Appendix 17

Sample Reports

There are numerous reports that can be generated by NDSR. This appendix includes examples of the following reports:

Record Reports

- Record Properties Report
- Foods Report
- Quick List Report
- Dietary Supplements Report
- Nutrient Totals Report
- Nutrient Totals Report (Simplified)
- Nutrients Per Food Report
- Menu Planner Report
- Glycemic Index and Glycemic Load Report
- Recommended Dietary Allowances/Adequate Intake Report (RDA/AI Report)
- Daily Values Report for Adults and Children 4 Years of Age and Older
- Food Group Serving Count System Totals Report
- DSAM 24-hour Nutrient Totals Report (generated for DSAM records only)
- DSAM 30-day Nutrient Totals Report (generated for DSAM records only)
- DSAM User Product Report (generated for DSAM User Products only)
- DSAM User Product Nutrient Totals Report (generated for DSAM User Products only)

Project Reports

- Record List for Averaged Nutrient Totals Report
- Averaged Nutrient Totals Report
- Averaged Nutrient Totals Report (Simplified)
- Averaged Recommended Dietary Allowances/Adequate Intake Report
- Averaged Daily Values Report for Adults and Children 4 Years of Age and Older
- Averaged Food Group Serving Count System Totals Report
- Averaged DSAM 24-hour Nutrient Totals Report
- Averaged DSAM 30-day Nutrient Totals Report
- Project List Report
- Record List Report

Other Reports

- Food Ingredients Report
- Missing Products Report
- Product Detail Report
- Record Search Report



NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 4/22/2020

Header Information

Participant ID: 123456789abc Participant Name: PTS Date of Intake: 04/22/2020 Day of Intake: Wednesday Date of Birth: 02/02/1950 Gender: Fernale Life Stage Group: Fernales, age 51-70 y Interviewer ID: A12 Visit Number: 1 Site ID: 2 Header Descriptor 1: Y

Header Descriptor 2: Max 100 characters can be entered in Customized Data Fields if no character limit set in Preferences

Header Descriptor 3: These customizable fields will be included in Output Files 04-06 and the Record Properties Report

Header Data Field 4:

Header Data Field 5:

Header Notes: Up to 600 characters entered in the Notes: field will be included on the Record Properties Report and Intake Properties Output File (File 04)

Trailer Information

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NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc Amount of Intake Was: Close to the amount usually eaten. Information Was: Reliable Rate satiety level: very satiated

Trailer Data Field 2:

Trailer Data Field 3:

Trailer Notes:

Collection Information

Date of Entry: 04/23/2020 Data Collected in NCC Database Version: 2020 Data Collected in Software Version: 2020 Data Collected in DSAM Database Version: 2020

Project Information

Project Name: Tutorial -- Dietary Recalls Project Abbreviation: Tutorial Record Type: Recall DSAM: 24-hour and past 30 days intake Project Notes: Text entered as a note on the Project Information window will be included in the Project List Report

Selected Nutrients

Main Folder Page 2 of 3 Date of Intake: 4/22/2020



NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial

Nutrient	Amount	Reported	Daily V	alue ¹	% Dail	y Value
Energy (kilocalories)	2450	kcal				Ĩe.
Total Fat	94.946	g	78	g	122	%
Total Saturated Fatty Acids (SFA)	35.029	g	20	g	175	%
Total Trans-Fatty Acids (TRANS)	3.069	g				
Cholesterol	226	mg	300	mg	75	%
Sodium	3592	mg	2300	mg	156	%
Total Carbohydrate	273.421	g	275	g	99	%
Total Dietary Fiber	26.667	g	28	g	95	%
Total Sugars	93.597	g				
Total Protein	110.328	g				
Total Vitamin A Activity (International Units)	15291	IU				
Vitamin C (ascorbic acid)	88.559	mg	90	mg	98	%
Calcium	1672	mg	1300	mg	129	%
Iron	23.169	mg	18	mg	129	%

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

¹ Nutrient calculations are performed for NDSR nutrients for which a Daily Value has been established. Daily Values are based on a caloric intake of 2000 kcal per day for adults and children aged 4 years and older. Source: *Code of Federal Regulations*, Title 21–Food and Drugs, Volume 2, Sec 101.9, Nutrition labeling of food, 2018.

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Project Abbreviation: Tutorial Participant ID: 123456789abc

8:00a BREAKFAST HOME

1. coffee, regular (caffeinated), made from ground

20 FO

2. cereal, ready-to-eat, Frosted Cheerios (General Mills)

1 1/4 CP

Additions:

2.a1 milk, skim, nonfat or fat free

6 FO (0.75 CP)

10:00a SNACK WORK

3. granola bars, Kudos - Snickers

1 bar - each 0.8 OZ

11:00a SNACK WORK

4. Old Time Apple Cake (Snack Cake 1)

I serving eaten (serving = I piece)

12:30p LUNCH WORK

5. soda pop or soft drink, Coke - diet, fountain

16 FO, with ice (crushed or cubed) (12.00 FO)

6. chicken sandwich

1 servings made (serving = 1 sandwich), 1/2 eaten

Note: saving 1/2 for tomorrow's lunch

Components/Ingredients:

6.i1 chicken, breast, skin removed before cooking

1 medium - split (4.23 OZ)

Ingredient Variables:

Main Folder Page 1 of 4 Date of Intake: 04/22/2020



Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

ticipant ID:	123456789abc	Date of Intake:	04/22/2	020
	6.i1v1 P: broiled or grilled or rotisserie, basted with added fat			
	6.11v1v1 P: fat used in basting or browning - unknown - prepared at hom	ie		
	6.11v1v2 P: salt - no salt added			
6.13	2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise			
	I TB			
6.13	3 rolls, cracked wheat			
	l large - 3 1/2" diameter (1.21 medium - 2 1/2" diameter)			
6.i4	tomato, raw			
	2 medium slice - 1/4" thick (0.22 CP)			
7. raw ve	ggies			
1 servi	ngs made, 1 eaten			
Compo	onents/Ingredients:			
7.i1	broccoli, raw			
	3 flower (0.36 CP)			
7.13	2 cauliflower, raw			
	3 flower (0.36 CP)			
7.13	3 carrots, raw			
	3 medium baby (0.27 CP)			
Additi	ons:			
7.a	1 dips, sour cream (seasoned), commercial, regular			
	9 TS (3.00 TB)			
	Note: estimates 1 teaspoon dip per piece of vegetable			
8. snacks	, cheese balls, puffs or twists, Cheetos Crunchy			
I bag -	single serving - each 1 OZ (1.00 OZ)			
in Folder				

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Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

5:00p SNACK DELI/TAKE-OUT/STORE

9. pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat crust

1 rectangle 2" length X 2" width (0.04 12" diameter)

Note: 2" x 2" piece, sample at grocery store

10. ice cream bar, reduced fat and no sugar added (e.g. Klondike)

1 bar - each 4 FO

7:00p DINNER/SUPPER RESTAURANT/CAFETERIA/FAST FOOD

11. lasagna, from recipe, beef

I rectangle 10cm length X 10cm width (1.28 CP)

Food Variables:

- 11.v1 1: hamburger or ground beef unknown % fat
- 11.v2 I: lasagna noodles white
- 11.v3 1: cheese ricotta cheese, unknown type
- 11.v4 1: cheese Mozzarella cheese, unknown type
- 11.v5 1: salt unknown if salt added
- 12. tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg

2 CP

Food Variables:

12.v1 1: salad greens - mixed greens

12.v2 I: dressing for salads - French, unknown if commercial or homemade, unknown if regular, reduced calorie, or fat free

13. garlic bread, with "butter"

1 medium slice - 4" x 2 1/2" x 1 3/4"

Food Variables:

13.v1 I: fat used as seasoning - unknown type of fat used

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Project Abbreviation: Tutorial Participant ID: 123456789abc

14. wine, merlot, red

6 FO

15. steak - beef, t-bone, no visible fat eaten

4 OZ, before cooking, with refuse (2.20 OZ)

Food Variables:

15.v1 P: unknown preparation

9:00p SNACK HOME

16. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Carrot Cake

1 cake - each 1 OZ

17. water - tap

1 QT, without ice (32.00 FO)

Pfl Note: consumed throught the day

[End of Record]

Legend: a = addition; i = component/ingredient; v = variable; ? = incomplete; M = missing food; PN = priority note

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Printed: 05/21/2020 19:28

Date of Intake: 04/22/2020



NDSR 2020 Quick List Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

/8a breakfast home coffee cheerios /10a snack work granola bar /1230p lunch work diet coke chicken sandwich raw veggies chectos /5p snack pizza ice cream bar /7:00pm lasagna tossed salad garlic bread wine /9:00p snack low calorie carrot cake tap water, consumed throughout the day Date of Intake: 04/22/2020

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NDSR 2020 Dietary Supplements Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

1. CENTRUM SILVER WOMEN 50+

Taken 25 times in the last 30 days, 1 tablet/day, and 0 times (0 tablet) yesterday

Label seen: No

Taken for: 5 Years

Why taken: I don't always have time to eat right

Note: ran out last week, threw away the bottle

2. Macuvite Eye Care (2020-002)

Taken 30 times in the last 30 days, 4 tablets/day, and 2 times (4 tablets) yesterday

Times yesterday: 1st - 2, 2nd - 2

Label seen: Yes

Taken for: 3 Years

Why taken: Eye doctor recommended to prevent macular degeneration

3. DEFAULT ECHINACEA

Taken 15 times in the last 30 days, 1 tablet/day, and 0 times (0 tablet) yesterday

Label seen: No

Taken for: 5 Years

Why taken: For immune support

[End of Record]

Legend: ? = incomplete; M = missing DSAM product; PN = priority note

Main Folder Page 1 of 1



Participant ID: 123456789abc	Date of Intake: 04/22/202
Primary Energy Sources	
Energy (kilocalories)	2450 kcal
Energy (kilojoules)	10252 kj
Total Fat	94.946 g
Total Carbohydrate	273.421 g
Available Carbohydrate	243.659 g
Total Protein	110.328 g
Animal Protein	78.485 g
Vegetable Protein	31.843 g
Gluten	13.322 g
Alcohol	18.698 g
% Calories from Fat	34.341 %
% Calories from Carbohydrate	42.348 %
% Calories from Protein	17.944 %
% Calories from Alcohol	5.342 %
Fat and Cholesterol	
Cholesterol	226 mg
Solid Fats	43.543 g
Total Saturated Fatty Acids (SFA)	35.029 g
Total Monounsaturated Fatty Acids (MUFA)	28.823 g
Total Polyunsaturated Fatty Acids (PUFA)	21.981 g
Total Trans-Fatty Acids (TRANS)	3.069 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.181 g
Omega-3 Fatty Acids	2.218 g
Omega-6 Fatty Acids	18.511 g
% Calories from SFA	12.715 %
% Calories from MUFA	10.421 %
% Calories from PUFA	7.908 %
Polyunsaturated to Saturated Fat Ratio	0.628
Cholesterol to Saturated Fatty Acid Index	46.688
<u>Carbohydrates</u>	
Total Sugars	93.597 g
Fructose	8.493 g
Galactose	0.330 g
Glucose	7.667 g
Lactose	15.242 g
Maltose	3.401 g
Sucrose	58.361 g
Starch	130.586 g
Added Sugars (by Total Sugars)	60.277 g
Added Sugars (by Available Carbohydrate)	60.964 g

