06	
Carbohydrate, by difference.....g	11.60		0	NC	4		29.00	3.63	
Fiber, total dietary.....g	0.1		0	FLA	4		0.2	0.0	
Sugars, total.....g	11.52		0	FLA	4		28.79	3.60	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		8		1		18	2	
Iron, Fe.....mg	0.31		7		1		0.78	0.10	
Magnesium, Mg.....mg	6		8		1		15	2	
Phosphorus, P.....mg	6		8		1		15	2	
Potassium, K.....mg	61		8		1		153	19	
Sodium, Na.....mg	14		5		1		35	4	
Zinc, Zn.....mg	0.06		7		1		0.15	0.02	
Copper, Cu.....mg	0.045		7		1		0.113	0.014	
Manganese, Mn.....mg	0.413		0		1		1.033	0.129	
Selenium, Se.....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	46.0		17		1		115.0	14.4	
Thiamin.....mg	0.030	0.000	6		1		0.075	0.009	
Riboflavin.....mg	0.016	0.002	6		1		0.040	0.005	
Niacin.....mg	0.267	0.024	6		1		0.668	0.084	
Pantothenic acid.....mg	0.053		0		1		0.133	0.017	
Vitamin B-6.....mg	0.042		0		1		0.105	0.013	
Folate, total.....mcg	9		0	FLA	4		23	3	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	9		0	FLA	4		23	3	
Folate, DFE.....mcg_DFE	9		0	NC	4		23	3	
Choline, total.....mg	0.5		0	O	4		1.2	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	1		0	FLA	4		3	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	FLA	4		6	1	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.03	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.3	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.006		0		1		0.015	0.002	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14334

Pineapple and grapefruit juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0		1		0.013	0.002	
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.025	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.023	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.070	0.009	
18:2 undifferentiated.....g	0.017		0		1		0.043	0.005	
18:3 undifferentiated.....g	0.011		0		1		0.028	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14341

Pineapple and orange juice drink, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.90	0.026	15		1		217.25	27.20	
Energy.....kcal	50		0	NC	4		125	16	
Energy.....kj	209		0		4		523	65	
Protein (N x 6.25).....g	1.30	0.000	15		1		3.25	0.41	
Total lipid (fat).....g	0.00	0.000	15		1		0.00	0.00	
Ash.....g	0.10	0.000	22		1		0.25	0.03	
Carbohydrate, by difference.....g	11.80		0	NC	4		29.50	3.69	
Fiber, total dietary.....g	0.1		0	FLA	4		0.2	0.0	
Sugars, total.....g	11.59		0	FLA	4		28.98	3.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.248	15		1		13	2	
Iron, Fe.....mg	0.27	0.023	15		1		0.68	0.08	
Magnesium, Mg.....mg	6	0.153	15		1		15	2	
Phosphorus, P.....mg	4	0.091	15		1		10	1	
Potassium, K.....mg	46	1.540	22		1		115	14	
Sodium, Na.....mg	3	0.163	15		1		8	1	
Zinc, Zn.....mg	0.06	0.002	15		1		0.15	0.02	
Copper, Cu.....mg	0.041	0.003	15		1		0.103	0.013	
Manganese, Mn.....mg	0.361		0		1		0.903	0.113	
Selenium, Se.....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	22.5	0.423	27		1		56.3	7.0	
Thiamin.....mg	0.030	0.000	15		1		0.075	0.009	
Riboflavin.....mg	0.019	0.000	15		1		0.048	0.006	
Niacin.....mg	0.207	0.007	15		1		0.518	0.065	
Pantothenic acid.....mg	0.057		0		1		0.143	0.018	
Vitamin B-6.....mg	0.047		0		1		0.118	0.015	
Folate, total.....mcg	9		0	FLA	4		23	3	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	9		0	FLA	4		23	3	
Folate, DFE.....mcg_DFE	9		0	NC	4		23	3	
Choline, total.....mg	0.5		0	O	4		1.3	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		2	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	4		0	FLA	4		10	1	
Carotene, alpha.....mcg	0		0	FLA	4		1	0	
Cryptoxanthin, beta.....mcg	15		0	FLA	4		37	5	
Vitamin A, IU.....IU	19		0	FLA	4		48	6	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	12		0	FLA	4		29	4	
Vitamin E (alpha-tocopherol).....mg	0.03		0	FLA	4		0.07	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.3	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14341
Pineapple and orange juice drink, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

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

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14462

QUAKER OATS, PROPEL Fitness Water, fruit-flavored, non-carbonated

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

sport drink, thirst quencher

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.78		2	A	1		29.64	494.91	351.67
Energy.....kcal	5		0	NC	4		1	24	17
Energy.....kj	20		0	NC	4		6	102	72
Protein (N x 6.25).....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	0.00
Ash.....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	1.22		0	NC	4		0.36	6.09	4.33
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	1.22		0	NR	4		0.36	6.09	4.33
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	4	3
Iron, Fe.....mg	0.03		2	A	1		0.01	0.15	0.11
Magnesium, Mg.....mg	0		2	A	1		0	0	0
Phosphorus, P.....mg	0		2	A	1		0	0	0
Potassium, K.....mg	16		2	A	1		5	82	59
Sodium, Na.....mg	13		2	A	1		4	63	45
Zinc, Zn.....mg	0.00		2	A	1		0.00	0.01	0.01
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.8		2	A	1		2.6	44.1	31.3
Thiamin.....mg	0.000		0	Z	7		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	Z	7		0.000	0.000	0.000
Niacin.....mg	4.095		2	A	1		1.228	20.516	14.578
Pantothenic acid.....mg	1.570		2	A	1		0.471	7.865	5.589
Vitamin B-6.....mg	0.556		2	A	1		0.167	2.788	1.981
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.01		2	A	1		0.00	0.04	0.03
Vitamin B-12, added.....mcg	0.01		0	NR	4		0.00	0.04	0.03
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	Z	7		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.67		2	A	1		0.50	8.34	5.93
Vitamin E, added.....mg	1.67		0	NR	4		0.50	8.34	5.93
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	0.000
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	NR	4		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 30g: 1 fluid ounce

Measure 2 = 501g: 1 bottle 16.9 fl oz in packages of 6

Measure 3 = 356g: 1 bottle 12 fl oz in packages of 8

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14346
Shake, fast food, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.50		16		1		16.80	201.63	268.84
Energy.....kcal	127		0	NC	4		30	358	478
Energy.....kj	531		0		4		125	1498	1998
Protein (N x 6.38).....g	3.40		11		1		0.80	9.59	12.78
Total lipid (fat).....g	3.70		14		1		0.87	10.43	13.91
Ash.....g	0.90		10		1		0.21	2.54	3.38
Carbohydrate, by difference.....g	20.50		0	NC	4		4.82	57.81	77.08
Fiber, total dietary.....g	1.9		0	FLA	4		0.4	5.3	7.1
Sugars, total.....g	18.60		0	NR	4		4.37	52.45	69.94
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		19		1		27	319	425
Iron, Fe.....mg	0.31		15		1		0.07	0.87	1.17
Magnesium, Mg.....mg	17		13		1		4	48	64
Phosphorus, P.....mg	102		11		1		24	288	384
Potassium, K.....mg	200		15		1		47	564	752
Sodium, Na.....mg	97		20		1		23	274	365
Zinc, Zn.....mg	0.41		18		1		0.10	1.16	1.54
Copper, Cu.....mg	0.065		13		1		0.015	0.183	0.244
Manganese, Mn.....mg	0.039		13		1		0.009	0.110	0.147
Selenium, Se.....mcg	1.7	0.283	13	A	1		0.4	4.8	6.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		5		1		0.1	1.1	1.5
Thiamin.....mg	0.058		5		1		0.014	0.164	0.218
Riboflavin.....mg	0.245		5		1		0.058	0.691	0.921
Niacin.....mg	0.161		5		1		0.038	0.454	0.605
Pantothenic acid.....mg	0.390		3		1		0.092	1.100	1.466
Vitamin B-6.....mg	0.050		3		1		0.012	0.141	0.188
Folate, total.....mcg	5		0	FLA	4		1	14	18
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5		0	FLA	4		1	14	18
Folate, DFE.....mcg_DFE	5		0	NC	4		1	14	18
Choline, total.....mg	25.6		0	O	4		6.0	72.3	96.4
Betaine.....mg									
Vitamin B-12.....mcg	0.34		3		1		0.08	0.96	1.28
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	26		0	FLA	4		6	72	96
Retinol.....mcg	25		0	FLA	4		6	71	95
Carotene, beta.....mcg	5		0	FLA	4		1	13	17
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	93		4		1		22	262	350
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0	2	2
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLA	4		0.03	0.32	0.42
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	35		0	FLA	4		8	98	130
Vitamin K (phylloquinone).....mcg	1.5		0	FLA	4		0.3	4.2	5.6
Lipids:									
Fatty acids, total saturated.....g	2.313		0		1		0.544	6.523	8.697
4:0.....g	0.121		0		1		0.028	0.341	0.455
6:0.....g	0.073		0		1		0.017	0.206	0.274
8:0.....g	0.043		0		1		0.010	0.121	0.162
10:0.....g	0.094		0		1		0.022	0.265	0.353

