University of Minnesota
NDSR
Nutrition Data System for Research

NDSR 2010 Nutrient Totals Report

Project Abbreviation: 0910CLM
Participant ID: 02-0190-M24 Date of Intake: 08/18/2010

Primary Energy Sources	
Energy (kilocalories)	1814 kcal
Energy (kilojoules)	7590 kj
Total Fat	64.231 g
Total Carbohydrate	237.909 g
Available Carbohydrate	216.270 g
Total Protein	67.994 g
Animal Protein	31.004 g
Vegetable Protein	36.989 g
Alcohol	10.974 g
% Calories from Fat	30.723 %
% Calories from Carbohydrate	50.826 %
% Calories from Protein	14.322 %
% Calories from Alcohol	4.234 %
Fat and Cholesterol	
Cholesterol	245 mg
Total Saturated Fatty Acids (SFA)	15.537 g
Total Monounsaturated Fatty Acids (MUFA)	29.382 g
Total Polyunsaturated Fatty Acids (PUFA)	14.341 g
Total Trans-Fatty Acids (TRANS)	4.799 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.015 g
Omega-3 Fatty Acids	0.980 g
% Calories from SFA	7.486 %
% Calories from MUFA	14.042 %
% Calories from PUFA	6.818 %
Polyunsaturated to Saturated Fat Ratio	0.923
Cholesterol to Saturated Fatty Acid Index	27.933
Carbohydrates	
Total Sugars	73.666 g
Added Sugars	18.500 g
Fructose	13.117 g
Galactose	0.223 g
Glucose	15.636 g
Lactose	13.527 g
Maltose	1.757 g
Sucrose	29.404 g
Starch	108.702 g
Fiber	
Total Dietary Fiber	21.639 g
Soluble Dietary Fiber	7.098 g
Insoluble Dietary Fiber	14.436 g
Pectins	3.588 g

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Vitamins	
Total Vitamin A Activity (Retinol Equivalents)	1345 mcg
Total Vitamin A Activity (International Units)	12215 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	765 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	6958 mcg
Retinol	186 mcg
Vitamin D (calciferol)	3.084 mcg
Vitamin E (International Units)	14 IU
Vitamin E (Total Alpha-Tocopherol)	9.037 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	7.957 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	2.400 mg
Total Alpha-Tocopherol Equivalents	12.357 mg
Beta-Tocopherol	0.732 mg
Gamma-Tocopherol	16.934 mg
Delta-Tocopherol	1.464 mg
Vitamin K (phylloquinone)	583.850 mcg
Vitamin C (ascorbic acid)	93.375 mg
Thiamin (vitamin B1)	1.472 mg
Riboflavin (vitamin B2)	3.128 mg
Niacin (vitamin B3)	14.459 mg
Niacin Equivalents	27.896 mg
Pantothenic Acid	6.812 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	1.428 mg
Total Folate	424 mcg
Dietary Folate Equivalents	560 mcg
Natural Folate (food folate)	228 mcg
Synthetic Folate (folic acid)	195 mcg
Vitamin B-12 (cobalamin)	3.560 mcg
Carotenoids	
Beta-Carotene (provitamin A carotenoid)	6786 mcg
Alpha-Carotene (provitamin A carotenoid)	51 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	293 mcg
Lutein + Zeaxanthin	12951 mcg
Lycopene	0 mcg
Minerals	
Calcium	1017 mg
Phosphorus	1032 mg
Magnesium	296 mg
Iron	13.963 mg
Zinc	8.145 mg
Copper	1.160 mg
Manganese	3.514 mg

