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COMPOSITION OF FOODS

DAIRY AND EGG PRODUCTS
RAW · PROCESSED · PREPARED

AGRICULTURE HANDBOOK No. 8-1
UNITED STATES DEPARTMENT OF AGRICULTURE
AGRICULTURAL RESEARCH SERVICE

2007
COMPOSITION OF FOODS:

DAIRY AND EGG PRODUCTS

RAW PROCESSED PREPARED

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AGRICULTURE HANDBOOK NO. 8-1

AGRICULTURAL RESEARCH SERVICE • UNITED STATES DEPARTMENT OF AGRICULTURE
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FOREWORD

Agriculture Handbook No. 8 represents a traditional function of the Agricultural Research Service of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States commenced more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and health-related scientists depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." It is envisaged that this edition of Agriculture Handbook No. 8 will in its turn also be replaced. The task of deriving representative nutritive values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



T. W. Edminster, Administrator
Agricultural Research Service

PREFACE

Revision and updating of the major nutrient tables issued by the U.S. Department of Agriculture are needed to provide current nutrient information on foods. This revision of Agriculture Handbook No. 8 is being issued in sections so as to expedite release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, the handbook is being prepared in looseleaf form. Each page contains the nutrient profile of a single food item, given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound as purchased, a format permitting a concise presentation of the data and comparison of values from one unit of measure to another. The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 7 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, and vitamin A), individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phyto-sterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. It is hoped that the revised and enlarged compilation of data will meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

ACKNOWLEDGMENTS

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COMPOSITION OF FOODS

DAIRY AND EGG PRODUCTS RAW · PROCESSED · PREPARED

This is the first in a series of publications designed to revise and expand the food composition values published in Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," revised in 1963 (15).¹ This section of the handbook was prepared to serve as a basic reference for data on nutrients in dairy and egg products. Preparation of the table was computer assisted using the facilities of the Nutrient Data Bank, which is being established by the U.S. Department of Agriculture (7).

The number of dairy and egg products for which data are tabulated has been extended to 144, more than twice the number in the 1963 edition of the handbook. Several items in the previous edition have been omitted. Most of the items in this revision are market products, although some home-prepared foods and foods used in institutional or manufacturing operations are included. The nutritive values for the dairy and egg products are based on an extensive review of information available since 1960. Much of the data was obtained from analyses conducted since 1973 for purposes of nutritional labeling. The values for almost every food item in the 1963 handbook have been changed to incorporate more recent findings. The nutrient values in this revision supersede data for these specific foods

as given in the previous edition and in other reports by the Department (1, 2, 8, 10-14).

The food values shown are the amounts supplied by the edible part of the designated quantity of each product. Data are given per 100 grams of food, in terms of two common measures of food for most items, and in the edible portion of 1 pound of food as purchased. Many of the weights of the household measures and market units of food are those found in Agriculture Handbook No. 456 (1). Refuse content was adapted from data in Agriculture Handbook No. 102 (4). Information on kinds and proportions of ingredients and prepared foods and on retention of vitamins during preparation is contained in "Procedures for Calculating Nutritive Values of Home-Prepared Foods," ARS 62-13 (5).

This series of publications deviates from the 1963 handbook in that statistical expressions of the data have been included. To meet the increasing demands by users of the food composition table for estimates of the variability and reliability of the nutrient data, the standard error of the values on the 100-gram food basis and the number of samples on which the 100-gram values are based have been incorporated into the table.

SOURCES OF DATA

The data used here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, numerous special bulletins, research reports, and other documents containing data or

relevant material. Sources of unpublished data include industry, government agencies, and academic institutions. Studies conducted under contract with the Agricultural Research Service also provided a considerable amount of information.

EXPLANATION OF TABLE

Organization

An alphabetical arrangement of foods has been followed in the table with those exceptions that

permit comparisons of closely related forms. This arrangement parallels that of the 1963 handbook. An index containing the names of the products and item numbers precedes the table. The index also contains the corresponding item numbers from the 1963 edition in order to clearly indicate those food

¹Italic numbers in parentheses refer to Literature Cited, p. 6.

products that are carried forward and for which the data were revised.

The item number used in the table consists of two parts. The first designates the section or major food group for which the publication is issued. The second or consecutive part of the number indicates the food item and should be used to locate the item in place of a page number. Each page in the table is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions on how they should be inserted.

Nutrients and Units

The data in the table are shown in terms of 100 grams, edible portion, in column B; as the amount in the edible portion of two frequently used household measures and/or market units of most food items in columns E and F; and as the amount in the edible portion of 1 pound of food as purchased in column G. Edible portion refers to the part of the food customarily considered edible in the United States. A list of abbreviations and the metric system equivalents for units of measure in this table are given in the appendix. The approximate measures and weights for which nutrient values are shown appear above columns E and F. The weights given above these columns do not include the weight of the inedible material for those foods containing refuse. A more extensive listing of weights for common units of food is contained in Agriculture Handbook No. 456.

Amounts and descriptions of material removed during preparation of the food are shown above column G after the heading for refuse. These amounts are expressed as percent of the total weight of the item as purchased and are used in computing the values for 1 pound. The weight in grams of the edible portion of 1 pound of chicken eggs, which, as ordinarily purchased, contains 12 percent of refuse as shell, would be 0.88×453.6 grams or 399.2 grams. The factor 3.992 is applied to data in terms of 100 grams, edible portion, to obtain the nutrient values for 1 pound of eggs as purchased.

Proximate.—The data for water are given as grams in the edible portion of the food. The food energy is listed under proximate and is expressed in terms of both kilocalories and kilojoules. The data are for physiologic energy values and represent the gross energy value remaining after losses in digestion and metabolism have been deducted. The specific caloric factors used are shown in the appendix. They are based on the Atwater system for deter-

mining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (6). Kilocalories were converted into kilojoules using the factor 4.184.

The values for protein were calculated from determinations of the content of nitrogen (N) in the food using the conversion factors recommended by Jones (3). The specific factor applied to each food item is shown in the stub of the table following protein. The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. Fiber, if present, is included in the total carbohydrate figure.

Minerals.—Data on the content of seven minerals are included in the table, which has one more mineral, zinc, than in the 1963 handbook. The data were obtained primarily by atomic absorption and flame photometric methods. The mineral values represent the total amount of each present in the edible portion of the food and include those amounts, if any, added to the product in preparation for the retail market.

Vitamins.—Ascorbic acid values are expressed in terms of total rather than reduced ascorbic acid. The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor. The term "niacin equivalent" applies to the potential niacin value, that is, to the sum of the preformed niacin and the amount that could be derived from tryptophan. In estimating the amount of niacin available from foods, the average value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (9). The data for vitamin A in dairy products include chemically determined preformed vitamin A and beta-carotene, a carotenoid precursor of vitamin A. Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.—Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number refers to the carbon atoms and the second to the double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are contained in this report. The values shown are for the actual quantity of each fatty acid in the food and do not represent fatty acid triglycerides. Since the lipids of milk and the lauric acid oils, coconut and palm

kernel, contain a relatively large amount of the low molecular weight fatty acids, fatty acid methyl ester data, which are equivalent to fatty acid triglycerides, were converted to grams of fatty acids per 100 grams of lipid using the conversion factors given in the appendix. The conversion factors for egg and vegetable oil lipids other than lauric oils are 0.83 and 0.956, respectively. These two factors are applied to each fatty acid in the particular lipid. Details of the derivation of these lipid conversion factors have been published (12, 13). To convert the data given in the table to fatty acid triglycerides in the food, it is necessary to divide the values shown by the appropriate factors. The cholesterol values in the table are means of data obtained by both colorimetric and gas-liquid chromatographic procedures.

Amino Acids.—The data represent results obtained using both microbiological and chromatographic methods. Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same specific quantity of food.

Presentation of Data

The number of decimal places to which the data for some nutrients are given differs from that of the 1963 handbook. The decimal places shown are those in which the bulk of the analytical data was obtained. Because this publication serves as a basic general reference, the data are in an unrounded form to meet the needs of a wider variety of users. The number of decimal places does not always reflect the accuracy of the data for all nutrients in all food items. Because of the availability of the computer and the need to preserve the appropriate relationships among the different weights of the same food, the same number of decimal places shown for data on the 100-gram basis was carried for data given in other units of measure.

Data in column B are the sample means. Values in column C are the sample standard errors, which are shown when the number of samples is greater than two. The standard errors are given to the same number of significant figures as the corresponding nutrient data in column B. Column D contains the number of samples on which values in columns B and C are based. The means for the fatty acids per 100 grams of food were obtained

by multiplying the mean grams per 100 grams of methyl esters by the appropriate factors to obtain mean grams per 100 grams of total lipid, which were then multiplied by the means of the proportion of total lipid in the food. Since samples for fatty acids and total lipid were considered to be independent, the formula for the variance of the product of two independent samples was used to obtain pooled standard errors.

No statistical expressions of amino acid data have been included because the means are often based on data for more than one form of a food. Data were available for several forms of some foods, for example, fresh fluid, evaporated, and dried whole and nonfat milk. Differences in these data expressed in terms of grams per gram of nitrogen could not be attributed to other than methodological causes. Therefore the data for the different forms of the food were combined on the basis of grams per gram of nitrogen to derive a single mean value applicable to more than one form of the food.

In certain instances the number of samples is presented without inclusion of the standard error. In these cases sample means were based on data that included averages of more than one analysis. For these averages no estimate of variance could be obtained. Such averages are not treated as single observations and are excluded from the data base. In those instances, previously mentioned, their exclusion would have resulted in too narrow a data base from which to derive a valid mean.

For some food items, mean values are given without an accompanying standard error and number of samples. These values are calculated using the content of the nutrients in a nutrient fraction of a similar form of the food, from closely related but different forms of the food, or from values for ingredients of a recipe. Where the data are based on a different form of the food, source food is identified in footnotes. If statistical expression of the data is given and data are based on nutrient content in a nutrient fraction of a similar food, source food is also identified in footnotes. If space for a nutrient is left blank, that nutrient has, to our knowledge, not been reported in the particular food item and its presence is uncertain.

Values in columns E, F, and G were calculated from the data in column B without prior computer rounding of the values shown in column B. Many of the weights shown for the items in columns E and F have been rounded to whole numbers. For some of the small basic units where the error from rounding the figures seemed important, weights have been taken to one decimal place. Nutritive values

corresponding to 1 pound or 1 ounce by weight are based on 453.6 and 28.35 grams, respectively, although the latter figure is expressed as a whole number in the table. As a result of these proce-

dures some inconsistency may appear between weights of units for the same food, and nutritive values shown may not be exactly interconvertible among the different measures for the same food.

NOTES ON DAIRY AND EGG PRODUCTS

All the dairy products in this publication are made from cow's milk unless otherwise indicated. All calculated values for the dairy products are based on the content of the nutrients in the lipid or milk solids-not-fat (MSNF) fraction of a similar form of the food after taking into consideration any processing conditions that might alter the nutrient levels. The MSNF content is generally the sample average. A MSNF value obtained as the difference between average total solids and average total lipid was used when data for both total solids and lipid in the same samples were insufficient to obtain a reliable value for the MSNF content of the food item for which nutrient values had to be imputed.

Nutrient values of zero have been shown for some foods, although the nutrient may be present in a low level associated with ingredients in the food item. Zero levels for certain vitamins in non-dairy products are typical examples. The ascorbic acid content of cheese is also shown as zero, although it has been reported at low levels in some freshly made cheeses. Certain cheeses, as purchased, have rinds for which refuse value could have been shown. However, data were insufficient on weight of the rind to provide a reliable estimate of the amount of refuse.

Where there is considerable nutrient variation between brands, more than one nutrient profile has been provided for a food item. For example, for fat-added-foods like filled milks, two items are included to reflect differences in the lipid constituents. Two examples of liquid coffee whiteners with dissimilar lipid and protein sources are also shown. Generally the fat-added-foods contain lauric acid oils, although there is a trend toward using domestic oils, notably in the frozen coffee whiteners.

Many of the fluid milk products on the market contain added milk solids. Addition of nonfat milk solids appreciably increases the nutrient content of the product. The market product corresponding to the items given in the table is discernible from label information.

The nutrient composition of yogurts, which are nonstandardized foods, varies widely. Their nutrient content is dependent on the level of added milk

solids-not-fat, fat content, and, for the flavored yogurts, on the level (generally 15 to 25 percent) and solids content of the added flavoring material. There is considerable brand variation in the proportions of ingredients, and nutrient content is unrelated to specific fruit flavors. To closely correlate nutrient values for yogurts with products as consumed, the values shown in the table should be used in conjunction with information shown on the nutrient labels.

Nutrient values are given for products containing from 8 to 13 grams of protein per 8-ounce serving. These levels reflect addition of nonfat milk solids from 0 to approximately 6 percent of finished product. For protein increments from 8 to 13 grams per 8-ounce serving, the corresponding protein and carbohydrate contents for unflavored yogurt based on 100 grams of food are as follows:

<u>Protein</u> <u>increment</u>	<u>Protein</u> <u>content</u>	<u>Carbohydrate</u> <u>content</u>
8	3.47	4.66
9	3.98	5.33
10	4.37	5.86
11	4.86	6.52
12	5.25	7.04
13	5.73	7.68

The nutrient content of the flavoring material, except carbohydrate, is negligible. If nutrient data were needed for an unflavored yogurt containing 10 grams of protein per 8-ounce serving, the nutrient values, except carbohydrate and calories, for fruit-flavored yogurt containing that amount of protein would be representative of the product. The corresponding carbohydrate content, 5.86 percent, for unflavored yogurt containing 10 grams of protein per 8-ounce serving should be substituted for that of the flavored product and the calories recalculated. The data for all yogurt items in the table can be used interchangeably in this manner. Since carbohydrate contents of the fruit-flavored products showed a wide range in values (39 to 54 grams per 8-ounce serving), selection of carbohydrate values to

be used in dietary calculations may need to be based on the label declarations for the flavored products.

The average carbohydrate content for all samples of lowfat fruit-flavored yogurt for which data were available is 42.15 grams per 8-ounce serving or 18.57 percent. The average protein content of all lowfat fruit-flavored yogurts surveyed is 9.85 grams per 8-ounce serving or 4.34 percent. These figures correspond closely to the values for item 01-121, lowfat fruit-flavored yogurt containing 10 grams of protein per 8-ounce serving. Values for this item are suggested for use if more specific information about the product cannot be obtained. The average content of protein for all plain yogurts (whole milk, skim milk, and lowfat) is 12 grams of protein per 8-ounce serving or 5.25 percent, corresponding

to item 01-117, plain lowfat yogurt. Data for this item are suggested for use for all plain yogurts, with appropriate corrections for fat content as necessitated by milk fat level if more specific information about the product is not available.

Calculated values for nutrients in egg products are based on the nutrient levels in egg solids-not-fat and lipid portions of the parent product. The values for vitamin A content of eggs shown in terms of international units are based on chemically determined preformed vitamin A and do not include the contribution of the beta-carotene fraction. Information currently available indicates the chemically determined content of beta-carotene to be low compared to the amount of preformed vitamin A; however, values given for the vitamin A content of eggs may be somewhat understated.

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APPENDIX

List of Abbreviations

approx	approximately	mcg	microgram
c	cup	mg	milligram
cu in	cubic inch	N	nitrogen
fl oz	fluid ounce	net wt	net weight
g	gram	No	number
gal	gallon	oz	ounce
hp tsp	heaping teaspoonful	pkg	package
IU	international unit	qt	quart
kcal	kilocalorie	RE	retinol equivalent
kJ	kilojoule	tbsp	tablespoonful
lb	pound	tsp	teaspoonful

Metric System Equivalents for Units of Measure

<u>Units of measure</u>		<u>Metric system equivalents</u>
	Length	
1 inch		2.54 centimeters, 25.4 millimeters
	Volume	
1 cubic inch		16.39 centimeters
1 teaspoonful		4.9 milliliters
1 tablespoonful		14.8 milliliters
1 fluid ounce		29.57 milliliters
1 cup		236.6 milliliters
1 quart		946.4 milliliters, 0.946 liter
1 gallon		3,785.6 milliliters, 3.786 liters
	Weight	
1 ounce		28.35 grams
1 pound		453.6 grams

Specific Factors for Calculating Energy Values

<u>Food or food group</u>	<u>Protein</u> <u>(kcal/g)</u>	<u>Fat</u> <u>(kcal/g)</u>	<u>Carbohydrate</u> <u>(kcal/g)</u>
Eggs	4.36	9.02	3.68
Milk, milk products	4.27	8.79	3.87
Butter	4.27	8.79	3.87
Vegetable oils and fats	...	8.84	...
Soybeans, soy flour	3.47	8.37	4.07
Sugars, cane or beet sugar	...	...	3.87
Miscellaneous foods; chocolate, cocoa	1.83	8.37	1.33

Note: 1 kilocalorie = 4.184 kilojoules.

Conversion Factors for Fatty Acids of Milk and Lauric Acid Oil Lipids

<u>Fatty acid</u>	<u>Conversion factor</u>
4:0	0.867
6:0	.897
8:0	.916
10:0	.929
12:0	.939
14:0	.947
16:0	.953
18:0	.958
16:1	.953
18:1	.958
20:1	.962
18:2	.957
18:3	.957
20:4	.961

INDEX TO DAIRY AND EGG PRODUCTS

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	AH-8 (1963)	AH-8-1 (1976)
Dessert toppings (nondairy):		
Powdered		01-070
Prepared with whole milk		01-071
Pressurized		01-072
Semisolid (frozen)		01-073
Imitation sour cream (nondairy), cultured		01-074
Milk substitutes:		
Imitation milks:		
Containing blend of hydrogenated vegetable oils, fluid		01-075
Containing lauric acid oil, fluid		01-076
Milk, cow:		
Fluid:		
Whole, 3.3% fat	1320	01-077
Whole, producer, 3.7% fat	1321	01-078
Lowfat, 2% fat		01-079
Lowfat, 2% fat, with nonfat milk solids added		01-080
Lowfat, 2% fat, protein fortified	1323	01-081
Lowfat, 1% fat		01-082
Lowfat, 1% fat, with nonfat milk solids added		01-083
Lowfat, 1% fat, protein fortified		01-084
Skim	1322	01-085
Skim, with nonfat milk solids added		01-086
Skim, protein fortified		01-087
Buttermilk, cultured	509	01-088
Low sodium, whole		01-089
Dry:		
Whole	1326	01-090
Nonfat:		
Regular	1327	01-091
Instantized	1328	01-092
Calcium reduced		01-093
Buttermilk, sweet cream	510	01-094
Condensed, sweetened, canned	1325	01-095
Evaporated, canned:		
Whole	1324	01-096
Skim		01-097
Malted:		
Natural flavor, powder	1329	01-098
Beverage	1330	01-099
Chocolate flavor, powder		01-100
Beverage		01-101
Chocolate:		
Whole	1332	01-102
Lowfat, 2% fat	1331	01-103
Lowfat, 1% fat		01-104
Chocolate beverage, hot cocoa, homemade	1334	01-105
Milk, goat, whole, fluid	1335	01-106
Milk, human, whole, mature, fluid	1336	01-107
Milk, Indian buffalo, whole, fluid		01-108

	Item No.	
	AH-8 (1963)	AH-8-1 (1976)
Milk, sheep, whole, fluid		01-109
Shakes, thick:		
Chocolate		01-110
Vanilla		01-111
Whey:		
Acid:		
Fluid		01-112
Dry		01-113
Sweet:		
Fluid	2464	01-114
Dry	2465	01-115
Yogurt:		
Plain:		
Containing 8 grams of protein per 8-ounce serving	2482	01-116
Lowfat, containing 12 grams of protein per 8-ounce serving		01-117
Skim milk, containing 13 grams of protein per 8-ounce serving		01-118
Coffee and vanilla varieties; lowfat, containing 11 grams of protein per 8-ounce serving		01-119
Fruit varieties:		
Lowfat, containing 9 grams of protein per 8-ounce serving		01-120
Lowfat, containing 10 grams of protein per 8-ounce serving		01-121
Lowfat, containing 11 grams of protein per 8-ounce serving		01-122
Eggs:		
Chicken:		
Raw:		
Whole, fresh and frozen	968	01-123
White, fresh and frozen	969	01-124
Yolk, fresh	970	01-125
Yolk, frozen	971	01-126
Yolk, frozen, sugared	972	01-127
Cooked:		
Fried	973	01-128
Hard-cooked	974	01-129
Omelet	975	01-130
Poached	976	01-131
Scrambled	977	01-132
Dried:		
Whole	978	01-133
Whole, stabilized (glucose reduced)	979	01-134
White, flakes, stabilized (glucose reduced)	980	01-135
White, powder, stabilized (glucose reduced)	981	01-136
Yolk	982	01-137
Duck, whole, fresh, raw	983	01-138
Goose, whole, fresh, raw	984	01-139
Quail, whole, fresh, raw		01-140
Turkey, whole, fresh, raw	985	01-141
Egg substitute products:		
Frozen		01-142
Liquid		01-143
Powder		01-144

TABLE OF NUTRIENT DATA FOR ITEM NOS. 01-001 THROUGH 01-144

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Approximate measure and weight				
			1 pat = 5 g ²		1 stick, net wt, 4 oz = 113.4 g ³		
						Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	15.87	+	0.0608	522	0.79	18.00	71.99
Food energy { <i>kcal</i> . . .	717				36	813	3,251
Protein (N X 6.38) g	3,000				150	3,402	13,607
Total lipid (fat) g	.85	+	.074	16	.04	.96	3.86
Carbohydrate, total g	81.11	±	.0651	580	4.06	91.98	367.92
Fiber g	.06				Trace	.07	.27
Ash g	0				0	0	0
	2.11	±	.0543	35	.10	2.39	9.57
MINERALS:							
Calcium mg	24	+	3.9	6	1	27	107
Iron mg	.16	±	.017	4	.01	.18	.73
Magnesium mg	2	+	.2	6	Trace	2	10
Phosphorus mg	23	±	2.5	6	1	26	103
Potassium mg	26	±	2.3	26	1	29	118
Sodium mg	826	±	26.7	12	41	937	3,749
Zinc mg	.05	±	.006	5	Trace	.06	.23
VITAMINS:							
Ascorbic acid mg	0				0	0	0
Thiamin mg	.005	+	.001	3	Trace	.006	.023
Riboflavin mg	.034	±	.0041	9	.002	.039	.154
Niacin mg	.042			2	.002	.048	.191
Pantothenic acid mg	4						
Vitamin B ₆ mg	.003			1	Trace	.003	.014
Folic acid mcg	3			2	Trace	3	13
Vitamin B ₁₂ mcg							
Vitamin A ⁵ IU	754			2,800	38	855	3,420
	3,058			2,800	153	3,468	13,871
LIPIDS:							
Fatty acids: ⁶							
Saturated, total g	50.49				2.52	57.25	229.02
4:0 g	2.63	+	.0444	52	.13	2.98	11.93
6:0 g	1.56	±	.0349	68	.08	1.77	7.06
8:0 g	.91	±	.022	89	.04	1.03	4.11
10:0 g	2.03	±	.0415	89	.10	2.31	9.23
12:0 g	2.28	±	.0526	89	.11	2.58	10.33
14:0 g	8.16	±	.101	88	.41	9.25	37.00
16:0 g	21.33	±	.2703	88	1.07	24.19	96.77
18:0 g	9.83	±	.132	88	.49	11.15	44.59
Monounsaturated, total g	23.43				1.17	26.57	106.26
16:1 g	1.82	+	.0588	71	.09	2.06	8.24
18:1 g	20.40	±	.2655	78	1.02	23.14	92.56
20:1 g							
22:1 g							
Polyunsaturated, total g	3.01				.15	3.42	13.66
18:2 g	1.83	+	.0637	74	.09	2.08	8.31
18:3 g	1.18	±	.0644	65	.06	1.34	5.35
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	219	±	6.37	7	11	248	993
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.012				.001	.014	.054
Threonine g	.038				.002	.044	.174
Isoleucine g	.051				.003	.058	.233
Leucine g	.083				.004	.094	.378
Lysine g	.067				.003	.076	.306
Methionine g	.021				.001	.024	.097
Cystine g	.008				Trace	.009	.036
Phenylalanine g	.041				.002	.047	.186
Tyrosine g	.041				.002	.047	.186
Valine g	.057				.003	.065	.258
Arginine g	.031				.002	.035	.140
Histidine g	.023				.001	.026	.105
Alanine g	.029				.001	.033	.133
Aspartic acid g	.064				.003	.073	.292
Glutamic acid g	.178				.009	.202	.807
Glycine g	.018				.001	.020	.082
Proline g	.082				.004	.093	.373
Serine g	.046				.002	.052	.210

¹ Nutritive values apply to salted butter. Unsalted butter contains 11 mg of sodium per 100 g.² Weight applies to pat, which is 1 inch square, 1/3 inch high, and with a count of 90 per pound.³ 1 stick is approx. 1/2 cup.⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.⁵ Values for vitamin A represent year-round average.⁶ Values based on data for fat extracted from whole milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 pat = 3.8 g ²	1 stick, net wt, 4 oz = 75.6 g ³			
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	15.87	±	0.0608	522	0.60	12.00	71.99
Food energy { kcal . . .	717				27	542	3,251
{ kJ . . .	3,000				114	2,268	13,607
Protein (N X 6.38) g . . .	.85	±	.074	16	.03	.64	3.86
Total lipid (fat) g . . .	81.11	±	.0651	580	3.08	61.32	367.92
Carbohydrate, total g . . .	.06				Trace	.04	.27
Fiber g . . .	0				0	0	0
Ash g . . .	2.11	±	.0543	35	.08	1.60	9.57
MINERALS:							
Calcium mg . . .	24	+	3.9	6	1	18	107
Iron mg . . .	.16	±	.017	4	.01	.12	.73
Magnesium mg . . .	2	+	.2	6	Trace	2	10
Phosphorus mg . . .	23	±	2.5	6	1	17	103
Potassium mg . . .	26	±	2.3	26	1	20	118
Sodium mg . . .	826	±	26.7	12	31	625	3,749
Zinc mg . . .	.05	±	.006	5	Trace	.04	.23
VITAMINS:							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	.005	±	.001	3	Trace	.004	.023
Riboflavin mg . . .	.034	±	.0041	9	.001	.026	.154
Niacin mg . . .	.042			2	.002	.032	.191
Pantothenic acid mg . . .	4						
Vitamin B ₆ mg . . .	.003			1	Trace	.002	.014
Folacin mcg . . .	3			2	Trace	2	13
Vitamin B ₁₂ mcg . . .							
Vitamin A ⁵ { RE . . .	754			2,800	29	570	3,420
{ IU . . .	3,058			2,800	116	2,312	13,871
LIPIDS:							
⁶ Fatty acids:							
Saturated, total g . . .	50.49				1.92	38.17	229.02
4:0 g . . .	2.63	±	.0444	52	.10	1.99	11.93
6:0 g . . .	1.56	±	.0349	68	.06	1.18	7.06
8:0 g . . .	.91	±	.022	89	.03	.68	4.11
10:0 g . . .	2.03	±	.0415	89	.08	1.54	9.23
12:0 g . . .	2.28	±	.0526	89	.09	1.72	10.33
14:0 g . . .	8.16	±	.101	88	.31	6.17	37.00
16:0 g . . .	21.33	±	.2703	88	.81	16.13	96.77
18:0 g . . .	9.83	±	.132	88	.37	7.43	44.59
Monounsaturated, total g . . .	23.43				.89	17.71	106.26
16:1 g . . .	1.82	±	.0588	71	.07	1.37	8.24
18:1 g . . .	20.40	±	.2655	78	.78	15.43	92.56
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	3.01				.11	2.28	13.66
18:2 g . . .	1.83	±	.0637	74	.07	1.38	8.31
18:3 g . . .	1.18	±	.0644	65	.04	.89	5.35
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	219	±	6.37	7	8	165	993
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.012				Trace	.009	.054
Threonine g . . .	.038				.001	.029	.174
Isoleucine g . . .	.051				.002	.039	.233
Leucine g . . .	.083				.003	.063	.378
Lysine g . . .	.067				.003	.051	.306
Methionine g . . .	.021				.001	.016	.097
Cystine g . . .	.008				Trace	.006	.036
Phenylalanine g . . .	.041				.002	.031	.186
Tyrosine g . . .	.041				.002	.031	.186
Valine g . . .	.057				.002	.043	.258
Arginine g . . .	.031				.001	.023	.140
Histidine g . . .	.023				.001	.017	.105
Alanine g . . .	.029				.001	.022	.133
Aspartic acid g . . .	.064				.002	.049	.292
Glutamic acid g . . .	.178				.007	.135	.807
Glycine g . . .	.018				.001	.014	.082
Proline g . . .	.082				.003	.062	.373
Serine g . . .	.046				.002	.035	.210

¹ Values based on data for regular, salted butter. Unsalted butter contains 11 mg of sodium per 100 g.² Weight applies to pat, which is 1-1/4 inch square, 1/3 inch high, and with a count of 120 per pound.³ 1 stick is approx. 1/2 cup.⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.⁵ Values for vitamin A represent year-round average.⁶ Values based on data for fat extracted from whole milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:0
A	B	C	D	E	F
PROXIMATE:					
Water g . . .	0.24	1			1.09
Food energy { kcal . . .	876				3,972
{ kJ . . .	3,664				16,622
Protein (N X 6.38) g . . .	.28	1			1.27
Total lipid (fat) g . . .	99.48	1			451.24
Carbohydrate, total g . . .	0				0
Fiber g . . .	0				0
Ash g . . .	0	1			0
MINERALS:					
Calcium mg . . .	1				
Iron mg . . .					
Magnesium mg . . .					
Phosphorus mg . . .					
Potassium mg . . .					
Sodium mg . . .					
Zinc mg . . .					
VITAMINS:					
Ascorbic acid mg . . .	0				0
Thiamin mg . . .					
Riboflavin mg . . .					
Niacin mg . . .					
Pantothenic acid mg . . .					
Vitamin B ₆ mg . . .					
Folacin mcg . . .					
Vitamin B ₁₂ mcg . . .					
Vitamin A { RE . . .	925				4,196
{ IU . . .	3,750				17,010
LIPIDS:					
Fatty acids:					
Saturated, total g . . .	61.92				280.88
4:0 g . . .	3.23				14.63
6:0 g . . .	1.91				8.66
8:0 g . . .	1.11				5.04
10:0 g . . .	2.50				11.32
12:0 g . . .	2.79				12.67
14:0 g . . .	10.00				45.38
16:0 g . . .	26.17				118.69
18:0 g . . .	12.06				54.68
Monounsaturated, total g . . .	28.73				130.33
16:1 g . . .	2.23				10.11
18:1 g . . .	25.03				113.52
20:1 g . . .					
22:1 g . . .					
Polyunsaturated, total g . . .	3.69				16.76
18:2 g . . .	2.25				10.19
18:3 g . . .	1.45				6.56
18:4 g . . .					
20:4 g . . .					
20:5 g . . .					
22:5 g . . .					
22:6 g . . .					
Cholesterol mg . . .	256	$\pm$ 2.67	19		1,160
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 . . .					

¹ Dashes denote lack of reliable data for a constituent believed to be present in trace amount.

¹ 1 cu in of cheese weighs 17.3 g based on specific gravity.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Approximate measure and weight		Refuse: 0			
A	B	C	D	E	F	G		
1 cu in = 17.2 g ¹ 1 oz = 28 g								
PROXIMATE:								
Water	g	41.11	$\pm$	0.2583	26	7.07	11.66	186.48
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	371				64	105	1,682
		1,552				267	440	7,041
Protein (N X 6.38)	g	23.24	$\pm$	.6069	14	4.00	6.59	105.42
Total lipid (fat)	g	29.68	$\pm$	.3186	16	5.10	8.41	134.63
Carbohydrate, total	g	2.79				.48	.79	12.66
Fiber	g	0				0	0	0
Ash	g	3.18	$\pm$	.178	14	.55	.90	14.42
MINERALS:								
Calcium	mg	674	$\pm$	31.8	13	116	191	3,056
Iron	mg	.43	$\pm$	.074	3	.07	.12	1.95
Magnesium	mg	24	$\pm$	1.1	9	4	7	110
Phosphorus	mg	451	$\pm$	18.3	9	78	128	2,046
Potassium	mg	136	$\pm$	22.3	9	23	38	616
Sodium	mg	560	$\pm$	37.2	9	96	159	2,538
Zinc	mg	2.60	$\pm$		2	.45	.74	11.79
VITAMINS:								
Ascorbic acid	mg	0				0	0	0
Thiamin	mg	.014	$\pm$	.0009	6	.002	.004	.064
Riboflavin	mg	.351	$\pm$	.0096	11	.060	.100	1.592
Niacin	mg	.118	$\pm$	.0134	22	.020	.033	.535
Pantothenic acid	mg	.288	$\pm$	.0395	17	.050	.082	1.306
Vitamin B ₆	mg	.065	$\pm$	.0042	34	.011	.018	.295
Folacin	mcg	20	$\pm$	3.1	30	3	6	92
Vitamin B ₁₂	mcg	1.257	$\pm$	.1471	7	.216	.356	5.702
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	302	$\pm$	25.0	6	52	86	1,370
		1,083	$\pm$	62.74	11	186	307	4,912
LIPIDS:								
Fatty acids:								
Saturated, total	g	18.76				3.23	5.32	85.11
4:0	g	.91			2	.16	.26	4.14
6:0	g	.37			2	.06	.11	1.69
8:0	g	.30	$\pm$	.011	7	.05	.08	1.36
10:0	g	.58	$\pm$	.022	7	.10	.17	2.65
12:0	g	.48	$\pm$	.071	7	.08	.14	2.19
14:0	g	3.23	$\pm$	.147	7	.56	.92	14.64
16:0	g	8.66	$\pm$	.366	7	1.49	2.45	39.26
18:0	g	3.46	$\pm$	.138	7	.59	.98	15.67
Monounsaturated, total	g	8.60				1.48	2.44	39.00
16:1	g	.82	$\pm$	.070	7	.14	.23	3.71
18:1	g	7.40	$\pm$	.245	7	1.27	2.10	33.57
20:1	g							
22:1	g							
Polyunsaturated, total	g	.78				.14	.22	3.56
18:2	g	.49	$\pm$	.051	7	.08	.14	2.23
18:3	g	.29	$\pm$	.040	7	.05	.08	1.33
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol ²	mg	94				16	27	428
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.324				.056	.092	1.471
Threonine	g	.882				.152	.250	3.999
Isoleucine	g	1.137				.195	.322	5.155
Leucine	g	2.244				.386	.636	10.178
Lysine	g	2.124				.365	.602	9.633
Methionine	g	.565				.097	.160	2.561
Cystine	g	.131				.023	.037	.595
Phenylalanine	g	1.231				.212	.349	5.585
Tyrosine	g	1.115				.192	.316	5.056
Valine	g	1.472				.253	.417	6.675
Arginine	g	.874				.150	.248	3.966
Histidine	g	.823				.142	.233	3.734
Alanine	g	.670				.115	.190	3.040
Aspartic acid	g	1.588				.273	.450	7.204
Glutamic acid	g	5.515				.949	1.563	25.016
Glycine	g	.437				.075	.124	1.983
Proline	g	2.575				.443	.730	11.682
Serine	g	1.289				.222	.366	5.849

¹ Based on specific gravity.² Values based on cholesterol content of Cheddar cheese.

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.
² Values based on addition of salt in amount of 1.6% of finished product.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 wedge, net wt, 1 oz = 28 g ¹ 1-1/3 oz = 38 g			
	A	B	C	D	E	F	G
PROXIMATE:							
Water g . . .	51.80	+	0.4926	14	14.68	19.68	234.96
Food energy { kcal . . .	300				85	114	1,359
	1,254				355	476	5,687
Protein (N X 6.38) g . . .	19.80	+	.3673	12	5.61	7.52	89.81
Total lipid (fat) g . . .	24.26	+	.6084	13	6.88	9.22	110.04
Carbohydrate, total g . . .	.46				.13	.18	2.09
Fiber g . . .	0				0	0	0
Ash g . . .	3.68	+	.135	8	1.04	1.40	16.69
MINERALS:							
Calcium mg . . .	388	+	52.9	11	110	147	1,758
Iron mg . . .	.33	+	.064	5	.09	.12	1.50
Magnesium mg . . .	20	+	1.5	10	6	8	91
Phosphorus mg . . .	347	+	20.8	10	98	132	1,572
Potassium mg . . .	187	+	21.5	9	53	71	846
Sodium mg . . .	842	+	62.4	10	239	320	3,818
Zinc mg . . .	2.38	+	.294	4	.68	.90	10.80
VITAMINS:							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	.028	+	.0051	11	.008	.011	.127
Riboflavin mg . . .	.488	+	.0362	13	.138	.185	2.214
Niacin mg . . .	.630	+	.0841	16	.179	.239	2.858
Pantothenic acid mg . . .	1.364	+	.4932	16	.387	.518	6.187
Vitamin B ₆ mg . . .	.227	+	.0265	36	.064	.086	1.030
Folic acid mcg . . .	62	+	8.8	18	18	24	282
Vitamin B ₁₂ mcg . . .	1.296	+	.0856	17	.367	.492	5.879
Vitamin A { RE . . .	252	+	10.7	6	71	96	1,143
	923	+	40.8	6	262	351	4,187
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	15.26				4.33	5.80	69.22
4:0 g . . .	.49			2	.14	.19	2.24
6:0 g . . .	.28			2	.08	.11	1.28
8:0 g . . .	.26	+	.018	7	.07	.10	1.18
10:0 g . . .	.59	+	.020	7	.17	.22	2.68
12:0 g . . .	.44	+	.063	7	.12	.17	2.00
14:0 g . . .	2.69	+	.0862	7	.76	1.02	12.18
16:0 g . . .	7.23	+	.341	7	2.05	2.75	32.78
18:0 g . . .	2.52	+	.166	7	.72	.96	11.45
Monounsaturated, total g . . .	7.02				1.99	2.67	31.86
16:1 g . . .	.88	+	.056	7	.25	.34	4.01
18:1 g . . .	5.75	+	.302	7	1.63	2.19	26.09
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.72				.20	.28	3.29
18:2 g . . .	.45	+	.041	7	.13	.17	2.04
18:3 g . . .	.27	+	.022	7	.08	.10	1.24
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	72	+	4.4	4	20	27	327
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.307				.087	.117	1.394
Threonine g . . .	.717				.203	.272	3.252
Isoleucine g . . .	.968				.275	.368	4.392
Leucine g . . .	1.840				.522	.699	8.348
Lysine g . . .	1.766				.501	.671	8.010
Methionine g . . .	.565				.160	.215	2.562
Cystine g . . .	.109				.031	.041	.493
Phenylalanine g . . .	1.105				.313	.420	5.011
Tyrosine g . . .	1.145				.325	.435	5.195
Valine g . . .	1.279				.362	.486	5.800
Arginine g . . .	.701				.199	.267	3.181
Histidine g . . .	.683				.194	.259	3.097
Alanine g . . .	.819				.232	.311	3.716
Aspartic acid g . . .	1.288				.365	.489	5.842
Glutamic acid g . . .	4.187				1.187	1.591	18.990
Glycine g . . .	.379				.107	.144	1.717
Proline g . . .	2.346				.665	.892	10.642
Serine g . . .	1.114				.316	.423	5.054

¹ 1 cu in of cheese weighs 17.1 g based on specific gravity.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz = 28 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	39.28	+	0.5498	4	11.14	178.17
Food energy	{ kcal kJ	376				107	1,706
		1,574				446	7,138
Protein (N X 6.38)	g	25.18	+	.1887	4	7.14	114.22
Total lipid (fat)	g	29.20	+	1.389	4	8.28	132.45
Carbohydrate, total	g	3.06				.87	13.88
Fiber	g	0				0	0
Ash	g	3.28	+	.155	4	.93	14.88
MINERALS:							
Calcium	mg	673	+	9.82	3	191	3,054
Iron	mg	—				—	—
Magnesium	mg	22			1	6	100
Phosphorus	mg	490			1	139	2,223
Potassium	mg	—				—	—
Sodium ²	mg	690				196	3,130
Zinc	mg	—				—	—
VITAMINS:							
Ascorbic acid	mg	0				0	0
Thiamin	mg	.031			1	.009	.141
Riboflavin	mg	.450	+	.0643	3	.128	2.041
Niacin	mg	.180			1	.051	.816
Pantothenic acid	mg	.190			1	.054	.862
Vitamin B ₆	mg	—				—	—
Folacin	mcg	.270			1	.077	1.225
Vitamin B ₁₂	mcg	289			1	82	1,311
Vitamin A	{ RE IU	1,054	+	38.55	4	299	4,781
LIPIDS:							
Fatty acids:							
Saturated, total	g	—				—	—
4:0	g	—				—	—
6:0	g	—				—	—
8:0	g	—				—	—
10:0	g	—				—	—
12:0	g	—				—	—
14:0	g	—				—	—
16:0	g	—				—	—
18:0	g	—				—	—
Monounsaturated, total	g	—				—	—
16:1	g	—				—	—
18:1	g	—				—	—
20:1	g	—				—	—
22:1	g	—				—	—
Polyunsaturated, total	g	—				—	—
18:2	g	—				—	—
18:3	g	—				—	—
18:4	g	—				—	—
20:4	g	—				—	—
20:5	g	—				—	—
22:5	g	—				—	—
22:6	g	—				—	—
Cholesterol	mg	—				—	—
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	—				—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.² Values based on addition of salt in amount of 1.7 % of finished product.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz = 28 g ¹	1 c, shredded, not packed = 113 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g . . .	36.75 $\pm$	0.1748	108	10.42	41.53	166.70
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	403 1,685			114 478	455 1,904	1,826 7,642
Protein (N X 6.38)	g . . .	24.90 $\pm$	.2751	42	7.06	28.14	112.95
Total lipid (fat)	g . . .	33.14 $\pm$	.2063	106	9.40	37.45	150.32
Carbohydrate, total	g . . .	1.28			.36	1.45	5.81
Fiber	g . . .	0			0	0	0
Ash	g . . .	3.93 $\pm$	.146	79	1.11	4.44	17.83
MINERALS:							
Calcium	mg . . .	721 $\pm$	10.8	33	204	815	3,272
Iron	mg . . .	.68 $\pm$	.054	10	.19	.77	3.08
Magnesium	mg . . .	28 $\pm$	1.1	25	8	31	126
Phosphorus	mg . . .	512 $\pm$	18.1	23	145	579	2,323
Potassium	mg . . .	98 $\pm$	4.7	64	28	111	446
Sodium	mg . . .	620 $\pm$	21.1	24	176	701	2,815
Zinc	mg . . .	3.11 $\pm$	.201	11	.88	3.51	14.11
VITAMINS:							
Ascorbic acid	mg . . .	0			0	0	0
Thiamin	mg . . .	.027 $\pm$	.0035	18	.008	.031	.122
Riboflavin	mg . . .	.375 $\pm$	.0187	25	.106	.424	1.701
Niacin	mg . . .	.080 $\pm$	.0075	52	.023	.090	.363
Pantothenic acid	mg . . .	.413 $\pm$	.0378	38	.117	.467	1.873
Vitamin B ₆	mg . . .	.074 $\pm$	.0038	81	.021	.084	.336
Folic acid	mcg . . .	18 $\pm$	2.9	12	5	21	83
Vitamin B ₁₂	mcg . . .	.827 $\pm$	.0526	21	.234	.935	3.751
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	303 1,059	15.1 53.27	18 25	86 300	342 1,197	1,374 4,804
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	21.09			5.98	23.83	95.67
4:0	g . . .	1.05 $\pm$	.0716	6	.30	1.18	4.74
6:0	g . . .	.53 $\pm$	.078	5	.15	.60	2.40
8:0	g . . .	.28 $\pm$	.025	17	.08	.32	1.27
10:0	g . . .	.60 $\pm$	.036	18	.17	.68	2.72
12:0	g . . .	.54 $\pm$	.059	18	.15	.61	2.46
14:0	g . . .	3.33 $\pm$	.0590	18	.94	3.76	15.10
16:0	g . . .	9.80 $\pm$	.315	18	2.78	11.08	44.47
18:0	g . . .	4.01 $\pm$	.162	18	1.14	4.53	18.17
Monounsaturated, total	g . . .	9.39			2.66	10.61	42.60
16:1	g . . .	1.00 $\pm$	.0418	18	.28	1.14	4.56
18:1	g . . .	7.90 $\pm$	.234	18	2.24	8.93	35.86
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.94			.27	1.06	4.27
18:2	g . . .	.58 $\pm$	.041	18	.16	.65	2.62
18:3	g . . .	.36 $\pm$	.042	17	.10	.41	1.65
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	105 $\pm$	1.62	9	30	119	476
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	.320			.091	.362	1.452
Threonine	g . . .	.886			.251	1.001	4.019
Isoleucine	g . . .	1.546			.438	1.746	7.010
Leucine	g . . .	2.385			.676	2.695	10.817
Lysine	g . . .	2.072			.588	2.342	9.400
Methionine	g . . .	.652			.185	.737	2.956
Cystine	g . . .	.125			.035	.141	.567
Phenylalanine	g . . .	1.311			.372	1.482	5.948
Tyrosine	g . . .	1.202			.341	1.358	5.453
Valine	g . . .	1.663			.471	1.879	7.542
Arginine	g . . .	.941			.267	1.063	4.266
Histidine	g . . .	.874			.248	.988	3.966
Alanine	g . . .	.703			.199	.794	3.187
Aspartic acid	g . . .	1.600			.454	1.808	7.258
Glutamic acid	g . . .	6.092			1.727	6.884	27.635
Glycine	g . . .	.429			.122	.485	1.947
Proline	g . . .	2.806			.796	3.171	12.729
Serine	g . . .	1.456			.413	1.645	6.603

¹ 1 cu in of cheese weighs 17.2 g based on specific gravity.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0
				1 oz = 28 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	37.65	$\pm$	0.7515	20	10.67	170.78
Food energy { kcal . . .	387				110	1,757
Protein (N X6.38) g . . .	1,621				459	7,351
Total lipid (fat) g . . .	23.37			12	6.62	106.01
Carbohydrate, total g . . .	30.60			4	8.68	138.80
Fiber g . . .	4.78				1.36	21.68
Ash g . . .	0				0	0
	3.60	$\pm$	.101	3	1.02	16.33
MINERALS:						
Calcium mg . . .	643			7	182	2,917
Iron mg . . .	.21			4	.06	.95
Magnesium mg . . .	21			4	6	95
Phosphorus mg . . .	464			7	131	2,103
Potassium mg . . .	95			4	27	431
Sodium mg . . .	700			4	198	3,175
Zinc mg . . .	1					
VITAMINS:						
Ascorbic acid mg . . .	0				0	0
Thiamin mg . . .	.046	$\pm$	.0009	11	.013	.209
Riboflavin mg . . .	.293	$\pm$	.0137	11	.083	1.329
Niacin mg . . .						
Pantothenic acid mg . . .						
Vitamin B ₆ mg . . .						
Folacin mcg . . .						
Vitamin B ₁₂ mcg . . .						
Vitamin A { RE . . .	245			2	69	1,111
	985			2	279	4,468
LIPIDS:						
Fatty acids:						
Saturated, total g . . .						
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .						
12:0 g . . .						
14:0 g . . .						
16:0 g . . .						
18:0 g . . .						
Monounsaturated, total g . . .						
16:1 g . . .						
18:1 g . . .						
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .						
18:2 g . . .						
18:3 g . . .						
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	103			1	29	467
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.300				.085	1.362
Threonine g . . .	.832				.236	3.772
Isoleucine g . . .	1.451				.411	6.580
Leucine g . . .	2.238				.635	10.152
Lysine g . . .	1.945				.551	8.823
Methionine g . . .	.612				.173	2.775
Cystine g . . .	.117				.033	.532
Phenylalanine g . . .	1.231				.349	5.583
Tyrosine g . . .	1.128				.320	5.118
Valine g . . .	1.560				.442	7.078
Arginine g . . .	.883				.250	4.004
Histidine g . . .	.821				.233	3.722
Alanine g . . .	.659				.187	2.991
Aspartic acid g . . .	1.502				.426	6.812
Glutamic acid g . . .	5.718				1.621	25.937
Glycine g . . .	.403				.114	1.828
Proline g . . .	2.634				.747	11.946
Serine g . . .	1.366				.387	6.198

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of	
	Mean $\pm$ standard error		Number of samples		Approximate measure and weight		1 pound of food as purchased	
					1 cu in = 17.2 g ¹	1 oz = 28 g		
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g	38.20	$\pm$	0.3261	28	6.57	10.83	173.28
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	394				68	112	1,786
Protein (N X 6.38)	g	1,647				283	467	7,473
Total lipid (fat)	g	23.76	$\pm$	.4311	20	4.09	6.74	107.78
Carbohydrate, total	g	32.11	$\pm$	.3588	32	5.52	9.10	145.65
Fiber	g	2.57				.44	.73	11.66
Ash	g	0				0	0	0
	g	3.36	$\pm$	.168	16	.58	.95	15.24
MINERALS:								
Calcium	mg	685	$\pm$	15.6	16	118	194	3,105
Iron	mg	.76	$\pm$	.046	4	.13	.22	3.45
Magnesium	mg	26	$\pm$	1.4	12	4	7	117
Phosphorus	mg	456	$\pm$	7.80	12	79	129	2,071
Potassium	mg	126	$\pm$	16.0	12	22	36	574
Sodium	mg	604	$\pm$	26.3	12	104	171	2,741
Zinc	mg	3.07	$\pm$	.0230	4	.53	.87	13.93
VITAMINS:								
Ascorbic acid	mg	0				0	0	0
Thiamin	mg	.015	$\pm$	.0009	8	.003	.004	.068
Riboflavin	mg	.375	$\pm$	.0167	13	.064	.106	1.701
Niacin	mg	.093	$\pm$	.024	9	.016	.026	.422
Pantothenic acid	mg	.210			1	.036	.060	.953
Vitamin B ₆	mg	.079	$\pm$	.022	7	.014	.022	.358
Folacin	mcg	2						
Vitamin B ₁₂	mcg	.826	$\pm$	.0785	7	.142	.234	3.747
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	275	$\pm$	14.8	12	47	78	1,247
		1,034	$\pm$	59.20	12	178	293	4,690
LIPIDS:								
Fatty acids:								
Saturated, total	g	20.22				3.48	5.73	91.71
4:0	g	1.04			1	.18	.30	4.72
6:0	g	.26	$\pm$	.020	8	.04	.07	1.18
8:0	g	.32	$\pm$	.024	8	.06	.09	1.47
10:0	g	.60	$\pm$	.042	8	.10	.17	2.71
12:0	g	.42	$\pm$	.016	8	.07	.12	1.92
14:0	g	3.83	$\pm$	.149	8	.66	1.09	17.38
16:0	g	8.23	$\pm$	.361	8	1.42	2.33	37.34
18:0	g	3.63	$\pm$	.277	8	.62	1.03	16.46
Monounsaturated, total	g	9.28				1.60	2.63	42.10
16:1	g	.98	$\pm$	.050	8	.17	.28	4.44
18:1	g	7.81	$\pm$	.335	8	1.34	2.22	35.44
20:1	g							
22:1	g							
Polyunsaturated, total	g	.95				.16	.27	4.32
18:2	g	.68	$\pm$	.071	8	.12	.19	3.07
18:3	g	.28	$\pm$	.049	8	.05	.08	1.25
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	95	$\pm$	3.0	4	16	27	430
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.305				.053	.087	1.385
Threonine	g	.845				.145	.240	3.835
Isoleucine	g	1.475				.254	.418	6.689
Leucine	g	2.275				.391	.645	10.321
Lysine	g	1.978				.340	.561	8.970
Methionine	g	.622				.107	.176	2.821
Cystine	g	.119				.020	.034	.541
Phenylalanine	g	1.251				.215	.355	5.676
Tyrosine	g	1.147				.197	.325	5.203
Valine	g	1.586				.273	.450	7.196
Arginine	g	.898				.154	.254	4.071
Histidine	g	.834				.143	.236	3.784
Alanine	g	.670				.115	.190	3.041
Aspartic acid	g	1.527				.263	.433	6.926
Glutamic acid	g	5.813				1.000	1.648	26.369
Glycine	g	.410				.070	.116	1.858
Proline	g	2.678				.461	.759	12.146
Serine	g	1.389				.239	.394	6.301

¹ Based on specific gravity.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight				
			4 oz = 113 g		1 c, unpacked = 210 g ¹		
	A	B	C		D	E	
PROXIMATE:							
Water	g	78.96 $\pm$	0.0893	301	89.22	165.82	358.16
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	103			117	217	469
		433			489	908	1,962
Protein (N X 6.38)	g	12.49 $\pm$	.1592	69	14.11	26.23	56.66
Total lipid (fat)	g	4.51 $\pm$	.0521	279	5.10	9.47	20.46
Carbohydrate, total	g	2.68			3.03	5.63	12.16
Fiber	g	0			0	0	0
Ash	g	1.36 $\pm$	.0632	17	1.54	2.86	6.17
MINERALS:							
Calcium	mg	60 $\pm$	2.1	50	68	126	272
Iron	mg	.14 $\pm$	.013	5	.16	.29	.64
Magnesium	mg	5 $\pm$	.3	25	6	11	24
Phosphorus	mg	132 $\pm$	3.50	35	149	277	598
Potassium	mg	84 $\pm$	8.7	12	95	177	382
Sodium	mg	405 $\pm$	25.5	22	457	850	1,836
Zinc	mg	.37 $\pm$	.029	11	.42	.78	1.68
VITAMINS:							
Ascorbic acid	mg	Trace			Trace	Trace	Trace
Thiamin	mg	.021 $\pm$	.0031	16	.024	.044	.095
Riboflavin	mg	.163 $\pm$	.0090	26	.184	.342	.739
Niacin	mg	.126 $\pm$	.0146	22	.142	.265	.572
Pantothenic acid	mg	.213 $\pm$	.0156	29	.241	.447	.966
Vitamin B ₆	mg	.067 $\pm$	.0074	47	.076	.141	.304
Folicin	mcg	12 $\pm$	1.3	4	14	26	55
Vitamin B ₁₂	mcg	.623 $\pm$	.0974	15	.704	1.308	2.826
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	48 $\pm$	5.9	7	54	101	218
		163 $\pm$	13.4	13	184	342	739
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.85			3.22	5.99	12.94
4:0	g	.14		1	.16	.30	.66
6:0	g	.03		1	.04	.07	.15
8:0	g	.04 $\pm$	.005	7	.04	.08	.16
10:0	g	.08 $\pm$	.004	7	.09	.17	.37
12:0	g	.07 $\pm$	.01	7	.08	.15	.33
14:0	g	.47 $\pm$	.015	7	.53	.99	2.14
16:0	g	1.36 $\pm$	.0267	7	1.54	2.86	6.18
18:0	g	.52 $\pm$	.021	7	.58	1.08	2.33
Monounsaturated, total	g	1.28			1.45	2.70	5.83
16:1	g	.16 $\pm$	.013	7	.18	.34	.73
18:1	g	1.06 $\pm$	.0378	7	1.19	2.22	4.79
20:1	g						
22:1	g						
Polyunsaturated, total	g	.14			.16	.29	.63
18:2	g	.10 $\pm$	.0077	7	.11	.21	.45
18:3	g	.04 $\pm$	.005	7	.04	.08	.18
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	15 $\pm$	1.5	5	17	31	68
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.139			.157	.292	.630
Threonine	g	.554			.626	1.163	2.513
Isoleucine	g	.734			.830	1.542	3.330
Leucine	g	1.284			1.451	2.697	5.825
Lysine	g	1.010			1.141	2.121	4.582
Methionine	g	.376			.425	.789	1.705
Cystine	g	.116			.131	.243	.524
Phenylalanine	g	.673			.761	1.414	3.055
Tyrosine	g	.666			.752	1.398	3.019
Valine	g	.773			.874	1.624	3.508
Arginine	g	.570			.644	1.196	2.584
Histidine	g	.415			.469	.872	1.883
Alanine	g	.648			.732	1.361	2.939
Aspartic acid	g	.846			.956	1.776	3.836
Glutamic acid	g	2.706			3.057	5.682	12.272
Glycine	g	.272			.307	.571	1.234
Proline	g	1.447			1.635	3.038	6.562
Serine	g	.701			.792	1.472	3.179

¹ Weight applies to small curd. ¹ unpacked cup of large curd cottage cheese weighs 225 g.

Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of	
	Mean $\pm$ standard error	C		D	Approximate measure and weight		1 pound of food as purchased
					4 oz = 113 g	1 c, unpacked = 226 g	Refuse:0
A	B						
PROXIMATE:							
Water	g	72.10		81.47	162.95	327.04	
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	124 517		140 585	279 1,169	561 2,347	
Protein (N X 6.38)	g	9.90	2	11.19	22.37	44.91	
Total lipid (fat)	g	3.40	2	3.84	7.68	15.42	
Carbohydrate, total	g	13.30		15.03	30.06	60.33	
Fiber	g	Trace		Trace	Trace	Trace	
Ash	g	1.30	2	1.47	2.94	5.90	
MINERALS:							
Calcium	mg	48		54	108	216	
Iron	mg	.11		.12	.25	.50	
Magnesium	mg	4		5	9	19	
Phosphorus	mg	104		118	236	474	
Potassium	mg	67		76	151	303	
Sodium	mg	405		457	915	1,836	
Zinc	mg	.29		.33	.66	1.32	
VITAMINS:							
Ascorbic acid	mg	Trace		Trace	Trace	Trace	
Thiamin	mg	.017		.019	.038	.077	
Riboflavin	mg	.129		.146	.292	.585	
Niacin	mg	.100		.113	.226	.454	
Pantothenic acid	mg	.168		.190	.380	.762	
Vitamin B ₆	mg	.053		.060	.120	.240	
Folic acid	mcg	10		11	22	44	
Vitamin B ₁₂	mcg	.494		.558	1.116	2.241	
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	1 123		139	278	558	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.15		2.43	4.86	9.76	
4:0	g	.11		.12	.25	.50	
6:0	g	.02		.03	.06	.11	
8:0	g	.03		.03	.06	.12	
10:0	g	.06		.07	.14	.28	
12:0	g	.06		.06	.12	.25	
14:0	g	.36		.40	.80	1.61	
16:0	g	1.03		1.16	2.32	4.66	
18:0	g	.39		.44	.88	1.76	
Monounsaturated, total	g	.97		1.10	2.19	4.39	
16:1	g	.12		.14	.28	.55	
18:1	g	.80		.90	1.80	3.61	
20:1	g						
22:1	g						
Polyunsaturated, total	g	.10		.12	.24	.48	
18:2	g	.08		.08	.17	.34	
18:3	g	.03		.03	.07	.14	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	11		13	25	51	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.110		.124	.249	.500	
Threonine	g	.439		.496	.992	1.992	
Isoleucine	g	.582		.658	1.315	2.639	
Leucine	g	1.018		1.150	2.301	4.617	
Lysine	g	.801		.905	1.810	3.632	
Methionine	g	.298		.337	.673	1.351	
Cystine	g	.092		.103	.207	.415	
Phenylalanine	g	.534		.603	1.206	2.421	
Tyrosine	g	.528		.596	1.192	2.393	
Valine	g	.613		.693	1.385	2.780	
Arginine	g	.452		.510	1.021	2.048	
Histidine	g	.329		.372	.743	1.492	
Alanine	g	.514		.580	1.161	2.330	
Aspartic acid	g	.670		.757	1.515	3.041	
Glutamic acid	g	2.144		2.423	4.847	9.727	
Glycine	g	.216		.244	.487	.978	
Proline	g	1.147		1.296	2.592	5.202	
Serine	g	.556		.628	1.255	2.520	

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on data for fat extracted from cottage cheese containing 4.5% fat.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Refuse: 0	Approximate measure and weight		G	
				1 c, unpacked			
				4 oz = 113 g	= 226 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	79.31 $\pm$	0.4911	7	89.62	179.24	359.75
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	90 375			101 424	203 848	407 1,702
Protein (N X 6.38)	g . . .	13.74 $\pm$	.6260	7	15.53	31.05	62.32
Total lipid (fat)	g . . .	1.93 $\pm$	.0614	11	2.18	4.36	8.75
Carbohydrate, total	g . . .	3.63			4.10	8.20	16.47
Fiber	g . . .	0			0	0	0
Ash	g . . .	1.39			1.57	3.14	6.30
MINERALS:							
Calcium	mg . . .	68			77	155	311
Iron	mg . . .	.16			.18	.36	.73
Magnesium	mg . . .	6			7	14	27
Phosphorus	mg . . .	150			170	340	683
Potassium	mg . . .	96			109	217	436
Sodium	mg . . .	406			459	918	1,842
Zinc	mg . . .	.42			.48	.95	1.90
VITAMINS:							
Ascorbic acid	mg . . .	Trace			Trace	Trace	Trace
Thiamin	mg . . .	.024			.027	.054	.109
Riboflavin	mg . . .	.185			.209	.418	.839
Niacin	mg . . .	.144			.163	.325	.653
Pantothenic acid	mg . . .	.242			.273	.547	1.098
Vitamin B ₆	mg . . .	.076			.086	.172	.345
Folic acid	mcg . . .	13			15	30	59
Vitamin B ₁₂	mcg . . .	.712			.805	1.609	3.230
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	20 70			23 79	45 158	91 318
LIPIDS:							
Fatty acids: ¹							
Saturated, total	g . . .	1.22			1.38	2.76	5.54
4:0	g . . .	.06		1	.07	.14	.28
6:0	g . . .	.01		1	.02	.03	.06
8:0	g . . .	.02 $\pm$	.002	7	.02	.04	.07
10:0	g . . .	.04 $\pm$	.002	7	.04	.08	.16
12:0	g . . .	.03 $\pm$	.006	7	.04	.07	.14
14:0	g . . .	.20 $\pm$	.0087	7	.23	.46	.92
16:0	g . . .	.58 $\pm$	.021	7	.66	1.32	2.65
18:0	g . . .	.22 $\pm$	.011	7	.25	.50	1.00
Monounsaturated, total	g . . .	.55			.62	1.24	2.49
16:1	g . . .	.07 $\pm$	.006	7	.08	.16	.31
18:1	g . . .	.45 $\pm$	.021	7	.51	1.02	2.05
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.06			.07	.13	.27
18:2	g . . .	.04 $\pm$	.004	7	.05	.10	.19
18:3	g . . .	.02 $\pm$	.002	7	.02	.04	.08
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	8			9	19	38
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	.153			.173	.346	.694
Threonine	g . . .	.609			.689	1.377	2.765
Isoleucine	g . . .	.808			.913	1.825	3.663
Leucine	g . . .	1.413			1.596	3.193	6.408
Lysine	g . . .	1.111			1.256	2.511	5.041
Methionine	g . . .	.413			.467	.934	1.876
Cystine	g . . .	.127			.144	.287	.576
Phenylalanine	g . . .	.741			.837	1.674	3.360
Tyrosine	g . . .	.732			.827	1.655	3.321
Valine	g . . .	.851			.961	1.923	3.859
Arginine	g . . .	.627			.708	1.416	2.843
Histidine	g . . .	.457			.516	1.032	2.071
Alanine	g . . .	.713			.806	1.611	3.233
Aspartic acid	g . . .	.930			1.051	2.103	4.220
Glutamic acid	g . . .	2.976			3.363	6.726	13.500
Glycine	g . . .	.299			.338	.677	1.358
Proline	g . . .	1.592			1.798	3.597	7.219
Serine	g . . .	.771			.871	1.742	3.497

¹ Values based on data for fat extracted from cottage cheese containing 4.5% fat.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			4 oz = 113 g	1 c, unpacked = 226 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 82.48			93.20	186.40	374.13
Food energy	{ kcal 72			82	164	328
	{ kJ 303			342	685	1,374
Protein (N X 6.38)	g 12.39 $\pm$ 0.4546		8	14.00	28.00	56.20
Total lipid (fat)	g 1.02 $\pm$.0974		5	1.15	2.30	4.63
Carbohydrate, total	g 2.72			3.07	6.15	12.34
Fiber	g 0			0	0	0
Ash	g 1.39 $\pm$.0638		7	1.57	3.14	6.30
MINERALS:						
Calcium	mg 61			69	138	276
Iron	mg14			.16	.32	.64
Magnesium	mg 5			6	12	24
Phosphorus	mg 134			151	302	607
Potassium	mg 86			97	193	388
Sodium	mg 406			459	918	1,842
Zinc	mg38			.43	.86	1.72
VITAMINS:						
Ascorbic acid	mg Trace			Trace	Trace	Trace
Thiamin	mg021			.024	.047	.095
Riboflavin	mg165			.186	.373	.748
Niacin	mg128			.145	.289	.581
Pantothenic acid	mg215			.243	.486	.975
Vitamin B ₆	mg068			.077	.154	.308
Folicin	mcg 12			14	28	56
Vitamin B ₁₂	mcg633			.715	1.431	2.871
Vitamin A	{ RE 11			12	25	50
	{ IU 37			42	84	168
LIPIDS:						
Fatty acids: ¹						
Saturated, total	g64			.73	1.46	2.93
4:0	g03		1	.04	.07	.15
6:0	g01		1	.01	.02	.03
8:0	g01 $\pm$.001		7	.01	.02	.04
10:0	g02 $\pm$.002		7	.02	.04	.08
12:0	g02 $\pm$.003		7	.02	.04	.07
14:0	g11 $\pm$.011		7	.12	.24	.48
16:0	g31 $\pm$.030		7	.35	.70	1.40
18:0	g12 $\pm$.012		7	.13	.26	.53
Monounsaturated, total	g29			.33	.66	1.32
16:1	g04 $\pm$.004		7	.04	.08	.16
18:1	g24 $\pm$.024		7	.27	.54	1.08
20:1	g					
22:1	g					
Polyunsaturated, total	g03			.04	.07	.14
18:2	g02 $\pm$.003		7	.02	.05	.10
18:3	g01 $\pm$.002		7	.01	.02	.04
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 4			5	10	20
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g138			.156	.312	.625
Threonine	g550			.621	1.242	2.493
Isoleucine	g728			.823	1.646	3.303
Leucine	g 1.274			1.440	2.879	5.779
Lysine	g 1.002			1.132	2.265	4.545
Methionine	g373			.421	.843	1.691
Cystine	g115			.129	.259	.520
Phenylalanine	g668			.755	1.510	3.030
Tyrosine	g660			.746	1.492	2.995
Valine	g767			.867	1.734	3.480
Arginine	g565			.639	1.277	2.563
Histidine	g412			.465	.930	1.867
Alanine	g643			.726	1.453	2.916
Aspartic acid	g839			.948	1.896	3.805
Glutamic acid	g 2.684			3.033	6.066	12.174
Glycine	g270			.305	.610	1.224
Proline	g 1.435			1.622	3.243	6.510
Serine	g695			.786	1.571	3.154

¹ Values based on data for fat extracted from cottage cheese containing 4.5% fat.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Approximate measure and weight		Refuse: 0			
			1 oz = 28 g ¹			1 pkg, net wt, 3 oz = 85 g		
							A	B
PROXIMATE:								
Water	g	53.75	$\pm$	0.6149	32	15.24	45.69	243.81
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	349				99	297	1,583
Protein (N X 6.38)	g	1,461				414	1,242	6,626
Total lipid (fat)	g	7.55	$\pm$	.242	31	2.14	6.42	34.25
Carbohydrate, total	g	34.87	$\pm$	.6701	39	9.89	29.64	158.17
Fiber	g	2.66				.75	2.26	12.07
Ash	g	0				0	0	0
	g	1.17	$\pm$	.0664	26	.33	1.00	5.31
MINERALS:								
Calcium	mg	80	$\pm$	5.2	25	23	68	362
Iron	mg	1.20	$\pm$	.106	4	.34	1.02	5.44
Magnesium	mg	6	$\pm$	.4	18	2	5	29
Phosphorus	mg	104	$\pm$	2.76	20	30	89	474
Potassium	mg	119	$\pm$	8.56	16	34	101	542
Sodium	mg	296	$\pm$	16.9	18	84	251	1,340
Zinc	mg	.54	$\pm$	.087	4	.15	.46	2.45
VITAMINS:								
Ascorbic acid	mg	0				0	0	0
Thiamin	mg	.017	$\pm$	.0026	12	.005	.014	.077
Riboflavin	mg	.197	$\pm$	.0134	21	.056	.167	.894
Niacin	mg	.101	$\pm$	.0119	31	.029	.086	.458
Pantothenic acid	mg	.271	$\pm$	.0163	35	.077	.230	1.229
Vitamin B ₆	mg	.047	$\pm$	.0023	51	.013	.040	.213
Folic acid	mcg	13	$\pm$	.35	4	4	11	60
Vitamin B ₁₂	mcg	.424	$\pm$	.107	16	.120	.360	1.923
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	437	$\pm$	31.3	10	124	371	1,982
		1,427	$\pm$	112.1	19	405	1,213	6,473
LIPIDS:								
Fatty acids:								
Saturated, total	g	21.97				6.23	18.67	99.64
4:0	g	1.00			1	.28	.85	4.52
6:0	g	.29	$\pm$	.037	4	.08	.25	1.33
8:0	g	.34	$\pm$	.020	10	.10	.28	1.52
10:0	g	.67	$\pm$	.033	11	.19	.57	3.03
12:0	g	.46	$\pm$	.059	11	.13	.40	2.11
14:0	g	3.60	$\pm$	.102	11	1.02	3.06	16.34
16:0	g	10.54	$\pm$	.3920	11	2.99	8.96	47.80
18:0	g	4.04	$\pm$	.150	11	1.15	3.44	18.35
Monounsaturated, total	g	9.84				2.79	8.36	44.62
16:1	g	.98	$\pm$	.060	11	.28	.84	4.46
18:1	g	8.38	$\pm$	.345	11	2.38	7.12	38.02
20:1	g							
22:1	g							
Polyunsaturated, total	g	1.26				.36	1.08	5.74
18:2	g	.77	$\pm$	.080	11	.22	.66	3.51
18:3	g	.49	$\pm$	.056	10	.14	.42	2.22
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	110	$\pm$	2.65	8	31	93	498
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.067				.019	.057	.306
Threonine	g	.321				.091	.273	1.455
Isoleucine	g	.399				.113	.339	1.809
Leucine	g	.731				.207	.622	3.317
Lysine	g	.676				.192	.574	3.065
Methionine	g	.181				.051	.154	.821
Cystine	g	.066				.019	.056	.301
Phenylalanine	g	.419				.119	.356	1.900
Tyrosine	g	.360				.102	.306	1.632
Valine	g	.443				.125	.376	2.008
Arginine	g	.286				.081	.243	1.299
Histidine	g	.271				.077	.230	1.229
Alanine	g	.230				.065	.195	1.041
Aspartic acid	g	.533				.151	.453	2.416
Glutamic acid	g	1.714				.486	1.457	7.773
Glycine	g	.149				.042	.127	.676
Proline	g	.689				.195	.585	3.124
Serine	g	.398				.113	.338	1.804

¹ 1 cu in of cheese weighs 16.1 g based on specific gravity.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0		
				1 oz = 28 g	1 pkg, net wt, 7 oz = 198 g			
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g . . .	41.56	$\pm$	0.7413	15	11.78	82.29	188.52
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	357				101	706	1,618
Protein (N X 6.38)	g . . .	1,492				423	2,955	6,769
Total lipid (fat)	g . . .	24.99	$\pm$	.3299	15	7.08	49.48	113.36
Carbohydrate, total	g . . .	27.80	$\pm$	.5652	19	7.88	55.04	126.10
Fiber	g . . .	1.43				.40	2.83	6.49
Ash	g . . .	0				0	0	0
	g . . .	4.22	$\pm$	.194	12	1.20	8.36	19.14
MINERALS:								
Calcium	mg . . .	731	$\pm$	32.5	15	207	1,447	3,316
Iron	mg . . .	.44	$\pm$	.097	4	.12	.87	2.00
Magnesium	mg . . .	30	$\pm$	1.7	9	8	59	135
Phosphorus	mg . . .	536	$\pm$	18.8	10	152	1,060	2,429
Potassium	mg . . .	188	$\pm$	39.8	9	53	372	851
Sodium	mg . . .	965	$\pm$	122	9	274	1,911	4,377
Zinc	mg . . .	3.75	$\pm$	.542	4	1.06	7.42	17.01
VITAMINS:								
Ascorbic acid	mg . . .	0				0	0	0
Thiamin	mg . . .	.037	$\pm$	.0083	11	.010	.073	.168
Riboflavin	mg . . .	.389	$\pm$	.0126	17	.110	.770	1.765
Niacin	mg . . .	.082	$\pm$	.030	16	.023	.162	.372
Pantothenic acid	mg . . .	.281	$\pm$	.0722	15	.080	.556	1.275
Vitamin B ₆	mg . . .	.076	$\pm$	.0040	29	.022	.150	.345
Folacin	mcg . . .	16	$\pm$	1.5	41	5	32	73
Vitamin B ₁₂	mcg . . .	1.535	$\pm$	.1288	15	.435	3.039	6.963
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	253	$\pm$	18.1	11	72	501	1,148
		916	$\pm$	64.3	11	260	1,814	4,155
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	17.57				4.98	34.79	79.71
4:0	g . . .	1.00			2	.28	1.98	4.54
6:0	g . . .	.46			2	.13	.91	2.09
8:0	g . . .	.30	$\pm$	.024	7	.08	.60	1.36
10:0	g . . .	.59	$\pm$	.061	7	.17	1.17	2.67
12:0	g . . .	.50	$\pm$	.12	7	.14	.98	2.25
14:0	g . . .	2.94	$\pm$	.127	7	.83	5.83	13.35
16:0	g . . .	8.07	$\pm$	.287	7	2.29	15.97	36.59
18:0	g . . .	2.98	$\pm$	.113	7	.85	5.91	13.53
Monounsaturated, total	g . . .	8.12				2.30	16.09	36.86
16:1	g . . .	.81	$\pm$	.090	7	.23	1.61	3.69
18:1	g . . .	6.91	$\pm$	.298	7	1.96	13.68	31.35
20:1	g . . .							
22:1	g . . .							
Polyunsaturated, total	g . . .	.66				.19	1.32	3.02
18:2	g . . .	.42	$\pm$	.031	7	.12	.83	1.90
18:3	g . . .	.25	$\pm$	.029	7	.07	.49	1.12
18:4	g . . .							
20:4	g . . .							
20:5	g . . .							
22:5	g . . .							
22:6	g . . .							
Cholesterol	mg . . .	89	$\pm$	1.3	4	25	177	405
Phytosterols	mg . . .							
AMINO ACIDS:								
Tryptophan	g . . .	1						
Threonine	g . . .	.932				.264	1.846	4.229
Isoleucine	g . . .	1.308				.371	2.590	5.934
Leucine	g . . .	2.570				.728	5.088	11.655
Lysine	g . . .	2.660				.754	5.266	12.064
Methionine	g . . .	.721				.204	1.427	3.269
Cystine	g . . .							
Phenylalanine	g . . .	1.434				.406	2.839	6.503
Tyrosine	g . . .	1.457				.413	2.885	6.609
Valine	g . . .	1.810				.513	3.583	8.208
Arginine	g . . .	.964				.273	1.908	4.371
Histidine	g . . .	1.034				.293	2.047	4.691
Alanine	g . . .	.764				.217	1.512	3.465
Aspartic acid	g . . .	1.747				.495	3.459	7.924
Glutamic acid	g . . .	6.150				1.743	12.176	27.894
Glycine	g . . .	.486				.138	.962	2.203
Proline	g . . .	3.251				.922	6.437	14.747
Serine	g . . .	1.547				.439	3.063	7.018

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product is made from sheep's milk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight	Refuse: 0			
				1 oz = 28 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	55.22	$\pm$	1.126	23	15.66		250.48
Food energy { kcal . . .	264				75		1,195
{ kJ . . .	1,103				313		5,003
Protein (N X 6.38) g . . .	14.21	$\pm$	.5148	9	4.03		64.46
Total lipid (fat) g . . .	21.28	$\pm$	.8928	23	6.03		96.53
Carbohydrate, total g . . .	4.09				1.16		18.55
Fiber g . . .	0				0		0
Ash g . . .	5.20			2	1.47		23.59
MINERALS:							
Calcium mg . . .	492	$\pm$	42.4	4	140		2,234
Iron mg . . .	.65	$\pm$	.15	4	.18		2.95
Magnesium mg . . .	19	$\pm$	2.2	4	5		87
Phosphorus mg . . .	337	$\pm$	16.0	4	96		1,530
Potassium mg . . .	62	$\pm$	5.7	5	18		280
Sodium mg . . .	1,116	$\pm$	100.4	4	316		5,063
Zinc mg . . .	2.88	$\pm$	.202	4	.82		13.06
VITAMINS:							
Ascorbic acid mg . . .	0				0		0
Thiamin mg . . .	1						
Riboflavin mg . . .							
Niacin mg . . .							
Pantothenic acid mg . . .							
Vitamin B ₆ mg . . .							
Folacin mcg . . .							
Vitamin B ₁₂ mcg . . .							
Vitamin A { RE . . .							
{ IU . . .							
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	14.95				4.24		67.79
4:0 g . . .	.78			1	.22		3.52
6:0 g . . .	.57			1	.16		2.60
8:0 g . . .	.55			1	.16		2.48
10:0 g . . .	1.98			1	.56		8.97
12:0 g . . .	1.16			1	.33		5.26
14:0 g . . .	2.76			1	.78		12.52
16:0 g . . .	5.15			1	1.46		23.36
18:0 g . . .	1.49			1	.42		6.75
Monounsaturated, total g . . .	4.62				1.31		20.97
16:1 g . . .	.38			1	.11		1.75
18:1 g . . .	3.98			1	1.13		18.03
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.59				.17		2.68
18:2 g . . .	.33			1	.09		1.48
18:3 g . . .	.26			1	.08		1.20
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	89			1	25		404
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 . . .							

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 oz = 28 g	1 pkg, net wt, 8 oz = 227 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	37.92	17	10.75	86.08	172.00
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	389 1,628		110 462	883 3,696	1,765 7,385
Protein (N X 6.38)	g . . .	25.60	16	7.26	58.11	116.12
Total lipid (fat)	g . . .	31.14	17	8.83	70.69	141.25
Carbohydrate, total	g . . .	1.55		.44	3.52	7.03
Fiber	g . . .	0		0	0	0
Ash	g . . .	3.79	17	1.07	8.60	17.19
MINERALS:						
Calcium	mg . . .	550	1	156	1,248	2,495
Iron	mg . . .	.23	1	.06	.52	1.04
Magnesium	mg . . .	14	1	4	32	64
Phosphorus	mg . . .	—		—	—	—
Potassium	mg . . .	—		—	—	—
Sodium	mg . . .	—		—	—	—
Zinc	mg . . .	3.50	1	.99	7.94	15.88
VITAMINS:						
Ascorbic acid	mg . . .	0		0	0	0
Thiamin	mg . . .	.021	1	.006	.048	.095
Riboflavin	mg . . .	.204	1	.058	.463	.925
Niacin	mg . . .	.150	1	.043	.340	.680
Pantothenic acid	mg . . .	—		—	—	—
Vitamin B ₆	mg . . .	—		—	—	—
Folic acid	mcg . . .	—		—	—	—
Vitamin B ₁₂	mcg . . .	—		—	—	—
Vitamin A ²	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	—		—	—	—
		1,174		333	2,665	5,325
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	19.20		5.44	43.57	87.07
4:0	g . . .	.72	2	.20	1.62	3.24
6:0	g . . .	.49	2	.14	1.11	2.22
8:0	g . . .	.31	2	.09	.71	1.42
10:0	g . . .	.65	2	.18	1.48	2.95
12:0	g . . .	.80	2	.23	1.82	3.65
14:0	g . . .	2.96	2	.84	6.73	13.44
16:0	g . . .	8.46	2	2.40	19.20	38.36
18:0	g . . .	2.66	2	.75	6.03	12.04
Monounsaturated, total	g . . .	8.69		2.46	19.72	39.40
16:1	g . . .	.89	2	.25	2.02	4.04
18:1	g . . .	7.10	2	2.01	16.12	32.21
20:1	g . . .	—		—	—	—
22:1	g . . .	—		—	—	—
Polyunsaturated, total	g . . .	1.65		.47	3.75	7.50
18:2	g . . .	.86	2	.24	1.96	3.92
18:3	g . . .	.79	2	.22	1.79	3.58
18:4	g . . .	—		—	—	—
20:4	g . . .	—		—	—	—
20:5	g . . .	—		—	—	—
22:5	g . . .	—		—	—	—
22:6	g . . .	—		—	—	—
Cholesterol	mg . . .	116	1	33	263	526
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 . . .	—		—	—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on vitamin A content of milk fat.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1 oz = 28 g	1 pkg, net wt, 8 oz = 227 g		
			E	F	G	
PROXIMATE:						
Waterg . . .	13.44	8	3.81	30.51	60.96	
Food energy { kcal . . .	466		132	1,057	2,112	
{ kJ	1,949		552	4,424	8,840	
Protein (N X 6.38)g . . .	9.65	2	2.74	21.91	43.77	
Total lipid (fat)g . . .	29.51 + 0.2674	3	8.37	66.99	133.86	
Carbohydrate, totalg . . .	42.65		12.09	96.82	193.46	
Fiberg . . .	0		0	0	0	
Ashg . . .	4.75	2	1.35	10.78	21.55	
MINERALS:						
Calciummg . . .	400	1	113	908	1,814	
Ironmg . . .	—		—	—	—	
Magnesiummg . . .	—		—	—	—	
Phosphorusmg . . .	444	1	126	1,008	2,014	
Potassiummg . . .	—		—	—	—	
Sodiummg . . .	600	1	170	1,362	2,722	
Zincmg . . .	—		—	—	—	
VITAMINS:						
Ascorbic acidmg . . .	0		0	0	0	
Thiaminmg . . .	—		—	—	—	
Riboflavinmg . . .	—		—	—	—	
Niacinmg . . .	.813 + .111	5	.230	1.846	3.688	
Pantothenic acidmg . . .	—		—	—	—	
Vitamin B ₆mg . . .	—		—	—	—	
Folic acidmcg . . .	5 + .8	8	1	10	21	
Vitamin B ₁₂mcg . . .	—		—	—	—	
Vitamin A{ RE . . .	—		—	—	—	
{ IU	—		—	—	—	
LIPIDS:						
Fatty acids:						
Saturated, totalg . . .	19.16		5.43	43.49	86.91	
4:0g . . .	.96	1	.27	2.17	4.34	
6:0g . . .	.57	1	.16	1.29	2.57	
8:0g . . .	.33	1	.09	.75	1.50	
10:0g . . .	.58	1	.16	1.31	2.61	
12:0g . . .	.83	1	.24	1.89	3.77	
14:0g . . .	3.27	1	.93	7.42	14.83	
16:0g . . .	8.66	1	2.46	19.66	39.29	
18:0g . . .	3.48	1	.99	7.89	15.77	
Monounsaturated, totalg . . .	7.88		2.23	17.89	35.74	
16:1g . . .	.53	1	.15	1.21	2.42	
18:1g . . .	6.96	1	1.97	15.79	31.55	
20:1g . . .	—		—	—	—	
22:1g . . .	—		—	—	—	
Polyunsaturated, totalg . . .	.94		.27	2.13	4.25	
18:2g . . .	.51	1	.14	1.15	2.31	
18:3g . . .	.43	1	.12	.97	1.95	
18:4g . . .	—		—	—	—	
20:4g . . .	—		—	—	—	
20:5g . . .	—		—	—	—	
22:5g . . .	—		—	—	—	
22:6g . . .	—		—	—	—	
Cholesterolmg . . .	—		—	—	—	
Phytosterolsmg . . .	—		—	—	—	
AMINO ACIDS:						
Tryptophang . . .	.135		.038	.306	.611	
Threonineg . . .	.393		.111	.893	1.784	
Isoleucineg . . .	.519		.147	1.178	2.	

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:()		
			1 oz = 28 g	1 pkg, net wt, 7 oz = 198 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	41.46	$\pm$	0.3742	20	11.75	82.09	188.06
Food energy { kcal . . .	356				101	705	1,616
	1,491				423	2,952	6,763
Protein (N X 6.38) g . . .	24.94	$\pm$	.1932	6	7.07	49.38	113.13
Total lipid (fat) g . . .	27.44	$\pm$	.5636	13	7.78	54.33	124.47
Carbohydrate, total g . . .	2.22				.63	4.40	10.07
Fiber g . . .	0				0	0	0
Ash g . . .	3.94	$\pm$	.124	7	1.12	7.80	17.87
MINERALS:							
Calcium mg . . .	700	$\pm$	30.0	8	198	1,386	3,174
Iron mg . . .	.24			1	.07	.48	1.09
Magnesium mg . . .	29			1	8	57	132
Phosphorus mg . . .	546	$\pm$	21.5	7	155	1,082	2,478
Potassium mg . . .	120			8	34	239	547
Sodium mg . . .	819			3	232	1,622	3,716
Zinc mg . . .	3.90			1	1.11	7.72	17.69
VITAMINS:							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	.030			1	.009	.059	.136
Riboflavin mg . . .	.334	$\pm$	.0140	5	.095	.661	1.515
Niacin mg . . .	.063	$\pm$	.015	10	.018	.125	.286
Pantothenic acid mg . . .	.340	$\pm$	.0521	15	.096	.673	1.542
Vitamin B ₆ mg . . .	.080	$\pm$	.0045	20	.023	.158	.363
Folicin mcg . . .	21	$\pm$	2.6	20	6	41	95
Vitamin B ₁₂ mcg . . .	1						
Vitamin A { RE . . .	174	$\pm$	26.5	5	49	345	789
	644	$\pm$	107	5	183	1,275	2,921
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	17.61				4.99	34.88	79.90
4:0 g . . .	1.00			1	.28	1.98	4.53
6:0 g . . .	.64			1	.18	1.27	2.90
8:0 g . . .	.43			1	.12	.85	1.94
10:0 g . . .	.92			1	.26	1.82	4.16
12:0 g . . .	1.21			1	.34	2.40	5.49
14:0 g . . .	3.04			1	.86	6.02	13.79
16:0 g . . .	6.85			1	1.94	13.57	31.08
18:0 g . . .	2.92			1	.83	5.78	13.24
Monounsaturated, total g . . .	7.75				2.20	15.34	35.14
16:1 g . . .	.89			1	.25	1.76	4.03
18:1 g . . .	6.39			1	1.81	12.65	28.98
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.66				.19	1.30	2.98
18:2 g . . .	.26			1	.07	.52	1.19
18:3 g . . .	.39			1	.11	.78	1.79
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	114			1	32	226	517
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .							
Threonine g . . .	.930				.264	1.842	4.220
Isoleucine g . . .	1.306				.370	2.585	5.922
Leucine g . . .	2.564				.727	5.077	11.632
Lysine g . . .	2.654				.752	5.255	12.040
Methionine g . . .	.719				.204	1.424	3.263
Cystine g . . .							
Phenylalanine g . . .	1.431				.406	2.833	6.490
Tyrosine g . . .	1.454				.412	2.879	6.596
Valine g . . .	1.806				.512	3.576	8.192
Arginine g . . .	.962				.273	1.904	4.362
Histidine g . . .	1.032				.293	2.043	4.681
Alanine g . . .	.762				.216	1.509	3.458
Aspartic acid g . . .	1.743				.494	3.452	7.908
Glutamic acid g . . .	6.137				1.740	12.152	27.839
Glycine g . . .	.485				.137	.960	2.199
Proline g . . .	3.245				.920	6.424	14.717
Serine g . . .	1.544				.438	3.057	7.004

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse:0
				1 oz = 28 g	1 pkg, net wt, 6 oz = 170 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	33.19 $\pm$	0.5983	12	9.41	56.42	150.55
Food energy { kcal . .	413			117	702	1,873
{ kJ . .	1,728			490	2,938	7,839
Protein (N X 6.38) g . . .	29.81 $\pm$	.2917	7	8.45	50.68	135.22
Total lipid (fat) g . . .	32.34		5	9.17	54.98	146.69
Carbohydrate, total g . . .	.36			.10	.61	1.63
Fiber g . . .	0			0	0	0
Ash g . . .	4.30		1	1.22	7.31	19.50
MINERALS:						
Calcium mg . . .	1,011 $\pm$	48.95	3	287	1,719	4,586
Iron mg . . .	1					
Magnesium mg . . .						
Phosphorus mg . . .	605 $\pm$	52.8	3	172	1,029	2,746
Potassium mg . . .	81		1	23	138	367
Sodium ² mg . . .	336			95	571	1,524
Zinc mg . . .						
VITAMINS:						
Ascorbic acid mg . . .	0			0	0	0
Thiamin mg . . .	.060		2	.017	.102	.272
Riboflavin mg . . .	.279 $\pm$	.0417	3	.079	.474	1.266
Niacin mg . . .	.106 $\pm$	.0134	10	.030	.180	.481
Pantothenic acid mg . . .	.562 $\pm$	.0560	6	.159	.955	2.549
Vitamin B ₆ mg . . .	.081 $\pm$	.0019	46	.023	.138	.367
Folicin mcg . . .	10 $\pm$	1.2	51	3	18	47
Vitamin B ₁₂ mcg . . .	1.600 $\pm$	.5585	12	.454	2.720	7.258
Vitamin A ³ { RE . .						
{ IU . .	1,219			346	2,072	5,529
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	18.91			5.36	32.15	85.79
4:0 g . . .	1.05		1	.30	1.78	4.76
6:0 g . . .	.62		1	.18	1.06	2.82
8:0 g . . .	.36		1	.10	.60	1.61
10:0 g . . .	.75		1	.21	1.28	3.41
12:0 g . . .	.91		1	.26	1.55	4.13
14:0 g . . .	3.37		1	.96	5.73	15.28
16:0 g . . .	8.75		1	2.48	14.88	39.70
18:0 g . . .	2.32		1	.66	3.95	10.54
Monounsaturated, total g . . .	10.04			2.85	17.07	45.56
16:1 g . . .	.72		1	.20	1.23	3.28
18:1 g . . .	8.58		1	2.43	14.59	38.93
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	1.73			.49	2.95	7.86
18:2 g . . .	1.30		1	.37	2.21	5.90
18:3 g . . .	.43		1	.12	.74	1.96
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol ⁴ mg . . .	110			31	187	499
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.421			.119	.715	1.907
Threonine g . . .	1.089			.309	1.851	4.938
Isoleucine g . . .	1.612			.457	2.740	7.312
Leucine g . . .	3.102			.880	5.274	14.073
Lysine g . . .	2.710			.768	4.607	12.293
Methionine g . . .	.822			.233	1.398	3.730
Cystine g . . .	.304			.086	.516	1.378
Phenylalanine g . . .	1.743			.494	2.963	7.905
Tyrosine g . . .	1.776			.503	3.018	8.054
Valine g . . .	2.243			.636	3.813	10.173
Arginine g . . .	.972			.276	1.652	4.408
Histidine g . . .	1.117			.317	1.898	5.065
Alanine g . . .	.958			.272	1.628	4.345
Aspartic acid g . . .	1.645			.466	2.796	7.460
Glutamic acid g . . .	5.981			1.696	10.167	27.128
Glycine g . . .	.533			.151	.906	2.416
Proline g . . .	3.869			1.097	6.577	17.549
Serine g . . .	1.719			.487	2.923	7.799

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on addition of salt in amount of 0.8% of finished product.

³ Values based on vitamin A content of milk fat.

⁴ Values based on cholesterol content of Swiss cheese.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1 oz = 28 g	1 pkg, net wt, 8 oz = 227 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 48.42		26	13.73	109.91	219.63
Food energy	{ kcal 327			93	742	1,483
	{ kJ 1,369			388	3,107	6,208
Protein (N X 6.38)	g 20.05 $\pm$.04873		4	5.68	45.51	90.95
Total lipid (fat)	g 27.25 $\pm$.3128		6	7.72	61.86	123.61
Carbohydrate, total	g49			.14	1.11	2.22
Fiber	g 0			0	0	0
Ash	g 3.79 $\pm$.0879		4	1.07	8.60	17.19
MINERALS:						
Calcium	mg 497 $\pm$ 101		3	141	1,128	2,253
Iron	mg13		1	.04	.30	.59
Magnesium	mg 21		1	6	48	95
Phosphorus	mg 393		2	111	892	1,783
Potassium	mg 128		1	36	291	581
Sodium	mg 800		1	227	1,816	3,629
Zinc	mg 2.10		1	.60	4.77	9.53
VITAMINS:						
Ascorbic acid	mg 0			0	0	0
Thiamin	mg080		1	.023	.182	.363
Riboflavin	mg503 $\pm$.102		3	.143	1.142	2.282
Niacin	mg158 $\pm$.0160		12	.045	.359	.717
Pantothenic acid	mg 1.177 $\pm$.1664		16	.334	2.672	5.339
Vitamin B ₆	mg086 $\pm$.0070		23	.024	.195	.390
Folic acid	mcg 58 $\pm$ 5.3		25	16	131	261
Vitamin B ₁₂	mcg 1.040		1	.295	2.361	4.717
Vitamin A	{ RE 1					
	{ IU 1,281		1	363	2,908	5,811
LIPIDS:						
Fatty acids:						
Saturated, total	g 16.75			4.75	38.01	75.96
4:0	g80		1	.23	1.82	3.64
6:0	g49		1	.14	1.11	2.22
8:0	g28		1	.08	.62	1.24
10:0	g48		1	.14	1.09	2.18
12:0	g87		1	.25	1.98	3.95
14:0	g 2.79		1	.79	6.33	12.64
16:0	g 7.40		1	2.10	16.80	33.57
18:0	g 3.05		1	.87	6.93	13.85
Monounsaturated, total	g 8.61			2.44	19.54	39.04
16:1	g 1.01		1	.29	2.30	4.59
18:1	g 7.18		1	2.04	16.30	32.56
20:1	g					
22:1	g					
Polyunsaturated, total	g50			.14	1.12	2.25
18:2	g34		1	.10	.77	1.54
18:3	g16		1	.04	.36	.71
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 90		1	26	204	408
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g289			.082	.656	1.311
Threonine	g739			.209	1.676	3.350
Isoleucine	g 1.219			.346	2.768	5.531
Leucine	g 2.093			.593	4.751	9.494
Lysine	g 1.675			.475	3.802	7.598
Methionine	g619			.176	1.405	2.808
Cystine	g					
Phenylalanine	g 1.116			.316	2.532	5.061
Tyrosine	g 1.197			.339	2.718	5.431
Valine	g 1.439			.408	3.267	6.529
Arginine	g698			.198	1.584	3.165
Histidine	g578			.164	1.313	2.623
Alanine	g666			.189	1.512	3.022
Aspartic acid	g 1.477			.419	3.353	6.700
Glutamic acid	g 4.510			1.278	10.237	20.456
Glycine	g409			.116	.927	1.853
Proline	g 2.439			.691	5.536	11.062
Serine	g 1.144			.324	2.597	5.189

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Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	C		Approximate measure and weight		
				1 cu in = 17.5 g ¹	1 oz = 28 g	
						A
PROXIMATE:						
Water	g	48.38	18	8.47	13.72	219.45
Food energy	{ <i>kcal</i> <i>kJ</i>	318 1,332		56 233	90 378	1,444 6,044
Protein (N X 6.38)	g	21.60		3.78	6.12	97.98
Total lipid (fat)	g	24.64	4	4.31	6.98	111.77
Carbohydrate, total	g	2.47		.43	.70	11.20
Fiber	g	0		0	0	0
Ash	g	2.91		.51	.82	13.20
MINERALS:						
Calcium	mg	575		101	163	2,608
Iron	mg	.20		.04	.06	.91
Magnesium	mg	21		4	6	94
Phosphorus	mg	412		72	117	1,870
Potassium	mg	75		13	21	338
Sodium	mg	415		73	118	1,882
Zinc	mg	2.46		.43	.70	11.16
VITAMINS:						
Ascorbic acid	mg	0		0	0	0
Thiamin	mg	.016		.003	.005	.073
Riboflavin	mg	.270		.047	.077	1.225
Niacin	mg	.094		.016	.027	.426
Pantothenic acid	mg	.071		.012	.020	.322
Vitamin B ₆	mg	.062		.011	.018	.281
Folacin	mcg	8		1	2	35
Vitamin B ₁₂	mcg	.727		.127	.206	3.298
Vitamin A	{ <i>RE</i> <i>IU</i>	274 904		48 158	78 256	1,243 4,101
LIPIDS:						
Fatty acids:						
Saturated, total	g	15.56		2.72	4.41	70.58
4:0	g	.84	1	.15	.24	3.83
6:0	g	.18	1	.03	.05	.80
8:0	g	.20	1	.04	.06	.92
10:0	g	.41	1	.07	.12	1.87
12:0	g	.26	1	.04	.07	1.15
14:0	g	2.68	1	.47	.76	12.17
16:0	g	7.49	1	1.31	2.12	33.98
18:0	g	2.88	1	.50	.82	13.06
Monounsaturated, total	g	7.03		1.23	1.99	31.87
16:1	g	.82	1	.14	.23	3.73
18:1	g	5.92	1	1.04	1.68	26.88
20:1	g					
22:1	g					
Polyunsaturated, total	g	.78		.14	.22	3.53
18:2	g	.57	1	.10	.16	2.57
18:3	g	.21	1	.04	.06	.96
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	89		16	25	406
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	² —		—	—	—
Threonine	g	.823		.144	.233	3.732
Isoleucine	g	1.036		.181	.294	4.699
Leucine	g	2.106		.369	.597	9.552
Lysine	g	2.194		.384	.622	9.951
Methionine	g	.603		.105	.171	2.734
Cystine	g	.129		.023	.036	.584
Phenylalanine	g	1.127		.197	.320	5.114
Tyrosine	g	1.249		.219	.354	5.667
Valine	g	1.351		.236	.383	6.127
Arginine	g	.928		.162	.263	4.208
Histidine	g	.813		.142	.230	3.686
Alanine	g	.660		.116	.187	2.995
Aspartic acid	g	1.564		.274	.443	7.095
Glutamic acid	g	5.055		.885	1.433	22.928
Glycine	g	.413		.072	.117	1.874
Proline	g	2.224		.389	.631	10.090
Serine	g	1.259		.220	.357	5.713

¹ Based on specific gravity.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0
	1 oz = 28 g					
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.78 $\pm$	0.8716	10	15.25	243.95
Food energy	{ <i>kcal</i> <i>kJ</i>	254 1,064			72 302	1,153 4,826
Protein (N X 6.38)	g	24.26			6.88	110.04
Total lipid (fat)	g	15.92 $\pm$	.6694	10	4.51	72.21
Carbohydrate, total	g	2.77			.78	12.56
Fiber	g	0			0	0
Ash	g	3.27			.93	14.83
MINERALS:						
Calcium	mg	646			183	2,929
Iron	mg	.22			.06	1.00
Magnesium	mg	23			7	105
Phosphorus	mg	463			131	2,100
Potassium	mg	84			24	380
Sodium	mg	466			132	2,114
Zinc	mg	2.76			.78	12.52
VITAMINS:						
Ascorbic acid	mg	0			0	0
Thiamin	mg	.018			.005	.082
Riboflavin	mg	.303			.086	1.374
Niacin	mg	.105			.030	.476
Pantothenic acid	mg	.079			.022	.358
Vitamin B ₆	mg	.070			.020	.318
Folic acid	mcg	9			2	40
Vitamin B ₁₂	mcg	.817			.232	3.706
Vitamin A	{ <i>RE</i> <i>IU</i>	177 584			50 166	803 2,649
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.11			2.87	45.88
4:0	g	.52		1	.15	2.34
6:0	g	.10 $\pm$	.020	5	.03	.45
8:0	g	.12 $\pm$	.027	5	.03	.53
10:0	g	.25 $\pm$	.044	5	.07	1.14
12:0	g	.16 $\pm$	.054	5	.05	.75
14:0	g	1.60 $\pm$	.0883	5	.45	7.25
16:0	g	4.86 $\pm$	.327	5	1.38	22.02
18:0	g	1.94 $\pm$	.169	5	.55	8.79
Monounsaturated, total	g	4.51			1.28	20.46
16:1	g	.44 $\pm$	.059	5	.12	2.00
18:1	g	3.87 $\pm$	.245	5	1.10	17.57
20:1	g					
22:1	g					
Polyunsaturated, total	g	.47			.13	2.14
18:2	g	.34 $\pm$	.057	5	.10	1.52
18:3	g	.14 $\pm$	.019	5	.04	.62
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	58			16	262
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	1				
Threonine	g	.924			.262	4.191
Isoleucine	g	1.164			.330	5.278
Leucine	g	2.365			.671	10.728
Lysine	g	2.464			.699	11.177
Methionine	g	.677			.192	3.070
Cystine	g	.144			.041	.655
Phenylalanine	g	1.266			.359	5.744
Tyrosine	g	1.403			.398	6.365
Valine	g	1.517			.430	6.882
Arginine	g	1.042			.295	4.726
Histidine	g	.913			.259	4.140
Alanine	g	.741			.210	3.363
Aspartic acid	g	1.757			.498	7.969
Glutamic acid	g	5.677			1.609	25.752
Glycine	g	.464			.132	2.104
Proline	g	2.498			.708	11.332
Serine	g	1.415			.401	6.416

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
				1 cu in = 17.6 g ¹	1 oz = 28 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g	48.57	+	0.4216	29	8.55	13.77	220.31
Food energy { $\frac{kcal}{kJ}$	280 1,172				49 206	79 332	1,270 5,314
Protein (N X 6.38) g	27.47	+	.3917	27	4.84	7.79	124.60
Total lipid (fat) g	17.12	+	.4712	34	3.01	4.85	77.66
Carbohydrate, total g	3.14				.55	.89	14.24
Fiber g	0				0	0	0
Ash g	3.70	+	.147	23	.65	1.05	16.78
MINERALS:							
Calcium mg	731	+	16.9	21	129	207	3,317
Iron mg	.25	+	.030	6	.04	.07	1.13
Magnesium mg	26	+	1.2	10	5	7	119
Phosphorus mg	524	+	20.3	11	92	149	2,377
Potassium mg	95	+	7.9	11	17	27	430
Sodium mg	528	+	54.9	11	93	150	2,394
Zinc mg	3.13	+	.0800	4	.55	.89	14.20
VITAMINS:							
Ascorbic acid mg	0				0	0	0
Thiamin mg	.021	+	.0029	6	.004	.006	.095
Riboflavin mg	.343	+	.0127	18	.060	.097	1.556
Niacin mg	.119	+	.0206	21	.021	.034	.540
Pantothenic acid mg	.090			2	.016	.026	.408
Vitamin B ₆ mg	.079	+	.018	16	.014	.022	.358
Folicin mcg	10	+	1.1	21	2	3	45
Vitamin B ₁₂ mcg	.925	+	.124	8	.163	.262	4.196
Vitamin A { $\frac{RE}{IU}$	191 628	+	8.76 44.3	5 17	34 111	54 178	666 2,849
LIPIDS:							
Fatty acids:							
Saturated, total g	10.88				1.91	3.08	49.34
4:0 g	.56			1	.10	.16	2.52
6:0 g	.11	+	.022	5	.02	.03	.49
8:0 g	.12	+	.028	5	.02	.04	.57
10:0 g	.27	+	.047	5	.05	.08	1.23
12:0 g	.18	+	.058	5	.03	.05	.80
14:0 g	1.72	+	.0777	5	.30	.49	7.80
16:0 g	5.22	+	.310	5	.92	1.48	23.68
18:0 g	2.08	+	.169	5	.37	.59	9.45
Monounsaturated, total g	4.85				.85	1.38	22.00
16:1 g	.47	+	.062	5	.08	.13	2.15
18:1 g	4.17	+	.228	5	.73	1.18	18.90
20:1 g							
22:1 g							
Polyunsaturated, total g	.51				.09	.14	2.30
18:2 g	.36	+	.060	5	.06	.10	1.64
18:3 g	.15	+	.020	5	.03	.04	.67
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	54	+	5.6	7	10	15	245
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	2						
Threonine g	1.046				.184	.297	4.746
Isoleucine g	1.318				.232	.374	5.976
Leucine g	2.678				.471	.759	12.148
Lysine g	2.790				.491	.791	12.656
Methionine g	.766				.135	.217	3.476
Cystine g	.164				.029	.046	.742
Phenylalanine g	1.434				.252	.406	6.504
Tyrosine g	1.589				.280	.450	7.207
Valine g	1.718				.302	.487	7.793
Arginine g	1.180				.208	.334	5.351
Histidine g	1.033				.182	.293	4.687
Alanine g	.840				.148	.238	3.808
Aspartic acid g	1.989				.350	.564	9.023
Glutamic acid g	6.428				1.131	1.822	29.159
Glycine g	.525				.092	.149	2.383
Proline g	2.829				.498	.802	12.831
Serine g	1.602				.282	.454	7.265