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Participant ID: 123456789abc	Date of Intake: 04/22/202
Fiber	
Total Dietary Fiber	26.667 g
Soluble Dietary Fiber	10.516 g
insoluble Dietary Fiber	15.873 g
Pectins	2.472 g
Vitamins	
Total Vitamin A Activity (Retinol Equivalents)	2079 mcg
Total Vitamin A Activity (International Units)	15291 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	1452 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	7523 mcg
Retinol	825 mcg
Vitamin D (calciferol)	4.383 mcg
Vitamin D2 (ergocalciferol)	0.000 mcg
Vitamin D3 (cholecalciferol)	4.383 mcg
Vitamin E (International Units)	15.959 IU
Vitamin E (Total Alpha-Tocopherol)	10.697 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	10.641 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.125 mg
Fotal Alpha-Tocopherol Equivalents	13.211 mg
Beta-Tocopherol	0.841 mg
Gamma-Tocopherol	20.517 mg
Delta-Tocopherol	5.670 mg
Vitamin K (phylloquinone)	329,283 mcg
Vitamin C (ascorbic acid)	88.559 mg
Thiamin (vitamin B1)	2.672 mg
Riboflavin (vitamin B2)	3.354 mg
Niacin (vitamin B3)	34.706 mg
Niacin Equivalents	55.532 mg
Pantothenic Acid	6.619 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.722 mg
Total Folate	824 meg
Dietary Folate Equivalents	1161 mcg
Natural Folate (food folate)	344 mcg
Synthetic Folate (folic acid)	481 mcg
Vitamin B-12 (cobalamin)	7.329 mcg
Carotenoids	
Beta-Carotene (provitamin A carotenoid)	6971 mcg
Alpha-Carotene (provitamin A carotenoid)	1085 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	20 mcg
Lutein + Zeaxanthin	5260 mcg
Lycopene	10885 mcg

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Participant ID: 123456789abc	Date of Intake: 04/22/2020
Minerals	
Calcium	1672 mg
Phosphorus	1709 mg
Magnesium	375 mg
ron	23.169 mg
Zine	21.559 mg
Copper	1,264 mg
Manganese	5.310 mg
Selenium	162.090 mcg
Sodium	3592 mg
Potassium	3235 mg
Fatty Acids	
SFA 4:0 (butyric acid)	0.589 g
SFA 6:0 (caproic acid)	0.357 g
SFA 8:0 (caprylic acid)	0.797 g
SFA 10:0 (capric acid)	0.984 g
SFA 12:0 (lauric acid)	4.186 g
SFA 14:0 (myristic acid)	3.999 g
FA 16:0 (palmitic acid)	16.079 g
SFA 17:0 (margaric acid)	0.138 g
SFA 18:0 (stearic acid)	7.223 g
SFA 20:0 (arachidic acid)	0.130 g
SFA 22:0 (behenic acid)	0.084 g
MUFA 14:1 (myristoleic acid)	0.189 g
MUFA 16:1 (palmitoleic acid)	1.147 g
MUFA 18:1 (olcic acid)	27.033 g
MUFA 20:1 (gadoleic acid)	0.195 g
MUFA 22:1 (erucic acid)	0.008 g
PUFA 18:2 (linoleic acid, undifferentiated)	19.538 g
PUFA 18:2 n-6 (linoleic acid [LA])	18.402 g
PUFA 18:3 (linolenic acid, undifferentiated)	2.208 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	2.161 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.023 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.103 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0,087 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.010 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.027 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.020 g
FRANS 16:1 (trans-hexadecenoic acid)	0.077 g
FRANS 18:1 (trans-octadecenoic acid)	2.540 g
FRANS 18:2 (trans-octadecadienoic acid)	0.419 g
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Participant ID: 123456789abc	Date of Intake: 04/22/202
Fatty Acids	
CLA cis-9, trans-11	0.145 g
CLA trans-10, cis-12	0.035 g
Amino Acids	
Tryptophan	1,250 g
Threonine	4.292 g
soleucine	5.048 g
Leucine	8.755 g
Lysine	7.608 g
Methionine	2.496 g
Cystine	1.471 g
Phenylalanine	4.855 g
Tyrosine	3.792 g
Valine	5.678 g
Arginine	5.711 g
Histidine	3.137 g
Alanine	5.246 g
Aspartic Acid	9.115 g
Glutamic Acid	22.360 g
Glycine	4.788 g
Proline	7.801 g
Serine	4,721 g
Isoflavones and Similar	
Daidzein	0.337 mg
Genistein	0.293 mg
Glycitein	0.079 mg
Cournestrol	0.148 mg
Biochanin A	0.000 mg
Formononetin	0.000 mg
Total Lignans	553.256 mcg
Secoisolariciresinol	136.808 mcg
Matairesinol	43.312 mcg
Lariciresinol	243.072 mcg
Pinoresinol	131.582 mcg
Sugar Alcohols (polyols)	
Erythritol	0.000 g
Inositol	0.258 g
somalt	0.000 g
Lactitol	0.000 g
Maltitol	6,000 g
Mannitol	0.388 g
	0.000 B
Main Folder	
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Sugar Alcohols (polyols) Pinitol Sorbitol Xylitol Other Accesulfame Potassium Aspartame Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Starse User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 12 User Nutrient 11 User Nutrient 12	0.000 g 0.105 g
Sorbitol Xylitol Other Acesulfame Potassium Aspartame Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Strongen Ash Water Grams User Nutrient 1 User Nutrient 1 User Nutrient 4 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 4 User Nutrient 7 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 1	0.105 g
Xylitol Other Acesulfame Potassium Aspartame Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Sutrogen Ash Water Grams User Nutrient 1 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 4 User Nutrient 4 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 7 User Nutrient 1	
Other Acesulfame Potassium Aspartame Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Starrow User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 11	
Acesulfame Potassium Aspartame Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Sutrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 4 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 4 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 4 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 12	0.050 g
Aspartame Saccharin Sucralose Saccharin Sucralose Tagatose Caffeine Phytic Acid Oxalic Acid Oxalic Acid Oxalic Acid Oxalic Acid Oxalic Acid Oxalic Acid Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Index (bread reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Sutrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 1	
Saccharin Sucralose Tagatose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Stirrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 1	13.320 mg
Sucralose Tagatose Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Stirrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 8 User Nutrient 10 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 10 User Nutrient 11 User Nutrient 12	47.810 mg
Tagatose Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 7 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 7 User Nutrient 1 User Nutrient	70.507 mg
Caffeine Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Index (bread reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 4 User Nutrient 5 User Nutrient 7 User Nutrient 7 User Nutrient 7 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 1 User Nutrient 7 User Nutrient 1 User Nut	13.320 mg
Phytic Acid Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Sitrogen Ash Water Grams User Nutrient S User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11	0.760 mg
Oxalic Acid 3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrient 5 User Nutrient 1 User Nutrient 5 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 12	289 mg
3-Methylhistidine Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 12	1123.566 mg
Sucrose Polyester Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrient 5 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 11 User Nutrient 12	400.045 mg
Choline Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrient User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11	25.063 mg
Betaine Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 12	0.000 g
Glycemic Index (glucose reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 12	362,630 mg
Glycemic Index (bread reference) Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 11 User Nutrient 12	227.221 mg
Glycemic Load (glucose reference) Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	59
Glycemic Load (bread reference) Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	85
Nitrogen Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	144
Ash Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	206
Water Grams User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 12	17.867 g
Grams User Nutrients User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 7 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 12	23.767 g
User Nutrients User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	2934.187 g
User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	3414.350 g
User Nutrient 1 User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	
User Nutrient 2 User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 11	0.000000 mg
User Nutrient 3 User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 8 User Nutrient 10 User Nutrient 11 User Nutrient 11	0.000000 mg
User Nutrient 4 User Nutrient 5 User Nutrient 6 User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	0.000000 mg
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User Nutrient 7 User Nutrient 8 User Nutrient 9 User Nutrient 10 User Nutrient 11 User Nutrient 12	0.000000 mg
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User Nutrient 12	0.000000 mg
	0.000000 mg
CONTRACTOR AND A DESCRIPTION OF A DESCRI	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	
	0 000000 mg
Main Folder Page 5 of 6	0.000000 mg



Project Abbreviation: Tutorial Participant ID: 123456789abc	Date of Intake: 04/22/2020
User Nutrients	
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

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

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Project Abbreviation: Tutorial Participant ID: 123456789abc	Date of Intake: 04/22/202
Primary Energy Sources	
Energy (kilocalories)	2450 kcal
Energy (kilojoules)	10252 ki
Total Fat	94.9 g
Total Carbohydrate	273.4 g
Available Carbohydrate	243.7 g
Total Protein	110.3 g
Animal Protein	78.5 g
Vegetable Protein	31.8 g
Gluten	13.3 g
Alcohol	18.7 g
% Calories from Fat	34.3 %
% Calories from Carbohydrate	42.3 %
% Calories from Protein	17.9 %
% Calories from Alcohol	5.3 %
Fat and Cholesterol	
Cholesterol	226 mg
Solid Fats	43.5 g
Total Saturated Fatty Acids (SFA)	35.0 g
Total Monounsaturated Fatty Acids (MUFA)	28.8 g
Total Polyunsaturated Fatty Acids (PUFA)	22.0 g
Total Trans-Fatty Acids (TRANS)	3.1 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.2 g
Omega-3 Fatty Acids	2.2 g
Omega-6 Fatty Acids	18.5 g
% Calories from SFA	12.7 %
% Calories from MUFA	10.4 %
% Calories from PUFA	7.9 %
Polyunsaturated to Saturated Fat Ratio	0.6
Cholesterol to Saturated Fatty Acid Index	46.7
Carbohydrates	
Total Sugars	93.6 g
Fructose	8.5 g
Galactose	0.3 g
Glucose	7.7 g
Lactose	15.2 g
Maltose	3.4 g
Sucrose	58.4 g
Starch	130.6 g
Added Sugars (by Total Sugars)	60.3 g
Added Sugars (by Available Carbohydrate)	61.0 g

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iber	
otal Dietary Fiber	26.7 g
oluble Dietary Fiber	10.5 g
asoluble Dietary Fiber	15.9 g
ectins	2.5 g
litamins	
otal Vitamin A Activity (Retinol Equivalents)	2079 mcg
otal Vitamin A Activity (International Units)	15291 IU
otal Vitamin A Activity (Retinol Activity Equivalents)	1452 mcg
eta-Carotene Equivalents (derived from provitamin A carotenoids)	7523 mcg
etinol	825 mcg
fitamin D (calciferol)	4.4 mcg
(itamin D2 (ergocalciferol)	0.0 mcg
Titamin D3 (cholecalciferol)	4.4 mcg
(itamin E (International Units)	16.0 IU
fitamin E (Total Alpha-Tocopherol)	10.7 mg
atural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	10.6 mg
ynthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.1 mg
otal Alpha-Tocopherol Equivalents	13.2 mg
ieta-Tocopherol	0.8 mg
amma-Tocopherol	20.5 mg
Delta-Tocopherol	5.7 mg
itamin K (phylloquinone)	329.3 mcg
litamin C (ascorbic acid)	88.6 mg
hiamin (vitamin B1)	2.7 mg
iboflavin (vitamin B2)	3.4 mg
liacin (vitamin B3)	34.7 mg
fiacin Equivalents	55.5 mg
antothenic Acid	6.6 mg
itamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.7 mg
otal Folate	824 mcg
lietary Folate Equivalents	1161 mcg
latural Folate (food folate)	344 mcg
ynthetic Folate (folic acid)	481 mcg
itamin B-12 (cobalamin)	7.3 mcg
arotenoids	
ieta-Carotene (provitamin A carotenoid)	6971 mcg
Ipha-Carotene (provitamin A carotenoid)	1085 mcg
ieta-Cryptoxanthin (provitamin A carotenoid)	20 mcg
utein + Zeaxanthin	5260 mcg
ycopene	10885 mcg

