

F, NUTR_DEF 2011.08.29 2011.07.25 FNUTRDEF.PRG #146
 NUTR_NO,UNITS,TAGNAME, NUTRDESC, .num_dec , SR_ORDER

You may select any of these nutrients for research purposes
 The values will be as per the USDA REL 24 TABLES

203 , g	PROCNT	PROTEIN	.2 ,600
204 , g	FAT	TOTAL LIPID (FAT)	.2 ,800
205 , g	CHOCDF	CARBOHYDRATE, BY DIFFERENCE	.2 ,1100
207 , g	ASH	ASH	.2 ,1000
208 , kcal	ENERC_KCAL	ENERGY	.0 ,300
209 , g	STARCH	STARCH	.2 ,2200
210 , g	SUCS	SUCROSE	.2 ,1600
211 , g	GLUS	GLUCOSE (DEXTROSE)	.2 ,1700
212 , g	FRUS	FRUCTOSE	.2 ,1800
213 , g	LACS	LACTOSE	.2 ,1900
214 , g	MALS	MALTOSE	.2 ,2000
221 , g	ALC	ALCOHOL, ETHYL	.1 ,18200
255 , g	WATER	WATER	.2 ,100
257 , g		ADJUSTED PROTEIN	.2 ,700
262 , mg	CAFFN	CAFFEINE	.0 ,18300
263 , mg	THEBRN	THEOBROMINE	.0 ,18400
268 , kJ	ENERC_KJ	ENERGY	.0 ,400
269 , g	SUGAR	SUGARS, TOTAL	.2 ,1500
287 , g	GALS	GALACTOSE	.2 ,2100
291 , g	FIBTG	FIBER, TOTAL DIETARY	.1 ,1200
301 , mg	CA	CALCIUM, CA	.0 ,5300
303 , mg	FE	IRON, FE	.2 ,5400
304 , mg	MG	MAGNESIUM, MG	.0 ,5500
305 , mg	P	PHOSPHORUS, P	.0 ,5600
306 , mg	K	POTASSIUM, K	.0 ,5700
307 , mg	NA	SODIUM, NA	.0 ,5800
309 , mg	ZN	ZINC, ZN	.2 ,5900
312 , mg	CU	COPPER, CU	.3 ,6000
313 , mcg	FLD	FLUORIDE, F	.1 ,6240
315 , mg	MN	MANGANESE, MN	.3 ,6100
317 , mcg	SE	SELENIUM, SE	.1 ,6200
318 , IU	VITA_IU	VITAMIN A, IU	.0 ,7500
319 , mcg	RETOL	RETINOL	.0 ,7430
320 , mcg_RAE	VITA_RAE	VITAMIN A, RAE	.0 ,7420
321 , mcg	CARTB	CAROTENE, BETA	.0 ,7440
322 , mcg	CARTA	CAROTENE, ALPHA	.0 ,7450
323 , mg	TOCPHA	VITAMIN E (ALPHA-TOCOPHEROL)	.2 ,7900
324 , IU	VITD	VITAMIN D	.0 ,8750
325 , mcg	ERGCAL	VITAMIN D2 (ERGOCALCIFEROL)	.1 ,8710
326 , mcg	CHOCAL	VITAMIN D3 (CHOLECALCIFEROL)	.1 ,8720
328 , mcg	VITD	VITAMIN D (D2 + D3)	.1 ,8700
334 , mcg	CRYPX	CRYPTOXANTHIN, BETA	.0 ,7460
337 , mcg	LYCPN	LYCOPENE	.0 ,7530
338 , mcg	LUT+ZEA	LUTEIN + ZEAXANTHIN	.0 ,7560
341 , mg	TOCPHB	TOCOPHEROL, BETA	.2 ,8000
342 , mg	TOCPHG	TOCOPHEROL, GAMMA	.2 ,8100
343 , mg	TOCPHD	TOCOPHEROL, DELTA	.2 ,8200