¹ Based on specific gravity.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error				Approximate measure and weight		
					1 oz = 28 g	1 pkg, net wt, 6 oz = 170 g	
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	41.77	+	0.5060	14	11.84	71.01	189.47
Food energy { kcal . . .	368				104	626	1,671
{ kJ . . .	1,542				437	2,621	6,992
Protein (N X 6.38) g . . .	23.41	+	.3280	14	6.64	39.80	106.19
Total lipid (fat) g . . .	30.04	+	.4977	17	8.52	51.07	136.26
Carbohydrate, total g . . .	1.12				.32	1.90	5.08
Fiber g . . .	0				0	0	0
Ash g . . .	3.66	+	.110	10	1.04	6.22	16.60
MINERALS:							
Calcium mg . . .	717	+	25.3	14	203	1,219	3,254
Iron mg . . .	.41	+	.063	5	.12	.70	1.86
Magnesium mg . . .	27	+	.96	10	8	46	124
Phosphorus mg . . .	468	+	9.09	11	133	795	2,121
Potassium mg . . .	134	+	15.7	11	38	228	610
Sodium mg . . .	628	+	27.4	11	178	1,067	2,847
Zinc mg . . .	2.81	+	.0655	4	.80	4.78	12.75
VITAMINS:							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	.013	+	.0007	6	.004	.022	.059
Riboflavin mg . . .	.320	+	.0314	10	.091	.544	1.452
Niacin mg . . .	.103	+	.0168	18	.029	.175	.467
Pantothenic acid mg . . .	.190			1	.054	.323	.862
Vitamin B ₆ mg . . .	.056	+	.0073	15	.016	.095	.254
Folacin mcg . . .	12	+	1.7	25	3	21	55
Vitamin B ₁₂ mcg . . .	1.473	+	.0919	19	.418	2.504	6.682
Vitamin A { RE . . .	316	+	16.9	6	90	537	1,433
{ IU . . .	1,120	+	58.39	10	318	1,904	5,080
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	19.11				5.42	32.49	86.70
4:0 g . . .	1.04	+	.113	6	.30	1.77	4.73
6:0 g . . .	.24	+	.019	6	.07	.41	1.10
8:0 g . . .	.28	+	.031	6	.08	.47	1.25
10:0 g . . .	.59	+	.032	6	.17	1.00	2.66
12:0 g . . .	.37	+	.021	6	.10	.62	1.66
14:0 g . . .	3.07	+	.0852	6	.87	5.22	13.94
16:0 g . . .	9.22	+	.219	6	2.61	15.67	41.81
18:0 g . . .	3.57	+	.0909	6	1.01	6.07	16.19
Monounsaturated, total g . . .	8.71				2.47	14.81	39.51
16:1 g . . .	.97	+	.049	6	.28	1.66	4.42
18:1 g . . .	7.34	+	.182	6	2.08	12.48	33.29
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.66				.19	1.12	3.00
18:2 g . . .	.43	+	.027	6	.12	.73	1.96
18:3 g . . .	.23	+	.015	6	.06	.39	1.04
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	96	+	3.4	4	27	163	434
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.327				.093	.555	1.481
Threonine g . . .	.888				.252	1.510	4.028
Isoleucine g . . .	1.145				.325	1.946	5.193
Leucine g . . .	2.260				.641	3.842	10.253
Lysine g . . .	2.139				.606	3.637	9.703
Methionine g . . .	.569				.161	.967	2.580
Cystine g . . .	.132				.037	.225	.599
Phenylalanine g . . .	1.240				.352	2.108	5.626
Tyrosine g . . .	1.123				.318	1.909	5.093
Valine g . . .	1.482				.420	2.520	6.724
Arginine g . . .	.881				.250	1.497	3.995
Histidine g . . .	.829				.235	1.410	3.762
Alanine g . . .	.675				.191	1.148	3.062
Aspartic acid g . . .	1.600				.454	2.720	7.257
Glutamic acid g . . .	5.555				1.575	9.444	25.199
Glycine g . . .	.440				.125	.749	1.997
Proline g . . .	2.594				.735	4.410	11.767
Serine g . . .	1.299				.368	2.208	5.892

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of	
					1 pound of food as purchased		Refuse: 0	
					Approximate measure and weight			
					1 oz = 28 g	1 pkg, net wt, 3 oz = 85 g		
A	B	C	D	E	F	G		
PROXIMATE:								
Water	g . . .	62.21	±	0.5140	13	17.64	52.88	282.18
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	260				74	221	1,179
		1,087				308	924	4,933
Protein (N X6.38)	g . . .	9.96	±	.530	12	2.82	8.47	45.18
Total lipid (fat)	g . . .	23.43	±	.2259	12	6.64	19.92	106.28
Carbohydrate, total	g . . .	2.94				.83	2.50	13.34
Fiber	g . . .	0				0	0	0
Ash	g . . .	1.46	±	.0457	12	.41	1.24	6.62
MINERALS:								
Calcium	mg . . .	75	±	1.8	11	21	64	341
Iron	mg . . .	.28	±	.041	5	.08	.24	1.27
Magnesium	mg . . .	8	±	.4	11	2	6	34
Phosphorus	mg . . .	136	±	5.69	11	39	116	618
Potassium	mg . . .	114	±	14.0	11	32	97	518
Sodium	mg . . .	399	±	20.2	12	113	339	1,812
Zinc	mg . . .	.52	±	.034	5	.15	.44	2.36
VITAMINS:								
Ascorbic acid	mg . . .	0			5	0	0	0
Thiamin	mg . . .	.015	±	.0014	5	.004	.013	.068
Riboflavin	mg . . .	.195	±	.0131	12	.055	.166	.885
Niacin	mg . . .	.126	±	.0129	19	.036	.107	.572
Pantothenic acid	mg . . .	.566	±	.0250	5	.160	.481	2.567
Vitamin B ₆	mg . . .	.041	±	.0054	11	.012	.035	.186
Folicin	mcg . . .	11	±	.78	13	3	10	51
Vitamin B ₁₂	mcg . . .	.264	±	.0167	10	.075	.224	1.198
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	264	±	15.6	6	75	224	1,198
		1,134	±	61.21	11	321	964	5,144
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	14.80				4.20	12.58	67.12
4:0	g . . .	.61	±	.067	6	.17	.52	2.76
6:0	g . . .	.21	±	.0086	6	.06	.18	.95
8:0	g . . .	.22	±	.0088	6	.06	.18	.97
10:0	g . . .	.44	±	.016	6	.12	.37	1.98
12:0	g . . .	.29	±	.0092	6	.08	.24	1.30
14:0	g . . .	2.35	±	.0459	6	.67	2.00	10.67
16:0	g . . .	6.88	±	.0927	6	1.95	5.85	31.20
18:0	g . . .	2.98	±	.103	6	.85	2.54	13.54
Monounsaturated, total	g . . .	6.77				1.92	5.76	30.72
16:1	g . . .	.74	±	.030	6	.21	.63	3.34
18:1	g . . .	5.66	±	.107	6	1.60	4.81	25.66
20:1	g . . .							
22:1	g . . .							
Polyunsaturated, total	g . . .	.65				.18	.55	2.95
18:2	g . . .	.45	±	.021	6	.13	.38	2.03
18:3	g . . .	.20	±	.011	6	.06	.17	.92
18:4	g . . .							
20:4	g . . .							
20:5	g . . .							
22:5	g . . .							
22:6	g . . .							
Cholesterol ¹	mg . . .	76				22	65	345
Phytosterols	mg . . .							
AMINO ACIDS:								
Tryptophan	g . . .	.089				.025	.076	.404
Threonine	g . . .	.423				.120	.360	1.919
Isoleucine	g . . .	.526				.149	.447	2.386
Leucine	g . . .	.965				.274	.820	4.376
Lysine	g . . .	.891				.253	.758	4.043
Methionine	g . . .	.239				.068	.203	1.083
Cystine	g . . .	.087				.025	.074	.397
Phenylalanine	g . . .	.553				.157	.470	2.507
Tyrosine	g . . .	.475				.135	.403	2.153
Valine	g . . .	.584				.166	.496	2.648
Arginine	g . . .	.378				.107	.321	1.714
Histidine	g . . .	.357				.101	.304	1.622
Alanine	g . . .	.303				.086	.257	1.374
Aspartic acid	g . . .	.703				.199	.597	3.187
Glutamic acid	g . . .	2.261				.641	1.921	10.254
Glycine	g . . .	.197				.056	.167	.892
Proline	g . . .	.909				.258	.772	4.121
Serine	g . . .	.525				.149	.446	2.379

¹ Values based on cholesterol content of cream cheese.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0		
	A	B		C	D		E	F
					1 tbsp = 5 g	1 oz = 28 g		
PROXIMATE:								
Water g		17.66	+	1.268	14	0.88	5.01	80.11
Food energy { $\begin{matrix} kcal \\ kJ \end{matrix}$		456				23	129	2,068
		1,908				95	541	8,653
Protein (N X 6.38) g		41.56	+	.9219	13	2.08	11.78	188.52
Total lipid (fat) g		30.02	+	.8440	24	1.50	8.51	136.17
Carbohydrate, total g		3.74				.19	1.06	16.96
Fiber g		0				0	0	0
Ash g		7.02	+	.365	8	.35	1.99	31.84
MINERALS:								
Calcium mg		1,376	+	34.54	23	69	390	6,240
Iron mg		.95	+	.22	4	.05	.27	4.31
Magnesium mg		51	+	1.0	4	3	14	230
Phosphorus mg		807	+	24.4	19	40	229	3,661
Potassium mg		107	+	6.93	4	5	30	486
Sodium mg		1,862	+	296.6	4	93	528	8,444
Zinc mg		3.19	+	.0502	4	.16	.90	14.47
VITAMINS:								
Ascorbic acid mg		0				0	0	0
Thiamin mg		.045			1	.002	.013	.204
Riboflavin mg		.386	+	.0192	4	.019	.109	1.751
Niacin mg		.315	+	.0543	12	.016	.089	1.429
Pantothenic acid mg		.527			1	.026	.149	2.390
Vitamin B ₆ mg		.105	+	.0037	15	.005	.030	.476
Folicin mcg		8	+	.9	20	Trace	2	36
Vitamin B ₁₂ mcg		2						
Vitamin A { $\begin{matrix} RE \\ IU \end{matrix}$		701	+	61.4	4	35	199	3,180
LIPIDS:								
Fatty acids:								
Saturated, total g		19.07				.95	5.41	86.51
4:0 g		1.51			1	.08	.43	6.85
6:0 g		.56			1	.03	.16	2.56
8:0 g		.30			1	.02	.09	1.37
10:0 g		.75			1	.04	.21	3.42
12:0 g		1.02			1	.05	.29	4.60
14:0 g		3.38			1	.17	.96	15.34
16:0 g		8.10			1	.40	2.30	36.72
18:0 g		2.68			1	.13	.76	12.13
Monounsaturated, total g		8.73				.44	2.48	39.62
16:1 g		.46			1	.02	.13	2.08
18:1 g		7.74			1	.39	2.19	35.09
20:1 g								
22:1 g								
Polyunsaturated, total g		.66				.03	.19	3.00
18:2 g		.32			1	.02	.09	1.43
18:3 g		.34			1	.02	.10	1.56
18:4 g								
20:4 g								
20:5 g								
22:5 g								
22:6 g								
Cholesterol mg		79	+	3.5	4	4	22	357
Phytosterols mg								
AMINO ACIDS:								
Tryptophan g		.560				.028	.159	2.541
Threonine g		1.531				.077	.434	6.944
Isoleucine g		2.202				.110	.624	9.987
Leucine g		4.013				.201	1.138	18.202
Lysine g		3.843				.192	1.090	17.433
Methionine g		1.114				.056	.316	5.053
Cystine g		.274				.014	.078	1.241
Phenylalanine g		2.234				.112	.633	10.135
Tyrosine g		2.319				.116	.657	10.519
Valine g		2.853				.143	.809	12.942
Arginine g		1.531				.077	.434	6.944
Histidine g		1.609				.080	.456	7.298
Alanine g		1.218				.061	.345	5.525
Aspartic acid g		2.599				.130	.737	11.790
Glutamic acid g		9.543				.477	2.705	43.288
Glycine g		.723				.036	.205	3.280
Proline g		4.860				.243	1.378	22.043
Serine g		2.404				.120	.681	10.903

¹ Values were obtained by combining data for hard and grated samples on a moisture-free basis and recalculating results to a moisture content of 17.66 %. Nutritive values shown do not apply to hard and shredded forms. Hard product contains approx. 29% water and shredded product contains approx. 25% water.

² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of	
	Mean $\pm$ standard error		1 oz = 28 g		1 pkg, net wt, 5 oz = 142 g	1 pound of food as purchased		
							Refuse: 0	
A	B	C	D	E	F	G		
PROXIMATE:								
Water	g	29.16	$\pm$	0.6232	10	8.27	41.41	132.27
Food energy	{ <i>kcal</i> <i>kJ</i>	392				111	557	1,779
		1,641				465	2,330	7,444
Protein (N X 6.38)	g	35.75	$\pm$	.7931	13	10.14	50.76	162.16
Total lipid (fat)	g	25.83	$\pm$	.7261	24	7.32	36.68	117.16
Carbohydrate, total	g	3.22				.91	4.57	14.61
Fiber	g	0				0	0	0
Ash	g	6.04	$\pm$	.314	8	1.71	8.58	27.40
MINERALS:								
Calcium	mg	1,184	$\pm$	29.71	23	336	1,681	5,368
Iron	mg	.82	$\pm$	.19	4	.23	1.16	3.72
Magnesium	mg	44	$\pm$	.87	4	12	62	198
Phosphorus	mg	694	$\pm$	21.0	19	197	986	3,150
Potassium	mg	92	$\pm$	6.0	4	26	131	418
Sodium	mg	1,602	$\pm$	255.2	4	454	2,274	7,264
Zinc	mg	2.75	$\pm$	.0432	4	.78	3.90	12.47
VITAMINS:								
Ascorbic acid	mg	0			1	0	0	0
Thiamin	mg	.039			4	.011	.055	.177
Riboflavin	mg	.332	$\pm$	.0164	12	.094	.471	1.506
Niacin	mg	.271	$\pm$	.0467	1	.077	.385	1.229
Pantothenic acid	mg	.453			15	.128	.643	2.055
Vitamin B ₆	mg	.091	$\pm$	.0032	20	.026	.129	.413
Folacin	mcg	7	$\pm$	.7		2	10	31
Vitamin B ₁₂	mcg	2	$\pm$					
Vitamin A	{ <i>RE</i> <i>IU</i>	603	$\pm$	52.8	4	171	856	2,735
LIPIDS:								
Fatty acids:								
Saturated, total	g	16.41				4.65	23.30	74.44
4:0	g	1.30			1	.37	1.84	5.89
6:0	g	.49			1	.14	.69	2.21
8:0	g	.26			1	.07	.37	1.18
10:0	g	.65			1	.18	.92	2.94
12:0	g	.87			1	.25	1.24	3.96
14:0	g	2.91			1	.82	4.13	13.20
16:0	g	6.97			1	1.98	9.89	31.60
18:0	g	2.30			1	.65	3.27	10.44
Monounsaturated, total	g	7.52				2.13	10.67	34.09
16:1	g	.39			1	.11	.56	1.79
18:1	g	6.66			1	1.89	9.45	30.19
20:1	g							
22:1	g							
Polyunsaturated, total	g	.57				.16	.81	2.58
18:2	g	.27			1	.08	.39	1.23
18:3	g	.30			1	.08	.42	1.35
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	68	$\pm$	3.0	4	19	96	307
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.482				.137	.684	2.186
Threonine	g	1.317				.373	1.870	5.973
Isoleucine	g	1.894				.537	2.689	8.591
Leucine	g	3.452				.979	4.901	15.657
Lysine	g	3.306				.937	4.695	14.996
Methionine	g	.958				.272	1.361	4.346
Cystine	g	.235				.067	.334	1.068
Phenylalanine	g	1.922				.545	2.729	8.718
Tyrosine	g	1.995				.566	2.833	9.049
Valine	g	2.454				.696	3.485	11.133
Arginine	g	1.317				.373	1.870	5.973
Histidine	g	1.384				.392	1.965	6.278
Alanine	g	1.048				.297	1.488	4.753
Aspartic acid	g	2.236				.634	3.175	10.141
Glutamic acid	g	8.209				2.327	11.657	37.236
Glycine	g	.622				.176	.883	2.821
Proline	g	4.180				1.185	5.936	18.961
Serine	g	2.068				.586	2.936	9.379

¹ Values were obtained by combining data for hard and grated samples on a moisture-free basis and recalculating results to a moisture content of 29.16%. Nutritive values shown do not apply to shredded and grated forms. Shredded product contains approx. 25% water and grated product contains approx. 17% water.

² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on addition of salt in amount of 1.3% of finished product.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0		
				1 oz = 28 g	1 pkg, net wt, 6 oz = 170 g			
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g . . .	40.95	+	0.6611	21	11.61	69.62	185.75
Food energy	{ kcal . . .	351				100	598	1,594
	{ kJ . . .	1,471				417	2,501	6,673
Protein (N X 6.38)	g . . .	25.58	+	.3491	16	7.25	43.49	116.03
Total lipid (fat)	g . . .	26.62	+	.3409	24	7.55	45.25	120.75
Carbohydrate, total	g . . .	2.14				.61	3.64	9.71
Fiber	g . . .	0				0	0	0
Ash	g . . .	4.71	+	.155	14	1.34	8.01	21.36
MINERALS:								
Calcium	mg . . .	756	+	17.0	18	214	1,285	3,429
Iron	mg . . .	.52	+	.065	5	.15	.88	2.36
Magnesium	mg . . .	28	+	.78	13	8	47	125
Phosphorus	mg . . .	496	+	16.4	13	141	843	2,250
Potassium	mg . . .	138	+	12.8	11	39	235	627
Sodium	mg . . .	876	+	50.2	12	248	1,488	3,971
Zinc	mg . . .	3.23	+	.170	5	.92	5.49	14.65
VITAMINS:								
Ascorbic acid	mg . . .	0				0	0	0
Thiamin	mg . . .	.019	+	.0039	9	.005	.032	.086
Riboflavin	mg . . .	.321	+	.0153	13	.091	.546	1.456
Niacin	mg . . .	.156	+	.0226	18	.044	.265	.708
Pantothenic acid	mg . . .	.476	+	.154	6	.135	.809	2.159
Vitamin B ₆	mg . . .	.073	+	.0060	28	.021	.124	.331
Folicin	mcg . . .	10	+	1.1	15	3	18	47
Vitamin B ₁₂	mcg . . .	1.463	+	.1358	8	.415	2.487	6.636
Vitamin A	{ RE . . .	264	+	15.6	8	75	449	1,198
	{ IU . . .	815	+	57.5	12	231	1,386	3,697
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	17.08				4.84	29.03	77.46
4:0	g . . .	.98			2	.28	1.67	4.45
6:0	g . . .	.37			2	.10	.63	1.68
8:0	g . . .	.26	+	.022	10	.07	.44	1.16
10:0	g . . .	.48	+	.034	10	.14	.82	2.19
12:0	g . . .	.36	+	.061	10	.10	.60	1.61
14:0	g . . .	2.75	+	.0839	10	.78	4.67	12.46
16:0	g . . .	8.16	+	.190	10	2.31	13.87	37.01
18:0	g . . .	3.06	+	.121	10	.87	5.21	13.89
Monounsaturated, total	g . . .	7.39				2.10	12.57	33.53
16:1	g . . .	.88	+	.064	10	.25	1.49	3.98
18:1	g . . .	6.16	+	.174	10	1.75	10.48	27.96
20:1	g . . .							
22:1	g . . .							
Polyunsaturated, total	g . . .	.77				.22	1.31	3.49
18:2	g . . .	.49	+	.050	10	.14	.84	2.24
18:3	g . . .	.28	+	.022	10	.08	.47	1.25
18:4	g . . .							
20:4	g . . .							
20:5	g . . .							
22:5	g . . .							
22:6	g . . .							
Cholesterol	mg . . .	69	+	4.6	4	20	117	313
Phytosterols	mg . . .							
AMINO ACIDS:								
Tryptophan	g . . .	1						
Threonine	g . . .	.982				.278	1.670	4.456
Isoleucine	g . . .	1.091				.309	1.854	4.947
Leucine	g . . .	2.297				.651	3.906	10.421
Lysine	g . . .	2.646				.750	4.499	12.003
Methionine	g . . .	.686				.194	1.166	3.110
Cystine	g . . .	.116				.033	.198	.527
Phenylalanine	g . . .	1.287				.365	2.188	5.838
Tyrosine	g . . .	1.520				.431	2.583	6.893
Valine	g . . .	1.640				.465	2.788	7.438
Arginine	g . . .	1.022				.290	1.738	4.638
Histidine	g . . .	1.115				.316	1.895	5.056
Alanine	g . . .	.706				.200	1.200	3.201
Aspartic acid	g . . .	1.744				.494	2.965	7.911
Glutamic acid	g . . .	6.235				1.768	10.599	28.280
Glycine	g . . .	.433				.123	.736	1.964
Proline	g . . .	2.766				.784	4.703	12.549
Serine	g . . .	1.471				.417	2.501	6.675

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight		Refuse:0		
			1/2 c = 124 g			1 c = 246 g	
	A	B	C		D	E	F
PROXIMATE:							
Water g	71.70	$\pm$	1.224	9	88.91	176.38	325.23
Food energy {	174				216	428	789
	728				903	1,791	3,302
Protein (N X 6.38) g	11.26	$\pm$	.6303	9	13.96	27.70	51.08
Total lipid (fat) g	12.98	$\pm$	.7608	9	16.10	31.93	58.88
Carbohydrate, total g	3.04				3.77	7.48	13.79
Fiber g	0				0	0	0
Ash g	1.02	$\pm$	.124	6	1.26	2.51	4.63
MINERALS:							
Calcium mg	207	$\pm$	37.8	4	257	509	939
Iron mg	.38				.47	.94	1.72
Magnesium mg	11	$\pm$	.90	4	14	28	51
Phosphorus mg	158	$\pm$	27.4	4	196	389	717
Potassium mg	105	$\pm$	12.9	4	130	257	474
Sodium mg	84	$\pm$	29	4	104	207	381
Zinc mg	1.16				1.44	2.85	5.26
VITAMINS:							
Ascorbic acid mg	0				0	0	0
Thiamin mg	.013	$\pm$	.0021	4	.016	.032	.059
Riboflavin mg	.195	$\pm$	.0171	4	.242	.480	.885
Niacin mg	.104	$\pm$	.0198	4	.129	.256	.472
Pantothenic acid mg	1						
Vitamin B ₆ mg	.043	$\pm$	.019	4	.053	.106	.195
Folicin mcg							
Vitamin B ₁₂ mcg	.338	$\pm$	.0613	4	.419	.831	1.533
Vitamin A {	134	$\pm$	18.5	4	166	330	608
RE	490	$\pm$	72.4	4	608	1,205	2,223
IU							
LIPIDS:							
Fatty acids:							
Saturated, total g	8.30				10.29	20.41	37.63
4:0 g	.57	$\pm$	.20	4	.71	1.41	2.60
6:0 g	.09	$\pm$	.008	4	.12	.23	.42
8:0 g	.12	$\pm$	.0084	4	.15	.29	.54
10:0 g	.23	$\pm$	.020	4	.28	.56	1.04
12:0 g	.16	$\pm$	.020	4	.20	.39	.72
14:0 g	1.36	$\pm$	.0903	4	1.69	3.36	6.19
16:0 g	4.06	$\pm$	.274	4	5.03	9.98	18.40
18:0 g	1.28	$\pm$	.104	4	1.59	3.15	5.81
Monounsaturated, total g	3.63				4.50	8.92	16.45
16:1 g	.53	$\pm$	.077	4	.66	1.31	2.41
18:1 g	2.87	$\pm$	.225	4	3.56	7.07	13.03
20:1 g							
22:1 g							
Polyunsaturated, total g	.38				.48	.95	1.75
18:2 g	.27	$\pm$	.038	4	.34	.67	1.24
18:3 g	.11	$\pm$	.022	4	.14	.28	.51
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol ² mg	51				63	124	230
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.517				.641	1.272	2.346
Threonine g	.589				.731	1.450	2.674
Isoleucine g	1.221				1.514	3.004	5.540
Leucine g	1.338				1.659	3.291	6.068
Lysine g	.281				.348	.690	1.273
Methionine g	.099				.123	.243	.448
Cystine g	.556				.689	1.368	2.522
Phenylalanine g	.589				.731	1.450	2.674
Tyrosine g	.692				.858	1.702	3.138
Valine g	.632				.783	1.554	2.866
Arginine g	.459				.569	1.129	2.081
Histidine g	.499				.619	1.229	2.266
Alanine g	.995				1.234	2.449	4.515
Aspartic acid g	2.446				3.033	6.017	11.096
Glutamic acid g	.295				.365	.725	1.337
Glycine g	1.066				1.322	2.622	4.835
Proline g	.575				.713	1.415	2.610
Serine g							

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on cholesterol content of whole milk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0
				1/2 c = 124 g	1 c = 246 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	74.41 $\pm$	0.8908	12	92.27	183.05	337.52
Food energy { kcal . . .	138			171	340	626
{ kJ . . .	578			716	1,421	2,621
Protein (N X 6.38) g . . .	11.39 $\pm$	.7666	9	14.12	28.02	51.66
Total lipid (fat) g . . .	7.91 $\pm$	.612	12	9.81	19.46	35.88
Carbohydrate, total g . . .	5.14			6.37	12.64	23.32
Fiber g . . .	0			0	0	0
Ash g . . .	1.15 $\pm$	.0981	7	1.43	2.83	5.22
MINERALS:						
Calcium mg . . .	272 $\pm$	29.0	8	337	669	1,234
Iron mg . . .	.44		2	.55	1.08	2.00
Magnesium mg . . .	15 $\pm$	1.3	8	18	36	67
Phosphorus mg . . .	183 $\pm$	18.5	8	226	449	828
Potassium mg . . .	125 $\pm$	9.81	8	155	308	567
Sodium mg . . .	125 $\pm$	27.2	8	155	307	566
Zinc mg . . .	1.34		2	1.66	3.30	6.08
VITAMINS:						
Ascorbic acid mg . . .	0			0	0	0
Thiamin mg . . .	.021 $\pm$	.0031	7	.026	.052	.095
Riboflavin mg . . .	.185 $\pm$	.0127	7	.229	.455	.839
Niacin mg . . .	.078 $\pm$	.014	6	.097	.192	.354
Pantothenic acid mg . . .	1					
Vitamin B ₆ mg . . .	.020 $\pm$	.0020	6	.025	.049	.091
Folacin mcg . . .						
Vitamin B ₁₂ mcg . . .	.291 $\pm$	.0378	5	.361	.716	1.320
Vitamin A { RE . . .	113 $\pm$	11.4	6	140	278	513
{ IU . . .	432 $\pm$	48.6	6	536	1,063	1,960
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	4.93			6.11	12.12	22.35
4:0 g . . .	.25		1	.32	.62	1.15
6:0 g . . .	.06		2	.08	.16	.29
8:0 g . . .	.07 $\pm$	.007	6	.09	.18	.33
10:0 g . . .	.15 $\pm$	.017	7	.19	.37	.69
12:0 g . . .	.10 $\pm$	.020	7	.13	.26	.48
14:0 g . . .	.81 $\pm$	.063	7	1.00	1.99	3.66
16:0 g . . .	2.44 $\pm$	.197	7	3.03	6.01	11.08
18:0 g . . .	.87 $\pm$	.069	7	1.07	2.13	3.93
Monounsaturated, total g . . .	2.31			2.87	5.69	10.50
16:1 g . . .	.28 $\pm$	.031	7	.34	.68	1.26
18:1 g . . .	1.92 $\pm$	.152	7	2.38	4.72	8.71
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	.26			.32	.64	1.18
18:2 g . . .	.19 $\pm$	.018	7	.24	.47	.86
18:3 g . . .	.07 $\pm$	.009	6	.09	.17	.32
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol ² mg . . .	31			38	76	140
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .						
Threonine g . . .	.523			.649	1.287	2.373
Isoleucine g . . .	.596			.739	1.467	2.705
Leucine g . . .	1.235			1.532	3.039	5.604
Lysine g . . .	1.353			1.678	3.329	6.138
Methionine g . . .	.284			.352	.698	1.288
Cystine g . . .	.100			.124	.246	.453
Phenylalanine g . . .	.562			.697	1.383	2.551
Tyrosine g . . .	.596			.739	1.467	2.705
Valine g . . .	.700			.868	1.722	3.174
Arginine g . . .	.639			.793	1.572	2.899
Histidine g . . .	.464			.576	1.142	2.105
Alanine g . . .	.505			.626	1.243	2.292
Aspartic acid g . . .	1.007			1.249	2.477	4.567
Glutamic acid g . . .	2.474			3.068	6.087	11.224
Glycine g . . .	.298			.370	.733	1.352
Proline g . . .	1.078			1.337	2.653	4.891
Serine g . . .	.582			.722	1.432	2.640

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Values based on cholesterol content of lowfat milk, 2% fat.

AH-8-1 (1976)

CHEESE, ROQUEFORT

Item No. 01-039

Product is made from sheep's milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz = 28 g	1 pkg, net wt, 3 oz = 85 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g	39.38	+	0.7026	15	11.16	33.47	178.63
Food energy { kcal . . .	369				105	314	1,674
Protein (N X 6.38) g	1,544				438	1,313	7,006
Total lipid (fat) g	21.54	+	.2809	3	6.11	18.31	97.70
Carbohydrate, total g	30.64	+	.9262	8	8.69	26.04	138.98
Fiber g	2.00	—			.57	1.70	9.07
Ash g	0				0	0	0
Calcium mg	6.44	+	.190	4	1.83	5.47	29.21
MINERALS:							
Iron mg	662	+	35.0	12	188	563	3,002
Magnesium mg	.56	+	.20	4	.16	.48	2.54
Phosphorus mg	30	+	1.9	4	8	25	134
Potassium mg	392	+	17.8	11	111	333	1,779
Sodium mg	91	+	10	3	26	77	411
Zinc mg	1,809	+	157.4	4	513	1,538	8,205
Ascorbic acid mg	2.08	+	.122	4	.59	1.77	9.44
VITAMINS:							
Thiamin mg	0			2	0	0	0
Riboflavin mg	.040			8	.011	.034	.181
Niacin mg	.586	+	.0711	15	.166	.498	2.658
Pantothenic acid mg	.734	+	.0776	18	.208	.624	3.329
Vitamin B6 mg	1.731	+	.1834	26	.491	1.471	7.852
Folic acid mcg	.124	+	.0099	24	.035	.105	.562
Vitamin B12 mcg	49	+	7.8	9	14	42	222
Vitamin A { RE	.643	+	.0563		.182	.547	2.917
	1						
	1,047			1	297	890	4,749
LIPIDS:							
Fatty acids:							
Saturated, total g	19.26				5.46	16.37	87.38
4:0 g	.88			1	.25	.74	3.98
6:0 g	.66			1	.19	.56	2.99
8:0 g	.67			1	.19	.57	3.06
10:0 g	2.16			1	.61	1.84	9.81
12:0 g	1.30			1	.37	1.10	5.87
14:0 g	3.25			1	.92	2.76	14.74
16:0 g	6.57			1	1.86	5.58	29.80
18:0 g	3.14			1	.89	2.67	14.25
Monounsaturated, total g	8.47				2.40	7.20	38.44
16:1 g	.73			1	.21	.62	3.31
18:1 g	7.46			1	2.11	6.34	33.82
20:1 g							
22:1 g							
Polyunsaturated, total g	1.32				.37	1.12	5.98
18:2 g	.62			1	.18	.52	2.79
18:3 g	.70			1	.20	.60	3.19
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	90			1	26	76	408
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	—				—	—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 cu in = 15 g ¹	1 oz = 28 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g . . .	37.21	+	0.2781	43	5.58	10.55	168.78
Food energy { kcal . . .	376				56	107	1,704
Food energy { kJ . . .	1,573				236	446	7,133
Protein (N X 6.38) g . . .	28.43	+	.4463	28	4.26	8.06	128.96
Total lipid (fat) g . . .	27.45	+	.3696	41	4.12	7.78	124.51
Carbohydrate, total g . . .	3.38				.51	.96	15.33
Fiber g . . .	0				0	0	0
Ash g . . .	3.53	+	.0781	38	.53	1.00	16.01
MINERALS:							
Calcium mg . . .	961	+	28.2	21	144	272	4,359
Iron mg . . .	.17	+	.060	6	.02	.05	.77
Magnesium mg . . .	36	+	.56	15	5	10	163
Phosphorus mg . . .	605	+	19.6	15	91	171	2,742
Potassium mg . . .	111	+	10.3	26	17	31	502
Sodium mg . . .	260	+	22.3	14	39	74	1,179
Zinc mg . . .	3.90	+	.304	7	.58	1.11	17.69
VITAMINS:							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	.022	+	.0038	10	.003	.006	.100
Riboflavin mg . . .	.365	+	.0258	16	.055	.103	1.656
Niacin mg . . .	.092	+	.044	16	.014	.026	.417
Pantothenic acid mg . . .	.429	+	.0198	15	.064	.122	1.946
Vitamin B ₆ mg . . .	.083	+	.0052	41	.012	.024	.376
Folacin mcg . . .	6	+	.3	26	1	2	29
Vitamin B ₁₂ mcg . . .	1.676	+	.2169	14	.251	.475	7.602
Vitamin A { RE . . .	253	+	19.3	8	38	72	1,148
Vitamin A { IU . . .	845	+	52.2	13	127	240	3,833
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	17.78				2.67	5.04	80.64
4:0 g . . .	1.10	+	.182	3	.16	.31	5.00
6:0 g . . .	.49	+	.16	3	.07	.14	2.21
8:0 g . . .	.29	+	.054	10	.04	.08	1.31
10:0 g . . .	.62	+	.076	11	.09	.18	2.83
12:0 g . . .	.52	+	.092	11	.08	.15	2.36
14:0 g . . .	3.06	+	.0924	11	.46	.87	13.89
16:0 g . . .	7.79	+	.259	11	1.17	2.21	35.34
18:0 g . . .	3.25	+	.350	11	.49	.92	14.73
Monounsaturated, total g . . .	7.27				1.09	2.06	33.00
16:1 g . . .	.88	+	.063	10	.13	.25	3.99
18:1 g . . .	6.02	+	.253	11	.90	1.71	27.29
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.97				.15	.28	4.41
18:2 g . . .	.62	+	.074	11	.09	.18	2.81
18:3 g . . .	.35	+	.087	10	.05	.10	1.60
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	92	+	3.8	10	14	26	416
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.401				.060	.114	1.819
Threonine g . . .	1.038				.156	.294	4.710
Isoleucine g . . .	1.537				.231	.436	6.973
Leucine g . . .	2.959				.444	.839	13.421
Lysine g . . .	2.585				.388	.733	11.723
Methionine g . . .	.784				.118	.222	3.557
Cystine g . . .	.290				.043	.082	1.314
Phenylalanine g . . .	1.662				.249	.471	7.539
Tyrosine g . . .	1.693				.254	.480	7.681
Valine g . . .	2.139				.321	.606	9.702
Arginine g . . .	.927				.139	.263	4.204
Histidine g . . .	1.065				.160	.302	4.831
Alanine g . . .	.914				.137	.259	4.144
Aspartic acid g . . .	1.569				.235	.445	7.115
Glutamic acid g . . .	5.704				.856	1.617	25.873
Glycine g . . .	.508				.076	.144	2.304
Proline g . . .	3.690				.553	1.046	16.736
Serine g . . .	1.640				.246	.465	7.438

¹ Based on specific gravity.

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

¹ Based on specific gravity.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 cu in = 17.5 g	1 oz = 28 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	39.08		6.84	11.08	177.27
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	375 1,571		66 275	106 445	1,703 7,127
Protein (N X 6.38)	g . . .	22.13		3.87	6.27	100.38
Total lipid (fat)	g . . .	31.20		5.46	8.84	141.52
Carbohydrate, total	g . . .	1.73		.30	.49	7.85
Fiber	g . . .	Trace		Trace	Trace	Trace
Ash	g . . .	5.84		1.02	1.66	26.49
MINERALS:						
Calcium	mg. . .	614		108	174	2,787
Iron	mg. . .	.42		.07	.12	1.90
Magnesium	mg. . .	22		4	6	101
Phosphorus	mg. . .	744		130	211	3,374
Potassium	mg. . .	162		28	46	733
Sodium	mg. . .	1,428		250	405	6,475
Zinc	mg. . .	2.98		.52	.84	13.52
VITAMINS:						
Ascorbic acid	mg. . .	1		—	—	—
Thiamin	mg. . .	.027		.005	.008	.122
Riboflavin	mg. . .	.354		.062	.100	1.606
Niacin	mg. . .	.078		.014	.022	.354
Pantothenic acid.	mg. . .	.485		.085	.137	2.200
Vitamin B ₆	mg. . .	.071		.012	.020	.322
Folacin	mcg . .	8		1	2	35
Vitamin B ₁₂	mcg . .	.695		.122	.197	3.153
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	1,262		221	358	5,724
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	19.66		3.44	5.57	89.19
4:0	g . . .	1.04		.18	.30	4.72
6:0	g . . .	.36		.06	.10	1.61
8:0	g . . .	.37		.07	.11	1.70
10:0	g . . .	.64		.11	.18	2.91
12:0	g . . .	.48		.08	.14	2.19
14:0	g . . .	3.21		.56	.91	14.54
16:0	g . . .	9.09		1.59	2.58	41.23
18:0	g . . .	3.79		.66	1.07	17.19
Monounsaturated, total.	g . . .	8.94		1.56	2.53	40.54
16:1	g . . .	1.03		.18	.29	4.65
18:1	g . . .	7.50		1.31	2.13	34.02
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	.99		.17	.28	4.48
18:2	g . . .	.61		.11	.17	2.75
18:3	g . . .	.38		.07	.11	1.73
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg. . .	94		16	27	427
Phytosterols	mg. . .					
AMINO ACIDS:						
Tryptophan	g . . .	.323		.056	.091	1.463
Threonine	g . . .	.718		.126	.204	3.257
Isoleucine	g . . .	1.023		.179	.290	4.641
Leucine	g . . .	1.956		.342	.555	8.874
Lysine	g . . .	2.196		.384	.622	9.959
Methionine	g . . .	.572		.100	.162	2.596
Cystine	g . . .	.142		.025	.040	.645
Phenylalanine	g . . .	1.124		.197	.319	5.098
Tyrosine	g . . .	1.211		.212	.343	5.491
Valine	g . . .	1.325		.232	.376	6.010
Arginine	g . . .	.926		.162	.263	4.201
Histidine	g . . .	.902		.158	.256	4.091
Alanine	g . . .	.555		.097	.157	2.517
Aspartic acid	g . . .	1.360		.238	.385	6.168
Glutamic acid.	g . . .	4.592		.804	1.302	20.832
Glycine	g . . .	.364		.064	.103	1.652
Proline	g . . .	2.251		.394	.638	10.211
Serine	g . . .	1.068		.187	.303	4.846

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 cu in = 17.9 g ¹	1 oz = 28 g			
			A	B		C	D
PROXIMATE:							
Water g	42.31	$\pm$	0.3554	10	7.57	12.00	191.92
Food energy { kcal	334				60	95	1,513
Protein (N X 6.38) g	1,396				250	396	6,332
Total lipid (fat) g	24.73	$\pm$	.2106	9	4.43	7.01	112.18
Carbohydrate, total g	25.01	$\pm$	.2943	10	4.48	7.09	113.44
Fiber g	2.10				.38	.60	9.53
Ash g	0				0	0	0
	5.85	$\pm$	.160	8	1.05	1.66	26.54
MINERALS:							
Calcium mg	772	$\pm$	32.9	6	138	219	3,501
Iron ² mg	.61				.11	.17	2.77
Magnesium mg	29	$\pm$	.93	6	5	8	132
Phosphorus mg	762	$\pm$	59.5	7	136	216	3,454
Potassium mg	216	$\pm$	14.5	6	39	61	978
Sodium mg	1,370	$\pm$	64.66	6	245	388	6,216
Zinc ³ mg	3.61				.65	1.02	16.38
VITAMINS:							
Ascorbic acid mg	0				0	0	0
Thiamin mg	.014	$\pm$	.0005	6	.003	.004	.064
Riboflavin mg	.276	$\pm$	.0203	8	.049	.078	1.252
Niacin mg	.038	$\pm$	.0069	7	.007	.011	.172
Pantothenic acid mg	.260			1	.047	.074	1.179
Vitamin B ₆ mg	.036	$\pm$	.0036	7	.006	.010	.163
Folicin mcg	4						
Vitamin B ₁₂ mcg	1,226	$\pm$	.2380	7	.219	.348	5.561
Vitamin A { RE	229	$\pm$	5.64	6	41	65	1,039
	808	$\pm$	21.8	6	145	229	3,665
LIPIDS:							
Fatty acids:							
Saturated, total g	16.04				2.87	4.55	72.78
4:0 g	.82	$\pm$	.020	5	.15	.23	3.70
6:0 g	.49	$\pm$	.014	5	.09	.14	2.22
8:0 g	.28	$\pm$	.014	11	.05	.08	1.25
10:0 g	.57	$\pm$	.032	12	.10	.16	2.59
12:0 g	.57	$\pm$	.072	12	.10	.16	2.57
14:0 g	2.79	$\pm$	.0580	12	.50	.79	12.67
16:0 g	7.19	$\pm$	.210	12	1.29	2.04	32.61
18:0 g	2.60	$\pm$	.0846	12	.47	.74	11.80
Monounsaturated, total g	7.05				1.26	2.00	31.96
16:1 g	.68	$\pm$	.064	12	.12	.19	3.07
18:1 g	5.90	$\pm$	.122	12	1.06	1.67	26.75
20:1 g							
22:1 g							
Polyunsaturated, total g	.62				.11	.18	2.82
18:2 g	.34	$\pm$	.033	12	.06	.10	1.55
18:3 g	.28	$\pm$	.027	11	.05	.08	1.27
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol ⁵ mg	85				15	24	385
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.360				.065	.102	1.635
Threonine g	.802				.144	.227	3.640
Isoleucine g	1.143				.205	.324	5.187
Leucine g	2.186				.391	.620	9.916
Lysine g	2.454				.439	.696	11.130
Methionine g	.640				.114	.181	2.901
Cystine g	.159				.028	.045	.721
Phenylalanine g	1.256				.225	.356	5.697
Tyrosine g	1.353				.242	.384	6.136
Valine g	1.481				.265	.420	6.716
Arginine g	1.035				.185	.293	4.694
Histidine g	1.008				.180	.286	4.571
Alanine g	.620				.111	.176	2.813
Aspartic acid g	1.519				.272	.431	6.892
Glutamic acid g	5.132				.919	1.455	23.279
Glycine g	.407				.073	.115	1.846
Proline g	2.516				.450	.713	11.411
Serine g	1.194				.214	.338	5.415

¹ Based on specific gravity.² Values based on iron content of pasteurized process Swiss cheese food.³ Values based on zinc content of Swiss cheese.⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.⁵ Values based on cholesterol content of Swiss cheese.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 oz = 28 g	1 pkg, net wt, 8 oz = 227 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	43.12 $\pm$	0.1685	5	12.22	97.88	195.59
Food energy	{ kcal kJ	331 1,386			94 393	752 3,146	1,502 6,286
Protein (N X 6.38)	g	19.66 $\pm$	1.241	5	5.57	44.63	89.18
Total lipid (fat)	g	24.46 $\pm$	.2421	5	6.93	55.52	110.95
Carbohydrate, total	g	8.32			2.36	18.89	37.74
Fiber	g	0			0	0	0
Ash	g	4.44 $\pm$	.103	5	1.26	10.08	20.14
MINERALS:							
Calcium	mg	497 $\pm$	6.85	5	141	1,129	2,255
Iron ¹	mg	.84 $\pm$			.24	1.91	3.81
Magnesium	mg	30		1	8	67	135
Phosphorus	mg	400		1	113	908	1,814
Potassium	mg	363		1	103	824	1,647
Sodium	mg	966		1	274	2,193	4,382
Zinc ²	mg	3.01			.85	6.83	13.65
VITAMINS:							
Ascorbic acid	mg	0			0	0	0
Thiamin ³	mg	.030			.009	.068	.136
Riboflavin	mg	.446 $\pm$	.0417	8	.126	1.012	2.023
Niacin	mg	.074 $\pm$	.013	20	.021	.168	.336
Pantothenic acid	mg	.977		32	.277	2.218	4.432
Vitamin B ₆	mg	.141 $\pm$	.0050	26	.040	.320	.640
Folic acid	mcg	5	.3	21	2	12	24
Vitamin B ₁₂	mcg	1,280		1	.363	2.906	5.806
Vitamin A	{ RE IU	4 705	27.3	5	200	1,600	3,198
LIPIDS:							
Fatty acids: ⁵							
Saturated, total	g	15.36			4.35	34.86	69.65
4:0	g	.79			.22	1.80	3.60
6:0	g	.47			.13	1.07	2.13
8:0	g	.36			.10	.81	1.63
10:0	g	.59			.17	1.34	2.68
12:0	g	.73			.21	1.65	3.30
14:0	g	2.51			.71	5.70	11.40
16:0	g	6.81			1.93	15.45	30.88
18:0	g	2.80			.80	6.37	12.72
Monounsaturated, total	g	7.16			2.03	16.26	32.50
16:1	g	.65			.18	1.47	2.93
18:1	g	6.02			1.70	13.65	27.28
20:1	g						
22:1	g						
Polyunsaturated, total	g	.72			.20	1.63	3.26
18:2	g	.46			.13	1.05	2.09
18:3	g	.26			.07	.58	1.17
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol ⁶	mg	64			18	144	288
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	—			—	—	—

¹ Values based on iron content of pasteurized process American cheese food.² Values based on zinc content of pasteurized process American cheese food.³ Values based on thiamin content of pasteurized process American cheese food.⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.⁵ Values based on data for fat extracted from pasteurized process American cheese spread.⁶ Values based on cholesterol content of pasteurized process American cheese food.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz = 28 g ¹	1 pkg, net wt, 8 oz = 227 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	43.15 $\pm$	0.1373	38	12.23	97.95	195.73
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	328 1,373			93 389	745 3,118	1,489 6,230
Protein (N X 6.38)	g	19.61 $\pm$	.4541	27	5.56	44.52	88.95
Total lipid (fat)	g	24.60 $\pm$	.2121	41	6.97	55.84	111.59
Carbohydrate, total	g	7.29			2.07	16.55	33.07
Fiber	g	0			0	0	0
Ash	g	5.35 $\pm$	.0885	27	1.52	12.14	24.27
MINERALS:							
Calcium	mg	574 $\pm$	7.73	22	163	1,303	2,605
Iron	mg	.84 $\pm$	.13	5	.24	1.91	3.81
Magnesium	mg	31 $\pm$	2.5	9	9	69	139
Phosphorus	mg	459 $\pm$	12.4	9	130	1,042	2,082
Potassium	mg	279 $\pm$	36.1	9	79	633	1,266
Sodium	mg	1,189 $\pm$	88.86	9	337	2,700	5,395
Zinc	mg	2.99 $\pm$	.340	4	.85	6.79	13.56
VITAMINS:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	.029			.008	.066	.132
Riboflavin	mg	.442 $\pm$	.0243	18	.125	1.003	2.005
Niacin	mg	.140 $\pm$	.0085	11	.040	.318	.635
Pantothenic acid	mg	.558 $\pm$	.124	6	.158	1.267	2.531
Vitamin B ₆	mg	2					
Folic acid	mcg						
Vitamin B ₁₂	mcg	1.118 $\pm$	.1086	5	.317	2.538	5.071
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	913 $\pm$	23.0	17	259	2,073	4,141
LIPIDS:							
Fatty acids: ³							
Saturated, total	g	15.44			4.38	35.06	70.05
4:0	g	.80			.23	1.81	3.62
6:0	g	.47			.13	1.07	2.14
8:0	g	.36			.10	.82	1.64
10:0	g	.59			.17	1.35	2.70
12:0	g	.73			.21	1.66	3.32
14:0	g	2.53			.72	5.74	11.46
16:0	g	6.85			1.94	15.54	31.05
18:0	g	2.82			.80	6.40	12.80
Monounsaturated, total	g	7.21			2.04	16.36	32.69
16:1	g	.65			.18	1.47	2.95
18:1	g	6.05			1.72	13.73	27.44
20:1	g						
22:1	g						
Polyunsaturated, total	g	.72			.20	1.64	3.28
18:2	g	.46			.13	1.05	2.10
18:3	g	.26			.07	.59	1.18
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64 $\pm$	4.5	4	18	145	290
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	—			—	—	—

¹ 1 cu in of cheese weighs 17.5 g based on specific gravity.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.³ Values based on data for fat extracted from pasteurized process American cheese spread.