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Participant ID: 123456789abc	Date of Intake: 04/22/2020
Minerals	
Calcium	1672 mg
Phosphorus	1709 mg
Magnesium	375 mg
iron	23.2 mg
Zine	21.6 mg
Copper	1.3 mg
Manganese	5.3 mg
Selenium	162.1 mcg
Sodium	3592 mg
Potassium	3235 mg
Fatty Acids	
SFA 4:0 (butyric acid)	0.59 g
SFA 6:0 (caproic acid)	0.36 g
SFA 8:0 (caprylic acid)	0.80 g
SFA 10:0 (capric acid)	0.98 g
SFA 12:0 (lauric acid)	4.19 g
SFA 14:0 (myristic acid)	4.00 g
SFA 16:0 (palmitic acid)	16.08 g
SFA 17:0 (margaric acid)	0.14 g
SFA 18:0 (stearic acid)	7.22 g
SFA 20:0 (arachidic acid)	0.13 g
SFA 22:0 (behenic acid)	0.08 g
MUFA 14:1 (myristoleic acid)	0.19 g
MUFA 16:1 (palmitoleic acid)	1.15 g
MUFA 18:1 (olcic acid)	27.03 g
MUFA 20:1 (gadoleic acid)	0.19 g
MUFA 22:1 (erucic acid)	0.01 g
PUFA 18:2 (linoleic acid, undifferentiated)	19.54 g
PUFA 18:2 n-6 (linoleic acid [LA])	18.40 g
PUFA 18:3 (linolenic acid, undifferentiated)	2.21 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	2.16 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0,02 g
PUFA 18:4 (parinaric acid)	0.00 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.10 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.09 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.01 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.03 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.02 g
FRANS 16:1 (trans-hexadecenoic acid)	0.08 g
FRANS 18:1 (trans-octadecenoic acid)	2.54 g
TRANS 18:2 (trans-octadecadienoic acid)	0.42 g
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Participant ID: 123456789abc	Date of Intake: 04/22/2020
Fatty Acids	
CLA cis-9, trans-11	0.15 g
CLA trans-10, cis-12	0.03 g
Amino Acids	
Tryptophan	1.25 g
Threonine	4.29 g
Isoleucine	5.05 g
Leucine	8.75 g
Lysine	7.61 g
Methionine	2.50 g
Cystine	1.47 g
Phenylalanine	4.85 g
Tyrosine	3.79 g
Valine	5.68 g
Arginine	5.71 g
Histidine	3.14 g
Alanine	5.25 g
Aspartic Acid	9.11 g
Glutamic Acid	22.36 g
Glycine	4.79 g
Proline	7.80 g
Serine	4.72 g
Isoflavones and Similar	E.
Daidzein	0.3 mg
Genistein	0.3 mg
Glycitein	0.1 mg
Cournestrol	0.1 mg
Biochanin A	0.0 mg
Formononetin	0.0 mg
Total Lignans	553.26 mcg
Secoisolariciresinol	136.81 mcg
Matairesinol	43.31 mcg
Lariciresinol	243.07 mcg
Pinoresinol	131.58 mcg
Sugar Alcohols (polyols)	A.
Erythritol	0.00 g
Inositol	0.26 g
Isomalt	0.00 g
Lactitol	0.00 g
Maltitol	6.00 g
Mannitol	0.39 g
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Participant ID: 123456789abc	Date of Intake: 04/22/2020
Sugar Alcohols (polyols)	
Pinitol	0.00 g
Sorbitol	0.10 g
Xylitol	0.05 g
Other	
Acesulfame Potassium	13.3 mg
Aspartame	47.8 mg
Saccharin	70.5 mg
Sucralose	13.3 mg
Tagatose	0.8 mg
Caffeine	289.0 mg
Phytic Acid	1123.6 mg
Oxalic Acid	400.0 mg
3-Methylhistidine	25.1 mg
Sucrose Polyester	0.0 g
Choline	362.6 mg
Betaine	227.2 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	85
Glycemic Load (glucose reference)	144
Glycemic Load (bread reference)	206
Nitrogen	17.9 g
Ash	23.8 g
Water	2934 g
Grams	3414 g
User Nutrients	
User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg
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Project Abbreviation: Tutorial Participant ID: 123456789abc	Date of Intake: 04/22/2020
User Nutrients	
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

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

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Project Abbreviation: Tutorial

	energy	fat	CHO	protein	alcohol	chol	RNa	SFA	dfib	\$N
	(beal)	1 m	14)	100	(0)	found	(ma)	101	101	101
8:00a BREAKFAST HOME	(may)	<u>1</u>	9	9	(B)	(Bin)	/Sul	181	3	3
1. coffee, regular (caffeinated), made from ground	9	0.118	2.782	0.710	0.000	0	12	0.012	2.782	592.000
20 FO										
 cereal, ready-to-eat, Frosted Cheerios (General Mills) 	167	2.502	36,666	3,335	0.000	0	250	0.495	3,335	45.000
1 1/4 CP										
Additions:										
2.a1 milk, skim, nonfat or fat free	62	0.147	9,114	6.192	0.000	4	77	0.103	0.000	183.750
6 F O										
Total For Meal	235	2.767	48.562	10.237	0.000	4	339	0.610	6.117	820.750
10:00a SNACK WORK										
granola bars, Kudos - Snickers	104	3.567	16.354	1.986	0.000	1	100	1,498	1.112	24.000
1 bar - each 0.8 OZ										
Total For Meal	104	3.567	16.354	1.986	0.000	-	100	1.498	1.112	24.000
11:00a SNACK WORK										
4. Old Time Apple Cake (Snack Cake 1)	179	0.775	41.416	3.896	0.000	0	92	0.128	2.568	81.708
1 serving caten										
Total For Meal	179	0.775	41.416	3.896	0.000	0	76	0.128	2.568	81.708
12:30p LUNCH WORK										
5. soda pop or soft drink, Coke - diet, fountain	0	0.000	0.000	0.000	0.000	0	14	0.000	0.000	355.200
16 FO, with ice										
6. chicken sandwich	213	7.830	13.861	21.015	0.000	53	231	1.813	1.124	113.500
1 servings made (serving = 1 sandwich), 1/2 eaten										
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Page 1 of 5								Printed:	Printed: 05/21/2020 19:33	19:33

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MITTER	S	a number of
0110	0	ALC: N
IVERS	-	

Components/Ingredients: (kcal) (g) 6.i1 chicken, breast, skin removed before 117 4.152 6.i1 chicken, breast, skin removed before 117 4.152 cooking 117 4.152 1 medium - split 1 4.152 1 medium - split 1 4.152 1 medium - split 1 4.152 6.i1v1 P: broiled or grilled or rotisserie, basted with added fat 13 1.446 6.i1v1v1 P: fat used in basting or browning - unknown - prepared at home 0 0.000 6.i1v1v2 P: saft - no salt added 0 0.000 6.i1vav2 P: saft - no salt added 22 2.000	(g) 0.000 0.000	(g) 18.546 0.000 0.000	(g) 0.000	(đu)	Imal			6
kin removed before 117 s: 1 or grilled or rotisserie, 1 fat sed in basting or 13 wn - prepared at home 0 - no salt added 0	0.000 0.0000 0.0000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	18.546 0.000 0.000	0.000		(Sui)	(g)	(g)	(3)
nie, 117 me 13 22	0000.0	18.546 0.000 0.000	0.000					
33 0 33	0.000	0.000		51	46	1.124	0.000	60.000
33 0 33	0.000	0.000						
3 ⁰ 13	0.000	0.000						
0	0000	0.000	0.000	0	0	0.362	0.000	1.446
22	1 1000		0.000	0	0	0.000	0.000	0.000
	7001	0.056	0.000	ы	47	0.323	0.000	7.500
1 TB								
6.i3 rolls, cracked wheat 71 1.637	12.081	2.238	0.000	0	136	19£.0	0.884	26.000
1 large - 3 1/2" diameter								
6.i4 tomato, raw 4 0.040	0.778	0.176	0.000	0	-	0.006	0.240	20.000
2 medium slice - 1/4" thick								
7. raw veggies 0.303	7.003	1.958	0.000	0	43	860.0	2.478	102.000
I servings made, I caten								
Components/Ingredients:								
7.i1 broccoli, raw 11 0.122	2.191	0.931	0.000	0	П	0.038	0.858	33.000
3 flower								
7.i2 cauliflower, raw 10 0.109	1.938	0.749	0.000	0	12	0.051	0.780	39,000
3 flower								
7.i3 carrots, raw 12 0.072	2.874	0.279	0.000	0	21	010.0	0.840	30.000