NDB No. 14346
Shake, fast food, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.103		0		1		0.024	0.290	0.387
13:0.....g									
14:0.....g	0.373		0		1		0.088	1.052	1.402
15:0.....g									
16:0.....g	0.978		0		1		0.230	2.758	3.677
17:0.....g									
18:0.....g	0.449		0		1		0.106	1.266	1.688
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.075		0		1		0.253	3.032	4.042
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.005	0.062	0.083
17:1.....g									
18:1 undifferentiated.....g	0.935		0		1		0.220	2.637	3.516
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		1		0.033	0.395	0.526
18:2 undifferentiated.....g	0.085		0		1		0.020	0.240	0.320
18:3 undifferentiated.....g	0.055		0		1		0.013	0.155	0.207
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		7		1		3	37	49
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.011	0.135	0.180
Threonine.....g	0.154		0		1		0.036	0.434	0.579
Isoleucine.....g	0.206		0		1		0.048	0.581	0.775
Leucine.....g	0.334		0		1		0.078	0.942	1.256
Lysine.....g	0.270		0		1		0.063	0.761	1.015
Methionine.....g	0.085		0		1		0.020	0.240	0.320
Cystine.....g	0.031		0		1		0.007	0.087	0.117
Phenylalanine.....g	0.164		0		1		0.039	0.462	0.617
Tyrosine.....g	0.164		0		1		0.039	0.462	0.617
Valine.....g	0.228		0		1		0.054	0.643	0.857
Arginine.....g	0.123		0		1		0.029	0.347	0.462
Histidine.....g	0.093		0		1		0.022	0.262	0.350
Alanine.....g	0.117		0		1		0.027	0.330	0.440
Aspartic acid.....g	0.257		0		1		0.060	0.725	0.966
Glutamic acid.....g	0.713		0		1		0.168	2.011	2.681
Glycine.....g	0.072		0		1		0.017	0.203	0.271
Proline.....g	0.329		0		1		0.077	0.928	1.237
Serine.....g	0.185		0		1		0.043	0.522	0.696
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		0	4	5
Theobromine.....mg	45		0	FLA	4		11	128	170

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

Common Measures:

NDB No. 14346

Shake, fast food, chocolate

Measure 1 = 23.5g: 1 fl oz

Measure 2 = 282g: 1 small 12 fl oz

Measure 3 = 376g: 1 medium 16 fl oz

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14428
Shake, fast food, strawberry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.10		6		1		17.41	208.96	278.62
Energy.....kcal	113		0	NC	4		27	319	425
Energy.....kj	473		0		4		111	1333	1778
Protein (N x 6.38).....g	3.40		3		1		0.80	9.59	12.78
Total lipid (fat).....g	2.80		6		1		0.66	7.90	10.53
Ash.....g	0.90		3		1		0.21	2.54	3.38
Carbohydrate, by difference.....g	18.90		0	NC	4		4.44	53.30	71.06
Fiber, total dietary.....g	0.4		0	BFZN	4		0.1	1.1	1.5
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		3		1		27	319	425
Iron, Fe.....mg	0.11		3		1		0.03	0.31	0.41
Magnesium, Mg.....mg	13		3		1		3	37	49
Phosphorus, P.....mg	100		3		1		24	282	376
Potassium, K.....mg	182		3		1		43	513	684
Sodium, Na.....mg	83		3		1		20	234	312
Zinc, Zn.....mg	0.36		3		1		0.08	1.02	1.35
Copper, Cu.....mg	0.022		3		1		0.005	0.062	0.083
Manganese, Mn.....mg	0.015		3		1		0.004	0.042	0.056
Selenium, Se.....mcg	2.1		0	BFPN	4		0.5	5.9	7.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		3		1		0.2	2.3	3.0
Thiamin.....mg	0.045		3		1		0.011	0.127	0.169
Riboflavin.....mg	0.195		3		1		0.046	0.550	0.733
Niacin.....mg	0.175		3		1		0.041	0.494	0.658
Pantothenic acid.....mg	0.492		3		1		0.116	1.387	1.850
Vitamin B-6.....mg	0.044		3		1		0.010	0.124	0.165
Folate, total.....mcg	3		3		1		1	8	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3		3		1		1	8	11
Folate, DFE.....mcg_DFE	3		0	NC	4		1	8	11
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.31		3		1		0.07	0.87	1.17
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		6	74	99
Retinol.....mcg	26		0	O	4		6	74	99
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	120		2		1		28	338	451
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	8		0	T	4		2	23	30
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.734		0		4		0.407	4.890	6.520
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.701		0		4		0.165	1.977	2.636

NDB No. 14428
Shake, fast food, strawberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.063		0		4		0.015	0.178	0.237
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		5		1		3	31	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.011	0.133	0.177
Threonine.....g	0.152		0		1		0.036	0.429	0.572
Isoleucine.....g	0.204		0		1		0.048	0.575	0.767
Leucine.....g	0.329		0		1		0.077	0.928	1.237
Lysine.....g	0.266		0		1		0.063	0.750	1.000
Methionine.....g	0.084		0		1		0.020	0.237	0.316
Cystine.....g	0.031		0		1		0.007	0.087	0.117
Phenylalanine.....g	0.162		0		1		0.038	0.457	0.609
Tyrosine.....g	0.162		0		1		0.038	0.457	0.609
Valine.....g	0.225		0		1		0.053	0.635	0.846
Arginine.....g	0.121		0		1		0.028	0.341	0.455
Histidine.....g	0.092		0		1		0.022	0.259	0.346
Alanine.....g	0.116		0		1		0.027	0.327	0.436
Aspartic acid.....g	0.254		0		1		0.060	0.716	0.955
Glutamic acid.....g	0.703		0		1		0.165	1.982	2.643
Glycine.....g	0.072		0		1		0.017	0.203	0.271
Proline.....g	0.325		0		1		0.076	0.917	1.222
Serine.....g	0.183		0		1		0.043	0.516	0.688
Hydroxyproline.....g									

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

Common Measures:

- Measure 1 = 23.5g: 1 fl oz
- Measure 2 = 282g: 1 small 12 fl oz
- Measure 3 = 376g: 1 medium 16 fl oz

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14347
Shake, fast food, vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.65		2	A	1		115.63	14.49	319.02
Energy.....kcal	148		0	NC	4		246	31	679
Energy.....kj	620		0	NC	4		1029	129	2839
Protein (N x 6.38).....g	3.37		2	A	1		5.60	0.70	15.45
Total lipid (fat).....g	6.52		2	A	1		10.82	1.36	29.86
Ash.....g	0.86		2	A	1		1.44	0.18	3.96
Carbohydrate, by difference.....g	19.59		0	NC	4		32.51	4.07	89.71
Fiber, total dietary.....g	0.9		2	A	1		1.6	0.2	4.4
Sugars, total.....g	13.63		0	FLA	4		22.63	2.84	62.43
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	115		2	A	1		190	24	524
Iron, Fe.....mg	0.46		2	A	1		0.76	0.10	2.09
Magnesium, Mg.....mg	13		2	A	1		21	3	58
Phosphorus, P.....mg	98		2	A	1		162	20	448
Potassium, K.....mg	166		2	A	1		275	34	758
Sodium, Na.....mg	81		2	A	1		134	17	371
Zinc, Zn.....mg	0.57		2	A	1		0.94	0.12	2.60
Copper, Cu.....mg	0.103		2	A	1		0.171	0.021	0.473
Manganese, Mn.....mg	0.035		2	A	1		0.058	0.007	0.159
Selenium, Se.....mcg	3.2		1	A	1		5.3	0.7	14.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.1	0.0	0.2
Thiamin.....mg	0.026		2	A	1		0.043	0.005	0.117
Riboflavin.....mg	0.660		2	A	1		1.096	0.137	3.023
Niacin.....mg	0.213		2	A	1		0.353	0.044	0.973
Pantothenic acid.....mg	0.562		2	A	1		0.933	0.117	2.574
Vitamin B-6.....mg	0.060		2	A	1		0.099	0.012	0.273
Folate, total.....mcg	0		1	A	1		0	0	0
Folic acid.....mcg	0		1	A	1		0	0	0
Folate, food.....mcg	0		0	AS	1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	27.3		1	A	1		45.3	5.7	125.0
Betaine.....mg	3.8		1	A	1		6.3	0.8	17.3
Vitamin B-12.....mcg	0.22		2	A	1		0.36	0.05	0.99
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	91		0	O	4		151	19	417
Retinol.....mcg	91		0	BFZN	4		151	19	417
Carotene, beta.....mcg	0		0	O	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	304		0	BFZN	4		505	63	1392
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.25		0	FLA	4		0.42	0.05	1.16
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.7	0.1	1.8

NDB No. 14347
Shake, fast food, vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.962		0	NC	4		6.577	0.824	18.146
4:0.....g	0.198		1	A	1		0.328	0.041	0.905
6:0.....g	0.152		1	A	1		0.253	0.032	0.697
8:0.....g	0.066		2	A	1		0.110	0.014	0.304
10:0.....g	0.154		2	A	1		0.255	0.032	0.703
12:0.....g	0.174		2	A	1		0.289	0.036	0.798
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.593		2	A	1		0.984	0.123	2.714
15:0.....g	0.057		2	A	1		0.095	0.012	0.261
16:0.....g	1.724		2	A	1		2.861	0.359	7.895
17:0.....g	0.036		2	A	1		0.060	0.008	0.166
18:0.....g	0.795		2	A	1		1.319	0.165	3.639
20:0.....g	0.007		2	A	1		0.011	0.001	0.032
22:0.....g	0.002		2	A	1		0.003	0.000	0.008
24:0.....g	0.003		2	A	1		0.005	0.001	0.013
Fatty acids, total monounsaturated.....g	1.785		0	NC	4		2.963	0.371	8.174
14:1.....g	0.049		2	A	1		0.081	0.010	0.223
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.116		2	JA	6		0.193	0.024	0.532
17:1.....g	0.009		2	A	1		0.014	0.002	0.039
18:1 undifferentiated.....g	1.607		2	JA	6		2.667	0.334	7.360
20:1.....g	0.004		2	A	1		0.007	0.001	0.020
22:1 undifferentiated.....g	0.000		2	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.316		0	NC	4		0.525	0.066	1.447
18:2 undifferentiated.....g	0.261		2	JA	6		0.433	0.054	1.194
18:3 undifferentiated.....g	0.029		2	JA	6		0.047	0.006	0.131
18:4.....g	0.012		2	A	1		0.020	0.002	0.055
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.006		2	JA	6		0.009	0.001	0.026
20:4 undifferentiated.....g	0.007		2	A	1		0.011	0.001	0.031
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.003		2	A	1		0.004	0.001	0.012
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		2	A	1		39	5	106
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0	A	1		0.096	0.012	0.265
Threonine.....g	0.152		0	A	1		0.253	0.032	0.698
Isoleucine.....g	0.158		0	A	1		0.262	0.033	0.722
Leucine.....g	0.354		0	A	1		0.588	0.074	1.623
Lysine.....g	0.268		0	A	1		0.446	0.056	1.229
Methionine.....g	0.095		0	A	1		0.158	0.020	0.436
Cystine.....g	0.038		0	A	1		0.063	0.008	0.173
Phenylalanine.....g	0.169		0	A	1		0.280	0.035	0.773
Tyrosine.....g	0.123		0	A	1		0.204	0.026	0.564
Valine.....g	0.194		0	A	1		0.322	0.040	0.890
Arginine.....g	0.105		0	A	1		0.175	0.022	0.482
Histidine.....g	0.090		0	A	1		0.149	0.019	0.410
Alanine.....g	0.127		0	A	1		0.211	0.026	0.581
Aspartic acid.....g	0.318		0	A	1		0.528	0.066	1.457
Glutamic acid.....g	0.841		0	A	1		1.395	0.175	3.850
Glycine.....g	0.074		0	A	1		0.123	0.015	0.339
Proline.....g	0.393		0	A	1		0.652	0.082	1.799
Serine.....g	0.228		0	A	1		0.378	0.047	1.043
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

