

Comparison of Nutrients, Nutrient Ratios and Other Food Components in NDSR and the ASA24

| Category | Nutrient, Nutrient Ratios & Other Food Components | NDSR (n=165) | ASA24 (n=67) | |
|---|---|-----------------------------------|-----------------|---|
| Primary Energy Sources | Alcohol | x | x | |
| | Total Fat | x | x | |
| | Total Protein | x | x | |
| | Energy (kilocalories) | x | x | |
| | Total Carbohydrate | x | x | |
| | Energy (kilojoules) | x | | |
| | % Calories from Alcohol | x | | |
| | % Calories from Carbohydrate | x | | |
| | % Calories from Fat | x | | |
| | % Calories from Protein | x | | |
| | Animal Protein | x | | |
| | Available Carbohydrate | x | | |
| | Vegetable Protein | x | | |
| | Fat and Cholesterol | Cholesterol | x | x |
| | | Total Saturated Fatty Acids (SFA) | x | x |
| Total Monounsaturated Fatty Acids (MUFA) | | x | x | |
| Total Polyunsaturated Fatty Acids (PUFA) | | x | x | |
| Omega-3 Fatty Acids | | x | | |
| Total Trans-Fatty Acids (TRANS) | | x | | |
| % Calories from MUFA | | x | | |
| % Calories from PUFA | | x | | |
| % Calories from SFA | | x | | |
| Polyunsaturated to Saturated Fat Ratio | | x | | |
| Cholesterol to Saturated Fatty Acid Index | | x | | |
| Solid Fats | | x | x | |
| Total Conjugated Linoleic Acid (CLA 18:2) | x | | | |

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|--|--|-------------------------|-------------------------|
| Carbohydrates | Total Sugars | X | X |
| | Added Sugars (by Total Sugars) | X | X |
| | Added Sugars (by Available Carbohydrate) | X | |
| | Galactose | X | |
| | Maltose | X | |
| | Fructose | X | |
| | Sucrose | X | |
| | Glucose | X | |
| | Lactose | X | |
| | Starch | X | |
| Fiber | Total Dietary Fiber | X | X |
| | Pectins | X | |
| | Soluble Dietary Fiber | X | |
| | Insoluble Dietary Fiber | X | |
| Vitamins | Vitamin C (ascorbic acid) | X | X |
| | Dietary Folate Equivalent | X | X |
| | Synthetic Folate (folic acid) | X | X |
| | Natural Folate (food folate) | X | X |
| | Total Folate | X | X |
| | Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) | X | X |
| | Vitamin B-12 (cobalamin) | X | X |
| | Vitamin B-12, added | | X |
| | Thiamin (vitamin B1) | X | X |
| | Riboflavin (vitamin B2) | X | X |
| | Niacin (vitamin B3) | X | X |
| | Niacin Equivalent | X | |
| Retinol | X | X | |
| Total Vitamin A Activity (Retinol Activity Equivalent) | X | X | |

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|--------------------|--|-------------------------|-------------------------|
| | Total Vitamin A Activity (Retinol Equivalents) | x | |
| | Total Vitamin A Activity (International Units) | x | |
| | Beta-Carotene Equivalents (derived from provitamin A carotenoids) | x | |
| | Vitamin E (Total Alpha-Tocopherol) (mg) | x | x |
| | Vitamin E (International Units) | x | |
| | Vitamin E, added | | x |
| | Beta-Tocopherol | x | |
| | Delta-Tocopherol | x | |
| | Gamma-Tocopherol | x | |
| | Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d- alpha-tocopherol) | x | |
| | Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol) | x | |
| | Total Alpha-Tocopherol Equivalents | x | |
| | Vitamin K (phylloquinone) | x | x |
| | Pantothenic Acid | x | |
| | Choline | x | x |
| | Vitamin D (calciferol) (mcg) | x | |
| | Vitamin D (D2 + D3) | | x |
| | Vitamin D2 (ergocalciferol) | x | |
| | Vitamin D3 (cholecalciferol) | x | |
| Carotenoids | Lutein + Zeaxanthin | x | x |
| | Lycopene | x | x |
| | Alpha-Carotene (provitamin A carotenoid) | x | x |
| | Beta-Carotene (provitamin A carotenoid) | x | x |
| | Beta-Cryptoxanthin (provitamin A carotenoid) | x | x |
| Minerals | Iron | x | x |
| | Calcium | x | x |
| | Sodium | x | x |
| | Selenium | x | x |
| | Copper | x | x |