NHOS	N	
MITTER	5	5
10.41	0	1
IVANS:	-	
(jui	4	1

creacy (cosi) (c)		11.1.2.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0		COLU.	and the second	Industry.	A		51LA	100						
medium baly (keal) (g) (g) (g) (g) (m)		energy	lat	CHO	protein	alcohol	CHOL	Za	SFA	qup	0 0					
modium baby 315 1.845 0.000 15 315 acc dips. sour cream (seasoned), 81 7.345 2.115 1.845 0.000 15 315 acc dips. sour cream (seasoned), 81 7.345 2.115 1.845 0.000 15 315 acrease balls, puffs or twists, Cheetos 130 13.032 1.598 0.000 1 250 single serving - each 1 OZ 477 24.508 36.012 26.417 0.000 0 1 250 cal 0.001 17.05 24.508 36.012 26.417 0.000 0 1 250 cal 0.001 17.05 24.508 36.012 26.417 0.000 0 1 250 cal 0.0010 170 9.226 26.705 2.537 0.000 7 155 acto track. 10.756 0.000 1 0 200 1 150 acto track.		(kcal)	(8)	(g)	(g)	(ŝ)	(Bu)	(gm)	(g)	(g)	(3)					
and dips, sour cream (seasoned), merial, regular 81 7.245 2.115 1.845 0.000 15 315 nerial, regular 15 10.130 13.032 1.598 0.000 1 250 nerial, regular 47 25.508 36.012 26.417 0.000 1 250 single serving - each 1 OZ 47 25.508 36.012 26.417 0.000 1 250 single serving - each 1 OZ 47 25.508 36.012 26.417 0.000 5 84 CK DELI/TAKE-OUT/STORE 47 25.508 36.012 26.417 0.000 5 854 CK DELI/TAKE-OUT/STORE 37 1.560 4.125 1.736 0.000 5 854 CK DELI/TAKE-OUT/STORE 37 1.560 4.125 1.736 0.000 5 854 CK DELI/TAKE-OUT/STORE 37 1.560 4.125 0.000 5 854 CK DELI/TAKE-OUT/STORE 37 0.705 2.537 0.000 7 155 Exerce 27.400 2.550 2.537 </td <td>3 medium baby</td> <td></td>	3 medium baby															
dips, sour cream (seasoned), necial, regular 81 7.245 2.115 1.845 0.000 15 315 necial, regular 15 10.130 13.032 1.598 0.000 1 230 necial, regular 15 10.130 13.032 1.598 0.000 1 240 cleese bulk, puffs or twists, Cheetos 150 10.130 13.032 1.508 26.417 0.000 1 250 single serving - each 1 OZ 477 25.508 36.012 26.417 0.000 69 854 CK DELLITAKE-OUT/NSTORE 37 1.560 4.125 1.736 0.000 5 55 CK DELLITAKE-OUT/NSTORE 37 1.560 4.125 1.736 0.000 5 55 CK DELLITAKE-OUT/NSTORE 37 1.556 2.537 0.000 5 5 70 State State 25.580 2.537 0.000 7 155 State State 2.5	Additions:															
cheese balls, puffs or twiss, Cheetos 150 13.032 1.598 0.000 1 250 single serving - each I OZ 477 25.508 36.012 26.417 0.000 69 854 ck DELI/TAKE-OUTSTORE 37 1.560 4.125 26.417 0.000 69 854 CK DELI/TAKE-OUTSTORE 37 1.560 4.125 26.417 0.000 69 854 CK DELI/TAKE-OUTSTORE 37 1.560 4.125 0.000 59 854 CK DELI/TAKE-OUTSTORE 37 1.560 4.125 0.000 59 854 CK DELI/TAKE-OUTSTORE 37 1.560 4.125 0.000 3 70 are bur, reduced fat and no sugar added 170 9.226 22.580 2.537 0.000 7 155 are bur, reduced fat and no sugar added 170 9.226 2.5.580 2.537 0.000 7 155 didice aret HFO Area	7.a1 dips, sour cream (seasoned), commercial, regular 9 TS	81	7.245	2.115	1,845	0.000	15	315	4.055	0.144	45,000					
single serving - each 1 OZ state state <th colspan="5" st<="" td=""><td> stracks, cheese balls, puffs or twists, Cheetos Crunchy </td><td>150</td><td>10.130</td><td>13.032</td><td>1.598</td><td>0000</td><td>1</td><td>250</td><td>1.156</td><td>0.632</td><td>28.350</td></th>	<td> stracks, cheese balls, puffs or twists, Cheetos Crunchy </td> <td>150</td> <td>10.130</td> <td>13.032</td> <td>1.598</td> <td>0000</td> <td>1</td> <td>250</td> <td>1.156</td> <td>0.632</td> <td>28.350</td>					 stracks, cheese balls, puffs or twists, Cheetos Crunchy 	150	10.130	13.032	1.598	0000	1	250	1.156	0.632	28.350
cal 471 25.508 36.012 26.417 0.000 69 854 CK DFLI/TAKE-OUT/STORE 37 1.560 4.125 1.736 0.000 59 854 forzen, with meat and vegetables (c.g. 37 1.560 4.125 1.736 0.000 5 85 opperoni, or hamburger), thin crust, all gle 2° tength X 2° width 170 9.226 22.537 0.000 5 70 age 2° tength X 2° width 170 9.226 22.537 0.000 7 16 end 207 10.736 26.705 4.273 0.000 7 16 end 207 10.736 26.705 4.273 0.000 7 15 end 207 10.736 26.705 4.273 0.000 7 155 end XFCAFETERIAFAST FOOD 30 34.542 0.000 7 155 withom recipe, beef 501 2.070 40.818 34.542 0.000 9 16	1 bag - single serving - each 1 OZ															
CK DELI/TAKE-OUT/STORE 37 1.560 4.125 1.736 0.000 3 85 rozen, with meat and vegetables (c.g. opperoni, or hamburger), thin crust, af 37 1.560 4.125 1.736 0.000 3 70 opperoni, or hamburger), thin crust, af 170 9.226 22.580 2.537 0.000 3 70 af 207 10.786 26.705 4.273 0.000 7 155 acth 4 FO acth 4 FO 207 10.786 26.705 4.273 0.000 7 155 vERSUPPER 207 10.786 26.705 4.273 0.000 7 155 vERSUPPER 34.547 0.000 34.542 0.000 7 155 virtom recipe, beef 301 20.700 40.818 34.542 0.000 84 1046 1 op four neight X 10cm width 3112 0.000 31.540 20 1 1 1 op foun neight X 10cm width 3.120	otal For Mcal	477	25.508	36.012	26.417	0.000	69	854	7.122	4.378	644.050					
Tozen, with meat and vegetables (c.g. 37 1.560 4.125 1.736 0.000 3 85 apperoni, or hamburger), thin crust, af gle 2" length X2" width 170 9.226 2.530 2.537 0.000 3 70 af ele 2" length X2" width 170 9.226 22.580 2.537 0.000 3 70 am bar, reduced fat and no sugar added 170 9.226 2.5705 4.273 0.000 7 155 am bar, reduced fat and no sugar added 170 9.226 2.5.705 4.273 0.000 7 155 actor teche 207 10.786 26.705 4.273 0.000 7 155 actor teche, beef 501 22.070 40.818 34.542 0.000 7 155 a, from recip., beef 501 22.070 40.818 34.542 0.000 9 1046 1 a, from recip., beef 501 2.2070 40.818 34.542 0.000 10 1	00P SNACK DELL/TAKE-OUT/STORE															
gle 2" length X 2" width 170 9.226 2.580 2.537 0.000 3 70 ean bur, reduced fat and no sugar added 170 9.226 22.580 2.537 0.000 3 70 each 4 FO each 4 FO 207 10.786 26.705 4.273 0.000 7 155 each 4 FO 207 10.786 26.705 4.273 0.000 7 155 each 4 FO 207 10.786 26.705 4.273 0.000 7 155 each 4 FO a. from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 a. from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 ariables: 11.1amburger or ground beef- unknown 123 8.112 0.000 11.707 0.000 40 40 41 1 1.1amburger or ground beef- unknown 123 8.112 0.000 5.150 0.000 0.000 40 41 1 1.1assugna noodles - white 140	 pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat crust 	37	1.560	4.125	1.736	0.000	'n	85	0.603	0.460	18.533					
mbm. reduced fat and no sugar added 170 9.226 22.580 2.537 0.000 3 70 cach 4 FO cach 4 FO cach 4 FO 207 10.786 26.705 4.273 0.000 7 155 cach 4 FO cach 4 FO 207 10.786 26.705 4.273 0.000 7 155 vERSUPPER NT/CAFETERIAFAST FOOD 201 20.700 40.818 34.542 0.000 7 155 NT/CAFETERIAFAST FOOD a, from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 vege 10cm length X 10cm with r 22.070 40.818 34.542 0.000 84 1046 1 raiables: r r 22.070 8.112 0.000 11.707 0.000 40 41 raiables: r r 2.21400 5.150 0.000 0 40 41 raiables: r r 0.000 5.150	I rectangle 2" length X 2" width															
each FO eal 207 10.786 26.705 4.273 0.000 7 155 VERSUPPER NT/CAFETERIAFAST FOOD as from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 gle 10cm length X 10cm width 301 22.070 40.818 34.542 0.000 84 1046 1 ariables: 1 1: hamburger or ground beef - unknown 123 8.112 0.000 11.707 0.000 40 40 41 t 1: hamburger or ground beef - unknown 123 8.112 0.000 11.707 0.000 40 11.707 1.6100 11.6100 11.707 1.6100 11.707 1.6100 11.707 1.6100 11.707 1.6100 11.707 1.6100 11.707 1.6100 11.6100 11.707 1.6100 11.707 1.6100 11.6100 11.707 1.6100 11.707 1.6100 11.61000 1.6100 11.61000 1.6100 11.61000 1.610000 1.610000 1.610000 1.610000 1.6100 11.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.610000 1.6100000 1.6100000 1.610000 1.6100000 1.6100000 1.6100000 1.6100000 1.6100000 1.6100000 1.6100000 1.6100000 1.610000000000	 ice cream bar, reduced fat and no sugar added (e.g. Klondike) 	170	9.226	22.580	2.537	0.000	m	70	7.466	0.740	74,000					
eal 207 10.786 26.705 4.273 0.000 7 155 NT/CAFETERIAFAST FOOD NT/CAFETERIAFAST FOOD 501 22.070 40.818 34.542 0.000 84 1046 1 NT/CAFETERIAFAST FOOD 501 22.070 40.818 34.542 0.000 84 1046 1 age 10cm length X 10cm width 501 22.070 40.818 34.542 0.000 84 1046 1 ariables: 1 1 1 1077 0.000 84 1046 1 1 1 1 20.000 11.707 0.000 40 41 1 1 1 0.000 5.150 0.000 0 40 41 2 1 1 0.826 27.400 5.150 0.000 0 116	1 bar - cach 4 FO															
VERSUPPER NT/CAFETERIA/FAST FOOD as from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 gle 10cm length X 10cm width ariables: 1 1: hamburger or ground beef - unknown 123 8.112 0.000 11.707 0.000 40 40 41 t 2: lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 106 116 t 1: lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 106 t16	otal For Meal	207	10.786	26.705	4.273	0.000	7	155	8.069	1.200	92.533					
as, from recipe, beef 501 22.070 40.818 34.542 0.000 84 1046 1 rige 10cm length X 10cm width ariables: 11.707 0.000 11.707 40.818 ariables: 1 : hamburger or ground beef- unknown 123 8.112 0.000 11.707 0.000 40 41 1 1 : hamburger or ground beef- unknown 123 8.112 0.000 11.707 0.000 40 41 2 1 : lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 106	00p DINNER/SUPPER ESTAURANT/CAFETERIAFAST FOOD															
gle 10cm length X 10cm width ariables: 1 1: hamburger or ground beef - unknown 123 8.112 0.000 11.707 0.000 40 41 t 2 1: lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 116 t	11. lasagna, from recipe, beef	105	22.070	40.818	34.542	0.000	84	1046	167.01	4.095	320.851					
ariables: 1 1: hamburger or ground beef - unknown 123 8,112 0.000 11.707 0.000 40 41 t 2 1: lasugna noodles - white 140 0.826 27.400 5.150 0.000 0 116 r	1 rectangle 10cm length X 10cm width															
1 1: hamburger or ground beef - unknown 123 8,112 0.000 11.707 0.000 40 41 t 2 1: lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 116 r 1: 1 0.826 27.400 5.150 0.000 0 116	Food Variables:															
2 1: lasagna noodles - white 140 0.826 27.400 5.150 0.000 0 116 r	 I. v1 I: hamburger or ground beef - unknown % fat 	123	8.112	0.000	11.707	0.000	40	41	3.085	0.000	44,545					
	11.v2 1: lasagna noodles - white	140	0.826	27.400	5.150	0.000	0	116	0.156	1.598	88.789					
Delated: 02/21/2020 10:22	Main Folder								Defected	0001030	01.0					

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Project Abbreviation: Tutorial Participant ID: 123456789abo

known type se, unknown ed tomatoes or	CRCF2V									
known type se, unknown ed tomatoes or	5	131	CHO	protein	alcohol	chol	Na	SFA	dfib	50
 11.v3 1: cheese - ricotta cheese, unknown type 11.v4 1: cheese - Mozzarella cheese, unknown type 11.v5 1: salt - unknown if salt added 12. tossed salad, with dressing, without tomatoes or 	(kcal)	(a)	(ŝ)	(B)	(ĝ)	(@m)	(mg)	(ŝ)	(g)	(ŝ)
 11.v4 1: cheese - Mozzarella cheese, unknown type 11.v5 1: salt - unknown if salt added 12. tossed salad, with dressing, without tomatoes or 	84	4.827	3.136	6.950	0'000	19	60	3,007	0.000	61.021
type 11.v5 1: salt - unknown if salt added 12. tossed salad, with dressing, without tomatoes or	06	6.035	1.702	7.246	0.000	20	203	3,446	0.000	30.511
12. tossed salad, with dressing, without tomatoes or	0	0.000	0.000	0.000	0.000	0	159	0.000	0.000	0.409
carrols, without avocado, cheese or egg 2 CP	28	6.364	6.480	1.808	0000	0	136	60.03	2.553	128,667
Food Variables:										
12.v1 1: salad greens - mixed greens	19	0.260	3.544	1.672	0.000	0	32	0.041	2.178	110.000
12.v2 1: dressing for salads - French, unknown if commercial or homemade, unknown if regular, reduced calorie, or fat free	65	6.105	2.936	0.136	0000	0	103	0.952	0.375	15.625
13. garlic bread, with "butter"	279	13.014	34,086	7,072	0.000	0	507	2.774	1,492	88.000
1 medium slice - 4" x 2 1/2" x 1 3/4"										
Food Variables:										
13.v1 1: fat used as seasoning - unknown type of fat used	102	11.453	0.118	0.021	0.000	0	120	2.432	0.000	17.160
14. wine, merlot, red	150	0.000	4.604	0.123	18.698	0	7	0.000	0.000	176.400
6F0										
15. steak - beef, t-bone, no visible fat eaten	141	7.127	0.000	19.156	0.000	56	233	2.522	0.000	62.460
4 OZ, before cooking, with refuse										
Food Variables:										
15.v1 P: unknown preparation										
Total For Meal	1155	48.575	85.989	62.702	18.698	140	1930	17.080	8.140	776.377
9:00p SNACK HOME										
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Page 4 of 5								Printed:	Printed: 05/21/2020 19:33	0 19:33



Project Abbreviation: Tutorial

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	energy	fat	CHO	protein	alcohol	chol	Na	SFA	dfib	50
	(kcal)	(a)	(ĝ)	(g)	(ŝ)	(Bm)	(gm)	(g)	(ĝ)	(B)
16. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Carrot Cake	94	2.967	18.384	0.817	0.000	9	100	0.523	3,152	26.932
1 cake - each 1 OZ										
17. water - tap	0	0.000	0.000	0.000	0.000	0	38	0.000	0.000	948.000
1 QT, without ice										
Total For Meal	94	2.967	18.384	0.817	0.000	9	138	0.523	3.152	974.932
Total For Day	2450	94.946	273,421	110.328	18.698	226	3592	35.029	26.667	3414.350
Levend: $a = addition: i = communications realisat: v = variable: ^{\phi} = n$	which $le^{-\phi} = n$	ofecting data	ceine data: 2 = inconvolute: M = missime food	doto M = m	exime food					

Note: Brand name nutrient information may not be identical to manufacturers' information. DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.) For Assembled Food or Recipe ingredients, amounts are listed as entered. Nutrients are listed per serving(s) eaten.