¹ Values based on zinc content of Swiss cheese.
² Values based on thiamin content of pasteurized process Swiss cheese.
³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.
⁴ Values based on cholesterol content of Swiss cheese.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:0		
			1 oz = 28 g ¹	1 jar, net wt, 5 oz = 142 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	47.65 $\pm$	0.5173	31	13.51	67.66	216.14
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	290 1,216			82 345	412 1,726	1,318 5,514
Protein (N X 6.38)	g . . .	16.41 $\pm$	.4491	23	4.65	23.30	74.44
Total lipid (fat)	g . . .	21.23 $\pm$	.3820	28	6.02	30.15	96.30
Carbohydrate, total	g . . .	8.73			2.48	12.40	39.60
Fiber	g . . .	0			0	0	0
Ash	g . . .	5.98 $\pm$	.109	19	1.70	8.49	27.12
MINERALS:							
Calcium	mg . . .	562 $\pm$	14.1	9	159	798	2,549
Iron	mg . . .	.33 $\pm$	.028	4	.09	.47	1.50
Magnesium	mg . . .	29 $\pm$	2.8	4	8	40	129
Phosphorus	mg . . .	712 $\pm$	33.3	4	202	1,011	3,229
Potassium	mg . . .	242 $\pm$	67.0	4	69	343	1,097
Sodium	mg . . .	1,345 $\pm$	51.00	9	381	1,910	6,102
Zinc	mg . . .	2.59 $\pm$	.170	5	.73	3.68	11.75
VITAMINS:							
Ascorbic acid	mg . . .	0			0	0	0
Thiamin	mg . . .	.048 $\pm$	.0022	9	.014	.068	.218
Riboflavin	mg . . .	.431 $\pm$	.0228	11	.122	.612	1.955
Niacin	mg . . .	.131 $\pm$	.0107	32	.037	.186	.594
Pantothenic acid	mg . . .	.686		15	.194	.974	3.112
Vitamin B ₆	mg . . .	.117 $\pm$	.0037	24	.033	.166	.531
Folacin	mcg . . .	7 $\pm$	.6	3	2	10	32
Vitamin B ₁₂	mcg . . .	.400		1	.113	.568	1.814
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	2 788			223	1,119	3,574
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	13.33			3.78	18.92	60.45
4:0	g . . .	.69			.20	.98	3.12
6:0	g . . .	.41			.12	.58	1.85
8:0	g . . .	.31		1	.09	.44	1.41
10:0	g . . .	.51		2	.14	.73	2.33
12:0	g . . .	.63 $\pm$	.044	4	.18	.90	2.87
14:0	g . . .	2.18 $\pm$	.0771	4	.62	3.10	9.90
16:0	g . . .	5.91 $\pm$	.137	4	1.68	8.39	26.80
18:0	g . . .	2.43 $\pm$	.108	4	.69	3.46	11.04
Monounsaturated, total	g . . .	6.22			1.76	8.83	28.21
16:1	g . . .	.56 $\pm$	.044	4	.16	.80	2.54
18:1	g . . .	5.22 $\pm$	.179	4	1.48	7.41	23.68
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.62			.18	.89	2.83
18:2	g . . .	.40 $\pm$	.040	4	.11	.57	1.82
18:3	g . . .	.22 $\pm$	.027	3	.06	.32	1.01
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	55			16	78	250
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .	.628			.178	.891	2.847
Isoleucine	g . . .	.833			.236	1.183	3.780
Leucine	g . . .	1.780			.505	2.527	8.074
Lysine	g . . .	1.507			.427	2.140	6.837
Methionine	g . . .	.538			.152	.763	2.438
Cystine	g . . .						
Phenylalanine	g . . .	.931			.264	1.322	4.223
Tyrosine	g . . .	.890			.252	1.264	4.037
Valine	g . . .	1.366			.387	1.939	6.195
Arginine	g . . .	.545			.155	.774	2.473
Histidine	g . . .	.509			.144	.723	2.310
Alanine	g . . .	.602			.171	.855	2.730
Aspartic acid	g . . .	1.103			.313	1.567	5.005
Glutamic acid	g . . .	3.475			.985	4.934	15.762
Glycine	g . . .	.311			.088	.442	1.412
Proline	g . . .	2.320			.658	3.294	10.524
Serine	g . . .	1.037			.294	1.472	4.702

¹ 1 cu in of cheese weighs 17.5 g based on specific gravity.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 tbsp = 15 g	1 c = 242 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	80.57 $\pm$	0.2333	7	12.08	194.98	365.46
Food energy	{ $kcal$ kJ	130 546			20 82	315 1,320	591 2,475
Protein (N X 6.38)	g	2.96 $\pm$	.0394	19	.44	7.16	13.43
Total lipid (fat)	g	11.50 $\pm$	.0309	76	1.72	27.83	52.16
Carbohydrate, total	g	4.30			.64	10.41	19.50
Fiber	g	0			0	0	0
Ash	g	.67			.10	1.62	3.04
MINERALS:							
Calcium	mg	105 $\pm$	2.85	7	16	254	476
Iron	mg	.07 $\pm$	.009	4	.01	.17	.32
Magnesium	mg	10 $\pm$	.51	7	2	25	46
Phosphorus	mg	95 $\pm$	4.9	6	14	230	432
Potassium	mg	130 $\pm$	4.42	6	19	314	588
Sodium	mg	41 $\pm$	1.1	7	6	98	185
Zinc	mg	.51 $\pm$	.067	14	.08	1.23	2.31
VITAMINS:							
Ascorbic acid	mg	.86			.13	2.08	3.90
Thiamin	mg	.035			.005	.085	.159
Riboflavin	mg	.149			.022	.361	.676
Niacin	mg	.078			.012	.189	.354
Pantothenic acid	mg	.289			.043	.699	1.311
Vitamin B ₆	mg	.039			.006	.094	.177
Folacin	mcg	2 $\pm$	.3	3	Trace	6	11
Vitamin B ₁₂	mcg	.329			.049	.796	1.492
Vitamin A	{ RE IU	107 434			16 65	259 1,050	485 1,969
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.16			1.07	17.32	32.47
4:0	g	.37			.06	.90	1.69
6:0	g	.22			.03	.53	1.00
8:0	g	.13			.02	.31	.58
10:0	g	.29			.04	.70	1.31
12:0	g	.32			.05	.78	1.46
14:0	g	1.16			.17	2.80	5.25
16:0	g	3.02			.45	7.32	13.72
18:0	g	1.39			.21	3.37	6.32
Monounsaturated, total	g	3.32			.50	8.04	15.07
16:1	g	.26			.04	.62	1.17
18:1	g	2.89			.43	7.00	13.12
20:1	g						
22:1	g						
Polyunsaturated, total	g	.43			.06	1.03	1.94
18:2	g	.26			.04	.63	1.18
18:3	g	.17			.02	.40	.76
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	37		1	6	89	167
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.042			.006	.101	.189
Threonine	g	.134			.020	.323	.606
Isoleucine	g	.179			.027	.433	.812
Leucine	g	.290			.043	.702	1.315
Lysine	g	.235			.035	.568	1.065
Methionine	g	.074			.011	.180	.337
Cystine	g	.027			.004	.066	.124
Phenylalanine	g	.143			.021	.346	.648
Tyrosine	g	.143			.021	.346	.648
Valine	g	.198			.030	.479	.899
Arginine	g	.107			.016	.259	.486
Histidine	g	.080			.012	.194	.364
Alanine	g	.102			.015	.247	.463
Aspartic acid	g	.225			.034	.543	1.019
Glutamic acid	g	.620			.093	1.500	2.812
Glycine	g	.063			.009	.152	.284
Proline	g	.287			.043	.694	1.301
Serine	g	.161			.024	.390	.730

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Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1 tbsp = 15 g	1 c = 239 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	68.50		10.28	163.72	310.72
Food energy	{ <i>kcal</i> . . <i>kJ</i> . . .	244 1,020		37 153	583 2,438	1,106 4,627
Protein (N X 6.38)	g . . .	2.47		.37	5.90	11.20
Total lipid (fat)	g . . .	25.00		3.75	59.75	113.40
Carbohydrate, total	g . . .	3.48		.52	8.32	15.78
Fiber	g . . .	0		0	0	0
Ash	g . . .	.55		.08	1.31	2.50
MINERALS:						
Calcium	mg . . .	90		14	216	409
Iron	mg . . .	.04		.01	.10	.18
Magnesium	mg . . .	8		1	20	38
Phosphorus	mg . . .	71		11	169	320
Potassium	mg . . .	114		17	274	519
Sodium	mg . . .	37		6	88	168
Zinc	mg . . .	.26		.04	.62	1.18
VITAMINS:						
Ascorbic acid	mg . . .	.71		.11	1.70	3.22
Thiamin	mg . . .	.029		.004	.069	.132
Riboflavin	mg . . .	.136		.020	.325	.617
Niacin	mg . . .	.052		.008	.124	.236
Pantothenic acid	mg . . .	.270		.040	.645	1.225
Vitamin B ₆	mg . . .	.031		.005	.074	.141
Folacin	mcg . . .	2		Trace	6	10
Vitamin B ₁₂	mcg . . .	.218		.033	.521	.989
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	232 942		35 141	554 2,251	1,052 4,273
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	15.56		2.33	37.19	70.59
4:0	g . . .	.81		.12	1.94	3.68
6:0	g . . .	.48		.07	1.15	2.18
8:0	g . . .	.28		.04	.67	1.27
10:0	g . . .	.63		.09	1.50	2.84
12:0	g . . .	.70		.10	1.68	3.18
14:0	g . . .	2.51		.38	6.01	11.40
16:0	g . . .	6.58		.99	15.72	29.83
18:0	g . . .	3.03		.45	7.24	13.74
Monounsaturated, total	g . . .	7.22		1.08	17.26	32.75
16:1	g . . .	.56		.08	1.34	2.54
18:1	g . . .	6.29		.94	15.03	28.53
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	.93		.14	2.22	4.21
18:2	g . . .	.56		.08	1.35	2.56
18:3	g . . .	.36		.06	.87	1.65
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	88		13	209	397
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	.035		.005	.083	.158
Threonine	g . . .	.111		.017	.266	.506
Isoleucine	g . . .	.149		.022	.357	.678
Leucine	g . . .	.242		.036	.578	1.098
Lysine	g . . .	.196		.029	.468	.889
Methionine	g . . .	.062		.009	.148	.281
Cystine	g . . .	.023		.003	.055	.104
Phenylalanine	g . . .	.119		.018	.285	.541
Tyrosine	g . . .	.119		.018	.285	.541
Valine	g . . .	.165		.025	.395	.750
Arginine	g . . .	.089		.013	.214	.406
Histidine	g . . .	.067		.010	.160	.304
Alanine	g . . .	.085		.013	.204	.386
Aspartic acid	g . . .	.187		.028	.448	.850
Glutamic acid	g . . .	.517		.078	1.236	2.346
Glycine	g . . .	.052		.008	.125	.237
Proline	g . . .	.239		.036	.572	1.085
Serine	g . . .	.134		.020	.321	.609

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
				1 c or approx. 2 c			
	A	B	C	D	1 tbsp = 15 g	whipped = 239 g	F
PROXIMATE:							
Water	g	63.50 $\pm$	0.8729	9	9.52	151.76	288.04
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	292 1,224			44 184	699 2,925	1,326 5,551
Protein (N X 6.38)	g	2.17 $\pm$	.0460	9	.32	5.19	9.84
Total lipid (fat)	g	30.91 $\pm$	.4977	8	4.64	73.88	140.21
Carbohydrate, total	g	2.96			.44	7.07	13.43
Fiber	g	0			0	0	0
Ash	g	.46 $\pm$	.028	5	.07	1.10	2.09
MINERALS:							
Calcium	mg	69 $\pm$	4.3	9	10	166	315
Iron	mg	.03			Trace	.07	.14
Magnesium	mg	7 $\pm$	.3	6	1	17	33
Phosphorus	mg	61 $\pm$	3.4	8	9	146	277
Potassium	mg	97 $\pm$	7.6	8	15	231	439
Sodium	mg	34 $\pm$	2.2	9	5	82	156
Zinc	mg	.25			.04	.60	1.13
VITAMINS:							
Ascorbic acid	mg	.61			.09	1.46	2.77
Thiamin	mg	.024 $\pm$	.0014	9	.004	.057	.109
Riboflavin	mg	.125 $\pm$	.0078	8	.019	.299	.567
Niacin	mg	.042			.006	.100	.191
Pantothenic acid	mg	.259			.039	.619	1.175
Vitamin B ₆	mg	.028 $\pm$	.0017	8	.004	.067	.127
Folic acid	mcg	4 $\pm$	.3	3	1	9	17
Vitamin B ₁₂	mcg	.195 $\pm$	.0089	6	.029	.466	.885
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	295 $\pm$ 1,127 $\pm$	53.4 187.1	7 7	44 169	705 2,694	1,338 5,112
LIPIDS:							
Fatty acids:							
Saturated, total	g	19.34			2.90	46.22	87.71
4:0	g	1.08		1	.16	2.59	4.91
6:0	g	.30 $\pm$	.028	9	.04	.72	1.37
8:0	g	.31 $\pm$	.024	9	.05	.74	1.40
10:0	g	.63 $\pm$	.038	9	.09	1.50	2.85
12:0	g	.37 $\pm$	.023	9	.06	.87	1.66
14:0	g	3.29 $\pm$	.190	9	.49	7.86	14.92
16:0	g	8.84 $\pm$	.338	9	1.33	21.13	40.10
18:0	g	3.37 $\pm$	.175	9	.50	8.05	15.28
Monounsaturated, total	g	9.09			1.36	21.73	41.25
16:1	g	1.01 $\pm$	.0419	9	.15	2.42	4.58
18:1	g	7.66 $\pm$	.292	9	1.15	18.30	34.73
20:1	g						
22:1	g						
Polyunsaturated, total	g	.88			.13	2.11	4.01
18:2	g	.62 $\pm$	.050	9	.09	1.48	2.80
18:3	g	.27 $\pm$	.015	9	.04	.64	1.21
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	111			17	265	503
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.031			.005	.073	.139
Threonine	g	.098			.015	.234	.444
Isoleucine	g	.131			.020	.314	.596
Leucine	g	.213			.032	.508	.964
Lysine	g	.172			.026	.411	.781
Methionine	g	.054			.008	.130	.247
Cystine	g	.020			.003	.048	.091
Phenylalanine	g	.105			.016	.250	.475
Tyrosine	g	.105			.016	.250	.475
Valine	g	.145			.022	.347	.659
Arginine	g	.079			.012	.188	.356
Histidine	g	.059			.009	.141	.267
Alanine	g	.075			.011	.179	.339
Aspartic acid	g	.165			.025	.393	.747
Glutamic acid	g	.454			.068	1.086	2.061
Glycine	g	.046			.007	.110	.208
Proline	g	.210			.032	.502	.953
Serine	g	.118			.018	.282	.535

AH-8-1 (1976)

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 tbsp = 15 g			
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	80.14		12.02		363.52
Food energy	{ <i>kcal</i> <i>kJ</i>	135 563		20 84		610 2,554
Protein (N X 6.38)	g	2.94		.44		13.34
Total lipid (fat)	g	12.00		1.80		54.43
Carbohydrate, total	g	4.26		.64		19.32
Fiber	g	0		0		0
Ash	g	.66		.10		2.99
MINERALS:						
Calcium	mg	104		16		474
Iron	mg	.07		.01		.32
Magnesium	mg	10		2		46
Phosphorus	mg	95		14		430
Potassium	mg	129		19		585
Sodium	mg	40		6		184
Zinc	mg	.50		.08		2.27
VITAMINS:						
Ascorbic acid	mg	.86		.13		3.90
Thiamin	mg	.035		.005		.159
Riboflavin	mg	.149		.022		.676
Niacin	mg	.067		.010		.304
Pantothenic acid	mg	.363		.054		1.647
Vitamin B ₆	mg	.016		.002		.073
Folacin	mcg	11		2		49
Vitamin B ₁₂	mcg	.300		.045		1.361
Vitamin A	{ <i>RE</i> <i>IU</i>	112 452		17 68		508 2,050
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.47		1.12		33.88
4:0	g	.39		.06		1.76
6:0	g	.23		.04		1.04
8:0	g	.13		.02		.61
10:0	g	.30		.04		1.36
12:0	g	.34		.05		1.53
14:0	g	1.21		.18		5.47
16:0	g	3.16		.47		14.32
18:0	g	1.45		.22		6.60
Monounsaturated, total	g	3.47		.52		15.72
16:1	g	.27		.04		1.22
18:1	g	3.02		.45		13.69
20:1	g					
22:1	g					
Polyunsaturated, total	g	.45		.07		2.02
18:2	g	.27		.04		1.23
18:3	g	.18		.03		.79
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	38		6		175
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	¹ —		—		—
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	—		—		—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
				1 c = 254 g	1 qt = 1,016 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g	74.37	$\pm$	0.5923	6	188.90	755.60	337.34
Food energy { kcal . .	135				342	1,368	611
	563				1,430	5,722	2,555
Protein (N X 6.37) g	3.81	$\pm$	.171	11	9.68	38.71	17.28
Total lipid (fat) g	7.48	$\pm$	.213	79	19.00	76.00	33.93
Carbohydrate, total g	13.54				34.39	137.57	61.42
Fiber g	0				0	0	0
Ash g	.80	$\pm$	.052	6	2.03	8.13	3.63
MINERALS:							
Calcium mg	130	$\pm$	4.80	7	330	1,321	590
Iron mg	.20			3	.51	2.03	.91
Magnesium mg	18			2	47	188	84
Phosphorus mg	109	$\pm$	4.56	6	278	1,112	496
Potassium mg	165	$\pm$	10.0	6	420	1,678	749
Sodium mg	54	$\pm$	2.0	6	138	553	247
Zinc mg	.46				1.17	4.67	2.09
VITAMINS:							
Ascorbic acid mg	1.50	$\pm$	.289	3	3.81	15.24	6.80
Thiamin mg	.034	$\pm$	.0020	6	.086	.345	.154
Riboflavin mg	.190	$\pm$	.0069	7	.483	1.930	.862
Niacin mg	.105	$\pm$	.0049	4	.267	1.067	.476
Pantothenic acid mg	.417				1.059	4.237	1.892
Vitamin B ₆ mg	.050				.127	.508	.227
Folacin mcg	1	$\pm$	.2	3	2	9	4
Vitamin B ₁₂ mcg	.450				1.143	4.572	2.041
Vitamin A { RE	80				203	813	363
	352	$\pm$	18.0	4	894	3,576	1,597
LIPIDS:							
Fatty acids:							
Saturated, total g	4.44				11.29	45.14	20.16
4:0 g	.22				.56	2.25	1.00
6:0 g	.13				.33	1.33	.59
8:0 g	.08				.19	.78	.35
10:0 g	.17				.44	1.74	.78
12:0 g	.19				.49	1.95	.87
14:0 g	.69				1.75	6.99	3.12
16:0 g	1.94				4.93	19.70	8.80
18:0 g	.88				2.23	8.91	3.98
Monounsaturated, total g	2.23				5.67	22.69	10.13
16:1 g	.17				.44	1.77	.79
18:1 g	1.96				4.97	19.89	8.88
20:1 g							
22:1 g							
Polyunsaturated, total g	.34				.86	3.44	1.54
18:2 g	.23				.58	2.31	1.03
18:3 g	.10				.26	1.03	.46
18:4 g							
20:4 g	.01				.01	.06	.02
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	59				149	596	266
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.054				.137	.547	.244
Threonine g	.175				.444	1.774	.792
Isoleucine g	.230				.583	2.334	1.042
Leucine g	.369				.937	3.749	1.674
Lysine g	.298				.758	3.032	1.354
Methionine g	.087				.222	.887	.396
Cystine g	.038				.097	.389	.174
Phenylalanine g	.182				.463	1.853	.827
Tyrosine g	.182				.462	1.847	.825
Valine g	.253				.643	2.571	1.148
Arginine g	.149				.378	1.513	.676
Histidine g	.095				.240	.960	.429
Alanine g	.136				.346	1.386	.619
Aspartic acid g	.291				.740	2.959	1.321
Glutamic acid g	.769				1.954	7.815	3.489
Glycine g	.084				.213	.851	.380
Proline g	.350				.890	3.561	1.590
Serine g	.217				.550	2.200	.982

Item No. 01-058

Product is made by combining fats or oils other than milk fat with milk solids. Values apply to products containing blend of lauric acid oil and other vegetable oil(s) as an ingredient.¹

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product is made by combining fats or oils other than milk fat with milk solids, which may be milk, cream, or skim milk. The resulting product is in semblance of milk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 c = 244 g	1 qt = 976 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.67		213.92	855.66	397.67	
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	63 264		154 645	616 2,579	286 1,199	
Protein (N X 6.38)	g	3.33		8.12	32.50	15.10	
Total lipid (fat)	g	3.46	$\pm$ 0.0780	9	8.44	33.77	15.70
Carbohydrate, total	g	4.74		11.57	46.26	21.50	
Fiber	g	0		0	0	0	
Ash	g	.80		1.95	7.81	3.63	
MINERALS:							
Calcium	mg	128		312	1,247	580	
Iron	mg	.05		.12	.49	.23	
Magnesium	mg	13		32	130	60	
Phosphorus	mg	97		236	946	440	
Potassium	mg	139		339	1,357	631	
Sodium	mg	57		138	553	257	
Zinc	mg	.36		.88	3.51	1.63	
VITAMINS:							
Ascorbic acid	mg	.90		2.20	8.78	4.08	
Thiamin	mg	.030		.073	.293	.136	
Riboflavin	mg	.123		.300	1.200	.558	
Niacin	mg	.087		.212	.849	.395	
Pantothenic acid	mg	.301		.734	2.938	1.365	
Vitamin B ₆	mg	.040		.098	.390	.181	
Folacin	mcg	5		12	47	22	
Vitamin B ₁₂	mcg	.342		.834	3.338	1.551	
Vitamin A ²	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	2 7		5 17	20 68	9 32	
LIPIDS:							
Fatty acids:							
Saturated, total	g	.77		1.87	7.49	3.48	
4:0	g						
6:0	g						
8:0	g	Trace	9	.01	.02	.01	
10:0	g	Trace	9	.01	.04	.02	
12:0	g	.02 $\pm$.006	9	.04	.16	.08	
14:0	g	.03 $\pm$.009	9	.07	.29	.14	
16:0	g	.49 $\pm$.031	9	1.20	4.78	2.22	
18:0	g	.23 $\pm$.013	9	.57	2.26	1.05	
Monounsaturated, total	g	1.78		4.35	17.41	8.09	
16:1	g	Trace	9	Trace	.01	Trace	
18:1	g	1.78 $\pm$.0506	9	4.35	17.42	8.10	
20:1	g						
22:1	g						
Polyunsaturated, total	g	.75		1.83	7.32	3.40	
18:2	g	.72 $\pm$.023	9	1.75	6.99	3.25	
18:3	g	.03 $\pm$.006	9	.07	.26	.12	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	2		4	18	8	
Phytosterols	mg	³					
AMINO ACIDS:							
Tryptophan	g	.047		.115	.458	.213	
Threonine	g	.150		.367	1.467	.682	
Isoleucine	g	.201		.492	1.966	.914	
Leucine	g	.326		.796	3.184	1.480	
Lysine	g	.264		.644	2.578	1.198	
Methionine	g	.084		.204	.815	.379	
Cystine	g	.031		.075	.301	.140	
Phenylalanine	g	.161		.392	1.569	.729	
Tyrosine	g	.161		.392	1.569	.729	
Valine	g	.223		.544	2.175	1.011	
Arginine	g	.121		.294	1.177	.547	
Histidine	g	.090		.220	.881	.410	
Alanine	g	.115		.280	1.121	.521	
Aspartic acid	g	.253		.616	2.466	1.146	
Glutamic acid	g	.697		1.701	6.806	3.163	
Glycine	g	.070		.172	.688	.320	
Proline	g	.323		.787	3.148	1.463	
Serine	g	.181		.442	1.768	.822	

¹ Vegetable oils include soybean, cottonseed, and/or safflower. Product may contain added vitamin D; refer to label for content.

² Values based on data for products without added vitamin A. Product may contain added vitamin A; refer to label for content.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product is made by combining fats or oils other than milk fat with milk solids, which may be milk, cream, or skim milk. The resulting product is in semblance of milk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0
				1 c = 244 g	1 qt = 976 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	87.73 $\pm$	0.0987	60	214.06	856.24	397.94
Food energy $\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	63 262			153 639	611 2,558	284 1,189
Protein (N X 6.38) g	3.33 $\pm$	.0819	18	8.12	32.50	15.10
Total lipid (fat) g	3.40 $\pm$	.0240	56	8.30	33.18	15.42
Carbohydrate, total g	4.74			11.57	46.26	21.50
Fiber g	0			0	0	0
Ash g	.80 $\pm$	.031	4	1.95	7.81	3.63
MINERALS:						
Calcium mg	128 $\pm$	5.98	7	312	1,247	580
Iron mg	.05		1	.12	.49	.23
Magnesium mg	13		1	32	130	60
Phosphorus mg	97 $\pm$	5.9	6	236	946	440
Potassium mg	139		2	339	1,357	631
Sodium mg	57 $\pm$	3.3	3	138	553	257
Zinc mg	.36			.88	3.51	1.63
VITAMINS:						
Ascorbic acid mg	.90			2.20	8.78	4.08
Thiamin mg	.030		2	.073	.293	.136
Riboflavin mg	.123 $\pm$	.0191	7	.300	1.200	.558
Niacin mg	.087 $\pm$	.0033	3	.212	.849	.395
Pantothenic acid mg	.301			.734	2.938	1.365
Vitamin B ₆ mg	.040			.098	.390	.181
Folic acid mcg	5			12	47	22
Vitamin B ₁₂ mcg	.342			.834	3.338	1.551
Vitamin A ² $\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	2 7			5 17	20 68	9 32
LIPIDS:						
Fatty acids:						
Saturated, total g	3.10			7.57	30.27	14.07
4:0 g						
6:0 g						
8:0 g	.17 $\pm$	.0097	29	.42	1.69	.78
10:0 g	.13 $\pm$	.0084	29	.32	1.27	.59
12:0 g	2.05 $\pm$	.0739	29	5.00	19.98	9.29
14:0 g	.40 $\pm$	.026	29	.97	3.89	1.81
16:0 g	.19 $\pm$	.018	29	.47	1.87	.87
18:0 g	.15 $\pm$	.012	29	.36	1.44	.67
Monounsaturated, total g	.10			.24	.97	.45
16:1 g						
18:1 g	.10 $\pm$	.014	29	.24	.97	.45
20:1 g						
22:1 g						
Polyunsaturated, total g	.01			.02	.10	.05
18:2 g	.01 $\pm$	.003	29	.02	.08	.04
18:3 g	0		29	0	0	0
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	2			4	18	8
Phytosterols mg	3					
AMINO ACIDS:						
Tryptophan g	.047			.115	.458	.213
Threonine g	.150			.367	1.467	.682
Isoleucine g	.201			.492	1.966	.914
Leucine g	.326			.796	3.184	1.480
Lysine g	.264			.644	2.578	1.198
Methionine g	.084			.204	.815	.379
Cystine g	.031			.075	.301	.140
Phenylalanine g	.161			.392	1.569	.729
Tyrosine g	.161			.392	1.569	.729
Valine g	.223			.544	2.175	1.011
Arginine g	.121			.294	1.177	.547
Histidine g	.090			.220	.881	.410
Alanine g	.115			.280	1.121	.521
Aspartic acid g	.253			.616	2.466	1.146
Glutamic acid g	.697			1.701	6.806	3.163
Glycine g	.070			.172	.688	.320
Proline g	.323			.787	3.148	1.463
Serine g	.181			.442	1.768	.822

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil. Product may contain added vitamin D; refer to label for content.

² Values based on data for products without added vitamin A. Product may contain added vitamin A; refer to label for content.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

AH-8-1 (1976)

AH-8-1 (1976)

AH-8-1 (1976)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0	
				1 c (8 fl oz) = 131 g	1/2 gal = 1,048 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	68.62	$\pm$	0.2098	171	89.89	719.14	311.26
Food energy { kcal . . .	140				184	1,469	636
{ kJ . . .	587				769	6,148	2,661
Protein (N X 6.38) g . . .	3.94	$\pm$	.132	27	5.16	41.29	17.87
Total lipid (fat) g . . .	4.30	$\pm$	.0499	279	5.63	45.06	19.50
Carbohydrate, total g . . .	22.11				28.96	231.71	100.29
Fiber g . . .	0				0	0	0
Ash g . . .	1.03	$\pm$	.0333	3	1.35	10.79	4.67
MINERALS:							
Calcium mg . . .	134	$\pm$	9.78	8	176	1,409	610
Iron mg . . .	.14	$\pm$	.018	7	.18	1.47	.64
Magnesium mg . . .	14	$\pm$	.88	7	19	149	64
Phosphorus mg . . .	99	$\pm$	7.8	8	129	1,035	448
Potassium mg . . .	202	$\pm$	11.6	8	265	2,117	916
Sodium mg . . .	80	$\pm$	4.8	8	105	836	362
Zinc mg . . .	.42	$\pm$	.12	6	.55	4.40	1.90
VITAMINS:							
Ascorbic acid mg . . .	.58				.76	6.08	2.63
Thiamin mg . . .	.058	$\pm$	.0048	4	.076	.608	.263
Riboflavin mg . . .	.265	$\pm$	.0194	4	.347	2.777	1.202
Niacin mg . . .	.090			2	.118	.943	.408
Pantothenic acid mg . . .	.505			1	.662	5.292	2.291
Vitamin B ₆ mg . . .	.065	$\pm$	.0029	3	.085	.681	.295
Folicin mcg . . .	2				3	24	10
Vitamin B ₁₂ mcg . . .	.668	$\pm$	.0513	3	.875	7.001	3.030
Vitamin A { RE . . .	40				52	419	181
{ IU . . .	163				214	1,708	739
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	2.68				3.51	28.05	12.14
4:0 g . . .	.14				.18	1.46	.63
6:0 g . . .	.08				.11	.86	.37
8:0 g . . .	.05				.06	.50	.22
10:0 g . . .	.11				.14	1.13	.49
12:0 g . . .	.12				.16	1.26	.55
14:0 g . . .	.43				.57	4.53	1.96
16:0 g . . .	1.13				1.48	11.85	5.13
18:0 g . . .	.52				.68	5.46	2.36
Monounsaturated, total g . . .	1.24				1.63	13.02	5.63
16:1 g . . .	.10				.13	1.01	.44
18:1 g . . .	1.08				1.42	11.34	4.91
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.16				.21	1.67	.72
18:2 g . . .	.10				.13	1.02	.44
18:3 g . . .	.06				.08	.66	.28
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	14	$\pm$	1.6	4	18	146	63
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.056				.073	.582	.252
Threonine g . . .	.178				.233	1.864	.807
Isoleucine g . . .	.238				.312	2.498	1.081
Leucine g . . .	.386				.506	4.045	1.751
Lysine g . . .	.312				.409	3.275	1.417
Methionine g . . .	.099				.129	1.036	.448
Cystine g . . .	.036				.048	.382	.165
Phenylalanine g . . .	.190				.249	1.993	.863
Tyrosine g . . .	.190				.249	1.993	.863
Valine g . . .	.264				.345	2.764	1.196
Arginine g . . .	.143				.187	1.495	.647
Histidine g . . .	.107				.140	1.120	.485
Alanine g . . .	.136				.178	1.424	.616
Aspartic acid g . . .	.299				.392	3.132	1.356
Glutamic acid g . . .	.825				1.081	8.647	3.742
Glycine g . . .	.083				.109	.874	.378
Proline g . . .	.382				.500	4.000	1.731
Serine g . . .	.214				.281	2.246	.972

Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	C		Approximate measure and weight		
				1 c (8 fl oz) = 175 g	1/2 gal = 1,400 g	
A	B	D	E	F	G	
PROXIMATE:						
Water g	69.64 $\pm$	0.1530	45	121.87	974.96	315.89
Food energy { kcal	128			223	1,787	579
	534			935	7,480	2,424
Protein (N X 6.38) g	4.59			8.03	64.26	20.82
Total lipid (fat) g	2.64 $\pm$	.116	67	4.62	36.96	11.98
Carbohydrate, total g	21.93			38.38	307.02	99.47
Fiber g	0			0	0	0
Ash g	1.20			2.10	16.80	5.44
MINERALS:						
Calcium mg	157			274	2,195	711
Iron mg	.16			.28	2.24	.73
Magnesium mg	17			29	231	75
Phosphorus mg	115			202	1,613	523
Potassium mg	236			412	3,298	1,069
Sodium mg	93			163	1,303	422
Zinc mg	.49			.86	6.86	2.22
VITAMINS:						
Ascorbic acid mg	.67			1.17	9.38	3.04
Thiamin mg	.067			.117	.938	.304
Riboflavin mg	.309			.541	4.326	1.402
Niacin mg	.105			.184	1.470	.476
Pantothenic acid mg	.589			1.031	8.246	2.672
Vitamin B ₆ mg	.076			.133	1.064	.345
Folacin mcg	3			5	38	12
Vitamin B ₁₂ mcg	.780			1.365	10.920	3.538
Vitamin A { RE	25			44	350	113
	100			175	1,400	454
LIPIDS:						
Fatty acids:						
Saturated, total g	1.64			2.88	23.01	7.45
4:0 g	.09			.15	1.20	.39
6:0 g	.05			.09	.71	.23
8:0 g	.03			.05	.41	.13
10:0 g	.07			.12	.93	.30
12:0 g	.07			.13	1.04	.34
14:0 g	.27			.46	3.72	1.20
16:0 g	.69			1.22	9.72	3.15
18:0 g	.32			.56	4.48	1.45
Monounsaturated, total g	.76			1.33	10.68	3.46
16:1 g	.06			.10	.83	.27
18:1 g	.66			1.16	9.30	3.01
20:1 g						
22:1 g						
Polyunsaturated, total g	.10			.17	1.37	.44
18:2 g	.06			.10	.84	.27
18:3 g	.04			.07	.54	.17
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	8			13	106	34
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	.065			.113	.906	.294
Threonine g	.207			.363	2.901	.940
Isoleucine g	.278			.486	3.888	1.260
Leucine g	.450			.787	6.295	2.040
Lysine g	.364			.637	5.096	1.651
Methionine g	.115			.201	1.612	.522
Cystine g	.042			.074	.594	.193
Phenylalanine g	.222			.388	3.102	1.005
Tyrosine g	.222			.388	3.102	1.005
Valine g	.307			.538	4.301	1.393
Arginine g	.166			.291	2.327	.754
Histidine g	.124			.218	1.742	.565
Alanine g	.158			.277	2.216	.718
Aspartic acid g	.348			.609	4.875	1.579
Glutamic acid g	.961			1.682	13.456	4.360
Glycine g	.097			.170	1.360	.441
Proline g	.445			.778	6.225	2.017
Serine g	.250			.437	3.495	1.132

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight		Refuse:0		
	B	C	D		E	F	G
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	66.07	$\pm$	0.3048	39	127.52	1,018.80	299.69
Food energy { kcal . .	140				270	2,158	635
{ kJ	586				1,130	9,031	2,657
Protein (N X 6.38) g	1.12	$\pm$	.0516	41	2.16	17.27	5.08
Total lipid (fat) g	1.98	$\pm$	.0571	23	3.82	30.53	8.98
Carbohydrate, total g	30.43				58.73	469.23	138.03
Fiber g	Trace				Trace	Trace	Trace
Ash g	.40			1	.77	6.17	1.81
MINERALS:							
Calcium mg	54	$\pm$	6.9	6	103	827	243
Iron mg	.16	$\pm$	.027	5	.31	2.47	.73
Magnesium mg	8	$\pm$	1	7	15	120	35
Phosphorus mg	38	$\pm$	5.6	6	74	594	175
Potassium mg	103	$\pm$	22.7	7	198	1,585	466
Sodium mg	46	$\pm$	10	7	88	706	208
Zinc mg	.69	$\pm$	.48	6	1.33	10.64	3.13
VITAMINS:							
Ascorbic acid mg	2.00				3.86	30.84	9.07
Thiamin mg	.017				.033	.262	.077
Riboflavin mg	.046				.089	.709	.209
Niacin mg	.068				.131	1.049	.308
Pantothenic acid mg	.032				.062	.493	.145
Vitamin B ₆ mg	.013				.025	.200	.059
Folic acid mcg	7				14	111	33
Vitamin B ₁₂ mcg	.082				.158	1.264	.372
Vitamin A { RE	20				39	308	91
{ IU	96				185	1,480	435
LIPIDS:							
Fatty acids:							
Saturated, total g	1.23				2.38	19.00	5.59
4:0 g	.06				.12	.99	.29
6:0 g	.04				.07	.59	.17
8:0 g	.02				.04	.34	.10
10:0 g	.05				.10	.77	.22
12:0 g	.06				.11	.86	.25
14:0 g	.20				.38	3.07	.90
16:0 g	.52				1.00	8.03	2.36
18:0 g	.24				.46	3.70	1.09
Monounsaturated, total g	.57				1.10	8.82	2.59
16:1 g	.04				.09	.68	.20
18:1 g	.50				.96	7.68	2.26
20:1 g							
22:1 g							
Polyunsaturated, total g	.07				.14	1.13	.33
18:2 g	.04				.09	.69	.20
18:3 g	.03				.06	.44	.13
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	7				14	113	33
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.016				.030	.244	.072
Threonine g	.051				.098	.780	.229
Isoleucine g	.068				.131	1.045	.307
Leucine g	.110				.212	1.692	.498
Lysine g	.089				.171	1.370	.403
Methionine g	.028				.054	.433	.127
Cystine g	.010				.020	.160	.047
Phenylalanine g	.054				.104	.834	.245
Tyrosine g	.054				.104	.834	.245
Valine g	.075				.145	1.156	.340
Arginine g	.041				.078	.625	.184
Histidine g	.030				.059	.468	.138
Alanine g	.039				.075	.596	.175
Aspartic acid g	.085				.164	1.310	.385
Glutamic acid g	.235				.453	3.616	1.064
Glycine g	.024				.046	.365	.107
Proline g	.108				.209	1.673	.492
Serine g	.061				.118	.939	.276

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of
					Approximate measure and weight		1 pound of food as purchased
							Refuse:0
	Mean $\pm$ standard error				1/2 fl oz = 15 g	1/2 c = 120 g	G
A	B	C	D	E	F		
PROXIMATE:²							
Water g . . .	77.27	$\pm$ 1.107	11		11.59	92.72	350.50
Food energy { kcal . . .	136				20	163	615
{ kJ . . .	568				85	681	2,575
Protein (N X 5.71) g . . .	1.00	$\pm$.118	14		.15	1.20	4.54
Total lipid (fat) g . . .	9.97	$\pm$.276	42		1.50	11.96	45.22
Carbohydrate, total g . . .	11.38				1.71	13.66	51.62
Fiber g . . .	0				0	0	0
Ash g . . .	.38	$\pm$.091	6		.06	.46	1.72
MINERALS:²							
Calcium mg . . .	9	$\pm$ 2	8		1	11	42
Iron mg . . .	.03	$\pm$.03	5		Trace	.04	.14
Magnesium mg . . .	Trace		3		Trace	Trace	1
Phosphorus mg . . .	64	$\pm$ 13	8		10	77	291
Potassium mg . . .	190	$\pm$ 39.6	6		29	229	864
Sodium mg . . .	79	$\pm$ 17	8		12	95	359
Zinc mg . . .	.02		1		Trace	.02	.09
VITAMINS:²							
Ascorbic acid mg . . .	0				0	0	0
Thiamin mg . . .	0				0	0	0
Riboflavin mg . . .	0		3		0	0	0
Niacin mg . . .	0				0	0	0
Pantothenic acid mg . . .	0				0	0	0
Vitamin B ₆ mg . . .	0				0	0	0
Folicin mcg . . .	0				0	0	0
Vitamin B ₁₂ mcg . . .	0				0	0	0
Vitamin A ³ { RE . . .	9	$\pm$ 3	5		1	11	40
{ IU . . .	89	$\pm$ 33	5		13	107	404
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	1.94				.29	2.32	8.79
4:0 g . . .							
6:0 g . . .							
8:0 g . . .	Trace		7		Trace	.01	.02
10:0 g . . .	.01	$\pm$.007	7		Trace	.02	.06
12:0 g . . .	.06	$\pm$.03	7		.01	.07	.28
14:0 g . . .	.02	$\pm$.006	7		Trace	.02	.09
16:0 g . . .	.88	$\pm$.11	7		.13	1.06	4.01
18:0 g . . .	.98	$\pm$.056	7		.15	1.17	4.43
Monounsaturated, total g . . .	7.56				1.13	9.07	34.29
16:1 g . . .							
18:1 g . . .	7.56	$\pm$.243	7		1.13	9.07	34.29
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.03				Trace	.03	.12
18:2 g . . .	.02	$\pm$.008	7		Trace	.03	.10
18:3 g . . .							
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	0				0	0	0
Phytosterols mg . . .	u						
AMINO ACIDS:							
Tryptophan g . . .	.015				.002	.018	.067
Threonine g . . .	.043				.007	.052	.197
Isoleucine g . . .	.056				.008	.067	.252
Leucine g . . .	.085				.013	.102	.384
Lysine g . . .	.068				.010	.082	.311
Methionine g . . .	.015				.002	.018	.067
Cystine g . . .	.018				.003	.021	.080
Phenylalanine g . . .	.055				.008	.066	.249
Tyrosine g . . .	.037				.006	.045	.170
Valine g . . .	.056				.008	.067	.252
Arginine g . . .	.080				.012	.096	.363
Histidine g . . .	.028				.004	.033	.126
Alanine g . . .	.047				.007	.056	.212
Aspartic acid g . . .	.125				.019	.150	.566
Glutamic acid g . . .	.201				.030	.241	.910
Glycine g . . .	.047				.007	.056	.213
Proline g . . .	.060				.009	.071	.270
Serine g . . .	.057				.009	.069	.260

¹ Fatty acid values shown do not apply to all products containing hydrogenated vegetable oil, which is generally soybean, cottonseed, safflower, or blends thereof. Products are available whose saturated, monounsaturated, and polyunsaturated fatty acid contents per 100-g food are as follows: 1.80, 4.67, 3.04; 1.49, 4.41, 3.70; and 2.83, 2.97, 3.81 g.

² Includes data for samples containing lauric acid oil and sodium caseinate.

³ Contributed largely from beta-carotene used for coloring.

⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil.
² Includes data for samples containing hydrogenated vegetable oil and soy protein.
³ Contributed largely from beta-carotene used for coloring.
⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

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¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil.

² Values based on data for products containing added riboflavin used for coloring. Product may not contain added riboflavin.

³ Contributed largely from beta-carotene used for coloring.

⁴ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

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Values apply to products containing lauric acid oil and sodium caseinate as ingredients.¹

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				amount to prepare			
	A	B	C	D	1 tbsp = 1.3 g	1-1/2 oz = 42.5 g	G
PROXIMATE:							
Water	g . . .	1.47 $\pm$	0.914	3	0.02	0.62	6.67
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	577 2,415			8 31	245 1,027	2,618 10,956
Protein (N X 6.29)	g . . .	4.90 $\pm$	.314	3	.06	2.08	22.23
Total lipid (fat)	g . . .	39.92 $\pm$	1.073	9	.52	16.97	181.08
Carbohydrate, total	g . . .	52.54			.68	22.33	238.32
Fiber	g . . .	0			0	0	0
Ash	g . . .	1.17 $\pm$	.384	3	.02	.50	5.31
MINERALS:							
Calcium	mg . . .	17 $\pm$	2.6	3	Trace	7	75
Iron	mg . . .	2					
Magnesium	mg . . .						
Phosphorus	mg . . .	74 $\pm$	35	3	1	31	333
Potassium	mg . . .	166		2	2	71	753
Sodium	mg . . .	122 $\pm$	33.5	4	2	52	551
Zinc	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .	0			0	0	0
Thiamin	mg . . .	0			0	0	0
Riboflavin	mg . . .	0		2	0	0	0
Niacin	mg . . .	0			0	0	0
Pantothenic acid	mg . . .	0			0	0	0
Vitamin B ₆	mg . . .	0			0	0	0
Folacin	mcg . . .	0			0	0	0
Vitamin B ₁₂	mcg . . .	0			0	0	0
Vitamin A ³	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	108 1,077		2 2	1 14	46 458	489 4,885
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	36.65			.48	15.58	166.25
4:0	g . . .						
6:0	g . . .						
8:0	g . . .	.67 $\pm$	.45	3	.01	.28	3.04
10:0	g . . .	.96 $\pm$	.34	3	.01	.41	4.37
12:0	g . . .	14.51 $\pm$	1.050	3	.19	6.16	65.80
14:0	g . . .	5.75 $\pm$	.296	3	.08	2.44	26.06
16:0	g . . .	5.43 $\pm$	.268	3	.07	2.31	24.62
18:0	g . . .	9.41 $\pm$	.538	3	.12	4.00	42.67
Monounsaturated, total	g . . .	.60			.01	.26	2.72
16:1	g . . .						
18:1	g . . .	.60 $\pm$	.35	3	.01	.26	2.72
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.45			.01	.19	2.03
18:2	g . . .	.45 $\pm$	.10	3	.01	.19	2.03
18:3	g . . .						
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0			0	0	0
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	.068			.001	.029	.307
Threonine	g . . .	.207			.003	.088	.940
Isoleucine	g . . .	.301			.004	.128	1.364
Leucine	g . . .	.484			.006	.206	2.194
Lysine	g . . .	.394			.005	.168	1.788
Methionine	g . . .	.149			.002	.063	.675
Cystine	g . . .	.021			Trace	.009	.095
Phenylalanine	g . . .	.263			.003	.112	1.191
Tyrosine	g . . .	.280			.004	.119	1.272
Valine	g . . .	.351			.005	.149	1.590
Arginine	g . . .	.194			.003	.082	.880
Histidine	g . . .	.145			.002	.062	.657
Alanine	g . . .	.153			.002	.065	.696
Aspartic acid	g . . .	.347			.005	.147	1.572
Glutamic acid	g . . .	1.113			.014	.473	5.050
Glycine	g . . .	.098			.001	.042	.445
Proline	g . . .	.552			.007	.235	2.505
Serine	g . . .	.301			.004	.128	1.368

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil.

² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

³ Contributed largely from beta-carotene used for coloring.

Topping is made by whipping a blend of 1-1/2 oz of powdered dessert topping and 1/2 c of whole milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food		
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse:0		
			1 tbsp = 4 g				
			1 c = 80 g				
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	66.65			2.67	53.32	302.32
Food energy	{ kcal kJ	189 791			8 32	151 633	858 3,589
Protein (N X 6.35)	g	3.60			.14	2.88	16.33
Total lipid (fat)	g	12.41			.50	9.93	56.29
Carbohydrate, total	g	16.53			.66	13.22	74.98
Fiber	g	0			0	0	0
Ash	g	.81			.03	.65	3.67
MINERALS:							
Calcium	mg	90			4	72	409
Iron ¹	mg	.04			Trace	.03	.18
Magnesium ¹	mg	10			Trace	8	44
Phosphorus	mg	86			3	69	339
Potassium	mg	151			6	121	684
Sodium	mg	66			3	53	298
Zinc ¹	mg	.27			.01	.22	1.22
VITAMINS:							
Ascorbic acid	mg	.68			.03	.54	3.08
Thiamin	mg	.027			.001	.022	.122
Riboflavin	mg	.117			.005	.094	.531
Niacin	mg	.060			.002	.048	.272
Pantothenic acid	mg	.226			.009	.181	1.025
Vitamin B ₆	mg	.030			.001	.024	.136
Folic acid	mcg	4			Trace	3	16
Vitamin B ₁₂	mcg	.257			.010	.206	1.166
Vitamin A ²	{ RE IU	49 361			2 14	39 289	222 1,637
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.68			.43	8.55	48.46
4:0	g	.08			Trace	.06	.35
6:0	g	.05			Trace	.04	.21
8:0	g	.19			.01	.16	.88
10:0	g	.30			.01	.24	1.37
12:0	g	3.70			.15	2.96	16.80
14:0	g	1.68			.07	1.34	7.63
16:0	g	1.99			.08	1.59	9.04
18:0	g	2.65			.11	2.12	12.02
Monounsaturated, total	g	.84			.03	.68	3.82
16:1	g	.05			Trace	.04	.24
18:1	g	.75			.03	.60	3.42
20:1	g						
22:1	g						
Polyunsaturated, total	g	.20			.01	.16	.91
18:2	g	.17			.01	.13	.75
18:3	g	.03			Trace	.03	.16
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	10			Trace	8	44
Phytosterols	mg	Trace	1		Trace	Trace	Trace
AMINO ACIDS:							
Tryptophan	g	.050			.002	.040	.229
Threonine	g	.159			.006	.127	.720
Isoleucine	g	.219			.009	.175	.993
Leucine	g	.354			.014	.283	1.605
Lysine	g	.287			.011	.229	1.301
Methionine	g	.097			.004	.078	.440
Cystine	g	.028			.001	.023	.129
Phenylalanine	g	.180			.007	.144	.818
Tyrosine	g	.185			.007	.148	.838
Valine	g	.247			.010	.197	1.119
Arginine	g	.134			.005	.107	.609
Histidine	g	.101			.004	.081	.458
Alanine	g	.120			.005	.096	.545
Aspartic acid	g	.267			.011	.214	1.211
Glutamic acid	g	.776			.031	.620	3.518
Glycine	g	.075			.003	.060	.339
Proline	g	.369			.015	.295	1.672
Serine	g	.205			.008	.164	.928

¹ Values based on amount contributed by whole milk.

² Includes amount contributed from beta-carotene used for coloring.

Values apply to products containing lauric acid oil and sodium caseinate as ingredients.¹

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 tbsp = 4 g	1 c = 70 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g . . .	60.37	$\pm$ 0.4372	3	2.42	42.26	273.84
Food energy	{ kcal kJ . . .	264			11	184	1,195
		1,103			44	772	5,002
Protein (N X 6.29)	g . . .	.98	$\pm$.67	4	.04	.69	4.44
Total lipid (fat)	g . . .	22.30	$\pm$.9950	13	.89	15.61	101.15
Carbohydrate, total	g . . .	16.07			.64	11.25	72.89
Fiber	g . . .	0		1	0	0	0
Ash	g . . .	.28	$\pm$.080	3	.01	.20	1.27
MINERALS:							
Calcium	mg . . .	5	$\pm$ 2	5	Trace	4	24
Iron	mg . . .	.02		2	Trace	.01	.09
Magnesium	mg . . .	1		1	Trace	1	5
Phosphorus	mg . . .	18	$\pm$ 7.6	4	1	13	83
Potassium	mg . . .	19	$\pm$ 14	3	1	13	87
Sodium	mg . . .	62	$\pm$ 14	5	2	43	279
Zinc	mg . . .	.01		1	Trace	.01	.04
VITAMINS:							
Ascorbic acid	mg . . .	0		1	0	0	0
Thiamin	mg . . .	0		1	0	0	0
Riboflavin	mg . . .	0		3	0	0	0
Niacin	mg . . .	0		1	0	0	0
Pantothenic acid	mg . . .	0			0	0	0
Vitamin B ₆	mg . . .	0			0	0	0
Folicin	mcg . . .	0			0	0	0
Vitamin B ₁₂	mcg . . .	0			0	0	0
Vitamin A ²	{ RE. IU . . .	47	$\pm$ 3.2	3	2	33	215
		473	$\pm$ 32.3	3	19	331	2,146
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	18.91			.76	13.24	85.79
4:0	g . . .						
6:0	g . . .						
8:0	g . . .	.45	$\pm$.031	3	.02	.32	2.04
10:0	g . . .	.64	$\pm$.060	3	.03	.45	2.91
12:0	g . . .	8.01	$\pm$ 1.08	3	.32	5.61	36.35
14:0	g . . .	3.25	$\pm$.431	3	.13	2.27	14.72
16:0	g . . .	2.41	$\pm$.200	3	.10	1.68	10.92
18:0	g . . .	4.17	$\pm$.680	3	.17	2.92	18.90
Monounsaturated, total	g . . .	1.93			.08	1.35	8.74
16:1	g . . .						
18:1	g . . .	1.93	$\pm$ 1.46	3	.08	1.35	8.75
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.24			.01	.17	1.09
18:2	g . . .	.24	$\pm$.19	3	.01	.17	1.09
18:3	g . . .						
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0		1	0	0	0
Phytosterols	mg . . .	3					
AMINO ACIDS:							
Tryptophan	g . . .	.014			.001	.009	.061
Threonine	g . . .	.041			.002	.029	.188
Isoleucine	g . . .	.060			.002	.042	.273
Leucine	g . . .	.097			.004	.068	.439
Lysine	g . . .	.079			.003	.055	.358
Methionine	g . . .	.030			.001	.021	.135
Cystine	g . . .	.004			Trace	.003	.019
Phenylalanine	g . . .	.053			.002	.037	.238
Tyrosine	g . . .	.056			.002	.039	.254
Valine	g . . .	.070			.003	.049	.318
Arginine	g . . .	.039			.002	.027	.176
Histidine	g . . .	.029			.001	.020	.131
Alanine	g . . .	.031			.001	.021	.139
Aspartic acid	g . . .	.069			.003	.049	.314
Glutamic acid	g . . .	.223			.009	.156	1.010
Glycine	g . . .	.020			.001	.014	.089
Proline	g . . .	.110			.004	.077	.501
Serine	g . . .	.060			.002	.042	.274

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil.² Contributed largely from beta-carotene used for coloring.³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased		
Nutrients and units		Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
		A	B		C	D		E
						1 tbsp = 4 g	1 c = 75 g	
PROXIMATE:								
Water	g	50.21	+	1.046	17	2.01	37.66	227.75
Food energy	{ kcal kJ	318 1,332				13 53	239 999	1,444 6,042
Protein (N X 6.29)	g	1.25	+	.240	17	.05	.94	5.67
Total lipid (fat)	g	25.31	+	.2817	19	1.01	18.98	114.81
Carbohydrate, total	g	23.05				.92	17.29	104.56
Fiber	g	0				0	0	0
Ash	g	.18	+	.063	13	.01	.14	.82
MINERALS:								
Calcium	mg	6	+	.4	13	Trace	5	29
Iron	mg	.12	+	.018	7	Trace	.09	.54
Magnesium	mg	2	+	.09	10	Trace	1	8
Phosphorus	mg	8	+	.7	13	Trace	6	35
Potassium	mg	18	+	1.0	10	1	14	83
Sodium	mg	25	+	4.2	14	1	19	115
Zinc	mg	.03	+	.002	11	Trace	.02	.14
VITAMINS:								
Ascorbic acid	mg	0				0	0	0
Thiamin	mg	0				0	0	0
Riboflavin	mg	0			2	0	0	0
Niacin	mg	0				0	0	0
Pantothenic acid	mg	0				0	0	0
Vitamin B ₆	mg	0				0	0	0
Folacin	mcg	0				0	0	0
Vitamin B ₁₂	mcg	0				0	0	0
Vitamin A ¹	RE	86	+	5.6	12	3	65	391
Vitamin A ²	IU	861	+	55.7	12	34	646	3,905
LIPIDS:								
Fatty acids:								
Saturated, total	g	21.78				.87	16.34	98.81
4:0	g							
6:0	g							
8:0	g	.64			2	.03	.48	2.89
10:0	g	.90			2	.04	.68	4.11
12:0	g	8.84			2	.35	6.63	40.08
14:0	g	3.76			2	.15	2.82	17.04
16:0	g	3.09			2	.12	2.32	14.03
18:0	g	4.58			2	.18	3.44	20.78
Monounsaturated, total	g	1.62				.06	1.21	7.33
16:1	g	.24			2	.01	.18	1.09
18:1	g	1.38			2	.06	1.03	6.24
20:1	g							
22:1	g							
Polysaturated, total	g	.52				.02	.39	2.37
18:2	g	.30			2	.01	.23	1.38
18:3	g	.22			2	.01	.16	.99
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	0				0	0	0
Phytosterols	mg	0						
AMINO ACIDS:								
Tryptophan	g	.017				.001	.013	.078
Threonine	g	.053				.002	.040	.240
Isoleucine	g	.077				.003	.	

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Values apply to products containing lauric acid oil and sodium caseinate as ingredients.¹

Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Approximate measure and weight		Refuse: 0		
					1 oz = 28 g	1 c = 230 g
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.15	2	20.17	163.64	322.74
Food energy	{ kcal kJ	208		59	479	946
		872		247	2,007	3,957
Protein (N X 6.29)	g	2.40 $\pm$ 0.721	3	.68	5.52	10.89
Total lipid (fat)	g	19.52 $\pm$.4183	9	5.53	44.90	88.54
Carbohydrate, total	g	6.63		1.88	15.25	30.07
Fiber	g	0		0	0	0
Ash	g	.30	1	.08	.69	1.36
MINERALS:						
Calcium	mg	2	2	1	6	11
Iron	mg	2				
Magnesium	mg					
Phosphorus	mg	44	2	13	102	202
Potassium	mg	160	2	46	369	728
Sodium	mg	102 $\pm$ 28.0	3	29	235	463
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg	0		0	0	0
Thiamin	mg	0		0	0	0
Riboflavin	mg	0		0	0	0
Niacin	mg	0		0	0	0
Pantothenic acid	mg	0		0	0	0
Vitamin B ₆	mg	0		0	0	0
Folacin	mcg	0		0	0	0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A ³	{ RE. IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	17.79		5.04	40.92	80.70
4:0	g					
6:0	g					
8:0	g	1.03	2	.29	2.36	4.66
10:0	g	1.01	2	.28	2.32	4.56
12:0	g	8.14	2	2.31	18.72	36.92
14:0	g	3.36	2	.95	7.74	15.26
16:0	g	1.98	2	.56	4.56	8.99
18:0	g	2.24	2	.64	5.16	10.18
Monounsaturated, total	g	.59		.17	1.35	2.67
16:1	g					
18:1	g	.59	2	.17	1.36	2.67
20:1	g					
22:1	g					
Polyunsaturated, total	g	.06		.02	.13	.25
18:2	g	.06	2	.02	.13	.25
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	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					

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.³ Values based on data for products without added beta-carotene used for coloring. Product may contain added beta-carotene.