NDB No. 14347
Shake, fast food, vanilla

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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

Common Measures:

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14461

Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

The Coca-Cola Company

thirst quencher

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.91		1	A	1		28.03	224.26	335.47
Energy.....kcal	32		0	FLA	4		10	78	117
Energy.....kj	134		0	FLA	4		41	327	489
Protein (N x 6.25).....g	0.00	0.000	3	LC	8		0.00	0.00	0.00
Total lipid (fat).....g	0.05		0	FLA	4		0.02	0.12	0.18
Ash.....g	0.20		1	A	1		0.06	0.49	0.73
Carbohydrate, by difference.....g	7.84		0	NC	4		2.39	19.13	28.62
Fiber, total dietary.....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total.....g	6.11	0.046	3	LC	8		1.86	14.91	22.30
Sucrose.....g	0.20		1	A	1		0.06	0.49	0.73
Glucose (dextrose).....g	2.20		1	A	1		0.67	5.37	8.03
Fructose.....g	3.22		1	A	1		0.98	7.86	11.75
Lactose.....g	0.20		1	A	1		0.06	0.49	0.73
Maltose.....g	0.20		1	A	1		0.06	0.49	0.73
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	2	4
Iron, Fe.....mg	0.09		2	A	1		0.03	0.21	0.32
Magnesium, Mg.....mg	0		2	A	1		0	1	1
Phosphorus, P.....mg	1		2	A	1		0	2	3
Potassium, K.....mg	18		2	A	1		6	44	66
Sodium, Na.....mg	22		0	LC	8		7	54	80
Zinc, Zn.....mg	0.01		2	A	1		0.00	0.01	0.02
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.011		1	A	1		0.003	0.027	0.040
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	0.000
Niacin.....mg	1.565		2	A	1		0.477	3.818	5.712
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.153		1	A	1		0.047	0.373	0.558
Folate, total.....mcg	0		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	1.37		2	A	1		0.42	3.35	5.02
Vitamin B-12, added.....mcg	1.38		0	NR	4		0.42	3.36	5.02
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0

NDB No. 14461
 Sports drink, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.008		0	FLA	4		0.002	0.019	0.028
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.001		0	FLA	4		0.000	0.002	0.002
10:0.....g	0.001		0	FLA	4		0.000	0.001	0.002
12:0.....g	0.004		0	FLA	4		0.001	0.010	0.014
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.004	0.005
15:0.....g									
16:0.....g	0.001		0	FLA	4		0.000	0.002	0.003
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	FLA	4		0.003	0.028	0.041
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.009		0	FLA	4		0.003	0.021	0.032
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0	FLA	4		0.009	0.069	0.104
18:2 undifferentiated.....g	0.011		0	FLA	4		0.003	0.027	0.041
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

- Measure 1 = 30.5g: 1 fl oz
- Measure 2 = 244g: 8 fl oz
- Measure 3 = 365g: 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14460

Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Quaker Oats Company - The Gatorade Company, a unit of Pepsi Co.

thirst quencher

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	93.38		1	A	1		28.48	227.85	568.68
Energy.....kcal	26		0	NC	4		8	64	159
Energy.....kj	110		0	NC	4		33	267	667
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.14		2	A	1		0.04	0.33	0.83
Carbohydrate, by difference.....g	6.43		0	NC	4		1.96	15.70	39.18
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	5.24		0	NC	4		1.60	12.79	31.91
Sucrose.....g	0.92		1	A	1		0.28	2.24	5.60
Glucose (dextrose).....g	2.19		1	A	1		0.67	5.34	13.34
Fructose.....g	1.82		1	A	1		0.56	4.44	11.08
Lactose.....g	0.20		1	A	1		0.06	0.49	1.22
Maltose.....g	0.20		1	A	1		0.06	0.49	1.22
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	2	4
Iron, Fe.....mg	0.05		2	A	1		0.01	0.11	0.29
Magnesium, Mg.....mg	0		2	A	1		0	0	1
Phosphorus, P.....mg	10		2	A	1		3	24	60
Potassium, K.....mg	15		2	A	1		5	37	91
Sodium, Na.....mg	39		2	A	1		12	94	236
Zinc, Zn.....mg	0.01		2	A	1		0.00	0.02	0.04
Copper, Cu.....mg	0.006		2	A	1		0.002	0.015	0.038
Manganese, Mn.....mg	0.013		2	A	1		0.004	0.031	0.076
Selenium, Se.....mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.1	1.1	2.7
Thiamin.....mg	0.011		1	A	1		0.003	0.027	0.066
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	0.000
Niacin.....mg	0.220		1	A	1		0.067	0.537	1.339
Pantothenic acid.....mg	0.055		1	A	1		0.017	0.134	0.336
Vitamin B-6.....mg	0.022		1	A	1		0.007	0.053	0.133
Folate, total.....mcg	0		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.1	0.4	1.0

NDB No. 14460

Sports drink, PEPSICO QUAKER GATORADE, GATORADE, fruit-flavored, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 244g: 8 fl oz

Measure 3 = 609g: 1 bottle

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14383

Sports drink, fruit-flavored, low calorie, ready-to-drink

thirst quencher

Refuse: 0%

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

NDB No. 14383

Sports drink, fruit-flavored, low calorie, ready-to-drink

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

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

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14350
Strawberry-flavor beverage mix, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.40		8		1		0.09		
Energy.....kcal	389		0	NC	4		85		
Energy.....kj	1626		0	NC	4		358		
Protein (N x 6.25).....g	0.10		8		1		0.02		
Total lipid (fat).....g	0.20		8		1		0.04		
Ash.....g	0.20		8		1		0.04		
Carbohydrate, by difference.....g	99.10		0	NC	4		21.80		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	95.45		1	LC	8		21.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	FLA	4		1		
Iron, Fe.....mg	0.44		7		1		0.10		
Magnesium, Mg.....mg	1		0	FLA	4		0		
Phosphorus, P.....mg	5		0	FLA	4		1		
Potassium, K.....mg	6		0	FLA	4		1		
Sodium, Na.....mg	38		7		1		8		
Zinc, Zn.....mg	0.00		0	FLA	4		0.00		
Copper, Cu.....mg	0.000		0	FLA	4		0.000		
Manganese, Mn.....mg	0.000		0	FLA	4		0.000		
Selenium, Se.....mcg	0.5		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		7		1		0.1		
Thiamin.....mg	0.003		7		1		0.001		
Riboflavin.....mg	0.110		2		1		0.024		
Niacin.....mg	0.073		7		1		0.016		
Pantothenic acid.....mg	0.001		0	FLA	4		0.000		
Vitamin B-6.....mg	0.002	0.000	6		1		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.1		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 14350
 Strawberry-flavor beverage mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

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

Calories Factors: Protein 3.9 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14351

Strawberry-flavor beverage mix, powder, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.309		0		1		0.822		
15:0.....g									
16:0.....g	0.808		0		1		2.149		
17:0.....g									
18:0.....g	0.372		0		1		0.990		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.886		0		1		2.357		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0		1		0.184		
17:1.....g									
18:1 undifferentiated.....g	0.772		0		1		2.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0		1		0.303		
18:2 undifferentiated.....g	0.069		0		1		0.184		
18:3 undifferentiated.....g	0.045		0		1		0.120		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		32		
Phytosterols.....mg	0		0		1		0		
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.112		
Threonine.....g	0.137		0		1		0.364		
Isoleucine.....g	0.183		0		1		0.487		
Leucine.....g	0.296		0		1		0.787		
Lysine.....g	0.240		0		1		0.638		
Methionine.....g	0.076		0		1		0.202		
Cystine.....g	0.028		0		1		0.074		
Phenylalanine.....g	0.146		0		1		0.388		
Tyrosine.....g	0.146		0		1		0.388		
Valine.....g	0.202		0		1		0.537		
Arginine.....g	0.109		0		1		0.290		
Histidine.....g	0.082		0		1		0.218		
Alanine.....g	0.104		0		1		0.277		
Aspartic acid.....g	0.230		0		1		0.612		
Glutamic acid.....g	0.633		0		1		1.684		
Glycine.....g	0.064		0		1		0.170		
Proline.....g	0.293		0		1		0.779		
Serine.....g	0.164		0		1		0.436		
Hydroxyproline.....g									