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NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1 Menu ID: MENU 1

	weight	cnergy	% fat	% SFA	fat	CHO	protein	Na	SFA	dfib
	(ĝ)	(kcal)	(%)	(⁰ / ₀)	(B)	(f)	(ŝ)	(mg)	3	3
8:00a BREAKFAST HOME										
1. bunna, fresh or ripe	118.000	105.020	3.103	1.053	0.389	26.951	1.286	1.180	0.132	3.068
1 medium - 7" to 7 7/8" long										
2. cereal, ready-to-cat, Wheaties (General Mills)	36.000	133.200	4,185	1.131	0.666	30.665	2.668	240.120	0.180	4,000
1.0P										
3. milk, skim, nonfat or fat free	122.500	41.650	2.068	1.448	0.098	6.076	4.128	51,450	0.069	0.000
4 FO										
4. coffee, regular (caffeinated), made from ground	355,200	3.552	16.740	1.674	0.071	1.669	0.426	7.104	0.007	1.669
12 FO										
12:00p LUNCH HOME										
5. wheat bread, whole wheat, regular, commercial	72.000	181.440	12.500	2.579	2.520	30.751	8.964	327.600	0.520	4.320
2 medium slice										
6. turkey, deli style, regular, regular	60.000	63.811	31.976	9.236	2.262	1.327	8.888	538.889	0.653	600.0
60 G										
 mayonnaise or mayo type dressing, real, regular, commercial 10 G 	10.000	68.000	99,066	15.489	7.485	0.057	0.096	63.500	1.170	0.000
8. chips - snack type, Lay's Potato Chips - Classic	28.000	151.536	58.370	6.031	9.951	14.822	1.267	168.308	1.027	1.519
28.G										
9. carrots, raw	120.000	49.200	4.900	0.653	0.288	11.496	1.116	82.800	0.038	3.360
120 G, edible partion										
 dressing for salads, ranch style, from bottle, regular 	14.688	63.156	93.223	14.576	6.542	0.867	0.194	132.334	1.023	0.000
1 TB										

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Main Folder/Menu testing Page 1 of 3

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NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1

	weight	energy	% fat	% SFA	fat	CHO	protein	Na	SFA	dfib
	(ŝ)	(kcal)	(%)	(%)	(g)	(ā)	(ŝ)	(Bm)	(g)	(j)
11. apple, fresh, with skin	150.000	78.000	2.736	0.451	0.255	20.715	0.390	1.500	0.042	3.600
150 G, edible portion										
12. milk, skim, nonfat or fat free	245.000	83.300	2.068	1.448	0.196	12.152	8.257	102.900	0.137	0.000
8 FO										
6:00p DINNER/SUPPER HOME										
13. chicken, breast, skin removed before cooking	90.000	155.700	23.515	6.622	4,059	0.000	27.819	69,300	1.143	0.000
90 G, after cooking, edible portion										
Food Variables:										
13.v1 P: no fat or salt added.										
 rice, brown, regular cooking, cooked in unsafted water 	151.500	186.345	6.601	1.769	1,470	38.754	4.151	6.060	0.394	2.424
3/4 CP, after cooking										
Food Variables:										
14,v1 P: no fat added										
15. green peas, cooked from fresh	160.000	134,400	2.192	0.389	0.352	25.008	8.576	4.800	0.062	8.800
1 CP, after cooking										
Food Variables:										
15.v1 P: no fat or salt added										
16. strawberries, fresh	150.000	48.000	7,847	0.392	0.450	11.520	1.005	1.500	0.023	3.000
150 G, edible portion										
17. sugar, white granulated	10.000	38.700	0.000	0.000	0.000	866.6	0.000	0.100	0.000	0.000
10 G										
18. milk, skim, nonfat or fat free	245.000	83.300	2.068	1,448	0.196	12.152	8.257	102.900	0.137	0.000
8 FO										
Main Folder/Menu testing								Deintade	01-81 0C0C/00/90 -betrefed	18-40
C 10 7 380								T LINNAG	NUMBER OF STREET	et-ot

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NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1 Menu ID: MENU 1

	weight	energy	% fat	% SFA	fat	CHO	protein	Na	SFA	dfib
	(2)	(kcal)	(%)	(%)	(3)	(3)	(8)	(mg)	(2)	(3)
8:00p SNACK HOME	ŝ				l.	i.				
 popcorn, home popped, hot air popped 24.0 	24.000	92.880	9.819	1.378	1.090	18.667	3.106	1.920	0.153	3.480
3 CP, after cooking										
Food Variables:										
19.v1 P: no fat or salt added										
20. margarine, Shedd's Spread Country Crock - tub 10.0	10.000	44.600	99,103	20.810	5,000	0.086	0.020	64,600	1.050	0.000
10.G										
21. soda pop or soft drink, Mountain Dew 369,600		151.536	0.000	0.000	0.000	38.512	0.333	36.960	0.000	0.000
12 FO, without ice										
Nutrient Totals 2541.487		1957.326	19.670	3.611	43.339	312.246	90.945	2005.826	1961	39.249
Target Amount	H	1800.000	30.000	10.000				1800.000		30.000
Amount Difference		157.326	-10.330	-6.389				205,826	ï	9.249
Percent Difference		8.740	-34,433	-63.890				11.435		30.830
Legend: a – addition; i – component/ingredient; v – variable; * – missing data; 2 – incomplete; M – missing food Note: Brand name nutrient information may not be identical to manufacturers' information. DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their narts. Refer to the NDSR User Manual 1. For Assembled Food on Recine incordients, amounts are listed as entered. Nutrients are listed on scorino(s) eater	c * - mis o manufa For Asso	sing data: 2 cturers' info whied Food	 incomple vrnation. D or Recine ii 	ete; M = mis SAM nutrier veredients_a	sing food us are not in mounts are t	schuded in the listed as ente	ese totals.	Nutrient totals n ents are listed no	ay not equ	the the

Main Folder/Menu testing Page 3 of 3

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iation: Tutorial 123456789abc		
iation: 1234	Tutorial	789a
	/iation:	1234

Participant ID: 123456789abc			Date of Intake: 04/22/2020	/22/2020
	Glycom	Glycemic Index	Glycemic Load	ic Load
	Glucose = 100	Bread = 100	Glucose	Bread
8:00a BREAKFAST HOME				
1. coffee, regular (caffeinated), made from ground	0	0	0	0
20 FO				
2. cereal, ready-to-eat, Frosted Cheerios (General Mills)	66	94	23	31
1.1/4.CP				
Additions:				
2.a1 milk, skim, nonfat or fat free	37	53	5	5
6 FO (0.75 CP)				
Meal	60	85	25	36
10:00a SNACK WORK				
3. granola bars, Kudos - Snickers	56	80	8	12
1 bar - each 0.8 OZ				
Meal	56	80	8	1
11:00a SNACK WORK				
4. Old Time Apple Cake (Snack Cake 1)	55	79	21	31
1 serving caten				
Meai	22	79	21	н
Main Folder Page I of 6			Printed: 05/21/2020 19:36	2020 19:36

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iation:	FCCF
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Project.	Destruction

Participant ID: 123456789abc			Date of Intake: 04/22/2020	/22/2020
	Glycem	Glycemic Index	Glycemic Load	: Load
12:30p LUNCH WORK	Glucose = 100	Bread = 100	Glucose	Bread
5. soda pop or soft drink, Coke - diet, fountain	0	0	0	0
16 FO, with icc				
6. chicken sandwich	60	86	00	Ξ
1 servings made (serving = 1 sandwich), 1/2 eaten				
Components/Ingredients:				
6.i1 chicken, breast, skin removed before cooking	0	0	0	0
1 medium - split (4.23 OZ)				
Ingredient Variables:				
6.i1v1 P: broiled or grilled or rotisserie, basted with added fat				
6.i1v1v1 P: fat used in basting or browning - unknown - prepared at home				
6.i1v1v2 P: salt - no salt added				
6.i2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise	90	128	-	-
1 TB				
6.i3 rolls, cracked wheat	58	83	9	6
1 large - 3 1/2" diameter (1.21 medium - 2 1/2" diameter)				
6.i4 tomato, raw	50	72	0	0

Main Folder Page 2 of 6

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Project Abbreviation: Tutorial Particinant ID: 123456789abr		
	Glycemic Index	ic Index
2 medium slice - 1/4" thick (0.22 CP)	Glucose = 100	Bread = 1
7. raw veggies	44	
l servings made, l eaten		

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic Load	q
Glucose = 100 2 medium slice - 1/4" thick (0.22 CP)		Bread = 100	Glucose	Bread
7. raw veggies	4	63	5	e
1 servings made, 1 eaten				
Components/Ingredients:				
7.i1 broccoli, raw	50	72	1	1
3 flower (0.36 CP)				
7.i2 cauliflower, raw	50	72	-	10
3 flower (0.36 CP)				
7.i3 carrots, raw	37	53	-	I.
3 medium baby (0.27 CP)				
Additions:				
7.a1 dips, sour cream (seasoned), commercial, regular	45	5	1	1
9 TS (3.00 TB)				
8. snacks, cheese balls, puffs or twists, Cheetos Crunchy	68	97	s	12
1 bag - single serving - cach 1 OZ				
Meal	60	86	19	72
5:00p SNACK DELI/TAKE-OUT/STORE				
Main Folder			and a state of the state	
Fage 5 01 0			00:61 0707/17/00 :Defuild	00061 (

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Participant ID: 123456789abc Project Abbreviation: Tutorial

Participant ID: 123456789abc		1.56	Date of Intake: 04/22/2020	/2020
	Glycemic Index		Glycemic Load	pa
Glucose = 100		Bread = 100	Glucose	Bread
pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat erret	51	73	ы	Ę
1 rectangle 2" length X 2" width				
10. ice cream bur, reduced fat and no sugar added (e.g. Klondike)	80	114	15	22
1 bar - cach 4 FO				
Meal	75	107	17	54
7:00p DINNER/SUPPER RESTAURANT/CAFETERIA/FAST FOOD				
11. lasagna, from recipe, beef	46	99	17	24
1 rectangle 10cm length X 10cm width				
Food Variables:				
11.v1 1: hamburger or ground beef - unknown % fat				
11.v2 E lasagna noodles - white				
11.v3 1: cheese - ricotta cheese, unknown type				
11.v4 I: cheese - Mozzarella cheese, unknown type				
11,v5 1: salt - unknown if salt added				
12. tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg	63	16	ы	4
2 CP				
Food Variables:				
Main Folder Page 4 of 6			Printed: 05/21/2020 19:36	0 19:36

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Project Abbreviation: Tutorial Participant ID: 123456789abc			Date of Intake: 04/22/2020	/22/2020
	Glycemic Index	c Index	Glycemic Load	c Load
Glue	Glucose = 100	Bread = 100	Glucose	Bread
12.v1 1: salad greens - mixed greens				
12.v2 1: dressing for sulads - French, unknown if commercial or homemade, unknown if regular,				
reduced taioffe, of latifice 13. morfic head, with "history"	02	26	00	36
1.2. Eathering and wall planet	00	00	07	07
1 mcdium slice - 4" x 2 1/2" x 1 3/4"				
Food Variables:				
13.v1 1: fat used as seasoning - unknown type of fat used				
14. wine, mertol, red	56	80	n	4
6 FO				
15. steak - beef, t-bone, no visible fat eaten	0	0	0	0
4 OZ, before cooking, with refuse				
Food Variables:				
15.v1 P: unknown preparation				
Mcal	z	77	42	09
9:00p SNACK HOME				
16. desserts - miscellancous, snacks - commercial packaged, Weight Watchers Carrot Cake	75	107	П	16
1 cake - each 1 OZ				
17. water - tap	0	0	0	0
Main Folder Page 5 of 6			Printed: 05/21/2020 19:36	2020 19:36



Participant ID: 123456789abc Project Abbreviation: Tutorial

Date of Intake: 04/22/2020

	Glycom	Glycemic Index	Glycemic Load	: Load
1 OT without ice	Glucose = 100	Bread = 100	Glucose	Bread
Meal	75	107	=	16
Day	59	85	4	206
l ecend a = addition i = comonent/intredient v = variable # = miscine data: 9 = incomulate M = miscine food: PN = miscine note	. M = missing frod-	PN = miority note		

Legend: a = addition: 1 = component ingreatery, 1 = variation, = unserve, muss. = mouths. For Assembled Food or Recipe ingredients, amounts are listed as entered. Note: For details about the content and calculation in this report, see the NDSR User Manual. For Assembled Food or Recipe ingredients, amounts are listed as entered. Glycemic Index and Glycemic Load are listed per serving(s) caten.