Item No. 01-075

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
	A	B		C	D		E 1 c = 244 g
PROXIMATE:							
Waterg	88.18	±	0.1105	20	215.16	860.64	399.98
Food energy $\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	61 257				150 628	600 2,510	279 1,167
Protein (N X 6.29)g	1.75	+	.214	21	4.27	17.08	7.94
Total lipid (fat)g	3.41	+	.118	18	8.32	33.28	15.47
Carbohydrate, totalg	6.16				15.03	60.12	27.94
Fiberg	0				0	0	0
Ashg	.50	±	.026	16	1.22	4.88	2.27
MINERALS:							
Calciummg	32	+	7.9	14	79	317	147
Ironmg	.39	+	.13	13	.95	3.81	1.77
Magnesiummg	6	+	1	14	16	62	29
Phosphorusmg	74	+	7.4	15	181	724	337
Potassiummg	114	+	15.0	12	279	1,116	518
Sodiummg	78	+	9.5	14	191	764	355
Zincmg	1.18	±	1.04	13	2.88	11.52	5.35
VITAMINS:							
Ascorbic acidmg	0				0	0	0
Thiaminmg	.012	±	.0041	13	.029	.117	.054
Riboflavinmg	.088	±	.029	14	.215	.859	.399
Niacinmg	0				0	0	0
Pantothenic acidmg	0				0	0	0
Vitamin B ₆mg	0				0	0	0
Folic acidmcg	0				0	0	0
Vitamin B ₁₂mcg	0				0	0	0
Vitamin A $\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	0				0	0	0
LIPIDS:							
Fatty acids:							
Saturated, totalg	.77				1.87	7.48	3.48
4:0g							
6:0g							
8:0g	Trace			8	.01	.03	.01
10:0g	Trace			8	.01	.04	.02
12:0g	.02	+	.006	9	.05	.18	.09
14:0g	.03	+	.007	9	.06	.26	.12
16:0g	.41	+	.039	9	1.00	4.02	1.87
18:0g	.31	±	.022	9	.76	3.04	1.41
Monounsaturated, totalg	2.00				4.88	19.50	9.06
16:1g	.02	+	.005	9	.05	.21	.10
18:1g	1.98	±	.0801	9	4.83	19.32	8.98
20:1g							
22:1g							
Polyunsaturated, totalg	.49				1.19	4.76	2.21
18:2g	.36	±	.053	9	.89	3.55	1.65
18:3g	.04	±	.008	9	.10	.38	.18
18:4g							
20:4g							
20:5g							
22:5g							
22:6g							
Cholesterolmg	Trace			10	Trace	2	1
Phytosterolsmg	Trace						
AMINO ACIDS:							
Tryptophang	.024				.059	.236	.110
Threonineg	.074				.181	.722	.336
Isoleucineg	.107				.262	1.048	.487
Leucineg	.173				.422	1.686	.784
Lysineg	.141				.344	1.374	.639
Methionineg	.053				.130	.519	.241
Cystineg	.008	</					

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

IMITATION MILK containing lauric acid oil, fluid ¹
Item No. 01-076

Product is made in semblance of milk by combining fats or oils other than milk fat with food solids, excluding milk solids. Values apply to products containing sodium caseinate as protein source.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	88.18		215.16	860.64	399.98
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	$\left\{ \begin{array}{l} 61 \\ 257 \end{array} \right.$		$\left\{ \begin{array}{l} 150 \\ 628 \end{array} \right.$	$\left\{ \begin{array}{l} 600 \\ 2,510 \end{array} \right.$	$\left\{ \begin{array}{l} 279 \\ 1,167 \end{array} \right.$
Protein (N X 6.29)	g	1.75		4.27	17.08	7.94
Total lipid (fat)	g	3.41		8.32	33.28	15.47
Carbohydrate, total	g	6.16		15.03	60.12	27.94
Fiber	g	0		0	0	0
Ash	g	.50		1.22	4.88	2.27
MINERALS:						
Calcium	mg	32		79	317	147
Iron	mg	.39		.95	3.81	1.77
Magnesium	mg	6		16	62	29
Phosphorus	mg	74		181	724	337
Potassium	mg	114		279	1,116	518
Sodium	mg	78		191	764	355
Zinc	mg	1.18		2.88	11.52	5.35
VITAMINS:²						
Ascorbic acid	mg	0		0	0	0
Thiamin	mg	.012		.029	.117	.054
Riboflavin	mg	.088		.215	.859	.399
Niacin	mg	0		0	0	0
Pantothenic acid	mg	0		0	0	0
Vitamin B ₆	mg	0		0	0	0
Folacin	mcg	0		0	0	0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	$\left\{ \begin{array}{l} 0 \\ 0 \end{array} \right.$		$\left\{ \begin{array}{l} 0 \\ 0 \end{array} \right.$	$\left\{ \begin{array}{l} 0 \\ 0 \end{array} \right.$	$\left\{ \begin{array}{l} 0 \\ 0 \end{array} \right.$
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.04		7.41	29.64	13.78
4:0	g					
6:0	g					
8:0	g	.19	2	.47	1.88	.87
10:0	g	.18	2	.43	1.72	.80
12:0	g	1.42	2	3.47	13.87	6.45
14:0	g	.59	2	1.44	5.78	2.69
16:0	g	.33	2	.80	3.18	1.48
18:0	g	.31	2	.76	3.04	1.41
Monounsaturated, total	g	.18		.43	1.72	.80
16:1	g	0	2	0	0	0
18:1	g	.18	2	.43	1.72	.80
20:1	g					
22:1	g					
Polyunsaturated, total	g	.01		.02	.08	.04
18:2	g	.01	2	.02	.08	.04
18:3	g	0	2	0	0	0
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	Trace		Trace	2	1
Phytosterols	mg	³				
AMINO ACIDS:						
Tryptophan	g	.024		.059	.236	.110
Threonine	g	.074		.181	.722	.336
Isoleucine	g	.107		.262	1.048	.487
Leucine	g	.173		.422	1.686	.784
Lysine	g	.141		.344	1.374	.639
Methionine	g	.053		.130	.519	.241
Cystine	g	.008		.018	.073	.034
Phenylalanine	g	.094		.229	.915	.425
Tyrosine	g	.100		.244	.978	.454
Valine	g	.125		.305	1.222	.568
Arginine	g	.069		.169	.676	.314
Histidine	g	.052		.126	.505	.235
Alanine	g	.055		.134	.535	.249
Aspartic acid	g	.124		.302	1.208	.562
Glutamic acid	g	.398		.970	3.880	1.803
Glycine	g	.035		.086	.342	.159
Proline	g	.197		.481	1.925	.895
Serine	g	.108		.263	1.051	.488

¹ Lauric oils include modified coconut oil, hydrogenated coconut oil, and/or palm kernel oil. Product may contain added vitamin D; refer to label for content.

² Values based on data for products containing added thiamin and riboflavin. Product may contain other added vitamins, notably ascorbic acid and vitamin A; refer to label for content.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
					Approximate measure and weight		Refuse: 0	
					1 c = 244 g	1 qt = 976 g		
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g . . .	87.99	+	0.0060	1,242	214.70	858.78	399.12
Food energy	{ kcal kJ }	61 257				150 627	600 2,510	279 1,166
Protein (N X 6.38)	g . . .	3.29	+	.0027	4,209	8.03	32.11	14.92
Total lipid (fat) ²	g . . .	3.34	+	.0056	1,029	8.15	32.60	15.15
Carbohydrate, total	g . . .	4.66				11.37	45.48	21.14
Fiber	g . . .	0				0	0	0
Ash	g . . .	.72	+	.0010	710	1.76	7.03	3.27
MINERALS:								
Calcium	mg . . .	119	+	.251	1,054	291	1,165	542
Iron	mg . . .	.05	+	.0009	606	.12	.49	.23
Magnesium	mg . . .	13	+	.15	1,052	33	131	61
Phosphorus	mg . . .	93	+	.20	596	228	912	424
Potassium	mg . . .	152	+	.352	694	370	1,479	687
Sodium	mg . . .	49	+	1.1	53	120	478	222
Zinc	mg . . .	.38	+	.0089	48	.93	3.71	1.72
VITAMINS:								
Ascorbic acid	mg . . .	.94	+	.044	115	2.29	9.17	4.26
Thiamin	mg . . .	.038	+	.0016	43	.093	.371	.172
Riboflavin	mg . . .	.162	+	.0020	128	.395	1.581	.735
Niacin	mg . . .	.084	+	.0034	15	.205	.820	.381
Pantothenic acid	mg . . .	.314	+	.0107	16	.766	3.065	1.424
Vitamin B ₆	mg . . .	.042	+	.0032	42	.102	.410	.191
Folic acid	mcg . . .	5	+	.5	8	12	49	23
Vitamin B ₁₂	mcg . . .	.357	+	.0116	75	.871	3.484	1.619
Vitamin A ³	{ RE. IU }	31 126			2,800 2,800	76 307	303 1,230	141 572
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	2.08				5.07	20.29	9.43
4:0	g . . .	.11	+	.0018	52	.26	1.06	.49
6:0	g . . .	.06	+	.001	68	.16	.63	.29
8:0	g . . .	.04	+	.0009	89	.09	.36	.17
10:0	g . . .	.08	+	.002	89	.20	.82	.38
12:0	g . . .	.09	+	.002	89	.23	.92	.42
14:0	g . . .	.34	+	.0042	88	.82	3.28	1.52
16:0	g . . .	.88	+	.011	88	2.14	8.57	3.98
18:0	g . . .	.40	+	.0055	88	.99	3.95	1.84
Monounsaturated, total	g . . .	.96				2.35	9.42	4.38
16:1	g . . .	.08	+	.002	71	.18	.73	.34
18:1	g . . .	.84	+	.011	78	2.05	8.20	3.81
20:1	g . . .	Trace						
22:1	g . . .	Trace						
Polyunsaturated, total	g . . .	.12				.30	1.21	.56
18:2	g . . .	.08	+	.003	74	.18	.74	.34
18:3	g . . .	.05	+	.003	65	.12	.47	.22
18:4								

² Values based on all market average. Minimum standards for fat vary in different States. Selection of values to be used in dietary calculations may need to be based on information at local level.

AH-8-1 (1976)

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	87.69		213.96	855.85	397.76
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$. .	64 269		157 655	626 2,621	291 1,218
Protein (N X 6.38)	g . . .	3.28		8.00	32.01	14.88
Total lipid (fat)	g . . .	3.66		8.93	35.72	16.60
Carbohydrate, total	g . . .	4.65		11.35	45.38	21.09
Fiber	g . . .	0		0	0	0
Ash	g . . .	.72		1.76	7.03	3.27
MINERALS:						
Calcium	mg . . .	119		290	1,161	540
Iron	mg . . .	.05		.12	.49	.23
Magnesium	mg . . .	13		33	131	61
Phosphorus	mg . . .	93		227	909	422
Potassium	mg . . .	151		368	1,474	685
Sodium	mg . . .	49		119	476	221
Zinc	mg . . .	.38		.93	3.71	1.72
VITAMINS:						
Ascorbic acid	mg . . .	1.47		3.59	14.35	6.67
Thiamin	mg . . .	.038		.093	.371	.172
Riboflavin	mg . . .	.161		.393	1.571	.730
Niacin	mg . . .	.084		.205	.820	.381
Pantothenic acid	mg . . .	.313		.764	3.055	1.420
Vitamin B ₆	mg . . .	.042		.102	.410	.191
Folic acid	mcg . . .	5		12	49	23
Vitamin B ₁₂	mcg . . .	.356		.869	3.475	1.615
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$. .	34 138		83 337	332 1,347	154 626
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.28		5.56	22.24	10.33
4:0	g . . .	.12		.29	1.16	.54
6:0	g . . .	.07		.17	.69	.32
8:0	g . . .	.04		.10	.40	.19
10:0	g . . .	.09		.22	.90	.42
12:0	g . . .	.10		.25	1.00	.47
14:0	g . . .	.37		.90	3.59	1.67
16:0	g . . .	.96		2.35	9.40	4.37
18:0	g . . .	.44		1.08	4.33	2.01
Monounsaturated, total	g . . .	1.06		2.58	10.32	4.80
16:1	g . . .	.08		.20	.80	.37
18:1	g . . .	.92		2.25	8.99	4.18
20:1	g . . .	Trace				
22:1	g . . .	Trace				
Polyunsaturated, total	g . . .	.14		.33	1.33	.62
18:2	g . . .	.08		.20	.81	.38
18:3	g . . .	.05		.13	.52	.24
18:4	g . . .	Trace				
20:4	g . . .	Trace				
20:5	g . . .	Trace				
22:5	g . . .	Trace				
22:6	g . . .	Trace				
Cholesterol	mg . . .	14		35	140	65
Phytosterols	mg . . .	Trace				
AMINO ACIDS:						
Tryptophan	g . . .	.046		.113	.452	.210
Threonine	g . . .	.148		.361	1.445	.672
Isoleucine	g . . .	.198		.484	1.937	.900
Leucine	g . . .	.321		.784	3.136	1.457
L						

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	89.21	244	217.67	870.69	404.66
Food energy	{ kcal	50		121	485	225
	{ kJ	208		507	2,029	943
Protein (N X 6.38)	g	3.33 ± 0.0068	346	8.12	32.50	15.10
Total lipid (fat)	g	1.92 ± .0195	259	4.68	18.74	8.71
Carbohydrate, total	g	4.80		11.71	46.85	21.77
Fiber	g	0		0	0	0
Ash	g	.74		1.81	7.22	3.36
MINERALS:						
Calcium	mg	122		297	1,187	552
Iron	mg	.05		.12	.49	.23
Magnesium	mg	14		33	133	62
Phosphorus	mg	95		232	928	431
Potassium	mg	154		377	1,507	700
Sodium	mg	50		122	487	226
Zinc	mg	.39		.95	3.81	1.77
VITAMINS:						
Ascorbic acid	mg	.95		2.32	9.27	4.31
Thiamin	mg	.039		.095	.381	.177
Riboflavin	mg	.165		.403	1.610	.748
Niacin	mg	.086		.210	.839	.390
Pantothenic acid	mg	.320		.781	3.123	1.452
Vitamin B ₆	mg	.043		.105	.420	.195
Folacin	mcg	5		12	50	23
Vitamin B ₁₂	mcg	.364		.888	3.553	1.651
Vitamin A ²	{ RE	57		140	561	259
	{ IU	205		500	2,000	930
LIPIDS:						
Fatty acids: ³						
Saturated, total	g	1.20		2.92	11.66	5.42
4:0	g	.06 ± .001	52	.15	.61	.28
6:0	g	.04 ± .0009	68	.09	.36	.17
8:0	g	.02 ± .0006	89	.05	.21	.10
10:0	g	.05 ± .001	89	.12	.47	.22
12:0	g	.05 ± .001	89	.13	.53	.24
14:0	g	.19 ± .0031	88	.47	1.88	.88
16:0	g	.50 ± .0082	88	1.23	4.93	2.29
18:0	g	.23 ± .0039	88	.57	2.27	1.06
Monounsaturated, total	g	.56		1.35	5.41	2.52
16:1	g	.04 ± .002	71	.10	.42	.20
18:1	g	.48 ± .0080	78	1.18	4.71	2.19
20:1	g					
22:1	g					
Polyunsaturated, total	g	.07		.17	.70	.32
18:2	g	.04 ± .002	74	.11	.42	.20
18:3	g	.03 ± .002	65	.07	.27	.13
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	8		18	73	34
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.047		.115	.458	.213
Threonine	g	.150		.367	1.467	.682
Isoleucine	g	.201		.492	1.966	.914
Leucine	g	.326		.796	3.184	1.480
Lysine	g	.264		.644	2.578	1.198
Methionine	g	.084		.204	.815	.379
Cystine	g	.031		.075	.301	.140
Phenylalanine	g	.161		.392	1.569	.729
Tyrosine	g	.161		.392	1.569	.729
Valine	g	.223		.544	2.175	1.011
Arginine	g	.121		.294	1.177	.547
Histidine	g	.090		.220	.881	.410
Alanine	g	.115		.280	1.121	.521
Aspartic acid	g	.253		.616	2.466	1.146
Glutamic acid	g	.697		1.701	6.806	3.163
Glycine	g	.070		.172	.688	.320
Proline	g	.323		.787	3.148	1.463
Serine	g	.181		.442	1.768	.822

¹ If vitamin D is added, each quart contains 400 IU.² Values based on addition of vitamin A to level of 2,000 IU per quart.³ Values based on data for fat extracted from whole milk.

Values for protein are average for products containing less than 10% milk-derived nonfat solids. All other values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 c = 245 g	1 qt = 980 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	88.86			217.71	870.83	403.07
Food energy	{ kcal	51			125	500	231
	{ kJ	213			523	2,090	968
Protein (N X 6.38)	g	3.48	+	0.0240	8.53	34.10	15.78
Total lipid (fat)	g	1.92	±	.0098	4.70	18.82	8.71
Carbohydrate, total	g	4.97			12.18	48.71	22.54
Fiber	g	0			0	0	0
Ash	g	.77			1.89	7.55	3.49
MINERALS:							
Calcium	mg	128			313	1,251	579
Iron	mg	.05			.12	.49	.23
Magnesium	mg	14			35	141	65
Phosphorus	mg	100			245	979	453
Potassium	mg	162			397	1,589	735
Sodium	mg	52			128	514	238
Zinc	mg	.40			.98	3.92	1.81
VITAMINS:							
Ascorbic acid	mg	1.00			2.45	9.80	4.54
Thiamin	mg	.040			.098	.392	.181
Riboflavin	mg	.173			.424	1.695	.785
Niacin	mg	.090			.220	.882	.408
Pantothenic acid	mg	.336			.823	3.293	1.524
Vitamin B ₆	mg	.045			.110	.441	.204
Folacin	mcg	5			13	52	24
Vitamin B ₁₂	mcg	.382			.936	3.744	1.733
Vitamin A ²	{ RE	57			140	561	259
	{ IU	204			500	2,000	926
LIPIDS:							
Fatty acids: ³							
Saturated, total	g	1.20			2.93	11.71	5.42
4:0	g	.06	+		.15	.61	.28
6:0	g	.04	±	.0008	.09	.36	.17
8:0	g	.02	±	.0005	.05	.21	.10
10:0	g	.05	±	.001	.12	.47	.22
12:0	g	.05	±	.001	.13	.53	.24
14:0	g	.19	±	.0026	.47	1.89	.88
16:0	g	.50	±	.0069	1.24	4.95	2.29
18:0	g	.23	±	.0033	.57	2.28	1.06
Monounsaturated, total	g	.56			1.36	5.43	2.52
16:1	g	.04	+	.001	.10	.42	.20
18:1	g	.48	±	.0067	1.18	4.73	2.19
20:1	g						
22:1	g						
Polyunsaturated, total	g	.07			.18	.70	.32
18:2	g	.04	+	.002	.11	.42	.20
18:3	g	.03	±	.002	.07	.27	.13
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	8			18	74	34
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.049			.120	.481	.223
Threonine	g	.157			.385	1.539	.713
Isoleucine	g	.211			.516	2.063	.955
Leucine	g	.341			.835	3.341	1.546
Lysine	g	.276			.676	2.705	1.252
Methionine	g	.087			.214	.855	.396
Cystine	g	.032			.079	.315	.146
Phenylalanine	g	.168			.412	1.646	.762
Tyrosine	g	.168			.412	1.646	.762
Valine	g	.233			.571	2.283	1.056
Arginine	g	.126			.309	1.235	.572
Histidine	g	.094			.231	.925	.428
Alanine	g	.120			.294	1.176	.544
Aspartic acid	g	.264			.647	2.587	1.198
Glutamic acid	g	.729			1.785	7.142	3.306
Glycine	g	.074			.180	.722	.334
Proline	g	.337			.826	3.303	1.529
Serine	g	.189			.464	1.855	.859

¹ If vitamin D is added, each quart contains 400 IU.

² Values based on addition of vitamin A to level of 2,000 IU per quart.

³ Values based on data for fat extracted from whole milk.

Product contains not less than 10% milk-derived nonfat solids. Values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 246 g	1 qt = 984 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	87.71 $\pm$	0.0211	119	215.77	863.07	397.85
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	56 232			137 572	546 2,286	252 1,054
Protein (N X 6.38)	g	3.95 $\pm$	.0094	104	9.72	38.87	17.92
Total lipid (fat)	g	1.98 $\pm$	.0098	114	4.87	19.48	8.98
Carbohydrate, total	g	5.49			13.50	54.02	24.90
Fiber	g	0			0	0	0
Ash	g	.87			2.14	8.56	3.95
MINERALS:							
Calcium	mg	143			352	1,408	649
Iron	mg	.06			.15	.59	.27
Magnesium	mg	16			40	158	73
Phosphorus	mg	112			276	1,102	508
Potassium	mg	182			447	1,788	824
Sodium	mg	59			145	579	267
Zinc	mg	.45			1.11	4.43	2.04
VITAMINS:							
Ascorbic acid	mg	1.12			2.76	11.02	5.08
Thiamin	mg	.045			.111	.443	.204
Riboflavin	mg	.194			.477	1.909	.880
Niacin	mg	.101			.248	.994	.458
Pantothenic acid	mg	.376			.925	3.700	1.706
Vitamin B ₆	mg	.051			.125	.502	.231
Folacin	mcg	6			15	59	27
Vitamin B ₁₂	mcg	.428			1.053	4.212	1.941
Vitamin A ²	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	57 203			140 500	561 2,000	259 922
LIPIDS:							
Fatty acids: ³							
Saturated, total	g	1.23			3.03	12.13	5.59
4:0	g	.06 $\pm$	.001	52	.16	.63	.29
6:0	g	.04 $\pm$	.0009	68	.09	.37	.17
8:0	g	.02 $\pm$	.0006	89	.05	.22	.10
10:0	g	.05 $\pm$	.001	89	.12	.49	.22
12:0	g	.06 $\pm$	.001	89	.14	.55	.25
14:0	g	.20 $\pm$	.0026	88	.49	1.96	.90
16:0	g	.52 $\pm$	.0071	88	1.28	5.12	2.36
18:0	g	.24 $\pm$	.0034	88	.59	2.36	1.09
Monounsaturated, total	g	.57			1.41	5.63	2.59
16:1	g	.04 $\pm$	.002	71	.11	.44	.20
18:1	g	.50 $\pm$	.0069	78	1.22	4.90	2.26
20:1	g						
22:1	g						
Polyunsaturated, total	g	.07			.18	.72	.33
18:2	g	.04 $\pm$	.002	74	.11	.44	.20
18:3	g	.03 $\pm$	.002	65	.07	.28	.13
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	8			19	76	35
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.056			.137	.548	.253
Threonine	g	.178			.439	1.755	.809
Isoleucine	g	.239			.588	2.352	1.084
Leucine	g	.387			.952	3.808	1.755
Lysine	g	.313			.771	3.083	1.421
Methionine	g	.099			.244	.975	.449
Cystine	g	.037			.090	.359	.166
Phenylalanine	g	.191			.469	1.876	.865
Tyrosine	g	.191			.469	1.876	.865
Valine	g	.264			.650	2.601	1.199
Arginine	g	.143			.352	1.407	.649
Histidine	g	.107			.263	1.054	.486
Alanine	g	.136			.335	1.340	.618
Aspartic acid	g	.300			.737	2.949	1.359
Glutamic acid	g	.827			2.035	8.139	3.752
Glycine	g	.084			.206	.822	.379
Proline	g	.383			.941	3.765	1.736
Serine	g	.215			.528	2.114	.974

¹ If vitamin D is added, each quart contains 400 IU.

² Values based on addition of vitamin A to level of 2,000 IU per quart.

³ Values based on data for fat extracted from whole milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples		Approximate measure and weight		Refuse:0	
					1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G		
PROXIMATE:								
Water	g	90.08	+	0.0531	85	219.80	879.18	408.60
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	42				102	409	190
Protein (N X 6.38)	g	175				427	1,710	795
Total lipid (fat)	g	3.29	+	.0168	87	8.03	32.11	14.92
Carbohydrate, total	g	1.06	+	.0466	87	2.59	10.35	4.81
Fiber	g	4.78				11.66	46.65	21.68
Ash	g	0				0	0	0
	g	.74				1.81	7.22	3.36
MINERALS:								
Calcium	mg	123				300	1,200	558
Iron	mg	.05				.12	.49	.23
Magnesium	mg	14				34	135	63
Phosphorus	mg	96				235	939	436
Potassium	mg	156				381	1,524	708
Sodium	mg	50				123	493	229
Zinc	mg	.39				.95	3.81	1.77
VITAMINS:								
Ascorbic acid	mg	.97				2.37	9.47	4.40
Thiamin	mg	.039				.095	.381	.177
Riboflavin	mg	.167				.407	1.630	.758
Niacin	mg	.087				.212	.849	.395
Pantothenic acid	mg	.323				.788	3.152	1.465
Vitamin B ₆	mg	.043				.105	.420	.195
Folic acid	mcg	5				12	50	23
Vitamin B ₁₂	mcg	.368				.898	3.592	1.669
Vitamin A ²	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	59				145	581	268
		205				500	2,000	930
LIPIDS:								
Fatty acids: ³								
Saturated, total	g	.66				1.61	6.44	2.99
4:0	g	.03	+	.002	52	.08	.34	.16
6:0	g	.02	+	.001	68	.05	.20	.09
8:0	g	.01	+	.0006	89	.03	.12	.05
10:0	g	.03	+	.001	89	.06	.26	.12
12:0	g	.03	+	.002	89	.07	.29	.14
14:0	g	.11	+	.0049	88	.26	1.04	.48
16:0	g	.28	+	.013	88	.68	2.72	1.26
18:0	g	.13	+	.0059	88	.31	1.25	.58
Monounsaturated, total	g	.31				.75	2.99	1.39
16:1	g	.02	+	.001	71	.06	.23	.11
18:1	g	.27	+	.012	78	.65	2.60	1.21
20:1	g							
22:1	g							
Polyunsaturated, total	g	.04				.10	.38	.18
18:2	g	.02	+	.001	74	.06	.23	.11
18:3	g	.02	+	.001	65	.04	.15	.07
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	4				10	39	18
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.046				.113	.453	.211
Threonine	g	.149				.362	1.449	.674
Isoleucine	g	.199				.486	1.943	.903
Leucine	g	.322				.786	3.146	1.462
Lysine	g	.261				.637	2.547	1.184
Methionine	g	.083				.201	.805	.374
Cystine	g	.030				.074	.297	.138
Phenylalanine	g	.159				.388	1.550	.720
Tyrosine	g	.159				.388	1.550	.720
Valine	g	.220				.537	2.149	.999
Arginine	g	.119				.291	1.163	.540
Histidine	g	.089				.218	.871	.405
Alanine	g	.113				.277	1.107	.515
Aspartic acid	g	.250				.609	2.436	1.132
Glutamic acid	g	.689				1.681	6.724	3.125
Glycine	g	.070				.170	.679	.316
Proline	g	.319				.778	3.110	1.446
Serine	g	.179				.437	1.746	.812

¹ If vitamin D is added, each quart contains 400 IU.² Values based on addition of vitamin A to level of 2,000 IU per quart.³ Values based on data for fat extracted from whole milk.

Product contains less than 10% milk-derived nonfat solids. Values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error	Number of samples		Approximate measure and weight		Refuse: 0
				1 c = 245 g	1 qt = 980 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	89.81		220.03	880.14	407.38
Food energy	{ kcal kJ	43 178		104 437	418 1,748	193 809
Protein (N X 6.38)	g	3.48		8.53	34.10	15.78
Total lipid (fat)	g	.97	+ 0.020	2.38	9.51	4.40
Carbohydrate, total	g	4.97		12.18	48.71	22.54
Fiber	g	0		0	0	0
Ash	g	.77		1.89	7.55	3.49
MINERALS:						
Calcium	mg	128		313	1,251	579
Iron	mg	.05		.12	.49	.23
Magnesium	mg	14		35	141	65
Phosphorus	mg	100		245	979	453
Potassium	mg	162		397	1,589	735
Sodium	mg	52		128	514	238
Zinc	mg	.40		.98	3.92	1.81
VITAMINS:						
Ascorbic acid	mg	1.00		2.45	9.80	4.54
Thiamin	mg	.040		.098	.392	.181
Riboflavin	mg	.173		.424	1.695	.785
Niacin	mg	.090		.220	.882	.408
Pantothenic acid	mg	.336		.823	3.293	1.524
Vitamin B ₆	mg	.045		.110	.441	.204
Folic acid	mcg	5		13	52	24
Vitamin B ₁₂	mcg	.382		.936	3.744	1.733
Vitamin A ²	{ RE IU	59 204		145 500	581 2,000	268 926
LIPIDS:						
Fatty acids: ³						
Saturated, total	g	.60		1.48	5.92	2.74
4:0	g	.03	+ .0008	.08	.31	.14
6:0	g	.02	+ .0006	.05	.18	.08
8:0	g	.01	+ .0003	.03	.11	.05
10:0	g	.02	+ .0007	.06	.24	.11
12:0	g	.03	+ .0008	.07	.27	.12
14:0	g	.10	+ .0024	.24	.96	.44
16:0	g	.26	+ .0062	.62	2.50	1.16
18:0	g	.12	+ .0029	.29	1.15	.53
Monounsaturated, total	g	.28		.69	2.75	1.27
16:1	g	.02	+ .0008	.05	.21	.10
18:1	g	.24	+ .0060	.60	2.39	1.11
20:1	g					
22:1	g					
Polyunsaturated, total	g	.04		.09	.35	.16
18:2	g	.02	+ .0009	.05	.22	.10
18:3	g	.01	+ .0008	.04	.14	.06
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4		10	39	18
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.049		.120	.481	.223
Threonine	g	.157		.385	1.539	.713
Isoleucine	g	.211		.516	2.063	.955
Leucine	g	.341		.835	3.341	1.546
Lysine	g	.276		.676	2.705	1.252
Methionine	g	.087		.214	.855	.396
Cystine	g	.032		.079	.315	.146
Phenylalanine	g	.168		.412	1.646	.762
Tyrosine	g	.168		.412	1.646	.762
Valine	g	.233		.571	2.283	1.056
Arginine	g	.126		.309	1.235	.572
Histidine	g	.094		.231	.925	.428
Alanine	g	.120		.294	1.176	.544
Aspartic acid	g	.264		.647	2.587	1.198
Glutamic acid	g	.729		1.785	7.142	3.306
Glycine	g	.074		.180	.722	.334
Proline	g	.337		.826	3.303	1.529
Serine	g	.189		.464	1.855	.859

¹ If vitamin D is added, each quart contains 400 IU.

² Values based on addition of vitamin A to level of 2,000 IU per quart.

³ Values based on data for fat extracted from whole milk.

Product contains not less than 10% milk-derived nonfat solids. Values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of	
					Approximate measure and weight		1 pound of food as purchased	
							Refuse: 0	
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g	88.74	±	0.0278	28	218.30	873.20	402.52
Food energy	{ <i>kcal</i> <i>kJ</i>	48 203				119 499	477 1,994	220 919
Protein (N X 6.38)	g	3.93	+	.0279	25	9.67	38.67	17.83
Total lipid (fat)	g	1.17	±	.0237	30	2.88	11.51	5.31
Carbohydrate, total	g	5.52				13.58	54.32	25.04
Fiber	g	0				0	0	0
Ash	g	.86				2.12	8.46	3.90
MINERALS:								
Calcium	mg	142				349	1,397	644
Iron	mg	.06				.15	.59	.27
Magnesium	mg	16				39	157	72
Phosphorus	mg	111				273	1,093	504
Potassium	mg	180				444	1,774	818
Sodium	mg	58				143	574	264
Zinc	mg	.45				1.11	4.43	2.04
VITAMINS:								
Ascorbic acid	mg	1.15				2.83	11.32	5.22
Thiamin	mg	.045				.111	.443	.204
Riboflavin	mg	.192				.472	1.889	.871
Niacin	mg	.100				.246	.984	.454
Pantothenic acid	mg	.373				.918	3.670	1.692
Vitamin B ₆	mg	.050				.123	.492	.227
Folic acid	mcg	6				15	58	27
Vitamin B ₁₂	mcg	.425				1.045	4.182	1.928
Vitamin A ²	{ <i>RE</i> <i>IU</i>	59 203				145 500	581 2,000	268 922
LIPIDS:								
Fatty acids: ³								
Saturated, total	g	.73				1.79	7.17	3.30
4:0	g	.04	+	.001	52	.09	.37	.17
6:0	g	.02	±	.0007	68	.06	.22	.10
8:0	g	.01	±	.0004	89	.03	.13	.06
10:0	g	.03	±	.0008	89	.07	.29	.13
12:0	g	.03	±	.001	89	.08	.32	.15
14:0	g	.12	±	.0028	88	.29	1.16	.53
16:0	g	.31	±	.0073	88	.76	3.03	1.40
18:0	g	.14	±	.0034	88	.35	1.40	.64
Monounsaturated, total	g	.34				.83	3.32	1.53
16:1	g	.03	+	.001	71	.06	.26	.12
18:1	g	.29	±	.0071	78	.72	2.90	1.34
22:1	g							
Polyunsaturated, total	g	.04				.11	.43	.20
18:2	g	.03	+	.001	74	.06	.26	.12
18:3	g	.02	±	.001	65	.04	.17	.08
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	4			2	10	39	18
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.055				.136	.546	.251
Threonine	g	.177				.436	1.746	.805
Isoleucine	g	.238				.585	2.340	1.079
Leucine	g	.385				.947	3.788	1.746
Lysine	g	.312				.767	3.067	1.414
Methionine	g	.099				.242	.970	.447
Cystine	g	.036				.089	.358	.165
Phenylalanine	g	.190				.467	1.867	.861
Tyrosine	g	.190				.467	1.867	.861
Valine	g	.263				.647	2.588	1.193
Arginine	g	.142				.350	1.400	.645
Histidine	g	.107				.262	1.049	.483
Alanine	g	.136				.333	1.333	.615
Aspartic acid	g	.298				.733	2.934	1.352
Glutamic acid	g	.823				2.024	8.098	3.733
Glycine	g	.083				.205	.818	.377
Proline	g	.381				.936	3.746	1.727
Serine	g	.214				.526	2.103	.970

¹ If vitamin D is added, each quart contains 400 IU.

² Values based on addition of vitamin A to level of 2,000 IU per quart.

³ Values based on data for fat extracted from whole milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse:0	
				1 c = 245 g	1 qt = 980 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g	90.80	±	0.0131	170	222.46	889.84	411.87
Food energy {	35				86	342	158
	146				358	1,432	663
Protein (N X 6.38) g	3.41	±	.0086	295	8.35	33.42	15.47
Total lipid (fat) g	.18	±	.0075	267	.44	1.76	.82
Carbohydrate, total g	4.85				11.88	47.53	22.00
Fiber g	0				0	0	0
Ash g	.76	±	.023	8	1.86	7.45	3.45
MINERALS:							
Calcium mg	123	±	2.53	42	302	1,209	560
Iron mg	.04	±	.003	26	.10	.39	.18
Magnesium mg	11	±	.30	39	28	111	52
Phosphorus mg	101	±	2.83	15	247	989	458
Potassium mg	166	±	3.40	35	406	1,623	751
Sodium mg	52	±	2.1	45	126	505	234
Zinc mg	.40	±	.033	20	.98	3.92	1.81
VITAMINS:							
Ascorbic acid mg	.98				2.40	9.60	4.44
Thiamin mg	.036	±	.0005	9	.088	.353	.163
Riboflavin mg	.140	±	.0065	10	.343	1.372	.635
Niacin mg	.088				.216	.862	.399
Pantothenic acid mg	.329				.806	3.224	1.492
Vitamin B ₆ mg	.040	±	.0053	13	.098	.392	.181
Folicin mcg	5				13	51	24
Vitamin B ₁₂ mcg	.378	±	.0310	13	.926	3.704	1.715
Vitamin A ² {	61				149	598	277
RE IU	204				500	2,000	926
LIPIDS:							
Fatty acids:							
Saturated, total g	.117				.287	1.146	.531
4:0 g	.009	±	.0009	8	.023	.091	.042
6:0 g	.001	±	.0001	12	.003	.013	.006
8:0 g	.002	±	.0002	12	.005	.019	.009
10:0 g	.004	±	.0003	12	.009	.036	.017
12:0 g	.003	±	.0003	12	.006	.025	.011
14:0 g	.017	±	.0008	12	.042	.168	.078
16:0 g	.053	±	.0023	12	.129	.517	.239
18:0 g	.019	±	.0010	12	.046	.185	.086
Monounsaturated, total g	.047				.116	.462	.214
16:1 g	.007	±	.0005	12	.016	.065	.030
18:1 g	.038	±	.0019	12	.093	.374	.173
20:1 g							
22:1 g							
Polyunsaturated, total g	.007				.016	.064	.030
18:2 g	.005	±	.0003	12	.011	.046	.021
18:3 g	.002	±	.0002	11	.005	.018	.009
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	2	±	.07	4	4	18	8
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.048				.118	.471	.218
Threonine g	.154				.377	1.509	.698
Isoleucine g	.206				.505	2.022	.936
Leucine g	.334				.818	3.274	1.515
Lysine g	.270				.663	2.650	1.227
Methionine g	.086				.210	.838	.388
Cystine g	.032				.077	.309	.143
Phenylalanine g	.165				.403	1.613	.747
Tyrosine g	.165				.403	1.613	.747
Valine g	.228				.559	2.237	1.035
Arginine g	.123				.302	1.210	.560
Histidine g	.092				.227	.906	.419
Alanine g	.118				.288	1.152	.533
Aspartic acid g	.259				.634	2.535	1.173
Glutamic acid g	.714				1.749	6.998	3.239
Glycine g	.072				.177	.707	.327
Proline g	.330				.809	3.237	1.498
Serine g	.185				.454	1.818	.841

¹ If vitamin D is added, each quart contains 400 IU.² Values based on addition of vitamin A to level of 2,000 IU per quart.

Values for protein are average for products containing less than 10% milk-derived nonfat solids. All other values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 245 g	1 qt = 980 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	90.38		221.43	885.72	409.96
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	37 154		90 378	361 1,512	167 700
Protein (N X 6.38)	g	3.57 $\pm$ 0.0297	56	8.75	34.99	16.19
Total lipid (fat) ²	g	.25 $\pm$.011	296	.61	2.45	1.13
Carbohydrate, total	g	5.02		12.30	49.20	22.77
Fiber	g	0		0	0	0
Ash	g	.78		1.91	7.64	3.54
MINERALS:						
Calcium	mg	129		316	1,265	586
Iron	mg	.05		.12	.49	.23
Magnesium	mg	15		36	142	66
Phosphorus	mg	104		255	1,019	472
Potassium	mg	171		418	1,673	774
Sodium	mg	53		130	519	240
Zinc	mg	.41		1.00	4.02	1.86
VITAMINS:						
Ascorbic acid	mg	1.01		2.47	9.90	4.58
Thiamin	mg	.041		.100	.402	.186
Riboflavin	mg	.175		.429	1.715	.794
Niacin	mg	.091		.223	.892	.413
Pantothenic acid	mg	.339		.831	3.322	1.538
Vitamin B ₆	mg	.046		.113	.451	.209
Folacin	mcg	5		13	53	24
Vitamin B ₁₂	mcg	.386		.946	3.783	1.751
Vitamin A ³	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	61 204		149 500	598 2,000	277 926
LIPIDS:						
Fatty acids: ⁴						
Saturated, total	g	.162		.398	1.592	.737
4:0	g	.013 $\pm$.0013	8	.031	.126	.058
6:0	g	.002 $\pm$.0001	12	.004	.017	.008
8:0	g	.003 $\pm$.0002	12	.007	.026	.012
10:0	g	.005 $\pm$.0005	12	.013	.051	.023
12:0	g	.003 $\pm$.0004	12	.009	.034	.016
14:0	g	.024 $\pm$.0011	12	.058	.234	.108
16:0	g	.073 $\pm$.0035	12	.179	.718	.332
18:0	g	.026 $\pm$.0014	12	.064	.257	.119
Monounsaturated, total	g	.065		.160	.642	.297
16:1	g	.009 $\pm$.0007	12	.022	.090	.042
18:1	g	.053 $\pm$.0028	12	.130	.519	.240
20:1	g					
22:1	g					
Polyunsaturated, total	g	.009		.022	.089	.041
18:2	g	.006 $\pm$.0004	12	.016	.064	.029
18:3	g	.003 $\pm$.0003	11	.006	.026	.012
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	2		5	20	9
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.050		.123	.494	.228
Threonine	g	.161		.395	1.579	.731
Isoleucine	g	.216		.529	2.117	.980
Leucine	g	.350		.857	3.427	1.586
Lysine	g	.283		.694	2.775	1.284
Methionine	g	.090		.219	.877	.406
Cystine	g	.033		.081	.324	.150
Phenylalanine	g	.172		.422	1.689	.782
Tyrosine	g	.172		.422	1.689	.782
Valine	g	.239		.585	2.342	1.084
Arginine	g	.129		.317	1.267	.586
Histidine	g	.097		.237	.949	.439
Alanine	g	.123		.302	1.206	.558
Aspartic acid	g	.271		.664	2.654	1.228
Glutamic acid	g	.748		1.832	7.326	3.391
Glycine	g	.076		.185	.740	.343
Proline	g	.346		.847	3.389	1.569
Serine	g	.194		.476	1.903	.881

¹ If vitamin D is added, each quart contains 400 IU.

² Includes data for samples described as protein fortified.

³ Values based on addition of vitamin A to level of 2,000 IU per quart.

⁴ Values based on data for fat extracted from skim milk.

Product contains not less than 10% milk-derived nonfat solids. Values apply to products containing concentrated skim milk or nonfat dry milk as the added milk-derived ingredient(s).

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 246 g	1 qt = 984 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	89.36		219.83	879.30	405.34
Food energy	{ kcal kJ	41 170		100 418	400 1,673	184 771
Protein (N X 6.38)	g	3.96	+ 0.0291	9.74	38.97	17.96
Total lipid (fat) ²	g	.25	+ .011	.62	2.46	1.13
Carbohydrate, total	g	5.56		13.68	54.71	25.22
Fiber	g	0		0	0	0
Ash	g	.87		2.14	8.56	3.95
MINERALS:						
Calcium	mg	143		352	1,407	649
Iron	mg	.06		.15	.59	.27
Magnesium	mg	16		40	158	73
Phosphorus	mg	112		275	1,101	508
Potassium	mg	182		446	1,786	823
Sodium	mg	59		144	578	266
Zinc	mg	.45		1.11	4.43	2.04
VITAMINS:						
Ascorbic acid	mg	1.12		2.76	11.02	5.08
Thiamin	mg	.045		.111	.443	.204
Riboflavin	mg	.194		.477	1.909	.880
Niacin	mg	.101		.248	.994	.458
Pantothenic acid	mg	.376		.925	3.700	1.706
Vitamin B ₆	mg	.050		.123	.492	.227
Folic acid	mcg	6		15	59	27
Vitamin B ₁₂	mcg	.427		1.050	4.202	1.937
Vitamin A	{ RE IU	61 203		149 500	598 2,000	277 922
LIPIDS:						
Fatty acids: ⁴						
Saturated, total	g	.162		.400	1.598	.737
4:0	g	.013	+ .0013	.032	.126	.058
6:0	g	.002	+ .0001	.004	.017	.008
8:0	g	.003	+ .0002	.007	.026	.012
10:0	g	.005	+ .0005	.013	.051	.023
12:0	g	.003	+ .0004	.009	.034	.016
14:0	g	.024	+ .0011	.059	.235	.108
16:0	g	.073	+ .0035	.180	.721	.332
18:0	g	.026	+ .0014	.065	.259	.119
Monounsaturated, total	g	.065		.161	.644	.297
16:1	g	.009	+ .0007	.023	.090	.042
18:1	g	.053	+ .0028	.130	.521	.240
20:1	g					
22:1	g					
Polyunsaturated, total	g	.009		.022	.089	.041
18:2	g	.006	+ .0004	.016	.064	.029
18:3	g	.003	+ .0003	.006	.026	.012
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	2		5	20	9
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.056		.137	.550	.253
Threonine	g	.179		.440	1.759	.811
Isoleucine	g	.240		.589	2.358	1.087
Leucine	g	.388		.954	3.817	1.760
Lysine	g	.314		.773	3.090	1.425
Methionine	g	.099		.244	.977	.450
Cystine	g	.037		.090	.360	.166
Phenylalanine	g	.191		.470	1.881	.867
Tyrosine	g	.191		.470	1.881	.867
Valine	g	.265		.652	2.608	1.202
Arginine	g	.143		.353	1.411	.650
Histidine	g	.107		.264	1.057	.487
Alanine	g	.137		.336	1.344	.619
Aspartic acid	g	.300		.739	2.956	1.363
Glutamic acid	g	.829		2.040	8.160	3.761
Glycine	g	.084		.206	.825	.380
Proline	g	.384		.944	3.774	1.740
Serine	g	.215		.530	2.119	.977

¹ If vitamin D is added, each quart contains 400 IU.

² Includes data for samples to which solids were added but which were not protein fortified.

³ Values based on addition of vitamin A to level of 2,000 IU per quart.

⁴ Values based on data for fat extracted from skim milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples		Approximate measure and weight		Refuse: 0
					1 c = 245 g	1 qt = 980 g	
A	B	C	D		E	F	G
PROXIMATE:							
Water	g . . .	90.13 $\pm$	0.0929	62	220.82	883.27	408.83
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	40 169			99 414	396 1,657	183 767
Protein (N X 6.38)	g . . .	3.31 $\pm$	.0237	65	8.11	32.44	15.01
Total lipid (fat)	g . . .	.88 $\pm$	.17	19	2.16	8.62	3.99
Carbohydrate, total	g . . .	4.79			11.74	46.94	21.73
Fiber	g . . .	0			0	0	0
Ash	g . . .	.89 $\pm$	.045	8	2.18	8.72	4.04
MINERALS:							
Calcium	mg . . .	116 $\pm$	2.75	12	285	1,141	528
Iron	mg . . .	.05 $\pm$	.01	6	.12	.49	.23
Magnesium	mg . . .	11 $\pm$	.72	9	27	107	50
Phosphorus	mg . . .	89 $\pm$	4.7	12	219	874	405
Potassium	mg . . .	151 $\pm$	6.26	14	371	1,483	686
Sodium ¹	mg . . .	105 $\pm$	7.85	11	257	1,028	476
Zinc	mg . . .	.42 $\pm$	.061	5	1.03	4.12	1.90
VITAMINS:							
Ascorbic acid	mg . . .	.98			2.40	9.60	4.44
Thiamin	mg . . .	.034			.083	.333	.154
Riboflavin	mg . . .	.154 $\pm$	.0045	7	.377	1.509	.699
Niacin	mg . . .	.058 $\pm$	.015	6	.142	.568	.263
Pantothenic acid	mg . . .	.275 $\pm$	.0156	3	.674	2.695	1.247
Vitamin B ₆	mg . . .	.034 $\pm$	.0012	7	.083	.333	.154
Folic acid	mcg . . .	2					
Vitamin B ₁₂	mcg . . .	.219		2	.537	2.146	.993
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	8 33			20 81	78 323	36 150
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	.55			1.34	5.37	2.48
4:0	g . . .	.03			.07	.28	.13
6:0	g . . .	.02			.04	.17	.08
8:0	g . . .	.01			.02	.10	.04
10:0	g . . .	.02			.05	.22	.10
12:0	g . . .	.02			.06	.24	.11
14:0	g . . .	.09			.22	.87	.40
16:0	g . . .	.23			.57	2.27	1.05
18:0	g . . .	.11			.26	1.04	.48
Monounsaturated, total	g . . .	.25			.62	2.49	1.15
16:1	g . . .	.02			.05	.19	.09
18:1	g . . .	.22			.54	2.17	1.00
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.03			.08	.32	.15
18:2	g . . .	.02			.05	.20	.09
18:3	g . . .	.01			.03	.12	.06
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	4 $\pm$	.9	4	9	34	16
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	.036			.088	.351	.162
Threonine	g . . .	.158			.386	1.546	.715
Isoleucine	g . . .	.204			.500	1.998	.925
Leucine	g . . .	.329			.807	3.229	1.494
Lysine	g . . .	.277			.679	2.715	1.257
Methionine	g . . .	.081			.198	.793	.367
Cystine	g . . .	.031			.076	.305	.141
Phenylalanine	g . . .	.174			.427	1.708	.791
Tyrosine	g . . .	.139			.339	1.358	.628
Valine	g . . .	.243			.596	2.385	1.104
Arginine	g . . .	.126			.309	1.235	.572
Histidine	g . . .	.095			.233	.930	.431
Alanine	g . . .	.119			.292	1.169	.541
Aspartic acid	g . . .	.264			.647	2.588	1.198
Glutamic acid	g . . .	.643			1.576	6.305	2.918
Glycine	g . . .	.073			.178	.712	.329
Proline	g . . .	.334			.819	3.274	1.516
Serine	g . . .	.172			.422	1.688	.781

¹ Values are for salted product. Unsalted product contains approx. 50 mg of sodium per 100 g.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	88.20	7	215.21	860.83	400.08
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	61 255		149 622	594 2,488	276 1,156
Protein (N X 6.38)	g	3.10	8	7.56	30.26	14.06
Total lipid (fat)	g	3.46	7	8.44	33.77	15.70
Carbohydrate, total	g	4.46		10.88	43.53	20.23
Fiber	g	0		0	0	0
Ash	g	.78	7	1.90	7.61	3.54
MINERALS:						
Calcium	mg	101	11	246	984	457
Iron	mg	1				
Magnesium	mg	5	1	12	49	23
Phosphorus	mg	86	9	209	834	388
Potassium	mg	253	11	617	2,467	1,147
Sodium	mg	2	10	6	24	11
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg	.020	8	.049	.195	.091
Riboflavin	mg	.105	8	.256	1.025	.476
Niacin	mg	.043	7	.105	.420	.195
Pantothenic acid	mg	.304		.742	2.967	1.379
Vitamin B ₆	mg	.034	7	.083	.332	.154
Folacin	mcg					
Vitamin B ₁₂	mcg	.359	7	.876	3.504	1.628
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	32 130		78 317	312 1,269	145 590
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.15		5.26	21.02	9.77
4:0	g	.11		.27	1.10	.51
6:0	g	.07		.16	.65	.30
8:0	g	.04		.09	.38	.18
10:0	g	.09		.21	.85	.39
12:0	g	.10		.24	.95	.44
14:0	g	.35		.85	3.40	1.58
16:0	g	.91		2.22	8.88	4.13
18:0	g	.42		1.02	4.09	1.90
Monounsaturated, total	g	1.00		2.44	9.75	4.53
16:1	g	.08		.19	.76	.35
18:1	g	.87		2.12	8.50	3.95
20:1	g					
22:1	g					
Polyunsaturated, total	g	.13		.31	1.25	.58
18:2	g	.08		.19	.76	.35
18:3	g	.05		.12	.49	.23
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	14		33	133	62
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.044		.107	.427	.198
Threonine	g	.140		.341	1.366	.635
Isoleucine	g	.188		.458	1.831	.851
Leucine	g	.304		.741	2.964	1.378
Lysine	g	.246		.600	2.400	1.115
Methionine	g	.078		.190	.759	.353
Cystine	g	.029		.070	.280	.130
Phenylalanine	g	.150		.365	1.461	.679
Tyrosine	g	.150		.365	1.461	.679
Valine	g	.207		.506	2.025	.941
Arginine	g	.112		.274	1.095	.509
Histidine	g	.084		.205	.820	.381
Alanine	g	.107		.261	1.043	.485
Aspartic acid	g	.235		.574	2.295	1.067
Glutamic acid	g	.649		1.584	6.336	2.945
Glycine	g	.066		.160	.640	.298
Proline	g	.300		.733	2.931	1.362
Serine	g	.169		.411	1.646	.765

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight				
			1/4 c = 32 g		1 c = 128 g	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	2.47	$\pm$ 0.130	25	0.79	3.16	11.20
Food energy	{ kcal	496			159	635	2,249
	{ kJ	2,075			664	2,656	9,413
Protein (N X 6.38)	g	26.32	$\pm$.1746	22	8.42	33.69	119.39
Total lipid (fat)	g	26.71	$\pm$.2504	30	8.55	34.19	121.16
Carbohydrate, total	g	38.42			12.29	49.18	174.27
Fiber	g	0			0	0	0
Ash	g	6.08	$\pm$.0922	20	1.95	7.78	27.58
MINERALS:							
Calcium	mg	912	$\pm$ 17.8	18	292	1,168	4,139
Iron	mg	.47	$\pm$.065	12	.15	.60	2.13
Magnesium	mg	85	$\pm$ 1.5	15	27	108	383
Phosphorus	mg	776	$\pm$ 14.3	18	248	993	3,518
Potassium	mg	1,330	$\pm$ 41.23	15	426	1,702	6,032
Sodium	mg	371	$\pm$ 15.1	7	119	475	1,684
Zinc	mg	3.34		1	1.07	4.28	15.15
VITAMINS:							
Ascorbic acid	mg	8.64	$\pm$.454	11	2.76	11.06	39.19
Thiamin	mg	.283	$\pm$.0159	18	.091	.362	1.284
Riboflavin	mg	1.205	$\pm$.0313	23	.386	1.542	5.466
Niacin	mg	.646	$\pm$.0243	22	.207	.827	2.930
Pantothenic acid	mg	2.271	$\pm$.0863	20	.727	2.907	10.301
Vitamin B ₆	mg	.302	$\pm$.0284	41	.097	.387	1.370
Folic acid	mcg	37			12	47	168
Vitamin B ₁₂	mcg	3.253	$\pm$.2892	31	1.041	4.164	14.756
Vitamin A	{ RE	280	$\pm$ 52.2	4	90	358	1,270
	{ IU	922	$\pm$ 78.2	13	295	1,180	4,182
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.74			5.36	21.43	75.94
4:0	g	.87		1	.28	1.11	3.93
6:0	g	.24		2	.08	.31	1.09
8:0	g	.27		2	.09	.34	1.22
10:0	g	.60		2	.19	.76	2.70
12:0	g	.61		2	.20	.79	2.79
14:0	g	2.82		2	.90	3.61	12.79
16:0	g	7.52		2	2.41	9.63	34.12
18:0	g	2.85		2	.91	3.65	12.94
Monounsaturated, total	g	7.92			2.54	10.14	35.94
16:1	g	1.20		2	.38	1.53	5.43
18:1	g	6.19		2	1.98	7.93	28.09
20:1	g						
22:1	g						
Polyunsaturated, total	g	.66			.21	.85	3.02
18:2	g	.46		2	.15	.59	2.09
18:3	g	.20		2	.06	.26	.93
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	97		2	31	124	440
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.371			.119	.475	1.684
Threonine	g	1.188			.380	1.521	5.389
Isoleucine	g	1.592			.510	2.038	7.223
Leucine	g	2.578			.825	3.300	11.695
Lysine	g	2.087			.668	2.672	9.469
Methionine	g	.660			.211	.845	2.994
Cystine	g	.243			.078	.312	1.104
Phenylalanine	g	1.271			.407	1.626	5.764
Tyrosine	g	1.271			.407	1.626	5.764
Valine	g	1.762			.564	2.255	7.990
Arginine	g	.953			.305	1.220	4.323
Histidine	g	.714			.228	.914	3.237
Alanine	g	.908			.290	1.162	4.117
Aspartic acid	g	1.997			.639	2.556	9.057
Glutamic acid	g	5.512			1.764	7.055	25.000
Glycine	g	.557			.178	.713	2.526
Proline	g	2.549			.816	3.263	11.564
Serine	g	1.432			.458	1.832	6.493

¹ If vitamin D is added, each quart of milk, reconstituted according to label directions, contains 400 IU.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 0
				1/4 c = 30 g	1 c = 120 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	3.16	$\pm$ 0.0206	382	0.95	3.79	14.33
Food energy $\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	362 1,516			109 455	435 1,820	1,644 6,878
Protein (N X 6.38) g	36.16	$\pm$.0810	183	10.85	43.39	164.02
Total lipid (fat) g	.77	$\pm$.0085	351	.23	.92	3.49
Carbohydrate, total g	51.98			15.59	62.38	235.78
Fiber g	0			0	0	0
Ash g	7.93		104	2.38	9.52	35.97
MINERALS:						
Calcium mg	1,257	$\pm$ 30.78	12	377	1,508	5,701
Iron mg	.32	$\pm$.058	6	.10	.38	1.45
Magnesium mg	110	$\pm$ 3.07	9	33	132	499
Phosphorus mg	968	$\pm$ 25.4	13	290	1,162	4,392
Potassium mg	1,794	$\pm$ 3.503	2,400	538	2,153	8,138
Sodium mg	535	$\pm$ 17.4	6	161	642	2,428
Zinc mg	4.08	$\pm$.108	7	1.22	4.90	18.51
VITAMINS:						
Ascorbic acid mg	6.76	$\pm$.725	14	2.03	8.11	30.66
Thiamin mg	.415	$\pm$.0139	24	.124	.498	1.882
Riboflavin mg	1.550	$\pm$.0431	24	.465	1.860	7.031
Niacin mg	.951	$\pm$.0497	25	.285	1.141	4.314
Pantothenic acid mg	3.568	$\pm$.0746	16	1.070	4.282	16.184
Vitamin B ₆ mg	.361	$\pm$.0153	28	.108	.433	1.637
Folicin mcg	50			15	60	227
Vitamin B ₁₂ mcg	4.033	$\pm$.3482	15	1.210	4.840	18.294
Vitamin A ² $\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	8 36	$\pm$ 2 $\pm$ 9.6	4 4	2 11	10 43	36 163
LIPIDS:						
Fatty acids: ³						
Saturated, total g	.50			.15	.60	2.26
4:0 g	.03	$\pm$.005	4	.01	.03	.12
6:0 g	.01	$\pm$.001	4	Trace	.01	.03
8:0 g	.01	$\pm$.001	5	Trace	.01	.03
10:0 g	.02	$\pm$.003	5	Trace	.02	.08
12:0 g	.01	$\pm$.005	5	Trace	.02	.06
14:0 g	.08	$\pm$.005	5	.02	.10	.38
16:0 g	.24	$\pm$.0096	5	.07	.28	1.06
18:0 g	.08	$\pm$.003	5	.03	.10	.39
Monounsaturated, total g	.20			.06	.24	.91
16:1 g	.02	$\pm$.002	5	.01	.03	.10
18:1 g	.17	$\pm$.0029	5	.05	.20	.76
20:1 g						
22:1 g						
Polyunsaturated, total g	.03			.01	.04	.14
18:2 g	.02	$\pm$.004	5	.01	.02	.09
18:3 g	.01	$\pm$.003	5	Trace	.01	.05
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	20			6	24	89
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	.510			.153	.612	2.314
Threonine g	1.632			.490	1.959	7.404
Isoleucine g	2.188			.656	2.625	9.924
Leucine g	3.542			1.063	4.251	16.068
Lysine g	2.868			.860	3.441	13.009
Methionine g	.907			.272	1.088	4.113
Cystine g	.334			.100	.401	1.517
Phenylalanine g	1.746			.524	2.095	7.918
Tyrosine g	1.746			.524	2.095	7.918
Valine g	2.420			.726	2.904	10.978
Arginine g	1.309			.393	1.571	5.939
Histidine g	.981			.294	1.177	4.448
Alanine g	1.247			.374	1.496	5.656
Aspartic acid g	2.743			.823	3.292	12.443
Glutamic acid g	7.572			2.272	9.086	34.347
Glycine g	.765			.230	.918	3.471
Proline g	3.503			1.051	4.203	15.888
Serine g	1.967			.590	2.360	8.921

¹ If vitamin D is added, each quart of milk, reconstituted according to label directions, contains 400 IU.