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

Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 14351

Strawberry-flavor beverage mix, powder, prepared with whole milk

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14544

Tea, brewed, prepared with distilled water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.001		0		1		0.000	0.002	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.007	
18:2 undifferentiated.....g	0.001		0		1		0.000	0.002	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	20		41		1		6	36	
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

NDB No. 14544

Tea, brewed, prepared with distilled water

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14355

Tea, brewed, prepared with tap water

black tea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		4		1		236.29	29.51	177.47
Energy.....kcal	1		0	NC	4		2	0	2
Energy.....kj	4		0		4		10	1	7
Protein (N x 6.25).....g	0.00		14		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		10		1		0.00	0.00	0.00
Ash.....g	0.00		6		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.30		0	NC	4		0.71	0.09	0.53
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		2		1		0	0	0
Iron, Fe.....mg	0.02		1		1		0.05	0.01	0.04
Magnesium, Mg.....mg	3		2		1		7	1	5
Phosphorus, P.....mg	1		2		1		2	0	2
Potassium, K.....mg	37		2		1		88	11	66
Sodium, Na.....mg	3		2		1		7	1	5
Zinc, Zn.....mg	0.02		2		1		0.05	0.01	0.04
Copper, Cu.....mg	0.010		2		1		0.024	0.003	0.018
Manganese, Mn.....mg	0.219		0		4		0.519	0.065	0.390
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.014		8		1		0.033	0.004	0.025
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.011		0		4		0.026	0.003	0.020
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	5	0.610	7		1		12	2	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.610	7		1		12	2	9
Folate, DFE.....mcg_DFE	5		0	NC	4		12	2	9
Choline, total.....mg	0.4		0	AS	1		0.9	0.1	0.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.005	0.001	0.004
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.001		0		1		0.002	0.000	0.002
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.002	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.009	0.001	0.007
18:2 undifferentiated.....g	0.001		0		1		0.002	0.000	0.002
18:3 undifferentiated.....g	0.003		0		1		0.007	0.001	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	20		41		1		47	6	36
Theobromine.....mg	2		0		1		5	1	4

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

Common Measures:

NDB No. 14355

Tea, brewed, prepared with tap water

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

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14352

Tea, brewed, prepared with tap water, decaffeinated

black tea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		0	BFZN	4		29.51	177.47	236.29
Energy.....kcal	1		0	BFZN	4		0	2	2
Energy.....kj	4		0		4		1	7	10
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.30		0	BFZN	4		0.09	0.53	0.71
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.02		0	BFZN	4		0.01	0.04	0.05
Magnesium, Mg.....mg	3		0	BFZN	4		1	5	7
Phosphorus, P.....mg	1		0	BFZN	4		0	2	2
Potassium, K.....mg	37		0	BFZN	4		11	66	88
Sodium, Na.....mg	3		0	BFZN	4		1	5	7
Zinc, Zn.....mg	0.02		0	BFZN	4		0.01	0.04	0.05
Copper, Cu.....mg	0.010		0	BFZN	4		0.003	0.018	0.024
Manganese, Mn.....mg	0.219		0	BFZN	4		0.065	0.390	0.519
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.014		0	BFZN	4		0.004	0.025	0.033
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.011		0	BFZN	4		0.003	0.020	0.026
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	5		0	BFZN	4		1	9	12
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5		0	BFZN	4		1	9	12
Folate, DFE.....mcg_DFE	5		0	NC	4		1	9	12
Choline, total.....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	T	4		0.0	0.1	0.1
Lipids:									
Fatty acids, total saturated.....g	0.002		0	BFZN	4		0.001	0.004	0.005
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	BFZN	4		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	BFZN	4		0.001	0.007	0.009
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	1		0	BFZN	4		0	2	2
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

NDB No. 14352

Tea, brewed, prepared with tap water, decaffeinated

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 178g: 6 fl oz

Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14545
Tea, herb, chamomile, brewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		21		1		29.51	177.47	236.29
Energy.....kcal	1		0	NC	4		0	2	2
Energy.....kj	4		0		4		1	7	10
Protein (N x 6.25).....g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		28		1		0.00	0.00	0.00
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.20		0	NC	4		0.06	0.36	0.47
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		10		1		1	4	5
Iron, Fe.....mg	0.08		3		1		0.02	0.14	0.19
Magnesium, Mg.....mg	1		3		1		0	2	2
Phosphorus, P.....mg	0		0		1		0	0	0
Potassium, K.....mg	9		33		1		3	16	21
Sodium, Na.....mg	1		32		1		0	2	2
Zinc, Zn.....mg	0.04		32		1		0.01	0.07	0.09
Copper, Cu.....mg	0.015		28		1		0.004	0.027	0.036
Manganese, Mn.....mg	0.044		3		1		0.013	0.078	0.104
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.010		3		1		0.003	0.018	0.024
Riboflavin.....mg	0.004		3		1		0.001	0.007	0.009
Niacin.....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.011		3		1		0.003	0.020	0.026
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	0.000
Folate, total.....mcg	1		5		1		0	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		5		1		0	1	1
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	1
Choline, total.....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	2	2
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	12		0	NR	4		4	21	28
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	20		0		1		6	36	47
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.004	0.005
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14545
Tea, herb, chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14381

Tea, herb, other than chamomile, brewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		21		1		29.51	177.47	236.29
Energy.....kcal	1		0	NC	4		0	2	2
Energy.....kj	4		0		4		1	7	10
Protein (N x 6.25).....g	0.00		28		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		28		1		0.00	0.00	0.00
Ash.....g	0.00		21		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.20		0	NC	4		0.06	0.36	0.47
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		10		1		1	4	5
Iron, Fe.....mg	0.08		3		1		0.02	0.14	0.19
Magnesium, Mg.....mg	1		3		1		0	2	2
Phosphorus, P.....mg	0		0		1		0	0	0
Potassium, K.....mg	9		33		1		3	16	21
Sodium, Na.....mg	1		32		1		0	2	2
Zinc, Zn.....mg	0.04		32		1		0.01	0.07	0.09
Copper, Cu.....mg	0.015		28		1		0.004	0.027	0.036
Manganese, Mn.....mg	0.044		3		1		0.013	0.078	0.104
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.010		3		1		0.003	0.018	0.024
Riboflavin.....mg	0.004		3		1		0.001	0.007	0.009
Niacin.....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.011		3		1		0.003	0.020	0.026
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	0.000
Folate, total.....mcg	1		5		1		0	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		5		1		0	1	1
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	1
Choline, total.....mg	0.4		0	BFZN	4		0.1	0.7	0.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.002		0		1		0.001	0.004	0.005
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 14381

Tea, herb, other than chamomile, brewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		1		0.000	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.001	0.009	0.012
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		1		1		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 178g: 6 fl oz
- Measure 3 = 237g: 1 cup (8 fl oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		1	MC	9		0.06	0.50	
Energy.....kcal	338		0	NC	4		5	49	
Energy.....kj	1412		0	NC	4		23	203	
Protein (N x 6.25).....g	3.30		3		1		0.05	0.48	
Total lipid (fat).....g	0.60		1	MC	9		0.01	0.09	
Ash.....g	7.20		1	MC	9		0.12	1.04	
Carbohydrate, by difference.....g	85.40		0	NC	4		1.37	12.30	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	1.88		0	FLA	4		0.03	0.27	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		1	MC	9		0	3	
Iron, Fe.....mg	8.87		1	MC	9		0.14	1.28	
Magnesium, Mg.....mg	125		1	MC	9		2	18	
Phosphorus, P.....mg	140		1	MC	9		2	20	
Potassium, K.....mg	2568		1	MC	9		41	370	
Sodium, Na.....mg	412		0	LC	8		7	59	
Zinc, Zn.....mg	0.89		1	MC	9		0.01	0.13	
Copper, Cu.....mg	0.120		1	MC	9		0.002	0.017	
Manganese, Mn.....mg	30.370		1	MC	9		0.486	4.373	
Selenium, Se.....mcg	1.8		0	FLA	4		0.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin.....mg	0.335		0	FLA	4		0.005	0.048	
Niacin.....mg	3.880		1	MC	9		0.062	0.559	
Pantothenic acid.....mg	1.540		0	FLA	4		0.025	0.222	
Vitamin B-6.....mg	0.121		0	FLA	4		0.002	0.017	
Folate, total.....mcg	35		0	FLA	4		1	5	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	35		0	FLA	4		1	5	
Folate, DFE.....mcg_DFE	35		0	NC	4		1	5	
Choline, total.....mg	40.2		0	FLA	4		0.6	5.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14375

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	2240		1	MC	9		36	323	
Theobromine.....mg	24		0	FLA	4		0	3	

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

Common Measures:

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.50		0	BFZN	4		0.06		
Energy.....kcal	338		0	BFZN	4		5		
Energy.....kj	1412		0	BFZN	4		23		
Protein (N x 6.25).....g	3.30		0	BFZN	4		0.05		
Total lipid (fat).....g	0.60		0	BFZN	4		0.01		
Ash.....g	7.20		0	BFZN	4		0.12		
Carbohydrate, by difference.....g	85.40		0	BFZN	4		1.37		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	1.88		0	BFZN	4		0.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4		0		
Iron, Fe.....mg	8.87		0	BFZN	4		0.14		
Magnesium, Mg.....mg	125		0	BFZN	4		2		
Phosphorus, P.....mg	140		0	BFZN	4		2		
Potassium, K.....mg	2568		0	BFZN	4		41		
Sodium, Na.....mg	412		0	BFZN	4		7		
Zinc, Zn.....mg	0.89		0	BFZN	4		0.01		
Copper, Cu.....mg	0.120		0	BFZN	4		0.002		
Manganese, Mn.....mg	30.370		0	BFZN	4		0.486		
Selenium, Se.....mcg	1.8		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.000		0	BFZN	4		0.000		
Riboflavin.....mg	0.335		0	BFZN	4		0.005		
Niacin.....mg	3.880		0	BFZN	4		0.062		
Pantothenic acid.....mg	1.540		0	BFZN	4		0.025		
Vitamin B-6.....mg	0.121		0	BFZN	4		0.002		
Folate, total.....mcg	35		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	35		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	35		0	NC	4		1		
Choline, total.....mg	40.2		0	BFZN	4		0.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	NR	4		0		
Cryptoxanthin, beta.....mcg	0		0	NR	4		0		
Vitamin A, IU.....IU	0		0	BFZN	4		0		
Lycopene.....mcg	0		0	NR	4		0		
Lutein + zeaxanthin.....mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		