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NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

375 mg

5.3 mg

1709 mg

162.1 mcg

21.6 mg

3235 mg

3592 mg 26.7 g

2.91

Participant ID: 1234 Life Stage Group: F	56789abc emales, Age 51-70 y		Date of Intal	ke: 04/22/202
Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	1452 mcg RAE	700 mcg RAE	207 %	
Vitamin C	88.6 mg	75 mg	118 %	
Vitamin D	4.4 mcg	15 mcg	29%	
Vitamin E	10.7 mg	15 mg	71 %	
Vitamin K	329.3 mcg	1000 - 10 00		90 mcg
Thiamin	2.7 mg	1.1 mg	243 %	-
Riboflavin	3.4 mg	1.1 mg	305 %	
Niacin	55.5 mg NE	14 mg NE	397 %	
Vitamin B6	2.7 mg	1.5 mg	181 %	
Folate	1161 mcg DFE	400 mcg DFE	290 %	
Vitamin B12	7.3 mcg	2.4 mcg	305 %	
Pantothenic Acid	6.6 mg	10000 CTTT 1		5 mg
Choline	362.6 mg			425 mg
Calcium	1672 mg	1200 mg	139 %	-
Copper	1264 mcg	900 mcg	140 %	
Iron	23.2 mg	8 mg	290 %	

320 mg

700 mg

55 mcg

8 mg

RDA/AI values based on the Dietary Reference Intakes provided by the National Academy of Sciences, Institute of Medicine, Food and Nutrition Board (1997-2011).

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Magnesium

Manganese

Phosphorus

Selenium

Potassium

Total Fiber Total Water

Sodium

Zinc

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1.8 mg

2600 mg

1500 mg

21 g

2.71

117%

244 % 295 %

269 %



NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Tutorial Participant ID: 123456789abc Life Stage Group: Females, Age 51-70 y

Date of Intake: 04/22/2020

Additional Recommendations			
Nutrient	Amount Reported	% of Energy	Recommended Intake
Energy	2450 kcal		
Fat	94.9 g	34.3 %	20-35% 2
Carbohydrate	273.4 g	42.3 %	45-65% 2
Protein	110.3 g	17.9 %	10-35% 2
Alcohol	18.7 g	5.3 %	
Saturated Fatty Acids	35.0 g	12.7 %	< 10% 1
Trans-Fatty Acids	3.1 g	1.1 %	
Linoleic Acid	18.40 g	6.8 %	5-10% 2
Alpha-Linolenic Acid	2.16 g	0.8 %	0.6-1.2%
Added Sugars	60.3 g	9.8 %	< 10% ⁻¹

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

¹Dietary Guidelines for Americans, 2015. ²Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. National Academy of Sciences, Institute of Medicine, Food and Nutrition Board (2002/2005).

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NDSR 2020 Daily Values Report for Adults and Children 4 Years of Age and Older

Participant ID: 12345678 Nutrient	Amount Reported	Daily Value4	Percent Daily Value
		Dany value	rercent Dany value
Calories	2450 keal	70	122.04
Total Fat	94.9 g	78 g	122 %
Saturated Fat	35.0 g	20 g	175 %
Trans Fat	3.1 g	200	
Cholesterol	226 mg	300 mg	75 %
Sodium	3592 mg	2300 mg	156 %
Total Carbohydrate	273.4 g	275 g	99 %
Dietary Fiber	26.7 g	28 g	95 %
Total Sugars	93.6 g		
Added Sugars	60.3 g	50 g	121 %
Protein	110.3 g		
Vitamin D	4.4 mcg	20 mcg	22 %
Calcium	1672 mg	1300 mg	129 %
Iron	23.2 mg	18 mg	129 %
Potassium ,	3235 mg	4700 mg	69 %
Vitamin A (RAE)	1452 mcg	900 mcg	161 %
Vitamin C	88,6 mg	90 mg	98 %
Vitamin E	10.7 mg	15 mg	71 %
Vitamin K	329.3 mcg	120 mcg	274 %
Thiamin	2.7 mg	1.2 mg	223 %
Riboflavin	3.4 mg	1.3 mg	258 %
Niacin (NE) ²	55.5 mg	16 mg	347 %
Vitamin B6	2.7 mg	1.7 mg	160 %
Folate (DFE) ³	1161 mcg	400 mcg	290 %
Vitamin B12	7.3 mcg	2.4 mcg	305 %
Pantothenic Acid	6.6 mg	5 mg	132 %
Phosphorus	1709 mg	1250 mg	137 %
Magnesium	375 mg	420 mg	89 %
Zinc	21.6 mg	11 mg	196 %
Selenium	162.1 mcg	55 mcg	295 %
Copper	1.3 mg	0.9 mg	140 %
Manganese	5.3 mg	2.3 mg	231 %
Choline	362.6 mg	550 mg	66 %

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

¹ RAE = Retinol Activity Equivalents

² NE = Niacin Equivalents

³ DFE = Dietary Folate Equivalents

⁴ Nutrient calculations are performed for NDSR nutrients for which a Daily Value has been established. Daily Values are based on a caloric intake of 2000 kcal per day. Source: *Code of Federal Regulations*, Title 21- Food and Drugs, Volume 2, Sec 101.9, Nutrition labeling of food, 2018.

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NDSR 2020 Food Group Serving Count System Totals Report

Project Abbreviation: Tutorial	
Participant ID: 123456789abc	Date of Intake: 04/22/2020

Food Group/Subgroup	Servings
Fruits, Total Servings	0.000
Vegetables, Total Servings	5.959
Dark-green Vegetables	2.978
Deep-yellow Vegetables	0.492
Tomato	1.241
Other Starchy Vegetables	0.006
Other Vegetables	1.242
Grains, Total Servings	9.001
Grains, Flour and Dry Mixes - Whole Grain	0.133
Grains, Flour and Dry Mixes - Refined Grain	0.140
Loaf-type Bread and Plain Rolls - Some Whole Grain	0.929
Loaf-type Bread and Plain Rolls - Refined Grain	2.007
Pasta - Refined Grain	1.268
Ready-to-eat Cereal (presweetened) - Whole Grain	1.587
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Whole Grain	1.000
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain	0.337
Snack Bars - Some Whole Grain	0.600
Snack Chips - Refined Grain	1.000
Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings	5,935
Beef	1.571
Lean Beef	2.203
Poultry	0.005
Lean Poultry	2.116
Cold Cuts and Sausage	0.040
Dairy and Nondairy Alternatives, Total Servings	3.072
Milk - Low Fat and Fat Free	0.750
Cheese - Full Fat	0.158
Cheese - Reduced Fat	1.293
Frozen Dairy Dessert	0.871
Fats, Total Servings	6.894
Margarine - Reduced Fat	3,597
Oil	0.085
Shortening	0.691
Salad Dressing - Regular	0.521
Salad Dressing - Reduced Fat/Reduced Calorie/Fat Free	0.500
Cream	1.500
Sweets, Total Servings	0.155
Sugar	0.155
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NDSR 2020 Food Group Serving Count System Totals Report

Project Abbreviation: Tutorial Participant ID: 123456789abc	Date of Intake: 04/22/2020
Food Group/Subgroup	Servings
Sweets, Total Servings	0.155
Beverages, Total Servings	9.200
Artificially Sweetened Soft Drinks	1.500
Unsweetened Coffee	2.500
Unsweetened Water	4.000
Wine	1.200
Miscellaneous Foods, Total Servings	0.000

Note: For Food Group/Subgroup information, refer to the NDSR User Manual.

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Participant ID: 123456789abc	Date of Intake: 04/22/202
Primary Energy Sources	
Energy (kilocalories)	0 kcal
Total Protein	0.000 g
Fotal Fat	0.000 g
Fotal Carbohydrate	0.000 g
Fat, Cholesterol and Fatty Acids	
Total Saturated Fatty Acids (SFA)	0.000 g
Fotal Monounsaturated Fatty Acids (MUFA)	0.000 g
fotal Polyunsaturated Fatty Acids (PUFA)	0.000 g
Total Trans-Fatty Acids (TRANS)	0.000 g
Fotal Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids in Supplements	0.000 mg
Omega-6 Fatty Acids in Supplements	0.000 mg
Cholesterol	0 mg
SFA 8:0 (caprylic acid)	0.000 g
SFA 10:0 (capric acid)	0.000 g
SFA 12:0 (lauric acid)	0.000 g
SFA 14:0 (myristic acid)	0.000 g
SFA 16:0 (palmitic acid)	0.000 g
SFA 18:0 (stearic acid)	0.000 g
SFA 20:0 (arachidic acid)	0.000 g
SFA 22:0 (behenic acid)	0.000 g
MUFA 14:1 (myristoleic acid)	0,000 g
MUFA 16:1 (palmitoleic acid)	0.000 g
MUFA 18:1 (oleic acid)	0.000 g
MUFA 20:1 (gadoleic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	0.000 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.000 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.000 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.000 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g
Carbohydrates and Fiber	
Total Sugars	0.000 g
Added Sugars (by Total Sugars)	0.000 g
Fructose	0.000 g
Glucose	0.000 g
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Participant ID: 123456789abc	Date of Intake:04/22/2020
Carbohydrates and Fiber	
Sucrose	0.000 g
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g
Vitamins	
Total Vitamin A Activity (International Units)	28640 IU
Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	0 mcg
Retinol	0 mcg
Vitamin D (calciferol)	0.000 mcg
Vitamin E (International Units)	400.000 IU
Vitamin E (Total Alpha-Tocopherol)	0.000 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Beta-Tocopherol	0.000 mg
Delta-Tocopherol	0.000 mg
Gamma-Tocopherol	0.000 mg
Vitamin K (phylloquinone)	0.000 mcg
Vitamin C (ascorbic acid)	452.000 mg
Thiamin (vitamin B1)	0.000 mg
Riboflavin (vitamin B2)	0.000 mg
Niacin (vitamin B3)	0.000 mg
Pantothenic Acid	0.000 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.000 mg
Dietary Folate Equivalents in Supplements	0 mcg
Synthetic Folate (folic acid)	0 mcg
Vitamin B-12 (cobalamin)	0.000 mcg
Biotin	0.000 mcg
Carotenoids	
Beta-Carotene (provitamin A carotenoid)	0 mcg
Alpha-Carotene (provitamin A carotenoid)	0 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg
Lutein and/or Zeaxanthin	0 mcg
Lycopene	0 mcg
Minerals	÷
Boron	0.000 mcg
Calcium	0 mg
Chromium	0.000 mcg
Copper	1.600 mg
Fluoride	0.000 mcg
lodine	0.000 mcg
ron	0.000 mg
Magnesium	0 mg
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Participant ID: 123456789abc	Date of Intake:04/22/2020	
Minerals		
Manganese	0.000 mg	
Molybdenum	0.000 mcg	
vickel	0.000 mcg	
Phosphorus	0 mg	
Potassium	0 mg	
Selenium	0.000 mcg	
Silicon	0.000 mg	
šodium	0 mg	
√anadium	0.000 mcg	
Zine	69.600 mg	
Amino Acids		
Fryptophan	0.000 g	
Threonine	0.000 g	
soleucine	0.000 g	
eucine	0.000 g	
ysine	0.000 g	
Methionine	0.000 g	
Cystine	0.000 g	
henylalanine	0.000 g	
fyrosine	0.000 g	
Valine	0.000 g	
Arginine	0.000 g	
Tistidine	0.000 g	
Alanine	0.000 g	
Aspartic Acid	0.000 g	
Ilutamic Acid	0.000 g	
Ilycine	0.000 g	
Proline	0.000 g	
Serine	0.000 g	
soflavones and Similar		
Daidzein	0.000 mg	
Jenistein	0.000 mg	
ilycitein	0.000 mg	
Fotal Lignans	0.000 mcg	
Other		
Betaine	0.000 mg	
Choline	0.000 mg	
Caffeine	0 mg	
nositol	0.000 g	
Mannitol	0.000 g	
Phytic Acid	0.000 mg	
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Participant ID: 123456789abc	Date of Intake:04/22/2020
Other	
Pinitol	0.000 g
Sorbitol	0.000 g
Xylitol	0.000 g
Botanicals	
Black Cohosh	N
Echinacea	N
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N
Ma Huang/Ephedra	N
Saw Palmetto	N
St. John's Wort	N

Note: DSAM nutrient totals do not include nutrients from foods. DSAM nutrients are calculated from an NCC modified version of the NHANES Dietary Supplement Database based on label information. Consequently nutrient totals may not equal the sum of their parts or may have incomplete or missing values. (Refer to the NDSR User Manual.)