² Values based on data for products without added vitamin A. If vitamin A is added, each quart of milk, reconstituted according to label directions, contains 2,000 IU.

³ Values based on data for fat extracted from instantized product.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of
	Mean ± standard error	C	D		Approximate measure and weight		Refuse:0
					1 c = 68 g ²	1-1/3 c or 3.2-oz envelope = 91 g	
A	B				E	F	G
PROXIMATE:							
Water g . . .	3.96	±	0.0444	216	2.69	3.60	17.96
Food energy { kcal . . .	358	±			244	326	1,625
Protein (N X 6.38) g . . .	1,499	±			1,019	1,364	6,799
Total lipid (fat) g . . .	35.10	+	.1394	89	23.87	31.94	159.21
Carbohydrate, total g . . .	.72	±	.018	164	.49	.66	3.27
Fiber g . . .	52.19	±			35.49	47.49	236.73
Ash g . . .	0	±			0	0	0
MINERALS:	8.03	±	.0734	14	5.46	7.31	36.42
Calcium mg . . .	1,231	±	25.36	16	837	1,120	5,583
Iron mg . . .	.31	±	.038	13	.21	.28	1.41
Magnesium mg . . .	117	±	11.1	14	80	107	531
Phosphorus mg . . .	985	±	21.0	17	670	896	4,467
Potassium mg . . .	1,705	±	51.82	11	1,160	1,552	7,736
Sodium mg . . .	549	±	15.6	7	373	499	2,489
Zinc mg . . .	4.41	±	.124	10	3.00	4.01	20.00
VITAMINS:							
Ascorbic acid mg . . .	5.58	±	.445	28	3.79	5.08	25.31
Thiamin mg . . .	.413	±	.0064	31	.281	.376	1.873
Riboflavin mg . . .	1.744	±	.0398	31	1.186	1.587	7.911
Niacin mg . . .	.891	±	.0421	29	.606	.811	4.042
Pantothenic acid mg . . .	3.235	±	.0683	34	2.200	2.944	14.674
Vitamin B ₆ mg . . .	.345	±	.0074	31	.235	.314	1.565
Folic acid mcg . . .	50	±			34	45	226
Vitamin B ₁₂ mcg . . .	3.993	±	.3274	17	2.715	3.634	18.112
Vitamin A ³ { RE . . .	710	±			483	646	3,221
	2,370	±	314.3	6	1,612	2,157	10,750
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	.47	±			.32	.42	2.12
4:0 g . . .	.03	±	.005	4	.02	.02	.12
6:0 g . . .	.01	±	.001	4	Trace	Trace	.03
8:0 g . . .	.01	±	.001	5	Trace	.01	.03
10:0 g . . .	.02	±	.003	5	.01	.02	.08
12:0 g . . .	.01	±	.004	5	.01	.01	.06
14:0 g . . .	.08	±	.005	5	.05	.07	.35
16:0 g . . .	.22	±	.010	5	.15	.20	1.00
18:0 g . . .	.08	±	.003	5	.05	.07	.36
Monounsaturated, total g . . .	.19	±			.13	.17	.85
16:1 g . . .	.02	±	.002	5	.01	.02	.09
18:1 g . . .	.16	±	.0043	5	.11	.14	.71
20:1 g . . .		±					
22:1 g . . .		±					
Polyunsaturated, total g . . .	.03	±			.02	.03	.13
18:2 g . . .	.02	±	.004	5	.01	.02	.08
18:3 g . . .	.01	±	.003	5	.01	.01	.05
18:4 g . . .		±					
20:4 g . . .		±					
20:5 g . . .		±					
22:5 g . . .		±					
22:6 g . . .		±					
Cholesterol mg . . .	18	±	1.9	8	12	17	83
Phytosterols mg . . .		±					
AMINO ACIDS:							
Tryptophan g . . .	.495	±			.337	.451	2.246
Threonine g . . .	1.584	±			1.077	1.442	7.187
Isoleucine g . . .	2.124	±			1.444	1.932	9.633
Leucine g . . .	3.438	±			2.338	3.129	15.597
Lysine g . . .	2.784	±			1.893	2.533	12.627
Methionine g . . .	.880	±			.599	.801	3.993
Cystine g . . .	.325	±			.221	.295	1.472
Phenylalanine g . . .	1.694	±			1.152	1.542	7.686
Tyrosine g . . .	1.694	±			1.152	1.542	7.686
Valine g . . .	2.349	±			1.597	2.138	10.656
Arginine g . . .	1.271	±			.864	1.156	5.765
Histidine g . . .	.952	±			.647	.866	4.317
Alanine g . . .	1.210	±			.823	1.101	5.490
Aspartic acid g . . .	2.663	±			1.811	2.423	12.078
Glutamic acid g . . .	7.350	±			4.998	6.689	33.340
Glycine g . . .	.743	±			.505	.676	3.369
Proline g . . .	3.400	±			2.312	3.094	15.422
Serine g . . .	1.909	±			1.298	1.737	8.659

¹ If vitamin D is added, each quart of milk, reconstituted according to label directions, contains 400 IU.

² 1 c of the agglomerate-type product weighs 68 g. 1 c of the single pass-type product weighs 84 g. Both products require 91 g for reconstitution to 1 qt.

³ Values based on data for products with added vitamin A. Product without added vitamin A contains 27 IU per 100 g.

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Buttermilk is the product resulting from the manufacture of butter from milk or cream.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight				
	B	C	D		E	F	
A					1 tbsp = 6.5 g	1 c = 120 g	
PROXIMATE:							
Water g . . .	2.97	$\pm$	0.0381	170	0.19	3.56	13.47
Food energy { kcal . . .	387				25	464	1,755
{ kJ . . .	1,619				105	1,943	7,345
Protein (N X 6.38) g . . .	34.30	$\pm$	.3333	3	2.23	41.16	155.58
Total lipid (fat) g . . .	5.78	$\pm$	.0765	163	.38	6.94	26.22
Carbohydrate, total g . . .	49.00				3.18	58.80	222.26
Fiber g . . .	0				0	0	0
Ash g . . .	7.95			2	.52	9.54	36.06
MINERALS:							
Calcium mg . . .	1,184				77	1,421	5,372
Iron mg . . .	.30				.02	.36	1.36
Magnesium mg . . .	110				7	131	497
Phosphorus mg . . .	933				61	1,119	4,230
Potassium mg . . .	1,592	$\pm$	5.486	340	103	1,910	7,221
Sodium mg . . .	517				34	621	2,347
Zinc mg . . .	4.02				.26	4.82	18.24
VITAMINS:							
Ascorbic acid mg . . .	5.66				.37	6.79	25.67
Thiamin mg . . .	.392				.025	.470	1.778
Riboflavin mg . . .	1.579				.103	1.895	7.162
Niacin mg . . .	.876				.057	1.051	3.974
Pantothenic acid mg . . .	3.170	$\pm$	.1277	3	.206	3.804	14.379
Vitamin B ₆ mg . . .	.338				.022	.406	1.533
Folic acid mcg . . .	47				3	57	215
Vitamin B ₁₂ mcg . . .	3.823				.248	4.588	17.341
Vitamin A { RE . . .	54				4	65	245
{ IU . . .	218				14	262	989
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	3.60				.23	4.32	16.32
4:0 g . . .	.19				.01	.22	.85
6:0 g . . .	.11				.01	.13	.50
8:0 g . . .	.06				Trace	.08	.29
10:0 g . . .	.14				.01	.17	.66
12:0 g . . .	.16				.01	.20	.74
14:0 g . . .	.58				.04	.70	2.64
16:0 g . . .	1.52				.10	1.82	6.90
18:0 g . . .	.70				.05	.84	3.18
Monounsaturated, total g . . .	1.67				.11	2.00	7.57
16:1 g . . .	.13				.01	.16	.59
18:1 g . . .	1.45				.10	1.74	6.60
22:1 g . . .							
Polyunsaturated, total g . . .	.22				.01	.26	.97
18:2 g . . .	.13				.01	.16	.59
18:3 g . . .	.08				Trace	.10	.38
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	69				5	83	314
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.484				.031	.581	2.195
Threonine g . . .	1.548				.101	1.858	7.023
Isoleucine g . . .	2.075				.135	2.490	9.413
Leucine g . . .	3.360				.218	4.032	15.241
Lysine g . . .	2.720				.177	3.264	12.339
Methionine g . . .	.860				.056	1.032	3.902
Cystine g . . .	.317				.021	.381	1.439
Phenylalanine g . . .	1.656				.108	1.987	7.511
Tyrosine g . . .	1.656				.108	1.987	7.511
Valine g . . .	2.296				.149	2.755	10.413
Arginine g . . .	1.242				.081	1.490	5.633
Histidine g . . .	.930				.060	1.116	4.219
Alanine g . . .	1.183				.077	1.419	5.365
Aspartic acid g . . .	2.602				.169	3.122	11.803
Glutamic acid g . . .	7.183				.467	8.619	32.580
Glycine g . . .	.726				.047	.871	3.292
Proline g . . .	3.322				.216	3.987	15.071
Serine g . . .	1.866				.121	2.239	8.462

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0
				1 fl oz = 38.2 g	1 c = 306 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	27.16 $\pm$	0.0596	21	10.38	83.11	123.20
Food energy { $\frac{kcal}{kJ}$. . .	321 1,342			123 513	982 4,108	1,455 6,089
Protein (N X 6.38) g . . .	7.91 $\pm$	.110	5	3.02	24.20	35.88
Total lipid (fat) g . . .	8.70 $\pm$	.0254	23	3.32	26.62	39.46
Carbohydrate, total g . . .	54.40			20.78	166.46	246.76
Fiber g . . .	0			0	0	0
Ash g . . .	1.83		2	.70	5.60	8.30
MINERALS:						
Calcium mg . . .	284 $\pm$	6.77	3	108	868	1,286
Iron mg . . .	.19		1	.07	.58	.86
Magnesium mg . . .	26		1	10	78	116
Phosphorus mg . . .	253 $\pm$	17.3	3	97	775	1,149
Potassium mg . . .	371 $\pm$	20.0	6	142	1,136	1,685
Sodium mg . . .	127 $\pm$	4.72	6	49	389	576
Zinc mg . . .	.94			.36	2.88	4.26
VITAMINS:						
Ascorbic acid mg . . .	2.60 $\pm$	.560	10	.99	7.96	11.79
Thiamin mg . . .	.090 $\pm$	.0034	12	.034	.275	.408
Riboflavin mg . . .	.416 $\pm$	.0057	13	.159	1.273	1.887
Niacin mg . . .	.210		2	.080	.643	.953
Pantothenic acid mg . . .	.750		1	.286	2.295	3.402
Vitamin B ₆ mg . . .	.051 $\pm$	.0048	5	.019	.156	.231
Folic acid mcg . . .	11			4	34	51
Vitamin B ₁₂ mcg . . .	.444 $\pm$	.0823	4	.170	1.359	2.014
Vitamin A { $\frac{RE}{IU}$. . .	81 328			31 125	248 1,004	367 1,488
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.49			2.10	16.79	24.88
4:0 g . . .	.28		1	.11	.86	1.28
6:0 g . . .	.17		1	.06	.51	.76
8:0 g . . .	.10		1	.04	.30	.44
10:0 g . . .	.07		2	.03	.22	.33
12:0 g . . .	.18		2	.07	.55	.82
14:0 g . . .	.78		2	.30	2.40	3.55
16:0 g . . .	2.40		2	.92	7.33	10.87
18:0 g . . .	1.21		2	.46	3.70	5.48
Monounsaturated, total g . . .	2.43			.93	7.43	11.01
16:1 g . . .	.14		2	.05	.42	.62
18:1 g . . .	2.19		2	.84	6.70	9.92
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	.34			.13	1.03	1.53
18:2 g . . .	.22		2	.08	.66	.98
18:3 g . . .	.12		1	.05	.37	.55
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	34			13	104	154
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.112			.043	.341	.506
Threonine g . . .	.357			.136	1.093	1.620
Isoleucine g . . .	.479			.183	1.464	2.171
Leucine g . . .	.775			.296	2.371	3.515
Lysine g . . .	.627			.240	1.920	2.846
Methionine g . . .	.198			.076	.607	.900
Cystine g . . .	.073			.028	.224	.332
Phenylalanine g . . .	.382			.146	1.168	1.732
Tyrosine g . . .	.382			.146	1.168	1.732
Valine g . . .	.529			.202	1.620	2.401
Arginine g . . .	.286			.109	.876	1.299
Histidine g . . .	.214			.082	.656	.973
Alanine g . . .	.273			.104	.835	1.237
Aspartic acid g . . .	.600			.229	1.836	2.722
Glutamic acid g . . .	1.656			.633	5.069	7.513
Glycine g . . .	.167			.064	.512	.759
Proline g . . .	.766			.293	2.345	3.475
Serine g . . .	.430			.164	1.316	1.951

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error				Approximate measure and weight		Refuse: 0
					1 fl oz = 31.5 g	1/2 c = 126 g	
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	74.04	±	0.0846	15	23.32	93.29	335.84
Food energy { <i>kcal</i>	134				42	169	610
Protein (N X 6.38) g	562				177	709	2,551
Protein (N X 6.38) g	6.81	±	.0331	55	2.14	8.58	30.89
Total lipid (fat) g	7.56	±	.0047	15	2.38	9.53	34.29
Carbohydrate, total g	10.04				3.16	12.65	45.54
Fiber g	0				0	0	0
Ash g	1.55	±	.0227	5	.49	1.95	7.03
MINERALS:							
Calcium mg	261	±	8.98	39	82	329	1,183
Iron mg	.19	±	.011	59	.06	.24	.86
Magnesium mg	24	±	.72	6	8	30	110
Phosphorus mg	202	±	8.25	37	64	255	919
Potassium mg	303	±	8.69	10	95	382	1,375
Sodium mg	106	±	3.36	10	33	133	480
Zinc mg	.77	±	.026	26	.24	.97	3.49
VITAMINS:							
Ascorbic acid mg	1.88	±	.217	32	.59	2.37	8.53
Thiamin mg	.047	±	.0016	42	.015	.059	.213
Riboflavin mg	.316	±	.0063	41	.100	.398	1.433
Niacin mg	.194	±	.0100	36	.061	.244	.880
Pantothenic acid mg	.638	±	.0322	5	.201	.804	2.894
Vitamin B ₆ mg	.050	±	.0023	21	.016	.063	.227
Folic acid mcg	8			1	2	10	36
Vitamin B ₁₂ mcg	.163	±	.0146	9	.051	.205	.739
Vitamin A ² { <i>RE</i>	54	±	7.6	4	17	68	245
Vitamin A ² { <i>IU</i>	243	±	11.4	29	77	306	1,102
LIPIDS:							
Fatty acids:							
Saturated, total g	4.59				1.45	5.78	20.82
4:0 g	.20			1	.06	.24	.88
6:0 g	.13			1	.04	.17	.61
8:0 g	.05			2	.02	.07	.24
10:0 g	.11	±	.017	11	.04	.14	.50
12:0 g	.16	±	.015	12	.05	.20	.73
14:0 g	.73	±	.035	12	.23	.92	3.32
16:0 g	2.03	±	.0597	12	.64	2.56	9.20
18:0 g	.92	±	.027	12	.29	1.16	4.18
Monounsaturated, total g	2.34				.74	2.94	10.59
16:1 g	.16	±	.012	12	.05	.20	.72
18:1 g	2.10	±	.0490	12	.66	2.65	9.53
20:1 g							
22:1 g							
Polyunsaturated, total g	.24				.08	.31	1.11
18:2 g	.17	±	.017	12	.05	.21	.76
18:3 g	.08	±	.06	2	.02	.10	.35
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	29				9	37	133
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.096				.030	.121	.436
Threonine g	.307				.097	.387	1.394
Isoleucine g	.412				.130	.519	1.869
Leucine g	.667				.210	.841	3.026
Lysine g	.540				.170	.681	2.450
Methionine g	.171				.054	.215	.775
Cystine g	.063				.020	.079	.286
Phenylalanine g	.329				.104	.414	1.491
Tyrosine g	.329				.104	.414	1.491
Valine g	.456				.144	.574	2.067
Arginine g	.247				.078	.311	1.118
Histidine g	.185				.058	.233	.838
Alanine g	.235				.074	.296	1.065
Aspartic acid g	.517				.163	.651	2.343
Glutamic acid g	1.426				.449	1.797	6.469
Glycine g	.144				.045	.182	.654
Proline g	.660				.208	.831	2.992
Serine g	.370				.117	.467	1.680

¹ Product contains added vitamin D so that each fluid ounce contains 25 IU.² Values based on data for products without added vitamin A. Product with added vitamin A contains 125 IU per fluid ounce.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased		
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1 fl oz = 31.9 g	1/2 c = 128 g			
			A	B		C	D
PROXIMATE:							
Water	g . . .	79.40		2	25.33	101.24	360.16
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	78 326			25 104	99 416	353 1,479
Protein (N X 6.38)	g . . .	7.55 $\pm$	0.0961	10	2.41	9.63	34.25
Total lipid (fat)	g . . .	.20 $\pm$	.018	10	.06	.26	.91
Carbohydrate, total	g . . .	11.35			3.62	14.47	51.48
Fiber	g . . .	0			0	0	0
Ash	g . . .	1.50		1	.48	1.91	6.80
MINERALS:							
Calcium	mg . . .	290 $\pm$	14.1	10	92	369	1,313
Iron	mg . . .	.29 $\pm$	.057	9	.09	.37	1.32
Magnesium	mg . . .	27		1	9	34	122
Phosphorus	mg . . .	195 $\pm$	9.95	9	62	248	884
Potassium	mg . . .	332		2	106	423	1,504
Sodium	mg . . .	115		2	37	147	522
Zinc	mg . . .	.90			.29	1.15	4.08
VITAMINS:							
Ascorbic acid	mg . . .	1.24 $\pm$	.127	9	.40	1.58	5.62
Thiamin	mg . . .	.045 $\pm$	.0044	10	.014	.057	.204
Riboflavin	mg . . .	.309 $\pm$	.0146	10	.099	.394	1.402
Niacin	mg . . .	.174 $\pm$	.0082	10	.056	.222	.789
Pantothenic acid	mg . . .	.738		2	.235	.941	3.348
Vitamin B ₆	mg . . .	.055		1	.018	.070	.249
Folacin	mcg . . .	9		1	3	11	39
Vitamin B ₁₂	mcg . . .	.239		1	.076	.305	1.084
Vitamin A ²	{ <i>RE</i> . . . <i>IU</i> . . .	117 392			37 125	150 500	531 1,778
LIPIDS:							
Fatty acids: ³							
Saturated, total	g . . .	.121			.039	.155	.551
4:0	g . . .	.005		1	.002	.007	.023
6:0	g . . .	.004		1	.001	.005	.016
8:0	g . . .	.001		2	Trace	.002	.006
10:0	g . . .	.003 $\pm$	.0005	11	.001	.004	.013
12:0	g . . .	.004 $\pm$	.0006	12	.001	.005	.019
14:0	g . . .	.019 $\pm$	.0020	12	.006	.025	.088
16:0	g . . .	.054 $\pm$	.0052	12	.017	.068	.243
18:0	g . . .	.024 $\pm$	.0023	12	.008	.031	.111
Monounsaturated, total	g . . .	.062			.020	.079	.280
16:1	g . . .	.004 $\pm$	.0005	12	.001	.005	.019
18:1	g . . .	.056 $\pm$	.0052	12	.018	.071	.252
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	.006			.002	.008	.029
18:2	g . . .	.004 $\pm$	.0006	12	.001	.006	.020
18:3	g . . .	.002		2	.001	.003	.009
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	4			1	5	16
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	.107			.034	.136	.483
Threonine	g . . .	.341			.109	.435	1.546
Isoleucine	g . . .	.457			.146	.582	2.072
Leucine	g . . .	.740			.236	.943	3.355
Lysine	g . . .	.599			.191	.763	2.716
Methionine	g . . .	.189			.060	.241	.859
Cystine	g . . .	.070			.022	.089	.317
Phenylalanine	g . . .	.364			.116	.465	1.653
Tyrosine	g . . .	.364			.116	.465	1.653
Valine	g . . .	.505			.161	.644	2.292
Arginine	g . . .	.273			.087	.349	1.240
Histidine	g . . .	.205			.065	.261	.929
Alanine	g . . .	.260			.083	.332	1.181
Aspartic acid	g . . .	.573			.183	.730	2.598
Glutamic acid	g . . .	1.581			.504	2.016	7.171
Glycine	g . . .	.160			.051	.204	.725
Proline	g . . .	.731			.233	.932	3.317
Serine	g . . .	.411			.131	.524	1.863

¹ If vitamin D is added, product contains 25 IU per fluid ounce.² Values based on addition of vitamin A to level of 125 IU per fluid ounce. Product without added vitamin A contains 8 IU per 100 g.³ Values based on data for fat extracted from evaporated whole milk.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	3/4 oz or approx. 2 to 3 hp tsp = 21 g	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	2.58	+	0.155	11	0.54	11.70
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	411 1,719				86 361	1,863 7,797
Protein (N X 6.25)	g . . .	13.07	+	.5083	5	2.74	59.29
Total lipid (fat)	g . . .	8.47	+	.274	6	1.78	38.42
Carbohydrate, total	g . . .	72.48				15.22	328.77
Fiber	g . . .	.60				.13	2.72
Ash	g . . .	3.40	+	.0913	4	.71	15.42
MINERALS:							
Calcium	mg . . .	266	+	19.4	5	56	1,209
Iron	mg . . .	.76	+	.037	3	.16	3.45
Magnesium	mg . . .	93			2	20	422
Phosphorus	mg . . .	374	+	6.08	6	79	1,698
Potassium	mg . . .	758			2	159	3,436
Sodium	mg . . .	457	+	8.33	3	96	2,072
Zinc	mg . . .	.99			2	.21	4.49
VITAMINS:							
Ascorbic acid	mg . . .	0			3	0	0
Thiamin	mg . . .	.530	+	.0670	4	.111	2.404
Riboflavin	mg . . .	.677	+	.126	3	.142	3.071
Niacin	mg . . .	5.100			2	1.071	23.134
Pantothenic acid	mg . . .	1					
Vitamin B ₆	mg . . .	.370			2	.078	1.678
Folacin	mcg . . .	46			2	10	208
Vitamin B ₁₂	mcg . . .	.780			2	.164	3.538
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	79 323	+	52.5	3	17 68	358 1,465
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	4.24			1	.89	19.22
4:0	g . . .	—				—	—
6:0	g . . .	—				—	—
8:0	g . . .	—				—	—
10:0	g . . .	—				—	—
12:0	g . . .	—				—	—
14:0	g . . .	—				—	—
16:0	g . . .	—				—	—
18:0	g . . .	—				—	—
Monounsaturated, total	g . . .	2.59			1	.54	11.77
16:1	g . . .	—				—	—
18:1	g . . .	—				—	—
20:1	g . . .	—				—	—
22:1	g . . .	—				—	—
Polyunsaturated, total	g . . .	1.22			1	.26	5.52
18:2	g . . .	—				—	—
18:3	g . . .	—				—	—
18:4	g . . .	—				—	—
20:4	g . . .	—				—	—
20:5	g . . .	—				—	—
22:5	g . . .	—				—	—
22:6	g . . .	—				—	—
Cholesterol	mg . . .	20			1	4	88
Phytosterols	mg . . .	—				—	—
AMINO ACIDS:							
Tryptophan	g . . .	.140				.029	.636
Threonine	g . . .	.335				.070	1.518
Isoleucine	g . . .	.391				.082	1.774
Leucine	g . . .	.749				.157	3.396
Lysine	g . . .	.356				.075	1.613
Methionine	g . . .	.180				.038	.816
Cystine	g . . .	.261				.055	1.186
Phenylalanine	g . . .	.439				.092	1.992
Tyrosine	g . . .	.362				.076	1.641
Valine	g . . .	.445				.094	2.020
Arginine	g . . .	—				—	—
Histidine	g . . .	.261				.055	1.186
Alanine	g . . .	—				—	—
Aspartic acid	g . . .	—				—	—
Glutamic acid	g . . .	—				—	—
Glycine	g . . .	—				—	—
Proline	g . . .	—				—	—
Serine	g . . .	—				—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Beverage is made by adding 3/4 oz or approximately 2 to 3 hp tsp of natural-flavored malted milk powder to 1 c of whole milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight 1 c milk plus 3/4 oz powder = 265 g		Refuse: 0
A	B	C	D	E	F
PROXIMATE:					
Water	g	81.22		215.23	368.41
Food energy	{ kcal kJ	89 373		236 989	404 1,692
Protein (N X 6.38)	g	4.07		10.78	18.46
Total lipid (fat)	g	3.75		9.94	17.01
Carbohydrate, total	g	10.03		26.58	45.50
Fiber	g	.05		.13	.23
Ash	g	.93		2.46	4.22
MINERALS:					
Calcium	mg	131		347	595
Iron	mg	.11		.29	.50
Magnesium	mg	20		52	90
Phosphorus	mg	116		307	525
Potassium	mg	200		529	905
Sodium	mg	81		215	369
Zinc	mg	.43		1.14	1.95
VITAMINS:					
Ascorbic acid	mg	.87		2.31	3.95
Thiamin	mg	.077		.204	.349
Riboflavin	mg	.203		.538	.921
Niacin	mg	.481		1.275	2.182
Pantothenic acid ¹	mg	.289		.766	1.311
Vitamin B ₆	mg	.068		.180	.308
Folacin	mcg	8		22	37
Vitamin B ₁₂	mcg	.391		1.036	1.774
Vitamin A	{ RE IU	35 142		93 376	159 644
LIPIDS:					
Fatty acids:					
Saturated, total	g	2.25		5.96	10.21
4:0	g	—		—	—
6:0	g	—		—	—
8:0	g	—		—	—
10:0	g	—		—	—
12:0	g	—		—	—
14:0	g	—		—	—
16:0	g	—		—	—
18:0	g	—		—	—
Monounsaturated, total	g	1.09		2.90	4.96
16:1	g	—		—	—
18:1	g	—		—	—
20:1	g	—		—	—
22:1	g	—		—	—
Polyunsaturated, total	g	.21		.56	.96
18:2	g	—		—	—
18:3	g	—		—	—
18:4	g	—		—	—
20:4	g	—		—	—
20:5	g	—		—	—
22:5	g	—		—	—
22:6	g	—		—	—
Cholesterol	mg	14		37	64
Phytosterols	mg	—		—	—
AMINO ACIDS:					
Tryptophan	g	.054		.143	.244
Threonine	g	.163		.433	.741
Isoleucine	g	.214		.567	.971
Leucine	g	.356		.944	1.616
Lysine	g	.269		.712	1.218
Methionine	g	.090		.239	.410
Cystine	g	.049		.129	.221
Phenylalanine	g	.181		.479	.820
Tyrosine	g	.175		.464	.794
Valine	g	.238		.630	1.079
Arginine	g	—		—	—
Histidine	g	.103		.272	.465
Alanine	g	—		—	—
Aspartic acid	g	—		—	—
Glutamic acid	g	—		—	—
Glycine	g	—		—	—
Proline	g	—		—	—
Serine	g	—		—	—

¹ Values based on amount contributed by whole milk.

² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:(%)	
			3/4 oz to 3 hp	or approx. 2 tsp = 21 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	2.00		2	0.42		9.07
Food energy { kcal . . .	396			83		1,794
	1,655			348		7,509
Protein (N X 6.25) g . . .	6.48	+ 0.741	4	1.36		29.39
Total lipid (fat) g . . .	4.48	+ .541	4	.94		20.32
Carbohydrate, total g . . .	84.89			17.83		385.06
Fiber g . . .	.40			.08		1.81
Ash g . . .	2.15		2	.45		9.75
MINERALS:						
Calcium mg . . .	61		2	13		279
Iron mg . . .	1.80		2	.38		8.16
Magnesium mg . . .	71		2	15		322
Phosphorus mg . . .	178		2	37		808
Potassium mg . . .	618		1	130		2,805
Sodium mg . . .	232		2	49		1,051
Zinc mg . . .	.89		2	.19		4.04
VITAMINS:						
Ascorbic acid mg . . .	1		1	.042		.907
Thiamin mg . . .	.200		2	.038		.816
Riboflavin mg . . .	.180		2	.433		9.344
Niacin mg . . .	2.060		2			
Pantothenic acid mg . . .			2	.027		.590
Vitamin B ₆ mg . . .	.130		2	5		106
Folic acid mcg . . .	23		2	.046		.998
Vitamin B ₁₂ mcg . . .	.220		2	5		104
Vitamin A (RE . . .)	23		2	20		426
	94					
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	2.16		1	.45		9.78
4:0 g . . .	—			—		—
6:0 g . . .	—			—		—
8:0 g . . .	—			—		—
10:0 g . . .	—			—		—
12:0 g . . .	—			—		—
14:0 g . . .	—			—		—
16:0 g . . .	—			—		—
18:0 g . . .	—			—		—
Monounsaturated, total g . . .	1.46		1	.31		6.61
16:1 g . . .	—			—		—
18:1 g . . .	—			—		—
20:1 g . . .	—			—		—
22:1 g . . .	—			—		—
Polyunsaturated, total g . . .	.64		1	.14		2.92
18:2 g . . .	—			—		—
18:3 g . . .	—			—		—
18:4 g . . .	—			—		—
20:4 g . . .	—			—		—
20:5 g . . .	—			—		—
22:5 g . . .	—			—		—
22:6 g . . .	—			—		—
Cholesterol mg . . .	5		1	1		24
Phytosterols mg . . .	—			—		—
AMINO ACIDS:						
Tryptophan g . . .	.041			.009		.188
Threonine g . . .	.176			.037		.799
Isoleucine g . . .	.187			.039		.847
Leucine g . . .	.345			.073		1.566
Lysine g . . .	.186			.039		.842
Methionine g . . .	.082			.017		.372
Cystine g . . .	.077			.016		.348
Phenylalanine g . . .	.246			.052		1.115
Tyrosine g . . .	.166			.035		.752
Valine g . . .	.222			.047		1.006
Arginine g . . .	—			—		—
Histidine g . . .	.121			.025		.550
Alanine g . . .	—			—		—
Aspartic acid g . . .	—			—		—
Glutamic acid g . . .	—			—		—
Glycine g . . .	—			—		—
Proline g . . .	—			—		—
Serine g . . .	—			—		—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Beverage is made by adding 3/4 oz or approximately 2 to 3 hp tsp of chocolate-flavored malted milk powder to 1 c of whole milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight 1 c milk plus 3/4 oz powder = 265 g		Refuse: 0
A	B	C	D	E	F
PROXIMATE:					
Water	g	81.18		215.13	368.23
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	88 368		233 975	399 1,669
Protein (N X 6.36)	g	3.54		9.38	16.06
Total lipid (fat)	g	3.43		9.09	15.56
Carbohydrate, total	g	11.02		29.20	49.99
Fiber	g	.03		.08	.14
Ash	g	.83		2.20	3.76
MINERALS:					
Calcium	mg	115		304	521
Iron	mg	.19		.50	.86
Magnesium	mg	18		48	82
Phosphorus	mg	100		265	454
Potassium	mg	188		500	855
Sodium	mg	64		168	288
Zinc	mg	.42		1.11	1.90
VITAMINS:					
Ascorbic acid ¹	mg	.87		2.31	3.95
Thiamin	mg	.051		.135	.231
Riboflavin	mg	.161		.427	.730
Niacin	mg	.261		.692	1.184
Pantothenic acid ¹	mg	.289		.766	1.311
Vitamin B ₆	mg	.049		.130	.222
Folacin	mcg	6		17	29
Vitamin B ₁₂	mcg	.346		.917	1.569
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	30 123		80 326	136 558
LIPIDS:					
Fatty acids:					
Saturated, total	g	2.08		5.53	9.46
4:0	g	² —		—	—
6:0	g	—		—	—
8:0	g	—		—	—
10:0	g	—		—	—
12:0	g	—		—	—
14:0	g	—		—	—
16:0	g	—		—	—
18:0	g	—		—	—
Monounsaturated, total	g	1.00		2.66	4.55
16:1	g	—		—	—
18:1	g	—		—	—
20:1	g	—		—	—
22:1	g	—		—	—
Polyunsaturated, total	g	.16		.44	.75
18:2	g	—		—	—
18:3	g	—		—	—
18:4	g	—		—	—
20:4	g	—		—	—
20:5	g	—		—	—
22:5	g	—		—	—
22:6	g	—		—	—
Cholesterol	mg	13		34	58
Phytosterols	mg	—		—	—
AMINO ACIDS:					
Tryptophan	g	.014		.038	.066
Threonine	g	.047		.124	.212
Isoleucine	g	.061		.162	.278
Leucine	g	.100		.265	.454
Lysine	g	.079		.209	.359
Methionine	g	.026		.068	.116
Cystine	g	.011		.028	.048
Phenylalanine	g	.051		.136	.232
Tyrosine	g	.050		.131	.225
Valine	g	.071		.187	.321
Arginine	g	—		—	—
Histidine	g	.028		.075	.129
Alanine	g	—		—	—
Aspartic acid	g	—		—	—
Glutamic acid	g	—		—	—
Glycine	g	—		—	—
Proline	g	—		—	—
Serine	g	—		—	—

¹ Values based on amount contributed by whole milk.

² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

¹ If vitamin D is added, each quart contains 400 IU.

Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error	C		Approximate measure and weight		
				1 c = 250 g	1 qt = 1,000 g	
						A
PROXIMATE:						
Water	g	83.58		208.95	835.80	379.12
Food energy	{ kcal	72		179	715	324
	{ kJ	299		748	2,994	1,358
Protein (N X 6.38)	g	3.21		8.02	32.10	14.56
Total lipid (fat)	g	2.00	± 0.0084	5.00	20.00	9.07
Carbohydrate, total	g	10.40		26.00	104.00	47.17
Fiber	g	.06		.15	.60	.27
Ash	g	.81		2.02	8.10	3.67
MINERALS:						
Calcium	mg	114		284	1,136	515
Iron	mg	.24		.60	2.40	1.09
Magnesium	mg	13		33	132	60
Phosphorus	mg	102		254	1,017	461
Potassium	mg	169		422	1,688	766
Sodium	mg	60		150	602	273
Zinc	mg	.41		1.02	4.10	1.86
VITAMINS:						
Ascorbic acid	mg	.92		2.30	9.20	4.17
Thiamin	mg	.037		.092	.370	.168
Riboflavin	mg	.164		.410	1.640	.744
Niacin	mg	.126		.315	1.260	.572
Pantothenic acid	mg	.299		.748	2.990	1.356
Vitamin B ₆	mg	.041		.102	.410	.186
Folacin	mcg	5		12	48	22
Vitamin B ₁₂	mcg	.339		.847	3.390	1.538
Vitamin A ²	{ RE	57		142	570	259
	{ IU	200		500	2,000	907
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.24		3.10	12.38	5.62
4:0	g	.06		.14	.56	.26
6:0	g	.03		.08	.33	.15
8:0	g	.02		.05	.19	.09
10:0	g	.04		.11	.44	.20
12:0	g	.05		.12	.49	.22
14:0	g	.18		.44	1.75	.80
16:0	g	.52		1.31	5.24	2.38
18:0	g	.30		.74	2.97	1.35
Monounsaturated, total	g	.59		1.47	5.88	2.67
16:1	g	.04		.10	.40	.18
18:1	g	.52		1.31	5.23	2.37
20:1	g					
22:1	g					
Polyunsaturated, total	g	.07		.18	.72	.33
18:2	g	.05		.12	.47	.21
18:3	g	.03		.06	.26	.12
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	7		17	68	31
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.045		.113	.453	.205
Threonine	g	.145		.362	1.449	.657
Isoleucine	g	.194		.486	1.942	.881
Leucine	g	.314		.786	3.145	1.426
Lysine	g	.255		.636	2.546	1.155
Methionine	g	.081		.201	.805	.365
Cystine	g	.030		.074	.297	.135
Phenylalanine	g	.155		.387	1.550	.703
Tyrosine	g	.155		.387	1.550	.703
Valine	g	.215		.537	2.148	.975
Arginine	g	.116		.291	1.162	.527
Histidine	g	.087		.218	.870	.395
Alanine	g	.111		.277	1.107	.502
Aspartic acid	g	.244		.609	2.435	1.105
Glutamic acid	g	.672		1.680	6.722	3.049
Glycine	g	.068		.170	.679	.308
Proline	g	.311		.777	3.109	1.410
Serine	g	.175		.436	1.746	.792

¹ If vitamin D is added, each quart contains 400 IU.² Values based on addition of vitamin A to level of 2,000 IU per quart.

² Values based on addition of vitamin A to level of 2,000 IU per quart.

Item No. 01-105

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 c = 250 g			
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	81.62		204.05		370.23
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	$\left\{ \begin{array}{l} 87 \\ 365 \end{array} \right.$		$\left\{ \begin{array}{l} 218 \\ 913 \end{array} \right.$		$\left\{ \begin{array}{l} 396 \\ 1,657 \end{array} \right.$
Protein (N X 6.38)	g . . .	3.64		9.10		16.51
Total lipid (fat)	g . . .	3.62		9.05		16.42
Carbohydrate, total	g . . .	10.31		25.78		46.77
Fiber	g . . .	.08		.20		.36
Ash	g . . .	.81		2.02		3.67
MINERALS:						
Calcium	mg . . .	119		298		541
Iron	mg . . .	.31		.78		1.41
Magnesium	mg . . .	22		56		101
Phosphorus	mg . . .	108		270		490
Potassium	mg . . .	192		480		870
Sodium	mg . . .	49		123		223
Zinc	mg . . .	.49		1.22		2.22
VITAMINS:						
Ascorbic acid	mg . . .	.96		2.40		4.36
Thiamin	mg . . .	.041		.102		.186
Riboflavin	mg . . .	.174		.435		.789
Niacin	mg . . .	.146		.365		.662
Pantothenic acid	mg . . .	.323		.808		1.465
Vitamin B ₆	mg . . .	.043		.107		.195
Folic acid	mcg . . .	5		12		22
Vitamin B ₁₂	mcg . . .	.348		.870		1.579
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	$\left\{ \begin{array}{l} 34 \\ 127 \end{array} \right.$		$\left\{ \begin{array}{l} 85 \\ 318 \end{array} \right.$		$\left\{ \begin{array}{l} 154 \\ 576 \end{array} \right.$
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.24		5.61		10.18
4:0	g . . .	.11		.26		.48
6:0	g . . .	.06		.16		.28
8:0	g . . .	.04		.09		.16
10:0	g . . .	.08		.20		.37
12:0	g . . .	.09		.23		.42
14:0	g . . .	.33		.82		1.49
16:0	g . . .	.95		2.37		4.30
18:0	g . . .	.52		1.29		2.34
Monounsaturated, total	g . . .	1.06		2.65		4.81
16:1	g . . .	.07		.18		.34
18:1	g . . .	.94		2.34		4.25
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	.13		.33		.60
18:2	g . . .	.08		.21		.38
18:3	g . . .	.05		.12		.22
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	13		33		60
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	.051		.128		.233
Threonine	g . . .	.164		.411		.745
Isoleucine	g . . .	.220		.551		.999
Leucine	g . . .	.357		.891		1.617
Lysine	g . . .	.289		.722		1.309
Methionine	g . . .	.091		.228		.414
Cystine	g . . .	.034		.084		.153
Phenylalanine	g . . .	.176		.439		.797
Tyrosine	g . . .	.176		.439		.797
Valine	g . . .	.244		.609		1.105
Arginine	g . . .	.132		.329		.598
Histidine	g . . .	.099		.247		.448
Alanine	g . . .	.126		.314		.569
Aspartic acid	g . .					

AH-8-1 (1976)

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight				
	A	B	C		D	E	F
PROXIMATE:							
Water g . . .	87.03	+	0.1460	196	212.35	849.41	394.77
Food energy { kcal . . .	69				168	672	312
Food energy { kJ . . .	288				703	2,811	1,306
Protein (N X 6.38). g . . .	3.56	+	.0325	132	8.69	34.75	16.15
Total lipid (fat) g . . .	4.14	+	.0528	269	10.10	40.41	18.78
Carbohydrate, total g . . .	4.45				10.86	43.43	20.18
Fiber g . . .	0				0	0	0
Ash g . . .	.82	+	.0020	229	2.00	8.00	3.72
MINERALS:							
Calcium mg . . .	134	+	1.67	94	326	1,303	606
Iron mg . . .	.05	+	.004	23	.12	.49	.23
Magnesium mg . . .	14	+	1.2	63	34	136	63
Phosphorus mg . . .	111	+	2.05	60	270	1,080	502
Potassium mg . . .	204	+	7.14	96	499	1,995	927
Sodium mg . . .	50	+	1.5	68	122	486	226
Zinc mg . . .	.30			1	.73	2.93	1.36
VITAMINS:							
Ascorbic acid mg . . .	1.29	+	.108	57	3.15	12.59	5.85
Thiamin mg . . .	.048	+	.0054	22	.117	.468	.218
Riboflavin mg . . .	.138	+	.0084	61	.337	1.347	.626
Niacin mg . . .	.277	+	.0116	21	.676	2.704	1.256
Pantothenic acid. mg . . .	.310	+	.0233	23	.756	3.026	1.406
Vitamin B ₆ mg . . .	.046			3	.112	.449	.209
Folicin mcg . . .	1			18	1	6	3
Vitamin B ₁₂ mcg . . .	.065	+	.0051	45	.159	.634	.295
Vitamin A { RE . . .	56				137	547	254
Vitamin A { IU . . .	185			5	451	1,806	839
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	2.67				6.51	26.03	12.10
4:0 g . . .	.13	+	.0098	14	.31	1.25	.58
6:0 g . . .	.09	+	.007	14	.23	.91	.42
8:0 g . . .	.10	+	.0088	15	.23	.94	.44
10:0 g . . .	.26	+	.031	15	.63	2.53	1.18
12:0 g . . .	.12	+	.012	15	.30	1.21	.56
14:0 g . . .	.32	+	.020	17	.79	3.17	1.47
16:0 g . . .	.91	+	.043	17	2.22	8.90	4.13
18:0 g . . .	.44	+	.037	17	1.08	4.30	2.00
Monounsaturated, total g . . .	1.11				2.71	10.83	5.03
16:1 g . . .	.08	+	.01	7	.20	.80	.37
18:1 g . . .	.98	+	.047	17	2.38	9.54	4.43
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.15				.36	1.45	.67
18:2 g . . .	.11	+	.0080	13	.26	1.06	.49
18:3 g . . .	.04	+	.008	10	.10	.39	.18
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	11	+	.80	36	28	111	52
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.044				.106	.425	.197
Threonine g . . .	.163				.398	1.590	.739
Isoleucine g . . .	.207				.505	2.020	.939
Leucine g . . .	.314				.765	3.061	1.422
Lysine g . . .	.290				.708	2.832	1.316
Methionine g . . .	.080				.196	.784	.364
Cystine g . . .	.046				.113	.452	.210
Phenylalanine g . . .	.155				.377	1.509	.701
Tyrosine g . . .	.179				.437	1.748	.812
Valine g . . .	.240				.585	2.342	1.088
Arginine g . . .	.119				.291	1.165	.542
Histidine g . . .	.089				.218	.871	.405
Alanine g . . .	.118				.287	1.149	.534
Aspartic acid g . . .	.210				.512	2.048	.952
Glutamic acid. g . . .	.626				1.528	6.110	2.840
Glycine g . . .	.050				.123	.490	.228
Proline g . . .	.368				.899	3.594	1.670
Serine g . . .	.181				.441	1.765	.820

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food	
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0	
				1 fl oz = 30.8 g	1 c = 246 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.50 $\pm$	0.0430	616	26.95	215.25	396.90
Food energy	{ kcal	70			21	171	316
	{ kJ	291			90	716	1,321
Protein (N X 6.38)	g	1.03 $\pm$	.0184	591	.32	2.53	4.67
Total lipid (fat)	g	4.38 $\pm$	.0479	415	1.35	10.78	19.87
Carbohydrate, total	g	6.89			2.12	16.95	31.25
Fiber	g	0			0	0	0
Ash	g	.20 $\pm$	.0009	396	.06	.49	.91
MINERALS:							
Calcium	mg	32 $\pm$	.25	755	10	79	146
Iron	mg	.03 $\pm$	.002	277	.01	.07	.14
Magnesium	mg	3 $\pm$	.04	303	1	8	15
Phosphorus	mg	14 $\pm$	.095	632	4	34	62
Potassium	mg	51 $\pm$	.61	172	16	126	232
Sodium	mg	17 $\pm$	.25	342	5	42	77
Zinc	mg	.17 $\pm$	.0057	281	.05	.42	.77
VITAMINS:							
Ascorbic acid	mg	5.00 $\pm$	.118	233	1.54	12.30	22.68
Thiamin	mg	.014 $\pm$	.0001	279	.004	.034	.064
Riboflavin	mg	.036 $\pm$	.0006	275	.011	.089	.163
Niacin	mg	.177 $\pm$	.0029	271	.055	.435	.803
Pantothenic acid	mg	.223 $\pm$	.0031	416	.069	.549	1.012
Vitamin B ₆	mg	.011 $\pm$	.0007	88	.003	.027	.050
Folic acid	mcg	5 $\pm$	.3	7	2	13	24
Vitamin B ₁₂	mcg	.045 $\pm$		32	.014	.111	.204
Vitamin A	{ RE	64		309	20	157	290
	{ IU	241		309	74	593	1,093
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.01			.62	4.94	9.12
4:0	g						
6:0	g						
8:0	g						
10:0	g	.06 $\pm$	.006	16	.02	.16	.29
12:0	g	.26 $\pm$	.023	18	.08	.63	1.16
14:0	g	.32 $\pm$	.019	20	.10	.79	1.46
16:0	g	.92 $\pm$	.023	20	.28	2.26	4.17
18:0	g	.29 $\pm$	.018	20	.09	.72	1.33
Monounsaturated, total	g	1.66			.51	4.08	7.52
16:1	g	.13 $\pm$	.012	17	.04	.32	.59
18:1	g	1.48 $\pm$	.0372	20	.45	3.63	6.69
20:1	g	.04 $\pm$	.003	12	.01	.09	.18
22:1	g	Trace					
Polyunsaturated, total	g	.50			.15	1.22	2.26
18:2	g	.37 $\pm$	.030	20	.12	.92	1.70
18:3	g	.05 $\pm$	.01	15	.02	.13	.24
18:4	g						
20:4	g	.03 $\pm$	.004	14	.01	.06	.12
20:5	g	Trace					
22:5	g	Trace					
22:6	g	Trace					
Cholesterol	mg	14 $\pm$	.37	54	4	34	63
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.017			.005	.041	.076
Threonine	g	.046			.014	.112	.207
Isoleucine	g	.056			.017	.137	.253
Leucine	g	.095			.029	.233	.429
Lysine	g	.068			.021	.168	.309
Methionine	g	.021			.006	.052	.095
Cystine	g	.019			.006	.047	.086
Phenylalanine	g	.046			.014	.113	.209
Tyrosine	g	.053			.016	.129	.239
Valine	g	.063			.019	.156	.287
Arginine	g	.043			.013	.105	.194
Histidine	g	.023			.007	.057	.105
Alanine	g	.036			.011	.089	.165
Aspartic acid	g	.082			.025	.201	.371
Glutamic acid	g	.168			.052	.414	.764
Glycine	g	.026			.008	.064	.119
Proline	g	.082			.025	.203	.374
Serine	g	.043			.013	.107	.197