NDB No. 14356

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	NR	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	57		0	O	4		1		
Theobromine.....mg	4		0	O	4		0		

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

Common Measures:

Measure 1 = 1.6g: 2 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.8

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.41		0	RPI	6		236.59	29.62	177.94
Energy.....kcal	2		0	RPI	6		4	1	3
Energy.....kj	7		0	RPI	6		17	2	13
Protein (N x 0).....g	0.02		0	RPI	6		0.04	0.01	0.03
Total lipid (fat).....g	0.00		0	RPI	6		0.01	0.00	0.01
Ash.....g	0.14		0	RPI	6		0.32	0.04	0.24
Carbohydrate, by difference.....g	0.44		0	RPI	6		1.04	0.13	0.78
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total.....g	0.01		0	RPI	6		0.02	0.00	0.02
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	RPI	6		7	1	6
Iron, Fe.....mg	0.05		0	RPI	6		0.11	0.01	0.08
Magnesium, Mg.....mg	2		0	RPI	6		4	0	3
Phosphorus, P.....mg	1		0	RPI	6		2	0	1
Potassium, K.....mg	14		0	RPI	6		32	4	24
Sodium, Na.....mg	6		0	RPI	6		14	2	11
Zinc, Zn.....mg	0.01		0	RPI	6		0.02	0.00	0.02
Copper, Cu.....mg	0.010		0	RPI	6		0.025	0.003	0.019
Manganese, Mn.....mg	0.155		0	RPI	6		0.369	0.046	0.278
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin.....mg	0.002		0	RPI	6		0.004	0.001	0.003
Niacin.....mg	0.020		0	RPI	6		0.047	0.006	0.035
Pantothenic acid.....mg	0.008		0	RPI	6		0.019	0.002	0.014
Vitamin B-6.....mg	0.001		0	RPI	6		0.001	0.000	0.001
Folate, total.....mcg	0		0	RPI	6		0	0	0
Folic acid.....mcg	0		0	RPI	6		0	0	0
Folate, food.....mcg	0		0	RPI	6		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.2		0	RPI	6		0.5	0.1	0.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	0
Retinol.....mcg	0		0	RPI	6		0	0	0
Carotene, beta.....mcg	0		0	RPI	6		0	0	0
Carotene, alpha.....mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	0
Vitamin A, IU.....IU	0		0	RPI	6		0	0	0
Lycopene.....mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0.....g	0.000		0	RPI	6		0.000	0.000	0.000

NDB No. 14376

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	11		0	RPI	6		27	3	20
Theobromine.....mg	0		0	RPI	6		0	0	0

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

Common Measures:

Measure 1 = 238g: 1 serving 8 fl oz cup

Measure 2 = 29.8g: 1 fl oz

Measure 3 = 179g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.032		0		1		0.058	0.007	
17:0.....g									
18:0.....g	0.005		0		1		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.020	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.018	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.166	0.021	
18:2 undifferentiated.....g	0.030		0		1		0.055	0.007	
18:3 undifferentiated.....g	0.061		0		1		0.111	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.009	0.001	
Threonine.....g	0.003		0		1		0.005	0.001	
Isoleucine.....g	0.003		0		1		0.005	0.001	
Leucine.....g	0.003		0		1		0.005	0.001	
Lysine.....g	0.003		0		1		0.005	0.001	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.003		0		1		0.005	0.001	
Phenylalanine.....g	0.001		0		1		0.002	0.000	
Tyrosine.....g	0.003		0		1		0.005	0.001	
Valine.....g	0.003		0		1		0.005	0.001	
Arginine.....g	0.003		0		1		0.005	0.001	
Histidine.....g	0.001		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.007	0.001	
Aspartic acid.....g	0.017		0		1		0.031	0.004	
Glutamic acid.....g	0.031		0		1		0.056	0.007	
Glycine.....g	0.005		0		1		0.009	0.001	
Proline.....g	0.003		0		1		0.005	0.001	
Serine.....g	0.004		0		1		0.007	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	124	19.934	6		1		226	29	
Theobromine.....mg									

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

NDB No. 14548

Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.13		1	A	1		0.24	0.03	
Energy.....kcal	401		0	NC	4		730	92	
Energy.....kj	1679		0	NC	4		3056	386	
Protein (N x 6.25).....g	0.12		1	A	1		0.23	0.03	
Total lipid (fat).....g	0.73		1	A	1		1.33	0.17	
Ash.....g	0.47		1	A	1		0.85	0.11	
Carbohydrate, by difference.....g	98.55		0	NC	4		179.36	22.67	
Fiber, total dietary.....g	0.7		1	A	1		1.4	0.2	
Sugars, total.....g	95.29		1	A	1		173.43	21.92	
Starch.....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	2		1	A	1		3	0	
Iron, Fe.....mg	0.21		1	A	1		0.39	0.05	
Magnesium, Mg.....mg	3		1	A	1		5	1	
Phosphorus, P.....mg	2		1	A	1		4	0	
Potassium, K.....mg	169		1	A	1		308	39	
Sodium, Na.....mg	5		1	A	1		10	1	
Zinc, Zn.....mg	0.03		1	A	1		0.06	0.01	
Copper, Cu.....mg	0.010		1	A	1		0.017	0.002	
Manganese, Mn.....mg	1.410		1	A	1		2.566	0.324	
Selenium, Se.....mcg	0.6		0	FLA	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.011		1	A	1		0.021	0.003	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.125		1	A	1		0.228	0.029	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.015		1	A	1		0.027	0.003	
Folate, total.....mcg	1		0	FLA	4		2	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	1		0	FLA	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	1.1		0	FLA	4		2.1	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.097		0	FLA	4		0.176	0.022	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14370

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0	FLA	4		0.004	0.001	
15:0.....g									
16:0.....g	0.084		0	FLA	4		0.152	0.019	
17:0.....g									
18:0.....g	0.005		0	FLA	4		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	FLA	4		0.060	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.025		0	FLA	4		0.045	0.006	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0	FLA	4		0.397	0.050	
18:2 undifferentiated.....g	0.148		0	FLA	4		0.269	0.034	
18:3 undifferentiated.....g	0.061		0	FLA	4		0.112	0.014	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	35		1	A	1		64	8	
Theobromine.....mg	1		1	A	1		2	0	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14357

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0	BFZN	4		0.004	0.001	
15:0.....g									
16:0.....g	0.084		0	BFZN	4		0.152	0.019	
17:0.....g									
18:0.....g	0.005		0	BFZN	4		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	BFZN	4		0.049	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFZN	4		0.045	0.006	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.209		0	BFZN	4		0.380	0.048	
18:2 undifferentiated.....g	0.148		0	BFZN	4		0.269	0.034	
18:3 undifferentiated.....g	0.061		0	BFZN	4		0.112	0.014	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	5		0	BFZN	4		9	1	
Theobromine.....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.18		0	RPI	6		236.15		
Energy.....kcal	35		0	RPI	6		91		
Energy.....kj	147		0	RPI	6		380		
Protein (N x 0).....g	0.01		0	RPI	6		0.03		
Total lipid (fat).....g	0.06		0	RPI	6		0.17		
Ash.....g	0.13		0	RPI	6		0.34		
Carbohydrate, by difference.....g	8.61		0	RPI	6		22.31		
Fiber, total dietary.....g	0.1		0	RPI	6		0.2		
Sugars, total.....g	8.33		0	RPI	6		21.57		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0	RPA	1		6		
Iron, Fe.....mg	0.02		0	RPA	1		0.06		
Magnesium, Mg.....mg	1		0	RPA	1		2		
Phosphorus, P.....mg	0		0	RPA	1		0		
Potassium, K.....mg	15		0	RPA	1		39		
Sodium, Na.....mg	2		0	RPA	1		6		
Zinc, Zn.....mg	0.01		0	RPA	1		0.02		
Copper, Cu.....mg	0.007		0	RPA	1		0.018		
Manganese, Mn.....mg	0.124		0	RPA	1		0.320		
Selenium, Se.....mcg	0.1		0	RPI	6		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0		
Thiamin.....mg	0.001		0	RPI	6		0.003		
Riboflavin.....mg	0.000		0	RPI	6		0.000		
Niacin.....mg	0.011		0	RPI	6		0.028		
Pantothenic acid.....mg	0.000		0	RPI	6		0.000		
Vitamin B-6.....mg	0.001		0	RPI	6		0.003		
Folate, total.....mcg	0		0	RPI	6		0		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	0		0	RPI	6		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00		
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0		
Retinol.....mcg	0		0	RPI	6		0		
Carotene, beta.....mcg	0		0	RPI	6		0		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	0		0	RPI	6		0		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00		
Vitamin E, added.....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.008		0	RPI	6		0.021		
4:0.....g	0.000		0	RPI	6		0.000		
6:0.....g	0.000		0	RPI	6		0.000		
8:0.....g	0.000		0	RPI	6		0.000		
10:0.....g	0.000		0	RPI	6		0.000		

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000		
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.001		
15:0.....g									
16:0.....g	0.007		0	RPI	6		0.019		
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	RPI	6		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.002		0	RPI	6		0.006		
20:1.....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.018		0	RPI	6		0.047		
18:2 undifferentiated.....g	0.013		0	RPI	6		0.033		
18:3 undifferentiated.....g	0.005		0	RPI	6		0.014		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	3		0	RPI	6		8		
Theobromine.....mg	0		0	RPI	6		0		