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Participant ID: 123456789abc	Date of Intake:04/22/20
Primary Energy Sources	
Energy (kilocalories)	0 kcal
Total Protein	0.000 g
Total Fat	0.000 g
Total Carbohydrate	0.000 g
Fat, Cholesterol and Fatty Acids	
Total Saturated Fatty Acids (SFA)	0.000 g
Total Monounsaturated Fatty Acids (MUFA)	0.000 g
Total Polyunsaturated Fatty Acids (PUFA)	0.000 g
Total Trans-Fatty Acids (TRANS)	0.000 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids in Supplements	0.000 mg
Omega-6 Fatty Acids in Supplements	0.000 mg
Cholesterol	0 mg
SFA 8:0 (caprylic acid)	0.000 g
SFA 10:0 (capric acid)	0.000 g
SFA 12:0 (lauric acid)	0.000 g
SFA 14:0 (myristic acid)	0.000 g
SFA 16:0 (palmitic acid)	0.000 g
SFA 18:0 (stearic acid)	0.000 g
SFA 20:0 (arachidic acid)	0.000 g
SFA 22:0 (behenic acid)	0.000 g
MUFA 14:1 (myristoleic acid)	0,000 g
MUFA 16:1 (palmitoleic acid)	0.000 g
MUFA 18:1 (oleic acid)	0.000 g
MUFA 20:1 (gadoleic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	0.000 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.000 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.000 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.000 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g
Carbohydrates and Fiber	
Total Sugars	0.000 g
Added Sugars (by Total Sugars)	0.000 g
Fructose	0.000 g
Glucose	0.000 g
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Participant ID: 123456789abc	Date of Intake:04/22/2020
Carbohydrates and Fiber	
Sucrose	0.000 g
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g
Vitamins	
Total Vitamin A Activity (International Units)	28640 IU
Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	875 mcg
Retinol	0 mcg
Vitamin D (calciferol)	20.833 mcg
Vitamin E (International Units)	400.000 IU
Vitamin E (Total Alpha-Tocopherol)	13.167 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Beta-Tocopherol	0.000 mg
Delta-Tocopherol	0.000 mg
Gamma-Tocopherol	0.000 mg
Vitamin K (phylloquinone)	41.667 mcg
Vitamin C (ascorbic acid)	535.333 mg
Thiamin (vitamin B1)	0.917 mg
Riboflavin (vitamin B2)	0.917 mg
Viacin (vitamin B3)	11.667 mg
Pantothenic Acid	4.167 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	4.167 mg
Dietary Folate Equivalents in Supplements	0 mcg
Synthetic Folate (folic acid)	333 mcg
Vitamin B-12 (cobalamin)	41.667 mcg
Biotin	25.000 mcg
Carotenoids	
	509
Beta-Carotene (provitamin A carotenoid)	508 mcg
Alpha-Carotene (provitamin A carotenoid)	0 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg
Lutein and/or Zeaxanthin	250 mcg
Lycopene	0 mcg
Minerals	
Boron	0.000 mcg
Calcium	250 mg
Chromium	43.333 mcg
Copper	2.017 mg
luoride	0.000 mcg
odine	125.000 mcg
ron	6.667 mg
Magnesium	83 mg
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Participant ID: 123456789abc	Date of Intake:04/22/2020
Minerals	
Manganese	1.917 mg
Molybdenum	41.667 mcg
Nickel	0.000 mcg
Phosphorus	17 mg
Potassium	67 mg
Selenium	18.333 mcg
Silicon	0.000 mg
šodium	0 mg
/anadium	0.000 mcg
Zine	82.100 mg
Amino Acids	
	0.000 -
Fryptophan Fhreonine	0.000 g 0.000 g
soleucine	0.000 g
.eucine	0.000 g
	T2040000
ysine	0.000 g
Methionine	0.000 g
lystine	0.000 g
Phenylalanine	0.000 g
Tyrosine	0.000 g
Valine	0.000 g
Arginine	0.000 g
listidine	0.000 g
Alanine	0.000 g
Aspartic Acid	0.000 g
3lutamic Acid	0.000 g
Ilycine	0.000 g
Proline	0.000 g
Serine	0.000 g
soflavones and Similar	
Daidzein	0.000 mg
Benistein	0.000 mg
ilycitein	0.000 mg
Fotal Lignans	0.000 mcg
Other	
Betaine	0.000 mg
Choline	0.000 mg
Caffeine	0 mg
nositol	0.000 g
Mannitol	0.000 g
Phytic Acid	0.000 g
	0.000 mg
Main Folder	
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Participant ID: 123456789abc	Date of Intake:04/22/2020
Other	
Pinitol	0.000 g
Sorbitol	0.000 g
Xylitol	0.000 g
Botanicals	
Black Cohosh	N
Echinacea	Ŷ
Garlie	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N
Ma Huang/Ephedra	N
Saw Palmetto	N
St. John's Wort	N

Note: DSAM nutrient totals do not include nutrients from foods. DSAM nutrients are calculated from an NCC modified version of the NHANES Dietary Supplement Database based on label information. Consequently nutrient totals may not equal the sum of their parts or may have incomplete or missing values. (Refer to the NDSR User Manual.)

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NDSR 2020 DSAM User Product Report

Product Name: XYZ for Joint Relief Project Abbreviation: TutorUP Product ID: 2020-001

Project Name: Tutorial User Products

Data Collected in NCC Database Version: 2020 Data Collected in Software Version: 2020 Data Collected in DSAM Database Version: 2020

Date of Entry: 04/24/2020 Interviewer ID: ABC

Brand Name: XYZ Manufacturer/Distributor: XYZ City Name: Any town State: MN Contact Info: www.xyzcompany.com Product Information Source: Bottle/Iabel Serving Size: 2 Tablet User Product complete. Include in product search: Yes Note:

-	Ingredient	Quantity Unit
1.	CALORIES	10 kcal
2.	TOTAL CARBOHYDRATE	2 gm
3.	DIETARY FIBER	1 gm
4.	SODIUM	120 mg
5.	GLUCOSAMINE SULFATE	1500 mg
6.	CHONDROITIN SULFATE	1200 mg
7,	MSM (METHYLSULFONYLMETHANE)	500 mg

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Date of Entry: 04/24/2020



Product Name: XYZ for Joint Relief Project Abbreviation: TutorUP Product ID: 2020-001

Product ID: 2020-001	Date of Entry:04/24/2020
Primary Energy Sources	
Energy (kilocalories)	10 kcal
Total Protein	0.000 g
Total Fat	0.000 g
Total Carbohydrate	2.000 g
Fat, Cholesterol and Fatty Acids	
Total Saturated Fatty Acids (SFA)	0.000 g
Total Monounsaturated Fatty Acids (MUFA)	0.000 g
Total Polyunsaturated Fatty Acids (PUFA)	0.000 g
Total Trans-Fatty Acids (TRANS)	0.000 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids in Supplements	0.000 mg
Omega-6 Fatty Acids in Supplements	0.000 mg
Cholesterol	0 mg
SFA 8:0 (caprylic acid)	0.000 g
SFA 10:0 (capric acid)	0.000 g
SFA 12:0 (lauric acid)	0.000 g
SFA 14:0 (myristic acid)	0.000 g
SFA 16:0 (palmitic acid)	0.000 g
SFA 18:0 (stearic acid)	0.000 g
SFA 20:0 (arachidic acid)	0.000 g
SFA 22:0 (behenic acid)	0.000 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.000 g
MUFA 18:1 (oleic acid)	0.000 g
MUFA 20:1 (gadoleic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	0.000 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.000 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.000 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.000 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g
Carbohydrates and Fiber	
Total Sugars	0.000 g
Added Sugars (by Total Sugars)	0.000 g
Fructose	0.000 g
ton ion	

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Product Name: XYZ for Joint Relief Project Abbreviation: TutorUP Product ID: 2020-001