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 0	
				1 c = 244 g	1 qt = 976 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	83.39 $\pm$	0.5462	8	203.47	813.89	378.26
Food energy	{ kcal kJ	97			236	943	438
		404			987	3,947	1,834
Protein (N X 6.38)	g	3.75 $\pm$	.0566	96	9.15	36.60	17.01
Total lipid (fat)	g	6.89 $\pm$	.130	113	16.81	67.25	31.25
Carbohydrate, total	g	5.18			12.64	50.56	23.50
Fiber	g	0			0	0	0
Ash	g	.79 $\pm$	.0099	97	1.93	7.71	3.58
MINERALS:							
Calcium	mg	169 $\pm$	1.90	164	412	1,649	767
Iron	mg	.12 $\pm$	.016	10	.29	1.17	.54
Magnesium	mg	31 $\pm$	1.4	110	76	304	141
Phosphorus	mg	117 $\pm$	1.58	113	286	1,146	533
Potassium	mg	178 $\pm$	3.02	101	434	1,734	806
Sodium	mg	52 $\pm$	1.6	101	127	509	237
Zinc	mg	.22		1	.54	2.15	1.00
VITAMINS:							
Ascorbic acid	mg	2.25 $\pm$	.627	3	5.49	21.96	10.21
Thiamin	mg	.052 $\pm$	.0051	14	.127	.508	.236
Riboflavin	mg	.135 $\pm$	.0074	26	.329	1.318	.612
Niacin	mg	.091 $\pm$	.0058	4	.222	.888	.413
Pantothenic acid	mg	.192 $\pm$	.0318	12	.468	1.874	.871
Vitamin B ₆	mg	.023 $\pm$		2	.056	.224	.104
Folicin	mcg	6		1	14	55	25
Vitamin B ₁₂	mcg	.363 $\pm$	.0318	4	.886	3.543	1.647
Vitamin A	{ RE. IU	53			129	517	240
		178 $\pm$	9.42	32	434	1,737	807
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.60			11.22	44.87	20.85
4:0	g	.28 $\pm$	.012	23	.67	2.69	1.25
6:0	g	.15 $\pm$	.0078	23	.37	1.50	.70
8:0	g	.07 $\pm$	.004	24	.17	.70	.32
10:0	g	.14 $\pm$	.0072	24	.34	1.37	.64
12:0	g	.17 $\pm$	.0083	24	.41	1.63	.76
14:0	g	.70 $\pm$	.022	24	1.72	6.86	3.19
16:0	g	2.00 $\pm$	.0567	24	4.88	19.51	9.07
18:0	g	.68 $\pm$	.031	24	1.66	6.66	3.09
Monounsaturated, total	g	1.79			4.36	17.44	8.10
16:1	g	.14 $\pm$	.0087	24	.35	1.38	.64
18:1	g	1.57 $\pm$	.0533	24	3.82	15.28	7.10
20:1	g						
22:1	g						
Polyunsaturated, total	g	.15			.36	1.43	.66
18:2	g	.07 $\pm$	.007	23	.17	.68	.32
18:3	g	.08 $\pm$	.008	23	.19	.75	.35
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	19 $\pm$	.20	25	46	185	86
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.053			.131	.522	.243
Threonine	g	.182			.445	1.778	.827
Isoleucine	g	.203			.496	1.985	.922
Leucine	g	.366			.892	3.568	1.658
Lysine	g	.280			.683	2.731	1.269
Methionine	g	.097			.237	.947	.440
Cystine	g	.048			.116	.465	.216
Phenylalanine	g	.162			.394	1.578	.733
Tyrosine	g	.183			.447	1.790	.832
Valine	g	.219			.534	2.134	.992
Arginine	g	.114			.278	1.113	.517
Histidine	g	.078			.189	.757	.352
Alanine	g	.132			.323	1.291	.600
Aspartic acid	g	.309			.753	3.012	1.400
Glutamic acid	g	.477			1.165	4.658	2.165
Glycine	g	1					
Proline	g						
Serine	g	.227			.555	2.220	1.032

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of
	Mean $\pm$ standard error	C		Approximate measure and weight		1 pound of food as purchased
				1 c = 245 g	1 qt = 980 g	Refuse:()
A	B	C	D	E	F	G
PROXIMATE:						
Water g	80.70		31	197.72	790.86	366.06
Food energy { kcal	108			264	1,057	489
	451			1,105	4,422	2,047
Protein (N X 6.38) g	5.98		112	14.65	58.60	27.12
Total lipid (fat) g	7.00		104	17.15	68.60	31.75
Carbohydrate, total g	5.36			13.13	52.53	24.31
Fiber g	0			0	0	0
Ash g	.96		74	2.35	9.41	4.36
MINERALS:						
Calcium mg	193		92	474	1,895	877
Iron mg	.10		1	.24	.98	.45
Magnesium mg	18		62	45	180	83
Phosphorus mg	158		92	387	1,548	717
Potassium mg	136		74	334	1,338	619
Sodium mg	44		74	108	432	200
Zinc mg	1					
VITAMINS:						
Ascorbic acid mg	4.16		7	10.19	40.77	18.87
Thiamin mg	.065		9	.159	.637	.295
Riboflavin mg	.355		11	.870	3.479	1.610
Niacin mg	.417		7	1.022	4.087	1.892
Pantothenic acid mg	.407		5	.997	3.989	1.846
Vitamin B ₆ mg						
Folacin mcg						
Vitamin B ₁₂ mcg	.711		14	1.742	6.968	3.225
Vitamin A { RE	42		1	103	412	191
	147		11	360	1,441	667
LIPIDS:						
Fatty acids:						
Saturated, total g	4.60			11.28	45.11	20.88
4:0 g	.20		13	.50	2.00	.92
6:0 g	.14		13	.36	1.42	.66
8:0 g	.14		13	.34	1.35	.62
10:0 g	.40		14	.98	3.92	1.81
12:0 g	.24		14	.59	2.34	1.08
14:0 g	.66		14	1.62	6.47	3.00
16:0 g	1.62		14	3.98	15.90	7.36
18:0 g	.90		14	2.20	8.81	4.08
Monounsaturated, total g	1.72			4.22	16.90	7.82
16:1 g	.13		12	.31	1.26	.58
18:1 g	1.56		14	3.82	15.27	7.07
20:1 g						
22:1 g						
Polyunsaturated, total g	.31			.76	3.02	1.40
18:2 g	.18		14	.44	1.77	.82
18:3 g	.13		12	.31	1.25	.58
18:4 g						
20:4 g						
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg						
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	.084			.207	.827	.383
Threonine g	.268			.657	2.627	1.216
Isoleucine g	.338			.829	3.316	1.535
Leucine g	.587			1.438	5.750	2.662
Lysine g	.513			1.256	5.025	2.326
Methionine g	.155			.379	1.516	.702
Cystine g	.035			.085	.340	.157
Phenylalanine g	.284			.696	2.783	1.288
Tyrosine g	.281			.689	2.756	1.275
Valine g	.448			1.098	4.391	2.032
Arginine g	.198			.485	1.938	.897
Histidine g	.167			.409	1.635	.757
Alanine g	.269			.659	2.636	1.220
Aspartic acid g	.328			.804	3.215	1.488
Glutamic acid g	1.019			2.496	9.985	4.621
Glycine g	.041			.101	.404	.187
Proline g						
Serine g	.492			1.206	4.822	2.232

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight				
			1 container, approx. 10.6 oz, net wt = 300 g				
	A	B	C		D	E	
PROXIMATE:							
Water g	72.20	$\pm$	0.9499	7	216.60		327.50
Food energy {	119				356		538
	496				1,489		2,252
Protein (N X 6.38) g	3.05	$\pm$	.261	7	9.15		13.84
Total lipid (fat) g	2.70	$\pm$		1	8.10		12.25
Carbohydrate, total g	21.15				63.45		95.94
Fiber g	.25	$\pm$	.021	6	.75		1.13
Ash g	.90	$\pm$	.071	7	2.70		4.08
MINERALS:							
Calcium mg	132			1	396		599
Iron mg	.31			1	.93		1.41
Magnesium mg	16			1	48		73
Phosphorus mg	126			1	378		572
Potassium mg	224			1	672		1,016
Sodium mg	111			1	333		503
Zinc mg	.48			1	1.44		2.18
VITAMINS:							
Ascorbic acid mg	0			6	0		0
Thiamin mg	.047	$\pm$	.0049	7	.141		.213
Riboflavin mg	.222	$\pm$	.0052	7	.666		1.007
Niacin mg	.124	$\pm$	.0090	7	.372		.562
Pantothenic acid mg	.363	$\pm$	.0139	6	1.089		1.647
Vitamin B ₆ mg	.025	$\pm$	.0051	7	.075		.113
Folacin mcg	5	$\pm$	.8	7	15		22
Vitamin B ₁₂ mcg	.315	$\pm$	.0509	7	.945		1.429
Vitamin A {	1						
Vitamin A {	86	$\pm$	1.3	6	258		390
LIPIDS:							
Fatty acids:							
Saturated, total g	1.68				5.04		7.62
4:0 g	.09				.26		.40
6:0 g	.05				.16		.24
8:0 g	.03				.09		.14
10:0 g	.07				.20		.31
12:0 g	.08				.23		.34
14:0 g	.27				.82		1.23
16:0 g	.71				2.13		3.22
18:0 g	.33				.98		1.48
Monounsaturated, total g	.78				2.34		3.54
16:1 g	.06				.18		.27
18:1 g	.68				2.04		3.08
20:1 g							
22:1 g							
Polyunsaturated, total g	.10				.30		.46
18:2 g	.06				.18		.28
18:3 g	.04				.12		.18
18:4 g							
20:4 g							
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	10				32		48
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	.043				.129		.195
Threonine g	.138				.413		.625
Isoleucine g	.185				.554		.837
Leucine g	.299				.896		1.355
Lysine g	.242				.726		1.097
Methionine g	.076				.229		.347
Cystine g	.028				.085		.128
Phenylalanine g	.147				.442		.668
Tyrosine g	.147				.442		.668
Valine g	.204				.612		.926
Arginine g	.110				.331		.501
Histidine g	.083				.248		.375
Alanine g	.105				.316		.477
Aspartic acid g	.231				.694		1.050
Glutamic acid g	.639				1.916		2.897
Glycine g	.065				.194		.293
Proline g	.295				.886		1.340
Serine g	.166				.498		.752

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	1 container, approx. 11 oz, net wt = 313 g	Approximate measure and weight	Refuse: 0		
				E	F		
						G	
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	74.45	$\pm$	0.8334	10	233.03		337.70
	112				350		507
Food energy { kcal . . .	468				1,465		2,122
		kJ . . .					
Protein (N X 6.38) g . . .	3.86	$\pm$	.0980	10	12.08		17.51
Total lipid (fat) g . . .	3.03	$\pm$	.140	10	9.48		13.74
Carbohydrate, total g . . .	17.75	$\pm$			55.56		80.51
Fiber g . . .	.06	$\pm$	.03	10	.19		.27
Ash g . . .	.91	$\pm$	.022	10	2.85		4.13
MINERALS:							
Calcium mg . . .	146	$\pm$	5.81	10	457		663
Iron mg . . .	.10	$\pm$	.0063	10	.31		.45
Magnesium mg . . .	12	$\pm$	.51	10	37		53
Phosphorus mg . . .	115	$\pm$	4.08	10	361		523
Potassium mg . . .	183	$\pm$	9.42	10	572		829
Sodium mg . . .	95	$\pm$	2.2	10	299		433
Zinc mg . . .	.39	$\pm$	.045	10	1.22		1.77
VITAMINS:							
Ascorbic acid mg . . .	0				0		0
Thiamin mg . . .	.030			1	.094		.136
Riboflavin mg . . .	.195			1	.610		.885
Niacin mg . . .	.146			1	.457		.662
Pantothenic acid mg . . .	1						
Vitamin B ₆ mg . . .	.042			1	.131		.191
Folacin mcg . . .	7			1	21		30
Vitamin B ₁₂ mcg . . .	.520			1	1.628		2.359
Vitamin A { RE . . .	28				88		127
	114				357		517
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	1.89				5.90		8.56
4:0 g . . .	.10				.31		.45
6:0 g . . .	.06				.18		.26
8:0 g . . .	.03				.11		.15
10:0 g . . .	.08				.24		.34
12:0 g . . .	.08				.27		.39
14:0 g . . .	.30				.95		1.38
16:0 g . . .	.80				2.50		3.62
18:0 g . . .	.37				1.15		1.67
Monounsaturated, total g . . .	.88				2.74		3.97
16:1 g . . .	.07				.21		.31
18:1 g . . .	.76				2.39		3.46
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.11				.35		.51
18:2 g . . .	.07				.21		.31
18:3 g . . .	.04				.14		.20
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	12				37		54
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.054				.170		.247
Threonine g . . .	.174				.545		.790
Isoleucine g . . .	.234				.731		1.059
Leucine g . . .	.378				1.184		1.715
Lysine g . . .	.306				.958		1.389
Methionine g . . .	.097				.303		.439
Cystine g . . .	.036				.112		.162
Phenylalanine g . . .	.186				.583		.845
Tyrosine g . . .	.186				.583		.845
Valine g . . .	.258				.809		1.172
Arginine g . . .	.140				.437		.634
Histidine g . . .	.105				.328		.475
Alanine g . . .	.133				.417		.604
Aspartic acid g . . .	.293				.917		1.328
Glutamic acid g . . .	.808				2.530		3.666
Glycine g . . .	.082				.256		.370
Proline g . . .	.374				1.170		1.696
Serine g . . .	.210				.657		.952

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Approximate measure and weight		Refuse: 0			
	A	B	C			D	E	F
1 c = 246 g 1 qt = 984 g								
PROXIMATE:								
Water	g	93.42	$\pm$	0.0984	10	229.81	919.25	423.75
Food energy	{ kcal kJ	24				59	235	108
		100				246	982	453
Protein (N X 6.38)	g	.76	$\pm$	.028	21	1.87	7.48	3.45
Total lipid (fat)	g	.09	$\pm$	.02	6	.22	.89	.41
Carbohydrate, total	g	5.12				12.60	50.38	23.22
Fiber	g	0				0	0	0
Ash	g	.61	$\pm$	.038	9	1.50	6.00	2.77
MINERALS:								
Calcium	mg	103	$\pm$	3.54	15	253	1,011	466
Iron	mg	.08				.20	.79	.36
Magnesium	mg	10	$\pm$	.45	15	24	96	44
Phosphorus	mg	78	$\pm$	3.7	14	191	764	352
Potassium	mg	143	$\pm$	5.27	5	352	1,408	649
Sodium	mg	48	$\pm$	3.3	5	118	473	218
Zinc	mg	.43				1.06	4.23	1.95
VITAMINS:								
Ascorbic acid	mg	.06				.15	.59	.27
Thiamin	mg	.042				.103	.413	.191
Riboflavin	mg	.140				.344	1.378	.635
Niacin	mg	.079				.194	.777	.358
Pantothenic acid	mg	.381				.937	3.749	1.728
Vitamin B ₆	mg	.042				.103	.413	.191
Folic acid	mcg	2				5	22	10
Vitamin B ₁₂	mcg	.179	$\pm$	.0171	14	.440	1.761	.812
Vitamin A	{ RE IU	1	$\pm$	.2	4	2	10	5
		7	$\pm$	.4	4	17	69	32
LIPIDS:								
Fatty acids:								
Saturated, total	g	.057				.140	.561	.258
4:0	g	.004			2	.010	.038	.018
6:0	g	.001			2	.003	.013	.006
8:0	g	.001	$\pm$	.0003	4	.002	.009	.004
10:0	g	.002	$\pm$	.0005	4	.004	.016	.008
12:0	g	.001	$\pm$	.0004	4	.003	.011	.005
14:0	g	.008	$\pm$	.002	4	.019	.075	.034
16:0	g	.025	$\pm$	.0069	4	.062	.247	.114
18:0	g	.010	$\pm$	.0027	4	.025	.098	.045
Monounsaturated, total	g	.025				.061	.244	.113
16:1	g	.004	$\pm$	.002	4	.011	.043	.020
18:1	g	.019	$\pm$	.0052	4	.047	.187	.086
20:1	g							
22:1	g							
Polyunsaturated, total	g	.004				.009	.035	.016
18:2	g	.003	$\pm$	.001	4	.008	.030	.014
18:3	g	Trace			2	.001	.005	.002
18:4	g							
20:4	g							
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	1						
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	.016				.038	.154	.071
Threonine	g	.038				.094	.376	.173
Isoleucine	g	.038				.093	.370	.171
Leucine	g	.072				.178	.712	.328
Lysine	g	.065				.161	.642	.296
Methionine	g	.014				.035	.141	.065
Cystine	g	.014				.034	.135	.062
Phenylalanine	g	.025				.062	.246	.113
Tyrosine	g	.019				.048	.191	.088
Valine	g	.038				.092	.369	.170
Arginine	g	.021				.052	.209	.096
Histidine	g	.015				.037	.147	.068
Alanine	g	.033				.081	.322	.149
Aspartic acid	g	.074				.183	.733	.338
Glutamic acid	g	.136				.334	1.336	.616
Glycine	g	.014				.034	.135	.062
Proline	g	.045				.111	.445	.205
Serine	g	.035				.086	.345	.159

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	C	Approximate measure and weight				
			1 tbsp = 2.9 g		1 c = 57 g		
						Refuse: 0	
A	B		D	E	F	G	
PROXIMATE:							
Water g . . .	3.51	+	0.174	52	0.10	2.00	15.92
Food energy $\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$. . .	339				10	193	1,538
	1,419				41	809	6,437
Protein (N X 6.38) g . . .	11.73	+	.1819	57	.34	6.69	53.21
Total lipid (fat) g . . .	.54	+	.031	49	.02	.31	2.45
Carbohydrate, total g . . .	73.45				2.11	41.87	333.17
Fiber g . . .	0				0	0	0
Ash g . . .	10.77	+	.2226	48	.31	6.14	48.85
MINERALS:							
Calcium mg . . .	2,054	+	105.5	23	59	1,171	9,319
Iron mg . . .	1.24	+	.178	19	.04	.71	5.62
Magnesium mg . . .	199	+	9.64	19	6	113	902
Phosphorus mg . . .	1,348	+	82.51	20	39	769	6,117
Potassium mg . . .	2,288	+	97.64	20	66	1,304	10,381
Sodium mg . . .	968	+	85.3	18	28	552	4,390
Zinc mg . . .	6.31	+	.549	19	.18	3.60	28.62
VITAMINS:							
Ascorbic acid mg . . .	.90	+	.33	13	.03	.51	4.08
Thiamin mg . . .	.622	+	.0720	13	.018	.355	2.821
Riboflavin mg . . .	2.060	+	.1301	13	.059	1.174	9.344
Niacin mg . . .	1.160	+	.1952	10	.033	.661	5.262
Pantothenic acid mg . . .	5.632				.162	3.210	25.547
Vitamin B ₆ mg . . .	.620	+	.0514	10	.018	.353	2.812
Folacin mcg . . .	33	+	4.6	10	1	19	151
Vitamin B ₁₂ mcg . . .	2.500	+	.1747	10	.072	1.425	11.340
Vitamin A $\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$. . .	9				Trace	5	41
	58				2	33	263
LIPIDS:							
Fatty acids: ¹							
Saturated, total g . . .	.34				.01	.20	1.55
4:0 g . . .	.02			2	Trace	.01	.11
6:0 g . . .	.01			2	Trace	Trace	.04
8:0 g . . .	Trace			4	Trace	Trace	.02
10:0 g . . .	.01	+	.002	4	Trace	.01	.04
12:0 g . . .	.01	+	.002	4	Trace	Trace	.03
14:0 g . . .	.05	+	.005	4	Trace	.03	.21
16:0 g . . .	.15	+	.013	4	Trace	.09	.68
18:0 g . . .	.06	+	.004	4	Trace	.03	.27
Monounsaturated, total g . . .	.15				Trace	.08	.68
16:1 g . . .	.03	+	.007	4	Trace	.02	.12
18:1 g . . .	.11	+	.0089	4	Trace	.06	.52
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.02				Trace	.01	.10
18:2 g . . .	.02	+	.003	4	Trace	.01	.08
18:3 g . . .	Trace			2	Trace	Trace	.01
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	² —				—	—	—
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.241				.007	.137	1.092
Threonine g . . .	.590				.017	.336	2.677
Isoleucine g . . .	.581				.017	.331	2.635
Leucine g . . .	1.116				.032	.636	5.062
Lysine g . . .	1.008				.029	.574	4.570
Methionine g . . .	.221				.006	.126	1.001
Cystine g . . .	.211				.006	.121	.959
Phenylalanine g . . .	.386				.011	.220	1.751
Tyrosine g . . .	.300				.009	.171	1.359
Valine g . . .	.579				.017	.330	2.627
Arginine g . . .	.327				.009	.187	1.484
Histidine g . . .	.230				.007	.131	1.042
Alanine g . . .	.506				.015	.288	2.293
Aspartic acid g . . .	1.149				.033	.655	5.212
Glutamic acid g . . .	2.096				.060	1.195	9.507
Glycine g . . .	.211				.006	.121	.959
Proline g . . .	.699				.020	.398	3.169
Serine g . . .	.541				.016	.308	2.452

¹ Values based on data for fat extracted from fluid acid whey.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

AH-8-1 (1976)

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
				1 tbsp = 7.5 g	1 c = 145 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water g . . .	3.19	+	0.0887	151	0.24	4.62	14.47
Food energy { kcal . . .	353				26	512	1,600
{ kJ . . .	1,476				110	2,141	6,697
Protein (N X 6.38) g . . .	12.93	+	.0874	165	.96	18.75	58.65
Total lipid (fat) g . . .	1.07	+	.0334	148	.08	1.55	4.85
Carbohydrate, total g . . .	74.46				5.56	107.97	337.75
Fiber g . . .	0				0	0	0
Ash g . . .	8.35	+	.0607	147	.62	12.11	37.88
MINERALS:							
Calcium mg . . .	796	+	31.4	66	59	1,154	3,611
Iron mg . . .	.88	+	.033	41	.07	1.28	3.99
Magnesium mg . . .	176	+	5.18	41	13	255	799
Phosphorus mg . . .	932	+	39.9	65	70	1,351	4,226
Potassium mg . . .	2,080	+	50.04	60	155	3,016	9,434
Sodium mg . . .	1,079	+	67.13	62	80	1,565	4,894
Zinc mg . . .	1.97	+	.156	43	.15	2.86	8.94
VITAMINS:							
Ascorbic acid mg . . .	1.49	+	.335	41	.11	2.16	6.76
Thiamin mg . . .	.519	+	.0141	44	.039	.753	2.354
Riboflavin mg . . .	2.208	+	.0605	44	.165	3.202	10.015
Niacin mg . . .	1.258	+	.0506	43	.094	1.824	5.706
Pantothenic acid mg . . .	5.620				.419	8.149	25.492
Vitamin B ₆ mg . . .	.584	+	.0159	41	.044	.847	2.649
Folicin mcg . . .	12	+	.94	40	1	17	53
Vitamin B ₁₂ mcg . . .	2.371	+	.0971	48	.177	3.438	10.755
Vitamin A { RE . . .	10				1	14	45
{ IU . . .	44				3	64	200
LIPIDS:							
Fatty acids: ¹							
Saturated, total g . . .	.68				.05	.99	3.10
4:0 g . . .	.06	+	.006	4	Trace	.09	.27
6:0 g . . .	.01	+	.0007	4	Trace	.01	.04
8:0 g . . .	.01	+	.0005	4	Trace	.01	.04
10:0 g . . .	.02	+	.001	4	Trace	.03	.08
12:0 g . . .	.01	+	.0008	4	Trace	.02	.05
14:0 g . . .	.10	+	.0054	4	.01	.15	.47
16:0 g . . .	.33	+	.016	4	.02	.47	1.48
18:0 g . . .	.10	+	.0058	4	.01	.14	.44
Monounsaturated, total g . . .	.30				.02	.43	1.35
16:1 g . . .	.03	+	.002	4	Trace	.05	.15
18:1 g . . .	.25	+	.0098	4	.02	.36	1.14
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.03				Trace	.05	.15
18:2 g . . .	.02	+	.003	4	Trace	.04	.11
18:3 g . . .	.01	+	.002	4	Trace	.01	.04
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	6				Trace	9	27
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.205				.015	.297	.928
Threonine g . . .	.817				.061	1.184	3.705
Isoleucine g . . .	.719				.054	1.043	3.263
Leucine g . . .	1.186				.088	1.719	5.378
Lysine g . . .	1.030				.077	1.493	4.670
Methionine g . . .	.241				.018	.350	1.094
Cystine g . . .	.253				.019	.367	1.149
Phenylalanine g . . .	.407				.030	.591	1.848
Tyrosine g . . .	.363				.027	.526	1.646
Valine g . . .	.697				.052	1.011	3.162
Arginine g . . .	.375				.028	.544	1.701
Histidine g . . .	.237				.018	.344	1.076
Alanine g . . .	.598				.045	.867	2.712
Aspartic acid g . . .	1.269				.095	1.840	5.755
Glutamic acid g . . .	2.248				.168	3.259	10.195
Glycine g . . .	.280				.021	.406	1.269
Proline g . . .	.786				.059	1.140	3.567
Serine g . . .	.622				.046	.902	2.822

¹ Values based on data for fat extracted from fluid sweet whey.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error	Number of samples	Refuse: 0	Approximate measure and weight		Refuse: 0
				1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g	
A	B	C	D	E	F	G
PROXIMATE:						
Waterg . . .	87.90			99.68	199.53	398.71
Food energy { kcal . . .	61			70	139	279
{ kJ	257			291	583	1,166
Protein (N X 6.38)g . . .	3.47			3.94	7.88	15.74
Total lipid (fat)g . . .	3.25			3.68	7.38	14.74
Carbohydrate, totalg . . .	4.66			5.28	10.58	21.14
Fiberg . . .	0			0	0	0
Ashg . . .	.72			.82	1.63	3.27
MINERALS:						
Calciummg . . .	121			137	274	547
Ironmg . . .	.05			.06	.11	.23
Magnesiummg . . .	12			13	26	53
Phosphorusmg . . .	95			108	215	430
Potassiummg . . .	155			175	351	701
Sodiummg . . .	46			53	105	210
Zincmg . . .	.59			.67	1.34	2.68
VITAMINS:						
Ascorbic acidmg . . .	.53			.60	1.20	2.40
Thiaminmg . . .	.029			.033	.066	.132
Riboflavinmg . . .	.142			.161	.322	.644
Niacinmg . . .	.075			.085	.170	.340
Pantothenic acidmg . . .	.389			.441	.883	1.765
Vitamin B ₆mg . . .	.032			.036	.073	.145
Folic acidmcg . . .	7			8	17	34
Vitamin B ₁₂mcg . . .	.372			.422	.844	1.687
Vitamin A { REIU . . .	30			34	68	136
	123			139	279	558
LIPIDS:						
Fatty acids:						
Saturated, totalg . . .	2.10			2.38	4.76	9.51
4:0g . . .	.10	3		.11	.22	.44
6:0g . . .	.07	3		.08	.15	.30
8:0g . . .	.04	3		.05	.10	.19
10:0g . . .	.09	3		.10	.21	.42
12:0g . . .	.11	3		.13	.25	.50
14:0g . . .	.34	3		.39	.78	1.55
16:0g . . .	.89	3		1.00	2.01	4.02
18:0g . . .	.32	3		.36	.72	1.44
Monounsaturated, totalg . . .	.89			1.01	2.03	4.05
16:1g . . .	.07	3		.08	.16	.32
18:1g . . .	.74	3		.84	1.69	3.37
20:1g . . .						
22:1g . . .						
Polyunsaturated, totalg . . .	.09			.10	.21	.42
18:2g . . .	.06	3		.07	.15	.30
18:3g . . .	.03	3		.03	.06	.12
18:4g . . .						
20:4g . . .						
20:5g . . .						
22:5g . . .						
22:6g . . .						
Cholesterolmg . . .	13			14	29	58
Phytosterolsmg . . .						
AMINO ACIDS:						
Tryptophang . . .	.020			.022	.044	.089
Threonineg . . .	.142			.162	.323	.646
Isoleucineg . . .	.189			.215	.430	.859
Leucineg . . .	.350			.397	.794	1.586
Lysineg .						

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Product is made with lowfat milk and contains added nonfat milk solids.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Number of samples	Approximate measure and weight		Refuse: 0	
				1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	85.07 ±	0.3035	28	96.47	193.11	385.88
Food energy	{ kcal kJ	63 265			72 300	144 601	287 1,201
Protein (N X 6.38)	g	5.25 ±	.104	30	5.95	11.92	23.81
Total lipid (fat)	g	1.55 ±	.0717	38	1.76	3.52	7.03
Carbohydrate, total	g	7.04			7.98	15.98	31.93
Fiber	g	0			0	0	0
Ash	g	1.09 ±	.0337	16	1.24	2.47	4.94
MINERALS:							
Calcium	mg	183 ±	5.72	14	207	415	828
Iron	mg	.08 ±	.008	4	.09	.18	.36
Magnesium	mg	17 ±	1.0	4	20	40	79
Phosphorus	mg	144 ±	5.95	16	163	326	651
Potassium	mg	234 ±		7	265	531	1,061
Sodium	mg	70 ±		9	80	159	318
Zinc	mg	.89 ±	.10	12	1.01	2.02	4.04
VITAMINS:							
Ascorbic acid	mg	.80 ±	.20	8	.91	1.82	3.63
Thiamin	mg	.044 ±	.0017	26	.050	.100	.200
Riboflavin	mg	.214 ±	.0085	11	.243	.486	.971
Niacin	mg	.114 ±		2	.129	.259	.517
Pantothenic acid	mg	.591 ±	.0523	9	.670	1.342	2.681
Vitamin B ₆	mg	.049 ±	.0083	10	.056	.111	.222
Folic acid	mcg	11 ±	1.3	4	13	25	51
Vitamin B ₁₂	mcg	.562 ±	.0535	8	.637	1.276	2.549
Vitamin A	{ RE IU	16 66		8	18 75	36 150	73 299
LIPIDS:							
Fatty acids: ²							
Saturated, total	g	1.00			1.13	2.27	4.54
4:0	g	.05 ±	.002	3	.05	.10	.21
6:0	g	.03 ±	.002	3	.04	.07	.14
8:0	g	.02 ±	.0009	3	.02	.04	.09
10:0	g	.04 ±	.002	3	.05	.10	.20
12:0	g	.05 ±	.002	3	.06	.12	.24
14:0	g	.16 ±	.0077	3	.18	.37	.74
16:0	g	.42 ±	.020	3	.48	.96	1.92
18:0	g	.15 ±	.0070	3	.17	.34	.68
Monounsaturated, total	g	.43			.48	.97	1.93
16:1	g	.03 ±	.002	3	.04	.08	.15
18:1	g	.35 ±	.017	3	.40	.80	1.61
20:1	g						
22:1	g						
Polyunsaturated, total	g	.04			.05	.10	.20
18:2	g	.03 ±	.001	3	.04	.07	.14
18:3	g	.01 ±	.0008	3	.02	.03	.06
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	6 ±	.6	5	7	14	28
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.030			.034	.067	.134
Threonine	g	.216			.244	.489	.978
Isoleucine	g	.286			.325	.650	1.299
Leucine	g	.529			.600	1.201	2.400
Lysine	g	.471			.534	1.068	2.135
Methionine	g	.155			.175	.351	.702
Cystine	g	³					
Phenylalanine	g	.286			.325	.650	1.299
Tyrosine	g	.265			.300	.601	1.202
Valine	g	.434			.493	.986	1.971
Arginine	g	.158			.179	.359	.717
Histidine	g	.130			.147	.295	.590
Alanine	g	.225			.255	.510	1.019
Aspartic acid	g	.416			.472	.945	1.889
Glutamic acid	g	1.028			1.166	2.333	4.662
Glycine	g	.127			.144	.288	.575
Proline	g	.622			.705	1.412	2.822
Serine	g	.325			.369	.738	1.474

¹ Lipid content of product may range from approx. 0.5 to 2% with resultant variation in vitamin A and lipid constituents. Selection of values to be used in dietary calculations may need to be based on label declaration for fat.

² Values based on data for fat extracted from plain yogurt made with whole milk.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product is made with skim milk and contains added nonfat milk solids.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1/2 container, net	1 container, net		
			wt, 4 oz = E 113 g	wt, 8 oz = F 227 g		
A	B	C	D	G		
PROXIMATE:						
Water g . . .	85.23			96.65	193.47	386.60
Food energy { kcal . . .	56			63	127	253
	233			265	530	1,059
Protein (N X 6.38) g . . .	5.73			6.50	13.01	25.99
Total lipid (fat) g . . .	0.18			.20	.41	.82
Carbohydrate, total g . . .	7.68			8.71	17.43	34.84
Fiber g . . .	0			0	0	0
Ash g . . .	1.18			1.34	2.68	5.35
MINERALS:						
Calcium mg . . .	199			226	452	903
Iron mg . . .	.09			.10	.20	.41
Magnesium mg . . .	19			22	43	87
Phosphorus mg . . .	156			177	355	710
Potassium mg . . .	255			289	579	1,156
Sodium mg . . .	76			87	174	347
Zinc mg . . .	.97			1.10	2.20	4.40
VITAMINS:						
Ascorbic acid mg . . .	.87			.99	1.98	3.95
Thiamin mg . . .	.048			.054	.109	.218
Riboflavin mg . . .	.234			.265	.531	1.061
Niacin mg . . .	.124			.141	.281	.562
Pantothenic acid mg . . .	.641			.727	1.455	2.908
Vitamin B ₆ mg . . .	.053			.060	.120	.240
Folic acid mcg . . .	12			14	28	55
Vitamin B ₁₂ mcg . . .	.613			.695	1.392	2.781
Vitamin A { RE . . .	2			2	5	9
	7			8	16	32
LIPIDS:						
Fatty acids: ¹						
Saturated, total g . . .	.116			.132	.264	.527
4:0 g . . .	.005			.006	.012	.024
6:0 g . . .	.004			.004	.008	.017
8:0 g . . .	.002			.003	.005	.010
10:0 g . . .	.005			.006	.012	.023
12:0 g . . .	.006			.007	.014	.028
14:0 g . . .	.019			.022	.043	.086
16:0 g . . .	.049			.056	.111	.223
18:0 g . . .	.018			.020	.040	.080
Monounsaturated, total g . . .	.049			.056	.112	.224
16:1 g . . .	.004			.004	.009	.018
18:1 g . . .	.041			.047	.093	.187
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	.005			.006	.012	.023
18:2 g . . .	.004			.004	.008	.016
18:3 g . . .	.001			.002	.003	.007
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	2			2	4	8
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.032			.037	.073	.147
Threonine g . . .	.235			.267	.534	1.067
Isoleucine g . . .	.313			.354	.709	1.418
Leucine g . . .	.577			.655	1.311	2.619
Lysine g . . .	.514			.583	1.166	2.330
Methionine g . . .	.169			.191	.383	.766
Cystine g . . .	2					
Phenylalanine g . . .	.313			.354	.709	1.418
Tyrosine g . . .	.289			.328	.656	1.312
Valine g . . .	.474			.538	1.076	2.151
Arginine g . . .	.172			.196	.391	.782
Histidine g . . .	.142			.161	.322	.644
Alanine g . . .	.245			.278	.557	1.112
Aspartic acid g . . .	.454			.515	1.032	2.061
Glutamic acid g . . .	1.122			1.272	2.546	5.088
Glycine g . . .	.138			.157	.314	.627
Proline g . . .	.679			.770	1.541	3.080
Serine g . . .	.355			.402	.805	1.609

¹ Values based on data for fat extracted from plain yogurt made with whole milk.² Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product contains added nonfat milk solids.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g		
			E	F		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	79.00			89.59	179.33	358.34
Food energy { kcal . . .	85			97	194	388
{ kJ . . .	358			406	812	1,622
Protein (N X 6.38) g . . .	4.93		3	5.59	11.19	22.36
Total lipid (fat) g . . .	1.25		3	1.42	2.84	5.67
Carbohydrate, total g . . .	13.80		3	15.65	31.33	62.60
Fiber g . . .	0			0	0	0
Ash g . . .	1.02			1.16	2.32	4.63
MINERALS:						
Calcium mg . . .	171			194	389	777
Iron mg . . .	.07			.08	.16	.32
Magnesium mg . . .	16			19	37	75
Phosphorus mg . . .	135			153	306	611
Potassium mg . . .	219			249	498	995
Sodium mg . . .	66			75	149	298
Zinc mg . . .	.83			.94	1.88	3.76
VITAMINS:						
Ascorbic acid mg . . .	.75			.85	1.70	3.40
Thiamin mg . . .	.042			.048	.095	.191
Riboflavin mg . . .	.201			.228	.456	.912
Niacin mg . . .	.107			.121	.243	.485
Pantothenic acid mg . . .	.552			.626	1.253	2.504
Vitamin B ₆ mg . . .	.045			.051	.102	.204
Folacin mcg . . .	10			12	24	48
Vitamin B ₁₂ mcg . . .	.527			.598	1.196	2.390
Vitamin A { RE . . .	13			15	30	59
{ IU . . .	54			61	123	245
LIPIDS:						
Fatty acids: ²						
Saturated, total g . . .	.81			.91	1.83	3.66
4:0 g . . .	.04			.04	.08	.17
6:0 g . . .	.02			.03	.06	.12
8:0 g . . .	.02			.02	.04	.07
10:0 g . . .	.04			.04	.08	.16
12:0 g . . .	.04			.05	.10	.19
14:0 g . . .	.13			.15	.30	.60
16:0 g . . .	.34			.39	.77	1.54
18:0 g . . .	.12			.14	.28	.55
Monounsaturated, total g . . .	.34			.39	.78	1.56
16:1 g . . .	.03			.03	.06	.12
18:1 g . . .	.29			.32	.65	1.30
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	.04			.04	.08	.16
18:2 g . . .	.02			.03	.06	.11
18:3 g . . .	.01			.01	.02	.05
18:4 g . . .						
20:4 g . . .						
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	5			6	11	22
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.028			.032	.063	.126
Threonine g . . .	.202			.230	.460	.918
Isoleucine g . . .	.269			.305	.610	1.220
Leucine g . . .	.497			.563	1.128	2.254
Lysine g . . .	.442			.501	1.003	2.005
Methionine g . . .	.145			.165	.330	.659
Cystine g . . .	³					
Phenylalanine g . . .	.269			.305	.610	1.220
Tyrosine g . . .	.249			.282	.565	1.129
Valine g . . .	.408			.463	.926	1.851
Arginine g . . .	.148			.168	.337	.673
Histidine g . . .	.122			.138	.277	.554
Alanine g . . .	.211			.239	.479	.957
Aspartic acid g . . .	.391			.443	.888	1.774
Glutamic acid g . . .	.965			1.094	2.191	4.378
Glycine g . . .	.119			.135	.270	.540
Proline g . . .	.584			.662	1.326	2.650
Serine g . . .	.305			.346	.693	1.385

¹ Lipid content of product may range from approx. 0.5 to 2% with resultant variation in vitamin A and lipid constituents. Carbohydrate content varies widely because of amount of sugar added and/or level and solids content of added flavoring material. Selection of values to be used in dietary calculations may need to be based on label declaration for fat and carbohydrate.

² Values based on data for fat extracted from plain yogurt made with whole milk.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Product contains added nonfat milk solids.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	C	D		Approximate measure and weight		
					1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g	
A	B			E	F	G	
PROXIMATE:							
Water g . . .	75.30	+	0.5945	17	85.39	170.93	341.56
Food energy { kcal . . .	99				113	225	450
	415				471	943	1,884
Protein (N X 6.38) g . . .	3.98	+	.0295	19	4.51	9.04	18.05
Total lipid (fat) g . . .	1.15	+	.0863	17	1.30	2.61	5.22
Carbohydrate, total g . . .	18.64				21.14	42.31	84.55
Fiber g . . .	.12				.14	.27	.54
Ash g . . .	.93	+	.049	9	1.06	2.11	4.22
MINERALS:							
Calcium mg . . .	138				157	314	627
Iron mg . . .	.06				.07	.14	.27
Magnesium mg . . .	13				15	30	60
Phosphorus mg . . .	109				123	247	493
Potassium mg . . .	177				201	402	803
Sodium mg . . .	53				60	121	241
Zinc mg . . .	.67				.76	1.52	3.04
VITAMINS:							
Ascorbic acid mg . . .	.60				.68	1.36	2.72
Thiamin mg . . .	.034				.039	.077	.154
Riboflavin mg . . .	.162				.184	.368	.735
Niacin mg . . .	.086				.098	.195	.390
Pantothenic acid mg . . .	.446				.506	1.012	2.023
Vitamin B ₆ mg . . .	.037				.042	.084	.168
Folic acid mcg . . .	8				10	19	39
Vitamin B ₁₂ mcg . . .	.426				.483	.967	1.932
Vitamin A { RE . . .	12				14	27	54
	49				56	111	222
LIPIDS:							
Fatty acids: ²							
Saturated, total g . . .	.74				.84	1.68	3.36
4:0 g . . .	.03	+	.003	3	.04	.08	.15
6:0 g . . .	.02	+	.002	3	.03	.05	.11
8:0 g . . .	.02	+	.001	3	.02	.03	.07
10:0 g . . .	.03	+	.002	3	.04	.07	.15
12:0 g . . .	.04	+	.003	3	.04	.09	.18
14:0 g . . .	.12	+	.0091	3	.14	.28	.55
16:0 g . . .	.31	+	.024	3	.36	.71	1.42
18:0 g . . .	.11	+	.0084	3	.13	.25	.51
Monounsaturated, total g . . .	.32				.36	.72	1.43
16:1 g . . .	.02	+	.002	3	.03	.06	.11
18:1 g . . .	.26	+	.020	3	.30	.60	1.19
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	.03				.04	.07	.15
18:2 g . . .	.02	+	.002	3	.03	.05	.10
18:3 g . . .	.01	+	.0008	3	.01	.02	.04
18:4 g . . .							
20:4 g . . .							
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	4				5	10	20
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.022				.025	.051	.102
Threonine g . . .	.163				.185	.371	.741
Isoleucine g . . .	.217				.246	.493	.985
Leucine g . . .	.401				.455	.911	1.819
Lysine g . . .	.357				.405	.810	1.619
Methionine g . . .	.117				.133	.266	.532
Cystine g . . .	³						
Phenylalanine g . . .	.217				.246	.493	.985
Tyrosine g . . .	.201				.228	.456	.911
Valine g . . .	.329				.374	.748	1.494
Arginine g . . .	.120				.136	.272	.543
Histidine g . . .	.099				.112	.224	.447
Alanine g . . .	.170				.193	.387	.772
Aspartic acid g . . .	.316				.358	.717	1.432
Glutamic acid g . . .	.779				.884	1.769	3.534
Glycine g . . .	.096				.109	.218	.436
Proline g . . .	.472				.535	1.071	2.139
Serine g . . .	.246				.279	.559	1.118

¹ Lipid content of product may range from approx. 0.5 to 2% with resultant variation in vitamin A and lipid constituents. Carbohydrate content varies widely because of amount of sugar added and/or level and solids content of added flavoring material.

Selection of values to be used in dietary calculations may need to be based on label declaration for fat and carbohydrate.

² Values based on data for fat extracted from plain yogurt made with whole milk.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Refuse: 0	Approximate measure and weight		1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g
	A	B	C	D	E	F	G	
PROXIMATE:								
Water	g . . .	74.48	+	0.6103	26	84.46	169.07	337.84
Food energy	{ kcal . . . kJ . . .	102 426				116 483	231 968	462 1,934
Protein (N X 6.38)	g . . .	4.37	+	.0255	26	4.96	9.92	19.82
Total lipid (fat)	g . . .	1.08	+	.0515	26	1.22	2.45	4.90
Carbohydrate, total	g . . .	19.05				21.60	43.24	86.41
Fiber	g . . .	.12				.14	.27	.54
Ash	g . . .	1.02	+	.0273	12	1.16	2.32	4.63
MINERALS:								
Calcium	mg . . .	152				172	345	689
Iron	mg . . .	.07				.08	.16	.32
Magnesium	mg . . .	15				17	33	66
Phosphorus	mg . . .	119				135	271	542
Potassium	mg . . .	194				221	442	882
Sodium	mg . . .	58				66	133	265
Zinc	mg . . .	.74				.84	1.68	3.36
VITAMINS:								
Ascorbic acid	mg . . .	.66				.75	1.50	2.99
Thiamin	mg . . .	.037				.042	.084	.168
Riboflavin	mg . . .	.178				.202	.404	.807
Niacin	mg . . .	.095				.108	.216	.431
Pantothenic acid	mg . . .	.489				.555	1.110	2.218
Vitamin B ₆	mg . . .	.040				.045	.091	.181
Folacin	mcg . . .	9				11	21	42
Vitamin B ₁₂	mcg . . .	.467				.530	1.060	2.118
Vitamin A	{ RE . . . IU . . .	11 46				12 52	25 104	50 209
LIPIDS:								
Fatty acids: ²								
Saturated, total	g . . .	.70				.79	1.58	3.16
4:0	g . . .	.03	+	.002	3	.04	.07	.14
6:0	g . . .	.02	+	.001	3	.02	.05	.10
8:0	g . . .	.01	+	.0007	3	.02	.03	.06
10:0	g . . .	.03	+	.002	3	.04	.07	.14
12:0	g . . .	.04	+	.002	3	.04	.08	.17
14:0	g . . .	.11	+	.0055	3	.13	.26	.52
16:0	g . . .	.29	+	.014	3	.33	.67	1.34
18:0	g . . .	.10	+	.0050	3	.12	.24	.48
Monounsaturated, total	g . . .	.30				.34	.67	1.35
16:1	g . . .	.02	+	.001	3	.03	.05	.11
18:1	g . . .	.25	+	.012	3	.28	.56	1.12
20:1	g . . .							
22:1	g . . .							
Polyunsaturated, total	g . . .	.03				.04	.07	.14
18:2	g . . .	.02	+	.001	3	.02	.05	.10
18:3	g . . .	.01	+	.0005	3	.01	.02	.04
18:4	g . . .							
20:4	g . . .							
20:5	g . . .							

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion				Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
			Number of samples	Approximate measure and weight		Refuse: ⁰	
				1/2 container, net wt, 4 oz = 113 g	1 container, net wt, 8 oz = 227 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Waterg	74.10	+ .05142	20	84.03	168.21	336.12	
Food energy { kcal	105			119	239	477	
kJ	440			499	999	1,996	
Protein (N X 6, 38)g	4.86	+ .0522	20	5.51	11.03	22.04	
Total lipid (fat)g	1.41	- .106	17	1.60	3.20	6.40	
Carbohydrate, totalg	18.60			21.09	42.22	84.37	
Fiberg	.12			.14	.27	.54	
Ashg	1.03	+ .0337	12	1.17	2.34	4.67	
MINERALS:							
Calciummg	169			192	383	766	
Ironmg	.07			.08	.16	.32	
Magnesiummg	16			18	37	73	
Phosphorusmg	133			150	301	602	
Potassiummg	216			245	491	981	
Sodiummg	65			74	147	294	
Zincmg	.82			.93	1.86	3.72	
VITAMINS:							
Ascorbic acidmg	.74			.84	1.68	3.36	
Thiaminmg	.041			.046	.093	.186	
Riboflavinmg	.198			.225	.449	.898	
Niacinmg	.105			.119	.238	.476	
Pantothenic acidmg	.544			.617	1.235	2.468	
Vitamin B ₆mg	.045			.051	.102	.204	
Folic acidmcg	10			12	24	47	
Vitamin B ₁₂mcg	.520			.590	1.180	2.359	
Vitamin A { RE	15			17	34	68	
IU	60			68	136	272	
LIPIDS:							
Fatty acids: ²							
Saturated, totalg	.91			1.03	2.06	4.12	
4:0g	.04	+ .003	3	.05	.09	.19	
6:0g	.03	- .002	3	.03	.06	.13	
8:0g	.02	+ .001	3	.02	.04	.08	
10:0g	.04	- .003	3	.05	.09	.18	
12:0g	.05	- .004	3	.06	.11	.22	
14:0g	.15	+ .011	3	.17	.34	.67	
16:0g	.38	- .029	3	.44	.87	1.74	
18:0g	.14	+ .010	3	.16	.31	.62	
Monounsaturated, totalg	.39			.44	.88	1.76	
16:1g	.03	+ .002	3	.04	.07	.14	
18:1g	.32	- .024	3	.37	.73	1.46	
20:1g							
22:1g							
Polyunsaturated, totalg	.04			.04	.09	.18	
18:2g	.03	+ .002	3	.03	.06	.13	
18:3g	.01	- .001	3	.01	.03	.05	
18:4g							
20:4g							
20:5g							
22:5g							
22:6g							
Cholesterolmg	6			6	12	25	
Phytosterolsmg							
AMINO ACIDS:							
Tryptophang	.027			.031	.062	.124	
Threonineg	.200			.226	.453	.905	
Isoleucineg	.265			.301	.602	1.202	
Leucineg	.490			.555	1.112	2.222	
Lysineg	.436			.494	.989	1.976	
Methionineg	.143			.162	.325	.650	
Cystineg	.265			.301	.602	1.202	
Phenylalanineg	.245			.278	.557	1.113	
Tyrosineg	.402			.456	.913	1.824	

² Values based on data for fat extracted from plain yogurt made with whole milk.

³ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight		Refuse: 12%, shell
				1 egg = 50 g ¹	1 c = 243 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	74.57		637	37.28	181.20	297.68
Food energy { kcal	158			79	384	630
Protein (N X 6.25) g	661			330	1,606	2,638
Total lipid (fat) g	12.14		341	6.07	29.50	48.46
Carbohydrate, total g	11.15		694	5.58	27.09	44.51
Fiber g	1.20			.60	2.92	4.79
Ash g	0			0	0	0
	.94 $\pm$	0.023	45	.47	2.28	3.75
MINERALS:						
Calcium mg	56		136	28	136	224
Iron mg	2.09 $\pm$	.0244	83	1.04	5.08	8.34
Magnesium mg	12 $\pm$	1.0	8	6	30	49
Phosphorus mg	180			90	438	719
Potassium mg	130 $\pm$	4.94	30	65	316	519
Sodium mg	138		94	69	336	552
Zinc mg	1.44 $\pm$	.0406	28	.72	3.50	5.75
VITAMINS:						
Ascorbic acid mg	0			0	0	0
Thiamin mg	.087		134	.044	.211	.347
Riboflavin mg	.301		82	.150	.731	1.202
Niacin mg	.062		125	.031	.151	.248
Pantothenic acid mg	1.727		67	.864	4.197	6.894
Vitamin B ₆ mg	.120 $\pm$	.0116	4	.060	.292	.479
Folic acid mcg	65			32	158	259
Vitamin B ₁₂ mcg	1.547		138	.773	3.759	6.176
Vitamin A { RE	156			78	379	623
	520		162	260	1,264	2,076
LIPIDS:						
Fatty acids:						
Saturated, total g	3.35			1.67	8.14	13.37
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g	.03			.02	.07	.12
16:0 g	2.46			1.23	5.98	9.83
18:0 g	.86			.43	2.08	3.42
Monounsaturated, total g	4.46			2.23	10.83	17.79
16:1 g	.37			.19	.90	1.48
18:1 g	4.08			2.04	9.93	16.31
20:1 g						
22:1 g						
Polyunsaturated, total g	1.45			.72	3.52	5.78
18:2 g	1.24			.62	3.01	4.94
18:3 g	.03			.02	.08	.13
18:4 g						
20:4 g	.09			.05	.23	.37
20:5 g						
22:5 g	Trace					
22:6 g	Trace					
Cholesterol mg	548		133	274	1,331	2,186
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	.194			.097	.472	.775
Threonine g	.596			.298	1.449	2.380
Isoleucine g	.759			.380	1.846	3.032
Leucine g	1.066			.533	2.591	4.257
Lysine g	.820			.410	1.992	3.272
Methionine g	.392			.196	.953	1.566
Cystine g	.289			.145	.703	1.155
Phenylalanine g	.686			.343	1.666	2.737
Tyrosine g	.505			.253	1.227	2.016
Valine g	.874			.437	2.124	3.489
Arginine g	.777			.388	1.888	3.102
Histidine g	.293			.147	.713	1.171
Alanine g	.709			.354	1.723	2.830
Aspartic acid g	1.204			.602	2.926	4.808
Glutamic acid g	1.546			.773	3.757	6.172
Glycine g	.404			.202	.982	1.613
Proline g	.482			.241	1.171	1.923
Serine g	.923			.461	2.242	3.683

¹ Weight applies to large egg.

¹ Weight applies to egg white of large egg.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 yolk = 17 g	1 c = 243 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 48.76		3,801	8.29	118.49	221.18
Food energy	{ kcal 369			63	897	1,675
	{ kJ 1,546			263	3,756	7,011
Protein (N X6, 25)	g 16.40		71	2.79	39.85	74.39
Total lipid (fat)	g 32.93		1,046	5.60	80.02	149.37
Carbohydrate, total	g21			.04	.51	.95
Fiber	g 0			0	0	0
Ash	g 1.70		68	.29	4.13	7.71
MINERALS:						
Calcium	mg 152		127	26	368	688
Iron	mg 5.58 $\pm$	0.370	4	.95	13.56	25.31
Magnesium	mg 15		7	3	37	69
Phosphorus	mg 508		410	86	1,235	2,306
Potassium	mg 90		64	15	219	409
Sodium	mg 49		65	8	118	221
Zinc	mg 3.38 $\pm$	.122	22	.58	8.21	15.33
VITAMINS:						
Ascorbic acid	mg 0			0	0	0
Thiamin	mg254 $\pm$	.0113	32	.043	.617	1.152
Riboflavin	mg436 $\pm$	.0276	24	.074	1.059	1.978
Niacin	mg069		6	.012	.168	.313
Pantothenic acid	mg 4.429		26	.753	10.762	20.090
Vitamin B ₆	mg310 $\pm$	.0131	12	.053	.753	1.406
Folic acid	mcg 152		19	26	370	691
Vitamin B ₁₂	mcg 3.803 $\pm$	.5957	11	.647	9.241	17.250
Vitamin A	{ RE 552			94	1,341	2,504
	{ IU 1,839 $\pm$	37.51	104	313	4,469	8,342
LIPIDS:						
Fatty acids:						
Saturated, total	g 9.89			1.68	24.03	44.86
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g09		42	.02	.22	.41
16:0	g 7.27		69	1.24	17.67	32.98
18:0	g 2.53		69	.43	6.14	11.47
Monounsaturated, total	g 13.16			2.24	31.98	59.70
16:1	g 1.10		69	.19	2.66	4.97
18:1	g 12.06		69	2.05	29.32	54.72
20:1	g					
22:1	g					
Polyunsaturated, total	g 4.28			.73	10.40	19.42
18:2	g 3.66		69	.62	8.89	16.59
18:3	g09		32	.02	.23	.42
18:4	g					
20:4	g28		47	.05	.67	1.25
20:5	g					
22:5	g Trace					
22:6	g Trace					
Cholesterol	mg 1,602 $\pm$	13.66	591	272	3,894	7,268
Phytosterols	mg					
AMINO ACIDS:						
T						

¹ Weight applies to egg yolk of large egg.