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

Common Measures:

Measure 1 = 259g: 1 cup (8 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.30		1		1		0.06	0.49	
Energy.....kcal	345		0	NC	4		5	39	
Energy.....kj	1445		0	NC	4		20	163	
Protein (N x 6.25).....g	7.40		1		1		0.10	0.84	
Total lipid (fat).....g	0.18		0	FLA	4		0.00	0.02	
Ash.....g	9.60		1		1		0.13	1.08	
Carbohydrate, by difference.....g	78.52		0	NC	4		1.10	8.87	
Fiber, total dietary.....g	5.0		0	FLA	4		0.1	0.6	
Sugars, total.....g	4.52		0	FLA	4		0.06	0.51	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1		1		0	3	
Iron, Fe.....mg	0.75		1		1		0.01	0.08	
Magnesium, Mg.....mg	139		1		1		2	16	
Phosphorus, P.....mg	107		1		1		1	12	
Potassium, K.....mg	3453		1		1		48	390	
Sodium, Na.....mg	55		0	FLA	4		1	6	
Zinc, Zn.....mg	0.98		0	FLA	4		0.01	0.11	
Copper, Cu.....mg	0.331		0	FLA	4		0.005	0.037	
Manganese, Mn.....mg	30.670		1		1		0.429	3.466	
Selenium, Se.....mcg	3.0		0	FLA	4		0.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.017		0	FLA	4		0.000	0.002	
Riboflavin.....mg	0.558		0	FLA	4		0.008	0.063	
Niacin.....mg	6.168		0	FLA	4		0.086	0.697	
Pantothenic acid.....mg	2.597		0	FLA	4		0.036	0.293	
Vitamin B-6.....mg	0.223		0	FLA	4		0.003	0.025	
Folate, total.....mcg	61		0	FLA	4		1	7	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	61		0	FLA	4		1	7	
Folate, DFE.....mcg_DFE	61		0	NC	4		1	7	
Choline, total.....mg	66.4		0	FLA	4		0.9	7.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09		0	FLA	4		0.00	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.047		0	FLA	4		0.001	0.005	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.041		0	FLA	4		0.001	0.005	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	FLA	4		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0	FLA	4		0.000	0.001	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.117		0	FLA	4		0.002	0.013	
18:2 undifferentiated.....g	0.079		0	FLA	4		0.001	0.009	
18:3 undifferentiated.....g	0.033		0	FLA	4		0.000	0.004	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	2066		0	FLA	4		29	233	
Theobromine.....mg	40		0	FLA	4		1	5	

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

Common Measures:

Measure 1 = 1.4g: 1 tsp, rounded

Measure 2 = 11.3g: 2 tbsp, rounded

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14366
Tea, instant, unsweetened, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	5.09		1	A	1		0.04		
Energy.....kcal	315		0	NC	4		2		
Energy.....kj	1320		0	NC	4		9		
Protein (N x 6.25).....g	20.21		1	A	1		0.14		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	16.04		1	A	1		0.11		
Carbohydrate, by difference.....g	58.66		0	NC	4		0.41		
Fiber, total dietary.....g	8.5		1	A	1		0.1		
Sugars, total.....g	5.53		1	A	1		0.04		
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	118		1	A	1		1		
Iron, Fe.....mg	2.26		1	A	1		0.02		
Magnesium, Mg.....mg	272		1	A	1		2		
Phosphorus, P.....mg	239		1	A	1		2		
Potassium, K.....mg	6040		1	A	1		42		
Sodium, Na.....mg	72		1	A	1		1		
Zinc, Zn.....mg	1.69		1	A	1		0.01		
Copper, Cu.....mg	0.550		1	A	1		0.004		
Manganese, Mn.....mg	133.000		1	A	1		0.931		
Selenium, Se.....mcg	5.3	0.318	3	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.000		1	A	1		0.000		
Riboflavin.....mg	0.985		1	A	1		0.007		
Niacin.....mg	10.800		1	A	1		0.076		
Pantothenic acid.....mg	4.530		1	A	1		0.032		
Vitamin B-6.....mg	0.356		1	A	1		0.002		
Folate, total.....mcg	103		5		1		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	103		0	NR	4		1		
Folate, DFE.....mcg_DFE	103		0	NC	4		1		
Choline, total.....mg	118.3		0	BFSN	4		0.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		

NDB No. 14366
Tea, instant, unsweetened, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	3680		1	A	1		26		
Theobromine.....mg	71		1	A	1		0		

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

Common Measures:

Measure 1 = 0.7g: 1 serving 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14353

Tea, instant, unsweetened, powder, decaffeinated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.09		0	BFZN	4		0.04		
Energy.....kcal	315		0	NC	4		2		
Energy.....kj	1320		0	NC	4		9		
Protein (N x 6.25).....g	20.21		0	BFZN	4		0.14		
Total lipid (fat).....g	0.00		0	BFZN	4		0.00		
Ash.....g	16.04		0	BFZN	4		0.11		
Carbohydrate, by difference.....g	58.66		0	NC	4		0.41		
Fiber, total dietary.....g	8.5		0	BFZN	4		0.1		
Sugars, total.....g	5.53		0	BFZN	4		0.04		
Starch.....g	0.00		0	BFZN	4		0.00		
Minerals:									
Calcium, Ca.....mg	118		0	BFZN	4		1		
Iron, Fe.....mg	2.26		0	BFZN	4		0.02		
Magnesium, Mg.....mg	272		0	BFZN	4		2		
Phosphorus, P.....mg	239		0	BFZN	4		2		
Potassium, K.....mg	6040		0	BFZN	4		42		
Sodium, Na.....mg	72		0	BFZN	4		1		
Zinc, Zn.....mg	1.69		0	BFZN	4		0.01		
Copper, Cu.....mg	0.550		0	BFZN	4		0.004		
Manganese, Mn.....mg	133.000		0	BFZN	4		0.931		
Selenium, Se.....mcg	5.3		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.000		0	BFZN	4		0.000		
Riboflavin.....mg	0.985		0	BFZN	4		0.007		
Niacin.....mg	10.800		0	BFZN	4		0.076		
Pantothenic acid.....mg	4.530		0	BFZN	4		0.032		
Vitamin B-6.....mg	0.356		0	BFZN	4		0.002		
Folate, total.....mcg	103		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	103		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	103		0	NC	4		1		
Choline, total.....mg	118.3		0	BFZN	4		0.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	0		0	BFZN	4		0		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	BFZN	4		0		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		

NDB No. 14353

Tea, instant, unsweetened, powder, decaffeinated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000		
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000		
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000		
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	169		0	BFZN	4		1		
Theobromine.....mg	11		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 0.7g: 1 serving 2 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14367

Tea, instant, unsweetened, powder, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.62		0	RPI	6		237.10	29.59	177.33
Energy.....kcal	1		0	RPI	6		2	0	2
Energy.....kj	4		0	RPI	6		9	1	7
Protein (N x 0).....g	0.06		0	RPI	6		0.14	0.02	0.11
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	0.00
Ash.....g	0.15		0	RPI	6		0.35	0.04	0.26
Carbohydrate, by difference.....g	0.17		0	RPI	6		0.41	0.05	0.31
Fiber, total dietary.....g	0.0		0	RPI	6		0.1	0.0	0.0
Sugars, total.....g	0.02		0	RPI	6		0.04	0.00	0.03
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	RPA	1		8	1	6
Iron, Fe.....mg	0.01		0	RPA	1		0.02	0.00	0.01
Magnesium, Mg.....mg	2		0	RPA	1		4	1	3
Phosphorus, P.....mg	1		0	RPA	1		2	0	1
Potassium, K.....mg	18		0	RPA	1		43	5	33
Sodium, Na.....mg	4		0	RPA	1		9	1	7
Zinc, Zn.....mg	0.01		0	RPA	1		0.02	0.00	0.02
Copper, Cu.....mg	0.011		0	RPA	1		0.027	0.003	0.020
Manganese, Mn.....mg	0.392		0	RPA	1		0.933	0.116	0.698
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	0.000
Riboflavin.....mg	0.003		0	RPI	6		0.007	0.001	0.005
Niacin.....mg	0.032		0	RPI	6		0.076	0.009	0.057
Pantothenic acid.....mg	0.013		0	RPI	6		0.032	0.004	0.024
Vitamin B-6.....mg	0.001		0	RPI	6		0.002	0.000	0.002
Folate, total.....mcg	0		0	RPI	6		1	0	1
Folic acid.....mcg	0		0	RPI	6		0	0	0
Folate, food.....mcg	0		0	RPI	6		1	0	1
Folate, DFE.....mcg_DFE	0		0	NC	4		1	0	1
Choline, total.....mg	0.3		0	RPI	6		0.8	0.1	0.6
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	0
Retinol.....mcg	0		0	RPI	6		0	0	0
Carotene, beta.....mcg	0		0	RPI	6		0	0	0
Carotene, alpha.....mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	0
Vitamin A, IU.....IU	0		0	RPI	6		0	0	0
Lycopene.....mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0.....g	0.000		0	RPI	6		0.000	0.000	0.000

NDB No. 14367

Tea, instant, unsweetened, powder, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	11		0	RPI	6		26	3	19
Theobromine.....mg	0		0	RPI	6		1	0	0

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

Common Measures:

Measure 1 = 238g: 1 serving 8 fl oz cup

Measure 2 = 29.7g: 1 fl oz

Measure 3 = 178g: 6 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14475

Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Arizona Beverage Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.15		1	A	1		27.59	204.65	331.76
Energy.....kcal	39		0	NC	4		12	89	144
Energy.....kj	164		0	NC	4		50	371	602
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.07		1	A	1		0.02	0.17	0.27
Carbohydrate, by difference.....g	9.77		0	NC	4		2.99	22.18	35.96
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	9.63		1	A	1		2.95	21.86	35.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	7	11
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1	A	1		0	3	5
Phosphorus, P.....mg	1		1	A	1		0	1	2
Potassium, K.....mg	10		1	A	1		3	23	38
Sodium, Na.....mg	4		1	A	1		1	9	15
Zinc, Zn.....mg	0.01		1	A	1		0.00	0.02	0.03
Copper, Cu.....mg	0.005		1	A	1		0.002	0.012	0.019
Manganese, Mn.....mg	0.160		1	A	1		0.049	0.363	0.588
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		1	LC	8		0	0	0
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	LC	8		0.000	0.000	0.000
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	5		1	A	1		1	11	18
Theobromine.....mg	0		1	A	1		0	0	0

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

NDB No. 14475

Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

food, or similar food.

