UNIVERSITY OF MINNESOTA
NDSR
NUTRITION DATA SYSTEM FOR RESEARCH

NDSR 2010 Daily Values Report

Project Abbreviation: 0910CLM
Participant ID: 02-0190-M24 Date of Intake: 8/18/2010

Nutrient	Amount Reported	Daily Value[1]	Percent Daily Value
Mandatory Components			
Calories	1814 kcal		
Calories from Fat	557 kcal		
Total Fat	64.231 g	65 g	99 %
Saturated Fat	15.537 g	20 g	78 %
Trans Fat	4.799 g		
Cholesterol	245 mg	300 mg	82 %
Sodium	2913 mg	2400 mg	121 %
Total Carbohydrate	237.909 g	300 g	79 %
Dietary Fiber	21.639 g	25 g	87 %
Sugars	73.664 g		
Protein	67.994 g	50 g	136 %
Total Vitamin A Activity	12215 IU	5000 IU	244 %
Vitamin C	93.375 mg	60 mg	156 %
Calcium	1017 mg	1000 mg	102 %
Iron	13.963 mg	18 mg	78 %
Voluntary Components			
Vitamin D	123 IU	400 IU	31 %
Vitamin E	14 IU	30 IU	48 %
Vitamin K	583.850 mcg	80 mcg	730 %
Thiamin	1.472 mg	1.5 mg	98 %
Riboflavin	3.128 mg	1.7 mg	184 %
Niacin	14.459 mg	20 mg	72 %
Vitamin B6	1.428 mg	2.0 mg	71 %
Folic Acid	424 mcg	400 mcg	106 %
Vitamin B12	3.560 mcg	6 mcg	59 %
Pantothenic Acid	6.812 mg	10 mg	68 %
Phosphorus	1032 mg	1000 mg	103 %
Magnesium	296 mg	400 mg	74 %
Zinc	8.145 mg	15 mg	54 %
Selenium	97.098 mcg	70 mcg	139 %
Copper	1.160 mg	2.0 mg	58 %
Manganese	3.514 mg	2.0 mg	176 %
Potassium	2542 mg	3500 mg	73 %

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.)

[1] Daily Values are based on a caloric intake of 2000 kcal per day. Nutrient comparisons are not performed for all nutrients for which a Dietary Value has been established. From: *Code of Federal Regulations, Food and Drugs,* Title 21, Part 101.9, Nutrition labeling of food, 2007.