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Minerals	
Selenium	97.098 mcg
Sodium	2913 mg
Potassium	2542 mg
Fatty Acids	
SFA 4:0 (butyric acid)	0.079 g
SFA 6:0 (caproic acid)	0.029 g
SFA 8:0 (caprylic acid)	0.025 g
SFA 10:0 (capric acid)	0.051 g
SFA 12:0 (lauric acid)	0.116 g
SFA 14:0 (myristic acid)	0.497 g
SFA 16:0 (palmitic acid)	10.039 g
SFA 17:0 (margaric acid)	0.034 g
SFA 18:0 (stearic acid)	4.026 g
SFA 20:0 (arachidic acid)	0.195 g
SFA 22:0 (behenic acid)	0.243 g
MUFA 14:1 (myristoleic acid)	0.010 g
MUFA 16:1 (palmitoleic acid)	0.915 g
MUFA 18:1 (oleic acid)	27.927 g
MUFA 20:1 (gadoleic acid)	0.199 g
MUFA 22:1 (erucic acid)	0.011 g
PUFA 18:2 (linoleic acid)	13.217 g
PUFA 18:3 (linolenic acid)	0.957 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid)	0.086 g
PUFA 20:5 (eicosapentaenoic acid [EPA])	0.003 g
PUFA 22:5 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 (docosahexaenoic acid [DHA])	0.020 g
TRANS 16:1 (trans-hexadecenoic acid)	0.004 g
TRANS 18:1 (trans-octadecenoic acid [elaidic acid])	4.425 g
TRANS 18:2 (trans-octadecadienoic acid [linolelaidic acid]; incl. c-t, t-c, t-t)	0.359 g
CLA cis-9, trans-11	0.012 g
CLA trans-10, cis-12	0.003 g
Amino Acids	
Tryptophan	0.806 g
Threonine	2.566 g
Isoleucine	3.256 g
Leucine	5.561 g
Lysine	4.027 g
Methionine	1.507 g
Cystine	1.169 g
Phenylalanine	3.537 g

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Amino Acids	
Tyrosine	2.465 g
Valine	3.788 g
Arginine	3.878 g
Histidine	1.744 g
Alanine	3.253 g
Aspartic Acid	6.898 g
Glutamic Acid	12.144 g
Glycine	2.466 g
Proline	4.302 g
Serine	3.767 g
Isoflavones and Similar	
Daidzein	16.383 mg
Genistein	21.337 mg
Glycitein	3.625 mg
Coumestrol	0.211 mg
Biochanin A	0.003 mg
Formononetin	0.001 mg
Sugar Alcohols (polyols)	
Erythritol	0.000 g
Inositol	0.261 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.000 g
Pinitol	0.108 g
Sorbitol	10.175 g
Xylitol	0.005 g
Other	
Acesulfame Potassium	0.000 mg
Aspartame	127.573 mg
Saccharin	0.000 mg
Sucralose	0.000 mg
Tagatose	0.203 mg
Caffeine	0 mg
Phytic Acid	1120.489 mg
Oxalic Acid	86.962 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	290.988 mg
Betaine	103.969 mg
Glycemic Index (glucose reference)	58

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Other

Glycemic Index (bread reference)	83	
Glycemic Load (glucose reference)	125	
Glycemic Load (bread reference)	179	
Nitrogen	11.164	g
Ash	15.294	g
Water	1279.242	g
Grams	1670.029	g

User Nutrients

User Nutrient 1	0.000000	mg
User Nutrient 2	0.000000	mg
User Nutrient 3	0.000000	mg
User Nutrient 4	0.000000	mg
User Nutrient 5	0.000000	mg
User Nutrient 6	0.000000	mg
User Nutrient 7	0.000000	mg
User Nutrient 8	0.000000	mg
User Nutrient 9	0.000000	mg
User Nutrient 10	0.000000	mg
User Nutrient 11	0.000000	mg
User Nutrient 12	0.000000	mg
User Nutrient 13	0.000000	mg
User Nutrient 14	0.000000	mg
User Nutrient 15	0.000000	mg
User Nutrient 16	0.000000	mg
User Nutrient 17	0.000000	mg
User Nutrient 18	0.000000	mg
User Nutrient 19	0.000000	mg
User Nutrient 20	0.000000	mg

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.)