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 227g: 1 serving 8 fl oz

Measure 3 = 368g: 1 box 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14476

Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor

Lipton

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.06		2	A	1		27.87	223.11	334.20
Energy.....kcal	35		0	NC	4		11	86	129
Energy.....kj	147		0	NC	4		45	361	541
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.12		2	A	1		0.04	0.30	0.45
Carbohydrate, by difference.....g	8.81		0	NC	4		2.70	21.59	32.34
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total.....g	8.69		2	A	1		2.66	21.29	31.88
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		0	2	3
Iron, Fe.....mg	0.00		2	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		2	A	1		0	1	1
Phosphorus, P.....mg	26		2	A	1		8	64	95
Potassium, K.....mg	19		2	A	1		6	46	69
Sodium, Na.....mg	21		2	A	1		6	50	75
Zinc, Zn.....mg	0.01		2	A	1		0.00	0.03	0.05
Copper, Cu.....mg	0.005		2	A	1		0.002	0.013	0.019
Manganese, Mn.....mg	0.146		2	A	1		0.045	0.359	0.537
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		2	LC	8		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		2	A	1		1	5	7
Theobromine.....mg	0		2	A	1		0	0	0

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

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 367g: 1 can 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14137

Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor

Nestle USA, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	91.18		1	A	1		27.90	223.39	335.54
Energy.....kcal	36		0	NC	4		11	89	134
Energy.....kj	152		0	NC	4		47	373	560
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.12		1	A	1		0.04	0.30	0.45
Carbohydrate, by difference.....g	9.09		0	NR	4		2.78	22.27	33.45
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	9.09		1	A	1		2.78	22.28	33.46
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	6	10
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1	A	1		0	2	3
Phosphorus, P.....mg	36		1	A	1		11	88	133
Potassium, K.....mg	19		1	A	1		6	46	68
Sodium, Na.....mg	21		1	A	1		6	51	76
Zinc, Zn.....mg	0.06		1	A	1		0.02	0.15	0.23
Copper, Cu.....mg	0.008		1	A	1		0.002	0.020	0.029
Manganese, Mn.....mg	0.131		1	A	1		0.040	0.321	0.482
Selenium, Se.....mcg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	3		1	A	1		1	8	13
Theobromine.....mg	0		1	A	1		0	0	0

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

Common Measures:

Measure 1 = 30.6g: 1 fl oz

Measure 2 = 245g: 1 serving 8 fl oz

Measure 3 = 368g: 1 can 12 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14601

Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Wendy's International, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.79		1	A	1				
Energy.....kcal	1		0	NC	4				
Energy.....kj	4		0	NC	4				
Protein (N x 6.25).....g	0.22		1	A	1				
Total lipid (fat).....g	0.00		1	A	1				
Ash.....g	0.04		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	A	1				
Iron, Fe.....mg	0.00		1	A	1				
Magnesium, Mg.....mg	1		1	A	1				
Phosphorus, P.....mg	1		1	A	1				
Potassium, K.....mg	14		1	A	1				
Sodium, Na.....mg	3		1	A	1				
Zinc, Zn.....mg	0.01		1	A	1				
Copper, Cu.....mg	0.008		1	A	1				
Manganese, Mn.....mg	0.136		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.018		1	A	1				
Riboflavin.....mg	0.024		1	A	1				
Niacin.....mg	0.000		1	A	1				
Pantothenic acid.....mg	0.009		1	A	1				
Vitamin B-6.....mg	0.000		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	0.000		1	A	1				
17:0.....g	0.000		1	A	1				
18:0.....g	0.000		1	A	1				
20:0.....g	0.000		1	A	1				

NDB No. 14601

Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1				
24:0.....g	0.000		1	A	1				
Fatty acids, total monounsaturated.....g	0.000		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.000		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	0.000		1	A	1				
20:1.....g	0.000		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g	0.000		1	A	1				
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4				
18:2 undifferentiated.....g	0.000		1	A	1				
18:3 undifferentiated.....g	0.000		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:4 undifferentiated.....g	0.000		1	A	1				
20:5 n-3.....g	0.000		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.000		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		1	A	1				
Theobromine.....mg	1		1	A	1				

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14605

Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	94.44		0	O	4		223.82	223.82	
Energy.....kcal	22		2	NC	4		52	52	
Energy.....kj	92		0	NC	4		218	218	
Protein.....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		2	LC	8		0.00	0.00	
Ash.....g	0.07		0	BFZN	4		0.17	0.17	
Carbohydrate, by difference.....g	5.49		2	LC	8		13.00	13.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	5.49		2	LC	8		13.00	13.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		2	LC	8		40	40	
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	3		2	LC	8		8	8	
Phosphorus, P.....mg	0		0	BFZN	4		0	0	
Potassium, K.....mg	0		0	BFZN	4		1	1	
Sodium, Na.....mg	0		1	LC	8		0	0	
Zinc, Zn.....mg	0.32		2	LC	8		0.75	0.75	
Copper, Cu.....mg	0.007		0	BFZN	4		0.016	0.016	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.7		2	LC	8		30.0	30.0	
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.844		2	JO	11		2.000	2.000	
Pantothenic acid.....mg	0.422		2	LC	8		1.000	1.000	
Vitamin B-6.....mg	0.084		2	LC	8		0.200	0.200	
Folate, total.....mcg	8		2	LC	8		20	20	
Folic acid.....mcg	8		0	NR	4		20	20	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	14		0	NC	4		34	34	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.25		2	LC	8		0.60	0.60	
Vitamin B-12, added.....mcg	0.25		0	NR	4		0.60	0.60	
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		75	75	
Retinol.....mcg	32		0	NR	4		75	75	
Carotene, beta.....mcg	0		0	BFZN	4		0	0	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	105		2	LC	8		250	250	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.90		0	LC	8		4.50	4.50	
Vitamin E, added.....mg	1.90		0	NR	4		4.50	4.50	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 14605

Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	

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Common Measures:

Measure 1 = 237g: 8 fl oz (1 NLEA serving)

Measure 2 = 237g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14384
Water, bottled, PERRIER

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 192g: 1 bottle 6.5 fl oz

Measure 3 = 325g: 1 bottle 11 fl oz

NDB No. 14384

Water, bottled, PERRIER

Footnotes:

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14385
Water, bottled, POLAND SPRING

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

NDB No. 14385

Water, bottled, POLAND SPRING

Footnotes:

1 One fl oz = 29.57 g.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14555
 Water, bottled, generic

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.98	0.008	8	JO	11		29.60	236.96	1.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein.....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.07	0.013	8	JO	11		0.02	0.17	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1	JA	6		3	23	0
Iron, Fe.....mg	0.00	0.002	6	JA	6		0.00	0.00	0.00
Magnesium, Mg.....mg	2		1	JA	6		1	5	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		1	JA	6		0	1	0
Sodium, Na.....mg	2		1	JA	6		1	6	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.01	0.00
Copper, Cu.....mg	0.007		0	BFZN	4		0.002	0.016	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 14555
Water, bottled, generic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup

Measure 3 = 1.0g: 1 ml

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14437

Water, bottled, non-carbonated, CALISTOGA

Nestlé Waters North America Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		2	AI	13	D	29.60	500.00	710.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.10		2	AI	13	D	0.03	0.50	0.71
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		2	A	1	D	0	0	0
Iron, Fe.....mg									
Magnesium, Mg.....mg	0		2	A	1	D	0	0	0
Phosphorus, P.....mg									
Potassium, K.....mg	0		2	A	1	D	0	0	0
Sodium, Na.....mg	0		2	A	1	D	0	0	0
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz

Measure 3 = 710g: 1 bottle 24 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14438

Water, bottled, non-carbonated, CRYSTAL GEYSER

Crystal Geyser Alpine Spring Water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		4	AI	13	D	29.60	237.00	500.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.10		4	AI	13	D	0.03	0.24	0.50
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.010	4	A	1	D	1	8	16
Iron, Fe.....mg									
Magnesium, Mg.....mg	0	0.003	4	A	1	D	0	1	2
Phosphorus, P.....mg									
Potassium, K.....mg	0	0.007	4	A	1	D	0	0	1
Sodium, Na.....mg	1	0.002	4	A	1	D	0	1	3
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 bottle 8 fl oz in packages of 8

Measure 3 = 500g: 1 bottle 500 ml in packages of 6, 12 or 28

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14432

Water, bottled, non-carbonated, DANNON

The Dannon Company, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.98		1	A	1		29.59	330.93	499.89
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	1	2
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	10	16
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1	A	1		0	3	5
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 12

Measure 3 = 500g: 1 bottle 500 ml in package of 24

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14440

Water, bottled, non-carbonated, DANNON Fluoride To Go

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97		1	A	1		29.59	250.92	
Energy.....kcal	0		0	NC	4		0	0	
Energy.....kj	1		0	NC	4		0	1	
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	
Ash.....g	0.00		1	A	1		0.00	0.00	
Carbohydrate, by difference.....g	0.03		0	NC	4		0.01	0.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1		1	7	
Iron, Fe.....mg	0.01		1	A	1		0.00	0.04	
Magnesium, Mg.....mg	1		1	A	1		0	3	
Phosphorus, P.....mg	0		1	A	1		0	0	
Potassium, K.....mg	0		1	A	1		0	0	
Sodium, Na.....mg	1		1	A	1		0	2	
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.01	
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 251g: 1 bottle 8.5 fl oz in packages of 8