Frozen yolk includes approx. 17% white.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Approximate measure and weight		Refuse: 0		
A	B	C	D	1/2 lb = 227 g E	F	G	
PROXIMATE:							
Water	g	55.04	$\pm$ 0.2477	49	124.83		249.66
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	323			733		1,465
		1,352			3,066		6,133
Protein (N X 6.25)	g	14.52			32.93		65.86
Total lipid (fat)	g	28.65	$\pm$.3894	33	64.98		129.96
Carbohydrate, total	g	.36			.82		1.63
Fiber	g	0			0		0
Ash	g	1.43			3.24		6.49
MINERALS:							
Calcium	mg	121			274		548
Iron	mg	4.39			9.96		19.91
Magnesium	mg	13			30		61
Phosphorus	mg	401			910		1,820
Potassium	mg	93			211		422
Sodium	mg	63			142		285
Zinc	mg	2.66			6.03		12.07
VITAMINS:							
Ascorbic acid	mg	0			0		0
Thiamin	mg	.201			.456		.912
Riboflavin	mg	.388			.880		1.760
Niacin	mg	.068			.154		.308
Pantothenic acid	mg	3.519			7.981		15.962
Vitamin B ₆	mg	.244			.553		1.107
Folacin	mcg	122			277		555
Vitamin B ₁₂	mcg	2.999			6.802		13.603
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	480			1,089		2,177
		1,600			3,629		7,258
LIPIDS:							
Fatty acids: ¹							
Saturated, total	g	8.60			19.51		39.02
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	.08	$\pm$.007	42	.18		.36
16:0	g	6.32	$\pm$.100	69	14.35		28.69
18:0	g	2.20	$\pm$.0530	69	4.99		9.98
Monounsaturated, total	g	11.45			25.97		51.94
16:1	g	.95	$\pm$.032	69	2.16		4.32
18:1	g	10.50	$\pm$.1716	69	23.81		47.61
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.72			8.45		16.89
18:2	g	3.18	$\pm$.0816	69	7.22		14.43
18:3	g	.08	$\pm$.02	32	.18		.37
18:4	g						
20:4	g	.24	$\pm$.026	47	.54		1.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	1,301	$\pm$ 13.45	13	2,951		5,902
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	.214			.485		.969
Threonine	g	.771			1.749		3.499
Isoleucine	g	.839			1.902		3.804
Leucine	g	1.238			2.808		5.617
Lysine	g	.973			2.208		4.415
Methionine	g	.390			.885		1.770
Cystine	g	.269			.611		1.222
Phenylalanine	g	.664			1.507		3.014
Tyrosine	g	.620			1.407		2.814
Valine	g	.908			2.060		4.120
Arginine	g	.987			2.239		4.479
Histidine	g	.346			.785		1.570
Alanine	g	.750			1.702		3.404
Aspartic acid	g	1.220			2.766		5.532
Glutamic acid	g	1.805			4.094		8.188
Glycine	g	.451			1.022		2.044
Proline	g	.597			1.354		2.708
Serine	g	1.189			2.698		5.395

¹ Values based on data for fat extracted from fresh egg yolk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1/2 lb	= 227 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	50.82	$\pm$ 0.0980	6	115.26		230.52
Food energy {	323			733		1,465
	1,352			3,066		6,131
Protein (N X6,25) g . . .	12.92			29.30		58.60
Total lipid (fat) g . . .	25.50			57.83		115.67
Carbohydrate, total g . . .	9.49			21.52		43.05
Fiber g . . .	0			0		0
Ash g . . .	1.27			2.88		5.76
MINERALS:						
Calcium mg . . .	108			244		488
Iron mg . . .	3.91			8.87		17.74
Magnesium mg . . .	12			27		54
Phosphorus mg . . .	357			810		1,620
Potassium mg . . .	83			188		376
Sodium mg . . .	56			127		254
Zinc mg . . .	2.37			5.38		10.75
VITAMINS:						
Ascorbic acid mg . . .	0			0		0
Thiamin mg . . .	.179			.406		.812
Riboflavin mg . . .	.345			.782		1.565
Niacin mg . . .	.061			.138		.277
Pantothenic acid mg . . .	3.132			7.103		14.207
Vitamin B ₆ mg . . .	.217			.492		.984
Folacin mcg . . .	109			247		494
Vitamin B ₁₂ mcg . . .	2.669			6.053		12.107
Vitamin A {	428			971		1,941
	1,424			3,230		6,459
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	7.66			17.37		34.73
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .						
12:0 g . . .						
14:0 g . . .	.07			.16		.32
16:0 g . . .	5.63			12.77		25.54
18:0 g . . .	1.96			4.44		8.88
Monounsaturated, total g . . .	10.19			23.11		46.23
16:1 g . . .	.85			1.92		3.85
18:1 g . . .	9.34			21.19		42.38
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	3.31			7.52		15.03
18:2 g . . .	2.83			6.42		12.84
18:3 g . . .	.07			.16		.33
18:4 g . . .						
20:4 g . . .	.21			.48		.97
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	1,158			2,627		5,254
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.190			.431		.863
Threonine g . . .	.686			1.557		3.113
Isoleucine g . . .	.746			1.693		3.385
Leucine g . . .	1.102			2.499		4.998
Lysine g . . .	.866			1.964		3.929
Methionine g . . .	.347			.788		1.575
Cystine g . . .	.240			.544		1.088
Phenylalanine g . . .	.591			1.341		2.682
Tyrosine g . . .	.552			1.252		2.504
Valine g . . .	.808			1.833		3.666
Arginine g . . .	.879			1.993		3.985
Histidine g . . .	.308			.699		1.397
Alanine g . . .	.668			1.514		3.029
Aspartic acid g . . .	1.085			2.461		4.923
Glutamic acid g . . .	1.606			3.643		7.286
Glycine g . . .	.401			.910		1.819
Proline g . . .	.531			1.205		2.410
Serine g . . .	1.058			2.400		4.801

Product is prepared using butter as table fat.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1 egg = 46 g ²			
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.87		33.06		326.00
Food energy	{ kcal . . . kJ . . .	180		83		817
		754		347		3,421
Protein (N X 6.25)	g . . .	11.68		5.37		52.98
Total lipid (fat)	g . . .	13.94		6.41		63.23
Carbohydrate, total	g . . .	1.15		.53		5.22
Fiber	g . . .	0		0		0
Ash	g . . .	1.36		.63		6.17
MINERALS:						
Calcium	mg . . .	56		26		253
Iron	mg . . .	2.01		.92		9.12
Magnesium	mg . . .	12		5		54
Phosphorus	mg . . .	174		80		788
Potassium	mg . . .	126		58		571
Sodium	mg . . .	313		144		1,420
Zinc	mg . . .	1.38		.64		6.26
VITAMINS:						
Ascorbic acid	mg . . .	0		0		0
Thiamin	mg . . .	.071		.033		.322
Riboflavin	mg . . .	.275		.126		1.247
Niacin	mg . . .	.057		.026		.259
Pantothenic acid	mg . . .	1.658		.763		7.521
Vitamin B ₆	mg . . .	.109		.050		.494
Folacin	mcg . . .	47		22		212
Vitamin B ₁₂	mcg . . .	1.262		.581		5.724
Vitamin A	{ RE . . . IU . . .	180		83		816
		622		286		2,821
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.23		2.41		23.72
4:0	g . . .	.10		.05		.48
6:0	g . . .	.06		.03		.28
8:0	g . . .	.04		.02		.16
10:0	g . . .	.08		.04		.37
12:0	g . . .	.09		.04		.42
14:0	g . . .	.36		.16		1.61
16:0	g . . .	3.22		1.48		14.58
18:0	g . . .	1.22		.56		5.51
Monounsaturated, total	g . . .	5.21		2.40		23.64
16:1	g . . .	.43		.20		1.95
18:1	g . . .	4.74		2.18		21.48
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	1.51		.70		6.85
18:2	g . . .	1.26		.58		5.73
18:3	g . . .	.08		.04		.35
18:4	g . . .					
20:4	g . . .	.09		.04		.41
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	534		246		2,424
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	.187		.086		.848
Threonine	g . . .	.574		.264		2.602
Isoleucine	g . . .	.731		.336		3.314
Leucine	g . . .	1.026		.472		4.654
Lysine	g . . .	.789		.363		3.577
Methionine	g . . .	.377		.174		1.712
Cystine	g . . .	.278		.128		1.263
Phenylalanine	g . . .	.660		.303		2.992
Tyrosine	g . . .	.486		.224		2.204
Valine	g . . .	.841		.387		3.815
Arginine	g . . .	.748		.344		3.391
Histidine	g . . .	.282		.130		1.280
Alanine	g . . .	.682		.314		3.094
Aspartic acid	g . . .	1.159		.533		5.256
Glutamic acid	g . . .	1.488		.684		6.748
Glycine	g . . .	.389		.179		1.763
Proline	g . . .	.463		.213		2.102
Serine	g . . .	.888		.408		4.027

¹ For information on ingredients used, see "Procedures for Calculating Nutritive Values of Home-Prepared Foods," U.S. Dept. Agr. ARS 62-13, 1966.² Weight applies to fried egg prepared using large egg.

Product is cooked in shell.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 12%, shell	
			1 egg = 50 g ¹	1 c, chopped = 136 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	74.57			37.28	101.42	297.68
Food energy { kcal . . .	158			79	215	630
{ kJ . . .	661			330	899	2,638
Protein (N X 6.25) g . . .	12.14			6.07	16.51	48.46
Total lipid (fat) g . . .	11.15			5.58	15.16	44.51
Carbohydrate, total g . . .	1.20			.60	1.63	4.79
Fiber g . . .	0			0	0	0
Ash g . . .	.94			.47	1.28	3.75
MINERALS:						
Calcium mg . . .	56			28	76	224
Iron mg . . .	2.09			1.04	2.84	8.34
Magnesium mg . . .	12			6	17	49
Phosphorus mg . . .	180			90	245	719
Potassium mg . . .	130			65	177	519
Sodium mg . . .	138			69	188	552
Zinc mg . . .	1.44			.72	1.96	5.75
VITAMINS:						
Ascorbic acid mg . . .	0			0	0	0
Thiamin mg . . .	.074			.037	.101	.295
Riboflavin mg . . .	.286			.143	.389	1.142
Niacin mg . . .	.059			.030	.080	.236
Pantothenic acid mg . . .	1.727			.864	2.349	6.894
Vitamin B ₆ mg . . .	.114			.057	.155	.455
Folacin mcg . . .	49			24	67	196
Vitamin B ₁₂ mcg . . .	1.315			.657	1.788	5.249
Vitamin A { RE . . .	156			78	212	623
{ IU . . .	520			260	707	2,076
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	3.35			1.67	4.55	13.37
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .						
12:0 g . . .						
14:0 g . . .	.03			.02	.04	.12
16:0 g . . .	2.46			1.23	3.35	9.83
18:0 g . . .	.86			.43	1.16	3.42
Monounsaturated, total g . . .	4.46			2.23	6.06	17.79
16:1 g . . .	.37			.19	.50	1.48
18:1 g . . .	4.08			2.04	5.56	16.31
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	1.45			.72	1.97	5.78
18:2 g . . .	1.24			.62	1.68	4.94
18:3 g . . .	.03			.02	.04	.13
18:4 g . . .						
20:4 g . . .	.09			.05	.13	.37
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	548			274	745	2,186
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.194			.097	.264	.775
Threonine g . . .	.596			.298	.811	2.380
Isoleucine g . . .	.759			.380	1.033	3.032
Leucine g . . .	1.066			.533	1.450	4.257
Lysine g . . .	.820			.410	1.115	3.272
Methionine g . . .	.392			.196	.534	1.566
Cystine g . . .	.289			.145	.394	1.155
Phenylalanine g . . .	.686			.343	.933	2.737
Tyrosine g . . .	.505			.253	.687	2.016
Valine g . . .	.874			.437	1.189	3.489
Arginine g . . .	.777			.388	1.057	3.102
Histidine g . . .	.293			.147	.399	1.171
Alanine g . . .	.709			.354	.964	2.830
Aspartic acid g . . .	1.204			.602	1.638	4.808
Glutamic acid g . . .	1.546			.773	2.103	6.172
Glycine g . . .	.404			.202	.549	1.613
Proline g . . .	.482			.241	.655	1.923
Serine g . . .	.923			.461	1.255	3.683

¹ Weight applies to hard-cooked egg prepared using large egg.

Product is prepared using butter as table fat and milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight	Refuse:0	
A	B	C	D	E	F
1 egg = 64 g ²					
G					
PROXIMATE:					
Water g . . .	76.29		48.83		346.05
Food energy { kcal . . .	148		95		670
{ kJ . . .	618		395		2,803
Protein (N X 6.27) g . . .	9.32		5.96		42.28
Total lipid (fat) g . . .	11.06		7.08		50.17
Carbohydrate, total g . . .	2.14		1.37		9.71
Fiber g . . .	0		0		0
Ash g . . .	1.19		.76		5.40
MINERALS:					
Calcium mg . . .	74		47		334
Iron mg . . .	1.46		.93		6.62
Magnesium mg . . .	12		8		56
Phosphorus mg . . .	151		97		685
Potassium mg . . .	133		85		602
Sodium mg . . .	242		155		1,100
Zinc mg . . .	1.10		.70		4.99
VITAMINS:					
Ascorbic acid mg . . .	.20		.13		.91
Thiamin mg . . .	.061		.039		.277
Riboflavin mg . . .	.243		.156		1.102
Niacin mg . . .	.066		.042		.299
Pantothenic acid mg . . .	1.280		.819		5.806
Vitamin B ₆ mg . . .	.091		.058		.413
Folic acid mcg . . .	35		22		157
Vitamin B ₁₂ mcg . . .	.997		.638		4.522
Vitamin A { RE . . .	139		89		631
{ IU . . .	486		311		2,204
LIPIDS:					
Fatty acids:					
Saturated, total g . . .	4.41		2.82		19.99
4:0 g . . .	.11		.07		.50
6:0 g . . .	.06		.04		.29
8:0 g . . .	.04		.02		.17
10:0 g . . .	.08		.05		.38
12:0 g . . .	.10		.06		.43
14:0 g . . .	.36		.23		1.63
16:0 g . . .	2.58		1.65		11.73
18:0 g . . .	1.00		.64		4.53
Monounsaturated, total g . . .	4.05		2.59		18.36
16:1 g . . .	.33		.21		1.50
18:1 g . . .	3.67		2.35		16.63
20:1 g . . .					
22:1 g . . .					
Polyunsaturated, total g . . .	1.12		.72		5.10
18:2 g . . .	.93		.60		4.22
18:3 g . . .	.07		.04		.32
18:4 g . . .					
20:4 g . . .	.06		.04		.29
20:5 g . . .					
22:5 g . . .					
22:6 g . . .					
Cholesterol mg . . .	388		248		1,761
Phytosterols mg . . .					
AMINO ACIDS:					
Tryptophan g . . .	.147		.094		.668
Threonine g . . .	.453		.290		2.056
Isoleucine g . . .	.581		.372		2.636
Leucine g . . .	.883		.565		4.005
Lysine g . . .	.641		.410		2.906
Methionine g . . .	.294		.188		1.335
Cystine g . . .	.208		.133		.944
Phenylalanine g . . .	.519		.332		2.353
Tyrosine g . . .	.394		.252		1.787
Valine g . . .	.666		.426		3.021
Arginine g . . .	.569		.364		2.582
Histidine g . . .	.227		.146		1.032
Alanine g . . .	.522		.334		2.367
Aspartic acid g . . .	.902		.577		4.093
Glutamic acid g . . .	1.265		.810		5.738
Glycine g . . .	.299		.191		1.355
Proline g . . .	.424		.271		1.922
Serine g . . .	.688		.440		3.122

¹ For information on ingredients used, see "Procedures for Calculating Nutritive Values of Home-Prepared Foods," U.S. Dept. Agr. ARS 62-13, 1966.² Weight applies to omelet prepared using large egg.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 egg = 50 g ²			
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	74.27		37.14		336.89
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	$\left\{ \begin{array}{l} 157 \\ 658 \end{array} \right.$		$\left\{ \begin{array}{l} 79 \\ 329 \end{array} \right.$		$\left\{ \begin{array}{l} 713 \\ 2,985 \end{array} \right.$
Protein (N X 6.25)	g	12.09		6.04		54.84
Total lipid (fat)	g	11.10		5.55		50.35
Carbohydrate, total	g	1.20		.60		5.44
Fiber	g	0		0		0
Ash	g	1.34		.67		6.08
MINERALS:						
Calcium	mg	57		28		258
Iron	mg	2.08		1.04		9.44
Magnesium	mg	12		6		56
Phosphorus	mg	179		90		814
Potassium	mg	129		65		587
Sodium	mg	293		146		1,328
Zinc	mg	1.43		.72		6.49
VITAMINS:						
Ascorbic acid	mg	0		0		0
Thiamin	mg	.069		.035		.313
Riboflavin	mg	.255		.127		1.157
Niacin	mg	.052		.026		.236
Pantothenic acid	mg	1.720		.860		7.802
Vitamin B ₆	mg	.102		.051		.463
Folicin	mcg	49		24		222
Vitamin B ₁₂	mcg	1.233		.616		5.593
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	$\left\{ \begin{array}{l} 155 \\ 518 \end{array} \right.$		$\left\{ \begin{array}{l} 78 \\ 259 \end{array} \right.$		$\left\{ \begin{array}{l} 703 \\ 2,350 \end{array} \right.$
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.33		1.67		15.12
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	.03		.02		.14
16:0	g	2.45		1.22		11.12
18:0	g	.85		.43		3.87
Monounsaturated, total	g	4.44		2.22		20.12
16:1	g	.37		.18		1.68
18:1	g	4.07		2.03		18.45
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.44		.72		6.54
18:2	g	1.23		.62		5.59
18:3	g	.03		.02		.14
18:4	g					
20:4	g	.09		.05		.42
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	545		273		2,474
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	.193		.097		.877
Threonine	g	.594		.297		2.694
Isoleucine	g	.756		.378		3.431
Leucine	g	1.062		.531		4.817
Lysine	g	.816		.408		3.703
Methionine	g	.391		.195		1.772
Cystine	g	.288		.144		1.307
Phenylalanine	g	.683		.341		3.097
Tyrosine	g	.503		.251		2.281
Valine	g	.870		.435		3.948
Arginine	g	.774		.387		3.510
Histidine	g	.292		.146		1.325
Alanine	g	.706		.353		3.203
Aspartic acid	g	1.199		.600		5.440
Glutamic acid	g	1.540		.770		6.984
Glycine	g	.402		.201		1.825
Proline	g	.480		.240		2.176
Serine	g	.919		.459		4.168

¹ For information on ingredients used, see "Procedures for Calculating Nutritive Values of Home-Prepared Foods," U.S. Dept. Agr. ARS 62-13, 1966.

² Weight applies to poached egg prepared using large egg.

Product is prepared using butter as table fat and milk.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			1 egg = 64 g ²	1 c = 220 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	76.29			48.83	167.84	346.05
Food energy { kcal . .	148			95	325	670
kJ . . .	618			395	1,360	2,803
Protein (N X 6.27) g . . .	9.32			5.96	20.50	42.28
Total lipid (fat) g . . .	11.06			7.08	24.33	50.17
Carbohydrate, total g . . .	2.14			1.37	4.71	9.71
Fiber g . . .	0			0	0	0
Ash g . . .	1.19			.76	2.62	5.40
MINERALS:						
Calcium mg . . .	74			47	162	334
Iron mg . . .	1.46			.93	3.21	6.62
Magnesium mg . . .	12			8	27	56
Phosphorus mg . . .	151			97	332	685
Potassium mg . . .	133			85	292	602
Sodium mg . . .	242			155	534	1,100
Zinc mg . . .	1.10			.70	2.42	4.99
VITAMINS:						
Ascorbic acid mg . . .	.20			.13	.44	.91
Thiamin mg . . .	.061			.039	.134	.277
Riboflavin mg . . .	.243			.156	.535	1.102
Niacin mg . . .	.066			.042	.145	.299
Pantothenic acid mg . . .	1.280			.819	2.816	5.806
Vitamin B ₆ mg . . .	.091			.058	.200	.413
Folacin mcg . . .	35			22	76	157
Vitamin B ₁₂ mcg . . .	.997			.638	2.193	4.522
Vitamin A { RE . . .	139			89	306	631
IU . . .	486			311	1,069	2,204
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	4.41			2.82	9.70	19.99
4:0 g . . .	.11			.07	.24	.50
6:0 g . . .	.06			.04	.14	.29
8:0 g . . .	.04			.02	.08	.17
10:0 g . . .	.08			.05	.19	.38
12:0 g . . .	.10			.06	.21	.43
14:0 g . . .	.36			.23	.79	1.63
16:0 g . . .	2.58			1.65	5.69	11.73
18:0 g . . .	1.00			.64	2.20	4.53
Monounsaturated, total g . . .	4.05			2.59	8.90	18.36
16:1 g . . .	.33			.21	.73	1.50
18:1 g . . .	3.67			2.35	8.07	16.63
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	1.12			.72	2.48	5.10
18:2 g . . .	.93			.60	2.05	4.22
18:3 g . . .	.07			.04	.16	.32
18:4 g . . .						
20:4 g . . .	.06			.04	.14	.29
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	388			248	854	1,761
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	.147			.094	.324	.668
Threonine g . . .	.453			.290	.997	2.056
Isoleucine g . . .	.581			.372	1.279	2.636
Leucine g . . .	.883			.565	1.942	4.005
Lysine g . . .	.641			.410	1.409	2.906
Methionine g . . .	.294			.188	.647	1.335
Cystine g . . .	.208			.133	.458	.944
Phenylalanine g . . .	.519			.332	1.141	2.353
Tyrosine g . . .	.394			.252	.867	1.787
Valine g . . .	.666			.426	1.465	3.021
Arginine g . . .	.569			.364	1.252	2.582
Histidine g . . .	.227			.146	.500	1.032
Alanine g . . .	.522			.334	1.148	2.367
Aspartic acid g . . .	.902			.577	1.985	4.093
Glutamic acid g . . .	1.265			.810	2.783	5.738
Glycine g . . .	.299			.191	.657	1.355
Proline g . . .	.424			.271	.932	1.922
Serine g . . .	.688			.440	1.514	3.122

¹ For information on ingredients used, see "Procedures for Calculating Nutritive Values of Home-Prepared Foods," U.S. Dept. Agr. ARS 62-13, 1966.² Weight applies to scrambled egg prepared using large egg.

Nutrients and units	Amount in 100 grams, edible portion			Number of samples	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean ± standard error		Approximate measure and weight				
			1 tbsp = 5 g		1 c, sifted = 85 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	4.14 ±	0.103	47	0.21	3.52	18.78	
Food energy { kcal . . .	594			30	505	2,697	
Protein (N X 6.25) g . . .	2,488			124	2,115	11,285	
Total lipid (fat) g . . .	45.83 ±	.1752	3	2.29	38.96	207.88	
Carbohydrate, total g . . .	41.81 ±	.4740	43	2.09	35.54	189.65	
Fiber g . . .	4.77			.24	4.05	21.64	
Ash g . . .	0			0	0	0	
	3.45 ±	.0353	3	.17	2.93	15.65	
MINERALS:							
Calcium mg . . .	212			11	180	959	
Iron mg . . .	7.88			.39	6.70	35.74	
Magnesium mg . . .	46			2	39	210	
Phosphorus mg . . .	679			34	577	3,079	
Potassium mg . . .	490			24	416	2,221	
Sodium mg . . .	521			26	443	2,365	
Zinc mg . . .	5.43			.27	4.62	24.63	
VITAMINS:							
Ascorbic acid mg . . .	0			0	0	0	
Thiamin mg . . .	.309 ±	.0138	20	.015	.263	1.402	
Riboflavin mg . . .	1.172 ±	.0641	14	.059	.996	5.316	
Niacin mg . . .	.246 ±	.0113	14	.012	.209	1.116	
Pantothenic acid mg . . .	6.383 ±	.1487	6	.319	5.426	28.953	
Vitamin B ₆ mg . . .	.400		1	.020	.340	1.814	
Folicin mcg . . .	184			9	156	834	
Vitamin B ₁₂ mcg . . .	10.000		1	.500	8.500	45.360	
Vitamin A { RE . . .	586			29	498	2,658	
	1,950			98	1,658	8,845	
LIPIDS:							
Fatty acids: ¹							
Saturated, total g . . .	12.56			.63	10.67	56.95	
4:0 g . . .							
6:0 g . . .							
8:0 g . . .							
10:0 g . . .							
12:0 g . . .							
14:0 g . . .	.12 ±	.011	42	.01	.10	.52	
16:0 g . . .	9.23 ±	.129	69	.46	7.85	41.87	
18:0 g . . .	3.21 ±	.0735	69	.16	2.73	14.56	
Monounsaturated, total g . . .	16.71			.84	14.20	75.79	
16:1 g . . .	1.39 ±	.0449	69	.07	1.18	6.31	
18:1 g . . .	15.32 ±	.2225	69	.77	13.02	69.48	
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	5.43			.27	4.62	24.65	
18:2 g . . .	4.64 ±	.114	69	.23	3.95	21.06	
18:3 g . . .	.12 ±	.024	32	.01	.10	.54	
18:4 g . . .							
20:4 g . . .	.35 ±	.038	47	.02	.30	1.59	
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	1,918	± 24.69	50	96	1,631	8,701	
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.733			.037	.623	3.326	
Threonine g . . .	2.251			.113	1.913	10.211	
Isoleucine g . . .	2.867			.143	2.437	13.005	
Leucine g . . .	4.026			.201	3.422	18.261	
Lysine g . . .	3.094			.155	2.630	14.036	
Methionine g . . .	1.481			.074	1.259	6.719	
Cystine g . . .	1.093			.055	.929	4.956	
Phenylalanine g . . .	2.588			.129	2.200	11.741	
Tyrosine g . . .	1.907			.095	1.621	8.648	
Valine g . . .	3.300			.165	2.805	14.968	
Arginine g . . .	2.933			.147	2.493	13.305	
Histidine g . . .	1.107			.055	.941	5.022	
Alanine g . . .	2.676			.134	2.275	12.140	
Aspartic acid g . . .	4.546			.227	3.864	20.622	
Glutamic acid g . . .	5.837			.292	4.961	26.476	
Glycine g . . .	1.525			.076	1.296	6.918	
Proline g . . .	1.819			.091	1.546	8.249	
Serine g . . .	3.483			.174	2.961	15.799	

¹ Values based on data for fat extracted from egg yolk.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Refuse: 0	Approximate measure and weight		Refuse: 0	
				1 tbs = 5 g	1 c, sifted = 85 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	1.87 $\pm$	0.0986	14	0.09	1.59	8.48	
Food energy { kcal . . .	615			31	523	2,791	
{ kJ . . .	2,575			129	2,188	11,679	
Protein (N X 6.25) g . . .	48.17			2.41	40.94	218.50	
Total lipid (fat) g . . .	43.95			2.20	37.36	199.36	
Carbohydrate, total g . . .	2.38			.12	2.02	10.80	
Fiber g . . .	0			0	0	0	
Ash g . . .	3.63			.18	3.08	16.47	
MINERALS:							
Calcium mg . . .	222			11	189	1,008	
Iron mg . . .	8.28			.41	7.04	37.56	
Magnesium mg . . .	49			2	41	221	
Phosphorus mg . . .	715			36	607	3,242	
Potassium mg . . .	515			26	438	2,335	
Sodium mg . . .	548			27	466	2,486	
Zinc mg . . .	5.71			.28	4.85	25.90	
VITAMINS:							
Ascorbic acid mg . . .	0			0	0	0	
Thiamin mg . . .	.325			.016	.276	1.474	
Riboflavin mg . . .	1.232			.062	1.047	5.588	
Niacin mg . . .	.259			.013	.220	1.175	
Pantothenic acid mg . . .	6.710			.336	5.703	30.437	
Vitamin B ₆ mg . . .	.420			.021	.357	1.905	
Folacin mcg . . .	193			10	164	876	
Vitamin B ₁₂ mcg . . .	10.512			.526	8.935	47.682	
Vitamin A { RE . . .	616			31	524	2,794	
{ IU . . .	2,050			102	1,742	9,299	
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	13.20			.66	11.22	59.87	
4:0 g . . .							
6:0 g . . .							
8:0 g . . .							
10:0 g . . .							
12:0 g . . .							
14:0 g . . .	.12			.01	.10	.55	
16:0 g . . .	9.70			.48	8.25	44.01	
18:0 g . . .	3.37			.17	2.87	15.31	
Monounsaturated, total g . . .	17.56			.88	14.93	79.67	
16:1 g . . .	1.46			.07	1.24	6.64	
18:1 g . . .	16.10			.80	13.69	73.04	
20:1 g . . .							
22:1 g . . .							
Polyunsaturated, total g . . .	5.71			.29	4.86	25.91	
18:2 g . . .	4.88			.24	4.15	22.14	
18:3 g . . .	.12			.01	.10	.56	
18:4 g . . .							
20:4 g . . .	.37			.02	.31	1.67	
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	2,017			101	1,714	9,147	
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	.771			.039	.655	3.496	
Threonine g . . .	2.366			.118	2.011	10.733	
Isoleucine g . . .	3.014			.151	2.561	13.669	
Leucine g . . .	4.231			.212	3.597	19.193	
Lysine g . . .	3.252			.163	2.765	14.753	
Methionine g . . .	1.557			.078	1.323	7.062	
Cystine g . . .	1.148			.057	.976	5.209	
Phenylalanine g . . .	2.721			.136	2.313	12.341	
Tyrosine g . . .	2.004			.100	1.703	9.090	
Valine g . . .	3.468			.173	2.948	15.732	
Arginine g . . .	3.083			.154	2.620	13.984	
Histidine g . . .	1.164			.058	.989	5.279	
Alanine g . . .	2.813			.141	2.391	12.760	
Aspartic acid g . . .	4.778			.239	4.062	21.675	
Glutamic acid g . . .	6.135			.307	5.215	27.828	
Glycine g . . .	1.603			.080	1.363	7.272	
Proline g . . .	1.911			.096	1.625	8.670	
Serine g . . .	3.661			.183	3.112	16.606	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse:0	
	A	B		C	D	E	F
1/2 lb = 227 g							
PROXIMATE:							
Water	g . . .	14.62	$\pm$ 0.5453	5	33.16		66.32
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	351			796		1,592
Protein (N X 6.25)	g . . .	1,469			3,332		6,665
Total lipid (fat)	g . . .	76.92			174.46		348.91
Carbohydrate, total	g . . .	.04			.09		.18
Fiber	g . . .	4.17			9.46		18.92
Ash	g . . .	0			0		0
		4.25			9.64		19.28
MINERALS:							
Calcium	mg . . .	83			189		378
Iron	mg . . .	.23			.52		1.04
Magnesium	mg . . .	67			152		304
Phosphorus	mg . . .	83			189		378
Potassium	mg . . .	1,042			2,362		4,725
Sodium	mg . . .	1,156			2,622		5,244
Zinc	mg . . .	.15			.34		.68
VITAMINS:							
Ascorbic acid	mg . . .	0			0		0
Thiamin	mg . . .	.035			.079		.159
Riboflavin	mg . . .	2.162			4.903		9.807
Niacin	mg . . .	.675			1.531		3.062
Pantothenic acid	mg . . .	1.829			4.148		8.296
Vitamin B ₆	mg . . .	.023			.052		.104
Folicin	mcg . . .	89			203		405
Vitamin B ₁₂	mcg . . .	.493			1.118		2.236
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	0			0		0
		0			0		0
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	0			0		0
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .	0			0		0
16:0	g . . .	0			0		0
18:0	g . . .	0			0		0
Monounsaturated, total	g . . .	0			0		0
16:1	g . . .	0			0		0
18:1	g . . .	0			0		0
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	0			0		0
18:2	g . . .	0			0		0
18:3	g . . .	0			0		0
18:4	g . . .						
20:4	g . . .	0			0		0
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0			0		0
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	1.181			2.680		5.359
Threonine	g . . .	3.421			7.760		15.519
Isoleucine	g . . .	4.689			10.635		21.269
Leucine	g . . .	6.695			15.185		30.369
Lysine	g . . .	4.738			10.746		21.493
Methionine	g . . .	2.991			6.783		13.566
Cystine	g . . .	1.908			4.326		8.653
Phenylalanine	g . . .	4.837			10.970		21.939
Tyrosine	g . . .	3.089			7.006		14.012
Valine	g . . .	5.760			13.063		26.126
Arginine	g . . .	4.492			10.188		20.376
Histidine	g . . .	1.748			3.964		7.927
Alanine	g . . .	4.960			11.249		22.498
Aspartic acid	g . . .	6.806			15.436		30.871
Glutamic acid	g . . .	10.732			24.340		48.680
Glycine	g . . .	2.880			6.532		13.063
Proline	g . . .	2.892			6.559		13.119
Serine	g . . .	5.674			12.868		25.736

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight	I c, sifted = 107 g	Refuse: 0		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	8.54	+	0.538	5	9.14	38.74
Food energy	{ kcal . . .	376				402	1,706
	{ kJ . . .	1,574				1,684	7,139
Protein (N X 6.25)	g . . .	82.40				88.17	373.77
Total lipid (fat)	g . . .	.04				.04	.18
Carbohydrate, total	g . . .	4.47				4.78	20.28
Fiber	g . . .	0				0	0
Ash	g . . .	4.55				4.87	20.64
MINERALS:							
Calcium	mg . . .	89				96	406
Iron	mg . . .	.24				.26	1.09
Magnesium	mg . . .	72				77	326
Phosphorus	mg . . .	89				96	406
Potassium	mg . . .	1,116				1,194	5,061
Sodium	mg . . .	1,238				1,325	5,617
Zinc	mg . . .	.16				.17	.73
VITAMINS:							
Ascorbic acid	mg . . .	0				0	0
Thiamin	mg . . .	.037				.040	.168
Riboflavin	mg . . .	2.316				2.478	10.505
Niacin	mg . . .	.723				.774	3.280
Pantothenic acid	mg . . .	1.958				2.095	8.881
Vitamin B ₆	mg . . .	.024				.026	.109
Folacin	mcg . . .	96				102	434
Vitamin B ₁₂	mcg . . .	.528				.565	2.395
Vitamin A	{ RE . . .	0				0	0
	{ IU . . .	0				0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	0				0	0
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .	0				0	0
16:0	g . . .	0				0	0
18:0	g . . .	0				0	0
Monounsaturated, total	g . . .	0				0	0
16:1	g . . .	0				0	0
18:1	g . . .	0				0	0
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .	0				0	0
18:2	g . . .	0				0	0
18:3	g . . .	0				0	0
18:4	g . . .						
20:4	g . . .	0				0	0
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0				0	0
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	1.266				1.354	5.741
Threonine	g . . .	3.665				3.922	16.625
Isoleucine	g . . .	5.023				5.375	22.785
Leucine	g . . .	7.172				7.674	32.533
Lysine	g . . .	5.076				5.431	23.024
Methionine	g . . .	3.204				3.428	14.532
Cystine	g . . .	2.044				2.187	9.269
Phenylalanine	g . . .	5.181				5.544	23.502
Tyrosine	g . . .	3.309				3.541	15.010
Valine	g . . .	6.170				6.602	27.988
Arginine	g . . .	4.812				5.149	21.828
Histidine	g . . .	1.872				2.003	8.492
Alanine	g . . .	5.313				5.685	24.100
Aspartic acid	g . . .	7.291				7.801	33.071
Glutamic acid	g . . .	11.496				12.301	52.148
Glycine	g . . .	3.085				3.301	13.994
Proline	g . . .	3.098				3.315	14.054
Serine	g . . .	6.078				6.503	27.569

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error		Number of samples	Approximate measure and weight		Refuse: 12%, shell
	B	C		1 egg = 70 g		G
A	B	C	D	E	F	G
PROXIMATE:						
Water g	70.83	$\pm$	13	49.58		282.75
Food energy { kcal	185			130		740
{ kJ	776			543		3,097
Protein (N X 6.25) g	12.81	$\pm$	13	8.97		51.14
Total lipid (fat) g	13.77	$\pm$	18	9.64		54.97
Carbohydrate, total g	1.45			1.02		5.79
Fiber g	0			0		0
Ash g	1.14	$\pm$	17	.80		4.55
MINERALS:						
Calcium mg	64	$\pm$	6	45		254
Iron mg	3.85	$\pm$	7	2.70		15.37
Magnesium mg	16		1	12		66
Phosphorus mg	220	$\pm$	7	154		879
Potassium mg	222	$\pm$	3	156		887
Sodium mg	146		2	102		583
Zinc mg	1.41		1	.99		5.63
VITAMINS:						
Ascorbic acid mg	0			0		0
Thiamin mg	.156	$\pm$	7	.109		.623
Riboflavin mg	.404	$\pm$	7	.283		1.613
Niacin mg	.200	$\pm$	5	.140		.798
Pantothenic acid mg	1					
Vitamin B ₆ mg	.250		2	.175		.998
Folacin mcg	80		1	56		319
Vitamin B ₁₂ mcg	5.395		2	3.776		21.537
Vitamin A { RE						
{ IU	1,328	$\pm$	4	930		5,301
LIPIDS:						
Fatty acids:						
Saturated, total g	3.68			2.58		14.70
4:0 g						
6:0 g						
8:0 g						
10:0 g						
12:0 g						
14:0 g	.05	$\pm$	4	.04		.21
16:0 g	3.00	$\pm$	4	2.10		11.96
18:0 g	.63	$\pm$	4	.44		2.52
Monounsaturated, total g	6.52			4.57		26.05
16:1 g	.44	$\pm$	4	.31		1.76
18:1 g	6.08	$\pm$	4	4.26		24.29
20:1 g						
22:1 g						
Polyunsaturated, total g	1.22			.86		4.88
18:2 g	.56	$\pm$	4	.39		2.23
18:3 g	.10	$\pm$	4	.07		.41
18:4 g						
20:4 g	.32	$\pm$	4	.22		1.27
20:5 g						
22:5 g						
22:6 g	Trace					
Cholesterol mg	884		3	619		3,529
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	.260			.182		1.039
Threonine g	.736			.515		2.937
Isoleucine g	.598			.419		2.389
Leucine g	1.097			.768		4.377
Lysine g	.951			.666		3.796
Methionine g	.576			.403		2.299
Cystine g	.285			.199		1.137
Phenylalanine g	.840			.588		3.355
Tyrosine g	.613			.429		2.446
Valine g	.885			.620		3.535
Arginine g	.765			.535		3.052
Histidine g	.320			.224		1.276
Alanine g	.631			.442		2.520
Aspartic acid g	.777			.544		3.101
Glutamic acid g	1.789			1.253		7.143
Glycine g	.422			.296		1.685
Proline g	.480			.336		1.915
Serine g	.963			.674		3.846

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples		Approximate measure and weight	Refuse: 13%, shell	
A	B	C	D	E 1 egg = 144 g	F	G
PROXIMATE:						
Water g . . .	70.43	$\pm$	0.4978	3	101.42	277.92
Food energy { <i>kcal</i> . .	185				267	731
<i>kJ</i> . . .	775				1,116	3,057
Protein (N X 6.25) g . . .	13.87	$\pm$	.1202	3	19.97	54.73
Total lipid (fat) g . . .	13.27	$\pm$	.6360	3	19.11	52.36
Carbohydrate, total g . . .	1.35				1.94	5.33
Fiber g . . .	0				0	0
Ash g . . .	1.08	$\pm$	.0493	3	1.56	4.26
MINERALS:						
Calcium mg . . .	1				—	—
Iron mg . . .	—				—	—
Magnesium mg . . .	—				—	—
Phosphorus mg . . .	—				—	—
Potassium mg . . .	—				—	—
Sodium mg . . .	—				—	—
Zinc mg . . .	—				—	—
VITAMINS:						
Ascorbic acid mg . . .	0				0	0
Thiamin mg . . .	—				—	—
Riboflavin mg . . .	—				—	—
Niacin mg . . .	—				—	—
Pantothenic acid mg . . .	—				—	—
Vitamin B ₆ mg . . .	—				—	—
Folacin mcg . . .	—				—	—
Vitamin B ₁₂ mcg . . .	—				—	—
Vitamin A { <i>RE</i> . . .	—				—	—
<i>IU</i> . . .	—				—	—
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	3.60				5.18	14.19
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .						
12:0 g . . .						
14:0 g . . .	.05			2	.07	.20
16:0 g . . .	2.85			2	4.10	11.24
18:0 g . . .	.70			2	1.00	2.75
Monounsaturated, total g . . .	5.75				8.28	22.68
16:1 g . . .	.39			2	.57	1.56
18:1 g . . .	5.35			2	7.71	21.12
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	1.67				2.41	6.60
18:2 g . . .	.68			2	.98	2.68
18:3 g . . .	.55			2	.80	2.19
18:4 g . . .						
20:4 g . . .	.28			2	.40	1.10
20:5 g . . .						
22:5 g . . .	Trace					
22:6 g . . .	Trace					
Cholesterol mg . . .	—				—	—
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 . . .	—				—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse:8%, shell	
			1 egg = 9 g			
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	74.35		2	6.69	310.26
Food energy	{ kcal kJ	158 663			14 60	661 2,767
Protein (N X 6, 25)	g	13.05		2	1.17	54.46
Total lipid (fat)	g	11.09	+ 0.2433	6	1.00	46.28
Carbohydrate, total	g	.41			.04	1.71
Fiber	g	0			0	0
Ash	g	1.10		2	.10	4.59
MINERALS:						
Calcium	mg	64		2	6	267
Iron	mg	3.65		2	.33	15.23
Magnesium	mg	1				
Phosphorus	mg	226		2	20	943
Potassium	mg	—			—	—
Sodium	mg	—			—	—
Zinc	mg	—			—	—
VITAMINS:						
Ascorbic acid	mg	0			0	0
Thiamin	mg	.130		2	.012	.542
Riboflavin	mg	.790		2	.071	3.297
Niacin	mg	.150		2	.013	.626
Pantothenic acid	mg	—			—	—
Vitamin B ₆	mg	.150		1	.014	.626
Folic acid	mcg	—			—	—
Vitamin B ₁₂	mcg	—			—	—
Vitamin A	{ RE IU	— 300		1	— 27	— 1,252
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.56			.32	14.84
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	.05	+ .007	6	Trace	.22
16:0	g	2.67	+ .0762	8	.24	11.12
18:0	g	.84	+ .053	8	.08	3.50
Monounsaturated, total	g	4.32	—		.39	18.05
16:1	g	.47	+ .051	8	.04	1.97
18:1	g	3.85	+ .156	8	.35	16.07
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.32			.12	5.52
18:2	g	.94	+ .081	8	.08	3.92
18:3	g	.04	+ .02	6	Trace	.18
18:4	g					
20:4	g	.12	+ .016	8	.01	.51
20:5	g					
22:5	g	Trace				
22:6	g	Trace				
Cholesterol	mg	844		12	76	3,522
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	—			—	—

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean $\pm$ standard error	Number of samples	1 egg = 79 g	Approximate measure and weight	Refuse:12%, shell	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	72.50	$\pm$ 0.3715	5	57.28		289.42
Food energy $\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	171 716			135 565		683 2,857
Protein (N X 6.25) g . . .	13.68	$\pm$.6127	5	10.81		54.61
Total lipid (fat) g . . .	11.88	$\pm$.1881	5	9.38		47.42
Carbohydrate, total g . . .	1.15			.91		4.59
Fiber g . . .	0			0		0
Ash g . . .	.79	$\pm$.049	4	.62		3.15
MINERALS:						
Calcium mg . . .	99		1	78		395
Iron mg . . .	4.10		1	3.24		16.37
Magnesium mg . . .	1					
Phosphorus mg . . .	170		1	134		679
Potassium mg . . .						
Sodium mg . . .						
Zinc mg . . .						
VITAMINS:						
Ascorbic acid mg . . .	0			0		0
Thiamin mg . . .	.110		1	.087		.439
Riboflavin mg . . .	.470		1	.371		1.876
Niacin mg . . .	.024		2	.019		.096
Pantothenic acid mg . . .						
Vitamin B ₆ mg . . .						
Folacin mcg . . .						
Vitamin B ₁₂ mcg . . .						
Vitamin A $\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .						
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	3.63			2.87		14.50
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .						
12:0 g . . .						
14:0 g . . .	.04	$\pm$.007	3	.03		.15
16:0 g . . .	2.72	$\pm$.0751	4	2.15		10.85
18:0 g . . .	.88	$\pm$.053	4	.69		3.50
Monounsaturated, total g . . .	4.57			3.61		18.25
16:1 g . . .	.67	$\pm$.099	4	.53		2.68
18:1 g . . .	3.90	$\pm$.137	4	3.08		15.56
20:1 g . . .						
22:1 g . . .						
Polyunsaturated, total g . . .	1.66			1.31		6.62
18:2 g . . .	1.17	$\pm$.121	4	.92		4.66
18:3 g . . .	.08	$\pm$.02	4	.06		.32
18:4 g . . .						
20:4 g . . .	.13	$\pm$.0091	4	.10		.51
20:5 g . . .						
22:5 g . . .						
22:6 g . . .	Trace					
Cholesterol mg . . .	933		10	737		3,725
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 . . .						

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse:0	
			1/4 c = 60 g	1 c = 240 g		
			E	F		
A	B	C	D	G		
PROXIMATE:						
Waterg . . .	73.10		1	43.86	175.44	331.58
Food energy $\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	160 669			96 401	384 1,605	725 3,034
Protein (N X 6.25)g . . .	11.29	+ 0.1954	3	6.77	27.10	51.21
Total lipid (fat)g . . .	11.11	- .7933	4	6.67	26.66	50.40
Carbohydrate, totalg . . .	3.20			1.92	7.68	14.52
Fiberg . . .	0			0	0	0
Ashg . . .	1.30		1	.78	3.12	5.90
MINERALS:						
Calciummg . . .	73		2	44	175	330
Ironmg . . .	1.98		2	1.19	4.75	8.98
Magnesiummg . . .	—			—	—	—
Phosphorusmg . . .	72		1	43	172	325
Potassiummg . . .	213		1	128	512	968
Sodiummg . . .	199		2	120	479	904
Zincmg . . .	.98		1	.59	2.35	4.44
VITAMINS:						
Ascorbic acidmg . . .	—			—	—	—
Thiaminmg . . .	.120		2	.072	.288	.544
Riboflavinmg . . .	.386		2	.232	.926	1.751
Niacinmg . . .	—			—	—	—
Pantothenic acidmg . . .	1.660		1	.996	3.984	7.530
Vitamin B ₆mg . . .	.133		1	.080	.334	.603
Folic acidmcg . . .	—			—	—	—
Vitamin B ₁₂mcg . . .	—			—	—	—
Vitamin A ² $\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	135 1,350		1	81 810	324 3,240	612 6,124
LIPIDS:						
Fatty acids:						
Saturated, totalg . . .	1.93			1.16	4.63	8.75
4:0g . . .						
6:0g . . .						
8:0g . . .						
10:0g . . .						
12:0g . . .						
14:0g . . .	.01		1	.01	.02	.05
16:0g . . .	1.50		1	.90	3.61	6.82
18:0g . . .	.44		1	.26	1.05	1.98
Monounsaturated, totalg . . .	2.43			1.46	5.84	11.04
16:1g . . .						
18:1g . . .	2.44		1	1.46	5.85	11.06
20:1g . . .						
22:1g . . .						
Polyunsaturated, totalg . . .	6.24			3.74	14.98	28.31
18:2g . . .	6.18		1	3.71	14.83	28.02
18:3g . . .	.06		1	.04	.15	.29
18:4g . . .						
20:4g . . .						
20:5g . . .						
22:5g . . .						
22:6g . . .						
Cholesterolmg . . .	2		2	1	5	9
Phytosterolsmg . . .	—			—	—	—
AMINO ACIDS:						
Tryptophang . . .	—			—	—	—
Threonineg . . .	—			—	—	—
Isoleucineg . . .	—			—	—	—
Leucineg . . .	—			—	—	—
Lysineg . . .	—			—	—	—
Methionineg . . .	—			—	—	—
Cystineg . . .	—			—	—	—
Phenylalanineg . . .	—			—	—	—
Tyrosineg . . .	—			—	—	—
Valineg . . .	—			—	—	—
Arginineg . . .	—			—	—	—
Histidineg . . .	—			—	—	—
Alanineg . . .	—			—	—	—
Aspartic acidg . . .	—					

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.

² Contributed largely from beta-carotene used for coloring.

Product contains egg white, hydrogenated soybean oil, and soy protein.

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased		
	Mean $\pm$ standard error	Number of samples	Approximate measure and weight		Refuse: 0		
			1-1/2 fl oz = 47 g	1 c = 251 g			
			A	B		C	D
PROXIMATE:							
Water	g	82.75			38.89	207.70	375.35
Food energy	{ kcal kJ	84 352			40 165	211 883	381 1,596
Protein (N X 6.25)	g	12.00	1		5.64	30.12	54.43
Total lipid (fat)	g	3.31 $\pm$ 0.0420	4		1.56	8.31	15.01
Carbohydrate, total	g	.64	1		.30	1.61	2.90
Fiber	g	0			0	0	0
Ash	g	1.30			.61	3.26	5.90
MINERALS:							
Calcium	mg	53	1		25	133	240
Iron	mg	2.10	1		.99	5.27	9.53
Magnesium	mg	1					
Phosphorus	mg	121	1		57	304	549
Potassium	mg	330	1		155	828	1,497
Sodium	mg	177	1		83	444	803
Zinc	mg	1.30	1		.61	3.26	5.90
VITAMINS:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	.110	1		.052	.276	.499
Riboflavin	mg	.300	1		.141	.753	1.361
Niacin	mg	.110	1		.052	.276	.499
Pantothenic acid	mg	2.700	1		1.269	6.777	12.247
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	.298	1		.140	.748	1.352
Vitamin A ²	{ RE IU	216 2,160	1		102 1,015	542 5,422	980 9,798
LIPIDS:							
Fatty acids:							
Saturated, total	g	.66			.31	1.66	2.99
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	Trace	1		Trace	.01	.01
14:0	g	.01	1		Trace	.02	.03
16:0	g	.35	1		.16	.88	1.59
18:0	g	.31	1		.14	.77	1.40
Monounsaturated, total	g	.90			.42	2.25	4.07
16:1	g	Trace	1		Trace	.01	.01
18:1	g	.89	1		.42	2.24	4.06
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.60			.75	4.02	7.27
18:2	g	1.41	1		.66	3.53	6.38
18:3	g	.18	1		.09	.46	.83
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	1	1		Trace	3	5
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						

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.² Contributed largely from beta-carotene used for coloring.

Item No. 01-144

Nutrients and units	Amount in 100 grams, edible portion		Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean ± standard error	Number of samples	Approximate measure and weight		Refuse: 0	
			0.35 oz = 9.9 g	0.7 oz = 19.8 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	3.86	1	0.38	0.76	17.51
Food energy	{ kcal	444		44	88	2,012
	{ kJ	1,856		184	368	8,421
Protein (N X 6.25)	g	55.50	1	5.49	10.99	251.75
Total lipid (fat)	g	13.00	1	1.29	2.57	58.97
Carbohydrate, total	g	21.80	1	2.16	4.32	98.88
Fiber	g	0		0	0	0
Ash	g	5.84	1	.58	1.16	26.49
MINERALS:						
Calcium	mg	326	1	32	65	1,479
Iron	mg	3.16	1	.31	.63	14.33
Magnesium	mg	1				
Phosphorus	mg	478	1	47	95	2,168
Potassium	mg	744	1	74	147	3,375
Sodium	mg	800	1	79	158	3,629
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg	.75	1	.07	.15	3.40
Thiamin	mg	.226	1	.022	.045	1.025
Riboflavin	mg	1.760	1	.174	.348	7.983
Niacin	mg	.577	1	.057	.114	2.617
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folic acid	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU	1,228	1	122	243	5,570
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.77		.37	.75	17.08
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	.06	1	.01	.01	.29
16:0	g	2.69	1	.27	.53	12.19
18:0	g	.99	1	.10	.20	4.50
Monounsaturated, total	g	5.34		.53	1.06	24.23
16:1	g	.50	1	.05	.10	2.25
18:1	g	4.84	1	.48	.96	21.98
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.68		.17	.33	7.63
18:2	g	1.41	1	.14	.28	6.41
18:3	g	.09	1	.01	.02	.39
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	572	1	57	113	2,595
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					

¹ Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.