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|--------------------|--|-------------------------|-------------------------|
| | Magnesium | X | X |
| | Zinc | X | X |
| | Phosphorus | X | X |
| | Potassium | X | X |
| | Manganese | X | |
| Fatty Acids | SFA 4:0 (butyric acid) | X | X |
| | SFA 6:0 (caproic acid) | X | X |
| | SFA 8:0 (caprylic acid) | X | X |
| | SFA 10:0 (capric acid) | X | X |
| | SFA 12:0 (lauric acid) | X | X |
| | SFA 14:0 (myristic acid) | X | X |
| | SFA 16:0 (palmitic acid) | X | X |
| | SFA 17:0 (margaric acid) | X | |
| | SFA 18:0 (stearic acid) | X | X |
| | SFA 20:0 (arachidic acid) | X | |
| | SFA 22:0 (behenic acid) | X | |
| | MUFA 14:1 (myristoleic acid) | X | |
| | MUFA 16:1 (palmitoleic acid) | X | X |
| | MUFA 18:1 (oleic acid) | X | X |
| | MUFA 20:1 (gadoleic acid) | X | X |
| | MUFA 22:1 (erucic acid) | X | X |
| | PUFA 18:2 (linoleic acid) | X | X |
| | PUFA 18:3 (linolenic acid) | X | X |
| | PUFA 18:4 (parinaric acid) | X | X |
| | PUFA 20:4 (arachidonic acid) | X | X |
| | PUFA 20:5 (eicosapentaenoic acid [EPA]) | X | X |
| | PUFA 22:5 (docosapentaenoic acid [DPA]) | X | X |
| | PUFA 22:6 (docosahexaenoic acid [DHA]) | X | X |

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| | PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | x | |
| | CLA cis-9, trans-11 | x | |
| | CLA trans-10, cis-12 | x | |
| | TRANS 16:1 (trans-hexadecenoic acid) | x | |
| | TRANS 18:1 (trans-octadecenoic acid) | x | |
| | TRANS 18:2 (trans-octadecadienoic acid) | x | |
| Amino Acids | Aspartic Acid | x | |
| | Cystine | x | |
| | Proline | x | |
| | Glutamic Acid | x | |
| | Glycine | x | |
| | Serine | x | |
| | Alanine | x | |
| | Tryptophan | x | |
| | Tyrosine | x | |
| | Arginine | x | |
| | Histidine | x | |
| | Threonine | x | |
| | Isoleucine | x | |
| | Leucine | x | |
| | Lysine | x | |
| | Methionine | x | |
| | Phenylalanine | x | |
| | Valine | x | |
| Isoflavones and Similar | Daidzein | x | |
| | Genistein | x | |
| | Glycitein | x | |
| | Biochanin A | x | |

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|---------------------------------|--|-------------------------|-------------------------|
| | Coumestrol | X | |
| | Formononetin | X | |
| Sugar Alcohols (polyols) | Mannitol | X | |
| | Sorbitol | X | |
| | Xylitol | X | |
| | Inositol | X | |
| | Erythritol | X | |
| | Isomalt | X | |
| | Lactitol | X | |
| | Maltitol | X | |
| | Pinitol | X | |
| Other Food Components | Glycemic Load (bread reference) | X | |
| | Glycemic Load (glucose reference) | | |
| | Glycemic Index (bread reference) | X | |
| | Glycemic Index (glucose reference) | X | |
| | Water | X | X |
| | Ash | X | |
| | Caffeine | X | X |
| | Theobromine | | X |
| | Acesulfame Potassium | X | |
| | Aspartame | X | |
| | Saccharin | X | |
| | Oxalic Acid | X | |
| | Phytic Acid | X | |
| | Betaine | X | |
| | 3-Methylhistidine | X | |
| | Nitrogen | X | |

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|----------|---|-----------------|-----------------|
| | Sucralose | x | |
| | Sucrose polyester | x | |
| | Tagatose | x | |