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14434

Water, bottled, non-carbonated, DASANI

The Coca-Cola Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.96		1	A	1		29.59	499.79	354.85
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	A	1		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	A	1		0	2	1
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1	A	1		0	2	1
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6 and 24

Measure 3 = 355g: 1 bottle 12 fl oz in packages of 12

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14559

Water, bottled, non-carbonated, EVIAN

S.A. Evian Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97	0.035	11	A	1		29.59	330.88	499.83
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.05	0.050	11	A	1		0.01	0.17	0.25
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.490	11	A	1		2	26	39
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	2	0.050	11	A	1		1	8	12
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0	0.075	11	A	1		0	0	0
Sodium, Na.....mg	0	0.296	11	A	1		0	1	1
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 331g: 1 bottle 11.2 fl oz in package of 6

Measure 3 = 500g: 1 bottle 16.9 fl oz in package of 6

Calories Factors: Protein 0

Fat 0

Carbohydrate 0

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14439

Water, bottled, non-carbonated, NAYA

NAYA Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	100.00		4	A	1		29.60		
Energy.....kcal	0		0	NC	4		0		
Energy.....kj	0		0	NC	4		0		
Protein (N x 6.25).....g	0.00		0	Z	7		0.00		
Total lipid (fat).....g	0.00		0	Z	7		0.00		
Ash.....g	0.10		4	A	1		0.03		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.005	4	A	1	D	1		
Iron, Fe.....mg									
Magnesium, Mg.....mg	2	0.005	4	A	1	D	1		
Phosphorus, P.....mg									
Potassium, K.....mg	0	0.007	4	A	1	D	0		
Sodium, Na.....mg	1	0.005	4	A	1	D	0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14433

Water, bottled, non-carbonated, PEPSI, AQUAFINA

Pepsi-Cola North America

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.97		1	A	1		29.59	499.86	709.79
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	Z	7		0.00	0.00	0.00
Ash.....g	0.00		1	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	A	1		0	2	3
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1	A	1		0	2	3
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	0		1	A	1		0	0	0
Sodium, Na.....mg	0		1	A	1		0	0	0
Zinc, Zn.....mg	0.00		1	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 500g: 1 bottle 16.9 fl oz in packages of 6, 12 or 24

Measure 3 = 710g: 1 bottle 24 fl oz in packages of 6

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14604

Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.85		2	A	1		236.64	29.55	1.10
Energy.....kcal	1		0	NC	4		1	0	0
Energy.....kj	3		0	NC	4		6	1	0
Protein.....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	A	1		0.00	0.00	0.00
Ash.....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.15		0	NC	4		0.36	0.05	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		2	A	1		3	0	0
Iron, Fe.....mg	0.00		2	A	1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		2	A	1		1	0	0
Phosphorus, P.....mg	0		2	A	1		0	0	0
Potassium, K.....mg	4		2	A	1		9	1	0
Sodium, Na.....mg	3		2	A	1		7	1	0
Zinc, Zn.....mg	0.00		2	A	1		0.01	0.00	0.00
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.003		2	A	1		0.006	0.001	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Carotene, beta.....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

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

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 1.1g: 1 ml

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

NDB No. 14411
 Water, tap, drinking (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		0	BFZN	4		29.57	236.76	999.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash.....g	0.10		0	BFZN	4		0.03	0.24	1.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.138	287	A	1		1	7	30
Iron, Fe.....mg	0.00	0.000	287	A	1		0.00	0.00	0.02
Magnesium, Mg.....mg	1	0.049	287	A	1		0	2	9
Phosphorus, P.....mg	0	0.001	287	A	1		0	0	0
Potassium, K.....mg	0	0.110	287	A	1		0	1	5
Sodium, Na.....mg	4	0.322	287	A	1		1	9	38
Zinc, Zn.....mg	0.01	0.001	287	A	1		0.00	0.01	0.05
Copper, Cu.....mg	0.010	0.002	287	A	1		0.003	0.023	0.098
Manganese, Mn.....mg	0.000	0.000	287	A	1		0.000	0.001	0.002
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Carotene, beta.....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 14411
 Water, tap, drinking (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 237g: 1 cup 8 fl oz
- Measure 3 = 1000g: 1 liter

Footnotes:

- 1 Includes municipal water and well water.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14429
Water, tap, municipal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		0		4		29.57	236.76	999.00
Energy.....kcal	0		0		4		0	0	0
Energy.....kj	0		0		4		0	0	0
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.10		0		4		0.03	0.24	1.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.138	236	A	1		1	7	31
Iron, Fe.....mg	0.00	0.000	236	A	1		0.00	0.00	0.02
Magnesium, Mg.....mg	1	0.048	236	A	1		0	2	9
Phosphorus, P.....mg	0	0.002	236	A	1		0	0	0
Potassium, K.....mg	1	0.133	236	A	1		0	1	5
Sodium, Na.....mg	3	0.318	236	A	1		1	8	34
Zinc, Zn.....mg	0.00	0.001	236	A	1		0.00	0.01	0.05
Copper, Cu.....mg	0.009	0.002	236	A	1		0.003	0.020	0.086
Manganese, Mn.....mg	0.000	0.000	236	A	1		0.000	0.000	0.002
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		4		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

- Measure 1 = 29.6g: 1 fl oz
- Measure 2 = 237g: 1 cup 8 fl oz
- Measure 3 = 1000g: 1 liter

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14412

Water, tap, well

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.90		0	BFZN	4		29.57	236.76	999.00
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0	NC	4		0	0	0
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Ash.....g	0.10		0	BFZN	4		0.03	0.24	1.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		50	A	1	C	1	7	29
Iron, Fe.....mg	0.00		50	A	1	C	0.00	0.00	0.01
Magnesium, Mg.....mg	1		50	A	1	C	0	3	11
Phosphorus, P.....mg	0		50	A	1	C	0	0	0
Potassium, K.....mg	0		50	A	1	C	0	1	3
Sodium, Na.....mg	5		50	A	1	C	2	13	55
Zinc, Zn.....mg	0.01		50	A	1	C	0.00	0.02	0.07
Copper, Cu.....mg	0.016		50	A	1	C	0.005	0.037	0.156
Manganese, Mn.....mg	0.000		50	A	1	C	0.000	0.001	0.004
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 237g: 1 cup 8 fl oz

Measure 3 = 1000g: 1 liter

Calories Factors: Protein 0

Fat 0

Carbohydrate 0

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14028
Whiskey sour mix, bottled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.20		2		1		25.26	50.83	
Energy.....kcal	87		0	NC	4		28	56	
Energy.....kj	364		0	NC	4		117	236	
Protein (N x 6.25).....g	0.10		2		1		0.03	0.07	
Total lipid (fat).....g	0.10		2		1		0.03	0.07	
Ash.....g	0.20		2		1		0.06	0.13	
Carbohydrate, by difference.....g	21.40		0	NC	4		6.91	13.91	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	21.40		0	NR	4		6.91	13.91	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		2		1		1	1	
Iron, Fe.....mg	0.11		2		1		0.04	0.07	
Magnesium, Mg.....mg	1		2		1		0	1	
Phosphorus, P.....mg	6		2		1		2	4	
Potassium, K.....mg	28		1		1		9	18	
Sodium, Na.....mg	102		1		1		33	66	
Zinc, Zn.....mg	0.07		2		1		0.02	0.05	
Copper, Cu.....mg	0.000		0		1		0.000	0.000	
Manganese, Mn.....mg	0.000		0		1		0.000	0.000	
Selenium, Se.....mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		2		1		0.9	1.8	
Thiamin.....mg	0.013		2		1		0.004	0.008	
Riboflavin.....mg	0.010		2		1		0.003	0.007	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg	0.013		2		1		0.004	0.008	
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.9		0	O	4		0.3	0.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.008		0		1		0.003	0.005	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 14028
Whiskey sour mix, bottled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.008		0		1		0.003	0.005	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006	0.013	
18:2 undifferentiated.....g	0.013		0		1		0.004	0.008	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 32.3g: 1 fl oz

Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14530

Whiskey sour mix, bottled, with added potassium and sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.008		0		1		0.003		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.006		
18:2 undifferentiated.....g	0.013		0		1		0.004		
18:3 undifferentiated.....g	0.005		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 32.3g: 1 fl oz

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14024
Whiskey sour mix, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.002		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.006		
18:2 undifferentiated.....g	0.025		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 17g: 1 packet

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 14553
Wine, non-alcoholic

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	98.20		0		4		28.48		
Energy.....kcal	6		0		4		2		
Energy.....kj	25		0		4		7		
Protein.....g	0.50		0		4		0.15		
Total lipid (fat).....g	0.00		0		4		0.00		
Ash.....g	0.20		0	BFZN	4		0.06		
Carbohydrate, by difference.....g	1.10		0		4		0.32		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	1.10		0	NR	4		0.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0		4		3		
Iron, Fe.....mg	0.40		0		4		0.12		
Magnesium, Mg.....mg	10		0		4		3		
Phosphorus, P.....mg	15		0		4		4		
Potassium, K.....mg	88		0		4		26		
Sodium, Na.....mg	7		0		4		2		
Zinc, Zn.....mg	0.08		0		4		0.02		
Copper, Cu.....mg	0.011		0		4		0.003		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	BFZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.000		0		4		0.000		
Riboflavin.....mg	0.010		0		4		0.003		
Niacin.....mg	0.100		0		4		0.029		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0		4		0.006		
Folate, total.....mcg	1		0		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		0		4		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Choline, total.....mg	5.0		0	BFZN	4		1.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 14553
Wine, non-alcoholic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 14 Beverages

USDA National Nutrient Database for Standard Reference, Release 21 (2008)