401 , mg	VITC	VITAMIN C, TOTAL ASCORBIC ACID	.1 ,6300
404 , mg	THIA	THIAMIN	.3 ,6400
405 , mg	RIBF	RIBOFLAVIN	.3 ,6500
406 , mg	NIA	NIACIN	.3 ,6600
410 , mg	PANTAC	PANTOTHENIC ACID	.3 ,6700
415 , mg	VITB6A	VITAMIN B-6	.3 ,6800
417 , mcg	FOL	FOLATE, TOTAL	.0 ,6900
418 , mcg	VITB12	VITAMIN B-12	.2 ,7300
421 , mg	CHOLN	CHOLINE, TOTAL	.1 ,7220
428 , mcg	MK4	MENAQUINONE-4	.1 ,8950
429 , mcg	VITK1D	DIHYDROPHYLLOQUINONE	.1 ,8900
430 , mcg	VITK1	VITAMIN K (PHYLLOQUINONE)	.1 ,8800
431 , mcg	FOLAC	FOLIC ACID	.0 ,7000
432 , mcg	FOLFD	FOLATE, FOOD	.0 ,7100
435 , mcg_DFE	FOLDFE	FOLATE, DFE	.0 ,7200
454 , mg	BETN	BETAINE	.1 ,7270
501 , g	TRP_G	TRYPTOPHAN	.3 ,16300
502 , g	THR_G	THREONINE	.3 ,16400
503 , g	ILE_G	ISOLEUCINE	.3 ,16500
504 , g	LEU_G	LEUCINE	.3 ,16600
505 , g	LYS_G	LYSINE	.3 ,16700
506 , g	MET_G	METHIONINE	.3 ,16800
507 , g	CYS_G	CYSTINE	.3 ,16900
508 , g	PHE_G	PHENYLALANINE	.3 ,17000
509 , g	TYR_G	TYROSINE	.3 ,17100
510 , g	VAL_G	VALINE	.3 ,17200
511 , g	ARG_G	ARGININE	.3 ,17300
512 , g	HISTN_G	HISTIDINE	.3 ,17400
513 , g	ALA_G	ALANINE	.3 ,17500
514 , g	ASP_G	ASPARTIC ACID	.3 ,17600
515 , g	GLU_G	GLUTAMIC ACID	.3 ,17700
516 , g	GLY_G	GLYCINE	.3 ,17800
517 , g	PRO_G	PROLINE	.3 ,17900
518 , g	SER_G	SERINE	.3 ,18000
521 , g	HYP	HYDROXYPROLINE	.3 ,18100
573 , mg		VITAMIN E, ADDED	.2 ,7920
578 , mcg		VITAMIN B-12, ADDED	.2 ,7340
601 , mg	CHOLE	CHOLESTEROL	.0 ,15700
605 , g	FATRN	FATTY ACIDS, TOTAL TRANS	.3 ,15400
606 , g	FASAT	FATTY ACIDS, TOTAL SATURATED	.3 ,9700
607 , g	F4D0	4:0	.3 ,9800
608 , g	F6D0	6:0	.3 ,9900
609 , g	F8D0	8:0	.3 ,10000
610 , g	F10D0	10:0	.3 ,10100
611 , g	F12D0	12:0	.3 ,10300
612 , g	F14D0	14:0	.3 ,10500
613 , g	F16D0	16:0	.3 ,10700
614 , g	F18D0	18:0	.3 ,10900
615 , g	F20D0	20:0	.3 ,11100
617 , g	F18D1	18:1 UNDIFFERENTIATED	.3 ,12100
618 , g	F18D2	18:2 UNDIFFERENTIATED	.3 ,13100
619 , g	F18D3	18:3 UNDIFFERENTIATED	.3 ,13900

620 , g	F20D4	20:4 UNDIFFERENTIATED	.3 ,14700
621 , g	F22D6	22:6 N-3 (DHA)	.3 ,15300
624 , g	F22D0	22:0	.3 ,11200
625 , g	F14D1	14:1	.3 ,11500
626 , g	F16D1	16:1 UNDIFFERENTIATED	.3 ,11700
627 , g	F18D4	18:4	.3 ,14250
628 , g	F20D1	20:1	.3 ,12400
629 , g	F20D5	20:5 N-3 (EPA)	.3 ,15000
630 , g	F22D1	22:1 UNDIFFERENTIATED	.3 ,12500
631 , g	F22D5	22:5 N-3 (DPA)	.3 ,15200

636 , mg	PHYSTR	PHYTOSTEROLS	.0 ,15800
638 , mg	STID7	STIGMASTEROL	.0 ,15900
639 , mg	CAMD5	CAMPESTEROL	.0 ,16000
641 , mg	SITSTR	BETA-SITOSTEROL	.0 ,16200
645 , g	FAMS	FATTY ACIDS, TOTAL MONOUNSATURATED	.3 ,11400
646 , g	FAPU	FATTY ACIDS, TOTAL POLYUNSATURATED	.3 ,12900
652 , g	F15D0	15:0	.3 ,10600
653 , g	F17D0	17:0	.3 ,10800
654 , g	F24D0	24:0	.3 ,11300
662 , g	F16D1T	16:1 T	.3 ,11900
663 , g	F18D1T	18:1 T	.3 ,12300
664 , g		22:1 T	.3 ,12700
665 , g		18:2 T NOT FURTHER DEFINED	.3 ,13800
666 , g		18:2 I	.3 ,13700
669 , g	F18D2TT	18:2 T,T	.3 ,13600
670 , g	F18D2CLA	18:2 CLAS	.3 ,13300
671 , g	F24D1C	24:1 C	.3 ,12800
672 , g	F20D2CN6	20:2 N-6 C,C	.3 ,14300
673 , g	F16D1C	16:1 C	.3 ,11800
674 , g	F18D1C	18:1 C	.3 ,12200
675 , g	F18D2CN6	18:2 N-6 C,C	.3 ,13200
676 , g		22:1 C	.3 ,12600
685 , g	F18D3CN6	18:3 N-6 C,C,C	.3 ,14100
687 , g	F17D1	17:1	.3 ,12000
689 , g	F20D3	20:3 UNDIFFERENTIATED	.3 ,14400
693 , g	FATRNM	FATTY ACIDS, TOTAL TRANS-MONOENOIC	.3 ,15500
695 , g	FATRNP	FATTY ACIDS, TOTAL TRANS-POLYENOIC	.3 ,15600
696 , g	F13D0	13:0	.3 ,10400
697 , g	F15D1	15:1	.3 ,11600
851 , g	F18D3CN3	18:3 N-3 C,C,C (ALA)	.3 ,14000
852 , g	F20D3N3	20:3 N-3	.3 ,14500
853 , g	F20D3N6	20:3 N-6	.3 ,14600
855 , g	F20D4N6	20:4 N-6	.3 ,14900
856 , g		18:3I	.3 ,14200
857 , g	F21D5	21:5	.3 ,15100
858 , g	F22D4	22:4	.3 ,15160
859 , g	F18D1TN7	18:1-11T (18:1T N-7)	.3 ,12310

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