Carbohydrates and Fiber Glucose 0.000 g Glucose 0.000 g Total Dietary Fiber 1.000 g Soluble Dietary Fiber 0.000 g Insoluble Dietary Fiber 0.000 g Vitamins 0 IU Total Vitamin A Activity (International Units) 0 IU Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Vitamin D (calciferol) 0.000 mg Synthetic Alpha-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol 0.000 mg Totamin B (Nylloquinone) 0.000 mg Vitamin B (Nylloquinone) 0.000 mg Niacin (vitamin B2) 0.000 mg Niacin (vitamin B3) 0.000 mg Dietary Folate Equivalents in Supplements	Product ID: 2020-001	Date of Entry:04/24/2020
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Niacin (vitamin B3)0.000 mgPantothenic Acid0.000 mgVitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)0.000 mgDietary Folate Equivalents in Supplements0 mcgSynthetic Folate (folic acid)0 mcgVitamin B-12 (cobalamin)0.000 mcgBiotin0.000 mcgBotin0.000 mcgBeta-Carotene (provitamin A carotenoid)0 mcgAlpha-Carotene (provitamin A carotenoid)0 mcgBeta-Cryptoxanthin (provitamin A carotenoid)0 mcgLutein and/or Zeaxanthin0 mcgLycopene0 mcgCalcium0 mcgCalcium0 mgChromium0.000 mcgCalcium0 mgChromium0.000 mcgCalcium0 mgChromium0.000 mcgCalcium0 mgChromium0.000 mcgCopper0.000 mcgCopper0.000 mcgCopper0.000 mcgVitanin Folder0.000 mcg		
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Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)0.000 mgDietary Folate Equivalents in Supplements0 mcgSynthetic Folate (folic acid)0 mcgSynthetic Folate (folic acid)0.000 mcgBiotin0.000 mcgBiotin0.000 mcgCarotenoids0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgAlpha-Carotene (provitamin A carotenoid)0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgLutein and/or Zeaxanthin0 mcgLycopene0 mcgMinerals0Boron0.000 mcgCalcium0 mgChromium0.000 mcgCopper0.000 mcgIotine0.000 mcgKinerals0.000 mcgCopper0.000 mcgFluoride0.000 mcgKinerals0.000 mcgStantantin0.000 mcgCopper0.000 mcgMin Folder0.000 mcg	방문 : 2 (1) - 10 - 10 - 10 - 10 - 10 - 10 - 10 -	
Dietary Folate Equivalents in Supplements0 mcgSynthetic Folate (folic acid)0 mcgSynthetic Folate (folic acid)0.000 mcgBiotin0.000 mcgBiotin0.000 mcgBeta-Carotene (provitamin A carotenoid)0 mcgAlpha-Carotene (provitamin A carotenoid)0 mcgBeta-Cryptoxanthin (provitamin A carotenoid)0 mcgLutein and/or Zeaxanthin0 mcgLycopene0 mcgMinerals0 mcgCarotenium0 mcgChromium0 0 mcgChromium0 mcgCopper0.000 mcgFluoride0.000 mcgIodine0.000 mcgMain Folder0.000 mcg		
Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mcg Biotin 0.000 mcg Carotenoids Beta-Carotene (provitamin A carotenoid) 0 mcg Alpha-Carotene (provitamin A carotenoid) 0 mcg Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Lutein and/or Zeaxanthin 0 mcg Lutein and/or Zeaxanthin 0 mcg Cycopene 0 mcg Minerals Boron 0.000 mcg Calcium 0 mg Chromium 0.000 mcg Copper 0.000 mcg Fluoride 0.000 mcg Main Folder	것이 아이들 것이 같아. 집에 집에 집에 집에 집에 집에 있는 것을 잘 알 수 있는 것이 같아. 집에 집에 있는 것이 같아. 집에 있는 것이 같이 같아. 집에 있는 것이 같이 같이 같이 같이 같이 같아. 집에 있는 것이 같이	-
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Biotin0.000 mcgCarotenoids0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgAlpha-Carotene (provitamin A carotenoid)0 mcgBeta-Cryptoxanthin (provitamin A carotenoid)0 mcgLutein and/or Zeaxanthin0 mcgLutein and/or Zeaxanthin0 mcgLycopene0 mcgMinerals0 mcgCalcium0 mgChromium0.000 mcgCopper0.000 mcgFluoride0.000 mcgIodine0.000 mcgMain Folder0.000 mcg	영향이 같은 것이다. 이번 것은 것이 같은 것이 같은 것이 같은 것이 같은 것이다. 이번 것이 있는 것이 같은 것이다. 이번 것이 있는 것이 같은 것이 같은 것이다. 이번 것이 있는 것이 같은 것이 있는 것이 없다. 이번 것이 있는 것이 없는 것이 없다. 이번 것이 있는 것이 없는 것이 없는 것이 없다. 이번 것이 있는 것이 없는 것이 없는 것이 없는 것이 없다. 이번 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 않는 것이 없는 것이 없 것이 같이 없는 것이 없 것이 없는 것이 없 않이 않이 않는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 않은 것이 없는 것이 없는 것이 없는 것이 않이 않는 것이 없는 것이 없는 것이 않은 것이 없는 것이 없다. 것이 없는 것이 없는 것이 없는 것이 없 않이 않이 않이 않이 않이 않이 것이 않는 것이 없는 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 않은 것이 없는 것이 없는 것이 않이	· · · · · · · · · · · · · · · · · · ·
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Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Lycopene 0 mcg Minerals 0 mg Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mcg Fluoride 0,000 mcg Iodine 0,000 mcg		
Lutein and/or Zeaxanthin 0 mcg Lycopene 0 mcg Minerals 0 mg Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mcg Fluoride 0,000 mcg Iodine 0,000 mcg		
Lycopene 0 mcg Minerals 0 000 mcg Boron 0 0 mg Calcium 0 mg Chromium 0.000 mcg Copper 0.000 mg Fluoride 0.000 mcg Iodine 0.000 mcg		0 mcg
Minerals Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mg Fluoride 0,000 mcg Iodine 0,000 mcg Main Folder 0,000 mcg	Lutein and/or Zeaxanthin	0 mcg
Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mg Fluoride 0,000 mcg Iodine 0,000 mcg	Lycopene	0 mcg
Calcium 0 mg Chromium 0.000 mcg Copper 0.000 mg Fluoride 0.000 mcg lodine 0.000 mcg	Minerals	
Chromium 0.000 mcg Copper 0.000 mg Fluoride 0.000 mcg lodine 0.000 mcg Main Folder 0.000 mcg	Boron	
Copper 0.000 mg Fluoride 0.000 mcg Iodine 0.000 mcg Main Folder	Calcium	0 mg
Fluoride 0.000 mcg lodine 0.000 mcg Main Folder	Chromium	
lodine 0.000 mcg Main Folder	Copper	0.000 mg
Main Folder	Fluoride	0.000 mcg
	lodine	0.000 mcg
	Main Folder	
rage 2 014 Finited: 05/21/2020	Page 2 of 4	Printed: 05/21/2020 19:4



Product Name: XYZ for Joint Relief Project Abbreviation: TutorUP Product ID: 2020-001

Product ID: 2020-001	Date of Entry:04/24/2020
Minerals	
Iron	0.000 mg
Magnesium	0 mg
Manganese	0.000 mg
Molybdenum	0.000 mcg
Nickel	0.000 mcg
Phosphorus	0 mg
Potassium	0 mg
Selenium	0.000 mcg
Silicon	0.000 mg
Sodium	120 mg
Vanadium	0.000 mcg
Zinc	0.000 mg
Amino Acids	
Tryptophan	0.000 g
Threonine	0.000 g
Isoleucine	0.000 g
Leucine	0.000 g
Lysine	0.000 g
Methionine	0.000 g
Cystine	0.000 g
Phenylalanine	0.000 g
Tyrosine	0.000 g
Valine	0.000 g
Arginine	0.000 g
Histidine	0.000 g
Alanine	0.000 g
Aspartic Acid	0.000 g
Glutamic Acid	0.000 g
Glycine	0.000 g
Proline	0.000 g
Serine	0.000 g
Isoflavones and Similar	
Daidzein	0.000 mg
Genistein	0.000 mg
Glycitein	0.000 mg
Total Lignans	0.000 mcg
<u>Other</u>	
Betaine	0.000 mg
Choline	0.000 mg
Caffeine	0 mg
Main Folder	

Page 3 of 4



Product Name: XYZ for Joint Relief Project Abbreviation: TutorUP Product ID: 2020-001

Product ID: 2020-001	Date of Entry:04/24/2020
Other	
Inositol	0.000 g
Mannitol	0.000 g
Phytic Acid	0.000 mg
Pinitol	0.000 g
Sorbitol	0.000 g
Xylitol	0.000 g
Botanicals	
Black Cohosh	N
Echinacea	N
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N
Ma Huang/Ephedra	N
Saw Palmetto	N
St. John's Wort	N
Note: DSAM Hoge Decident surplinet totals and based on incondice	ate automod hu around from the DS (1) Database

Note: DSAM User Product nutrient totals are based on ingredients entered by users from the DSAM Database. Consequently nutrient totals may not equal the sum of their parts or may have incomplete or missing values. (Refer to the NDSR User Manual.)

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VID	N	
No.		
÷.	S	
ALC: N	0	
ALC: N	-	
100	7	
15	F-1	

NDSR 2020 Record List for Averaged Nutrient Totals Report

018	WH2018
WH2	iation:
Name:	Abbrev
Project	Project

Participant ID

AB001 AB001 AB001 AB001

days	Entered On Database	2015	2015
ur and 30 ecall at: 4	Site ID		
DSAM: 24-hour and 30 days Record Type: Recall Records in Project: 4	Visit Number	1	1
DSA Reco Reco	Visit Interviewer ID Number	64	64
	Life Stage Group	16 F Females, age 19-30 y	Females, age 19-30 v
nent:	Gender	u ==	ш.
ject) Conn	Date of Birth (10/10/1986 F	10/10/1986
Complete Project) Comment:	Date of Participant Date of Life Stage Entry Name Birth Gender Group	222	
	Date of Entry	05/25/2018 Fri 06/01/2015	06/01/2015
6	Day	F	Sun
8 H2018	Date of Intake Day	05/25/2018	05/27/2018 Sun 06/01/2015

2015 2015

--÷

59 54

Females, age 31-50 y Females, age 19-30 y

10/10/1986 10/10/1986

05/31/2018 Thu 06/01/2015 05/29/2018 Tue 06/01/2015

u, u, Legend: ? = incomplete; M = missing food; PN = priority note; 🖌 = quality assurance complete

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Primary Energy Sources	
Energy (kilocalories)	1856 keal
Energy (kilojoules)	7767 kj
fotal Fat	63.775 g
Fotal Carbohydrate	239.693 g
Available Carbohydrate	218.010 g
fotal Protein	92.054 g
Animal Protein	66.962 g
Vegetable Protein	25.092 g
Jluten	8.129 g
Alcohol	0.040 g
% Calories from Fat	30.216 %
% Calories from Carbohydrate	49.869 %
% Calories from Protein	19,922 %
% Calories from Alcohol	0.015 %
Fat and Cholesterol	00000
Cholesterol	291 mg
Solid Fats	30.889 g
Fotal Saturated Fatty Acids (SFA)	24.582 g
Fotal Monounsaturated Fatty Acids (MUFA)	21.165 g
Fotal Polyunsaturated Fatty Acids (PUFA)	12.466 g
Fotal Trans-Fatty Acids (TRANS)	1.815 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.134 g
Omega-3 Fatty Acids	1.336 g
Omega-6 Fatty Acids % Calories from SFA	10.401 g 11.676 %
% Calories from MUFA	10.021 %
	5,893 %
% Calories from PUFA	
Polyunsaturated to Saturated Fat Ratio	0.507 39,366
Cholesterol to Saturated Fatty Acid Index	39.300
Carbohydrates	42 TA
Total Sugars	106.048 g
Fructose	26.724 g
Galactose	0.262 g
Slucose	24.809 g
actose	24.126 g
Maltose	1.180 g
Sucrose	28.968 g
Starch	95.019 g
Added Sugars (by Total Sugars)	33.030 g
Added Sugars (by Available Carbohydrate)	36.439 g
Fiber	
Fotal Dietary Fiber	21,488 g
Soluble Dictary Fiber	5.487 g
insoluble Dietary Fiber	15.989 g
Pectins	3.234 g
couns	

Main Folder Page 1 of 5



Vitamins		
Total Vitamin A Activity (Retinol Equivalents)	1275 mcg	
Total Vitamin A Activity (International Units)	9107 IU	
Total Vitamin A Activity (Retinol Activity Equivalents)	910 mcg	
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	4374 mcg	
Retinol	545 mcg	
Vitamin D (calciferol)	8.738 mcg	
Vitamin D2 (crgocalciferol)	0.005 mcg	
/itamin D3 (cholecalciferol)	8.733 mcg	
Vitamin E (International Units)	11.212 IU	
Vitamin E (Total Alpha-Tocopherol)	7.529 mg	
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	7.529 mg	
synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or di-alpha-tocopherol)	0.000 mg	
Total Alpha-Tocopherol Equivalents	8.623 mg	
Beta-Tocopherol	0.472 mg	
Jamma-Tocopherol	8.886 mg	
Delta-Tocopherol	1.685 mg	
Vitamin K (phylloquinone)	140.621 mcg	
/itamin C (ascorbic acid)	138.488 mg	
Thiamin (vitamin B1)	1.933 mg	
Riboflavin (vitamin B2)	2.456 mg	
Jiacin (vitamin B2)	26.358 mg	
가장에 비싼 수 사람은 것이 않는 것 같아요. 이 것 같아요.	45.161 mg	
Viacin Equivalents Pantothenic Acid		
방향 가장 가장 가장 이번 이렇게 잘 다 가지 않는 것이다. 정말 가지 않는 것 같은 것이 하는 것이 가지 않는 것이 가지 않는 것이다.	5.956 mg	
/itamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.507 mg	
fotal Folate	529 mcg 708 mcg	
Dietary Folate Equivalents		
Natural Folate (food folate)	273 mcg	
Synthetic Folate (folic acid)	256 mcg	
Vitamin B-12 (cobalamin)	5.834 mcg	
Carotenoids		
Beta-Carotene (provitamin A carotenoid)	3897 meg	
Alpha-Carotene (provitamin A carotenoid)	896 mcg	
Beta-Cryptoxanthin (provitamin A carotenoid)	59 mcg	
Jutein + Zeaxanthin	2240 mcg	
Lycopene	5983 mcg	
Minerals		
Calcium	1355 mg	
hosphorus	1537 mg	
Magnesium	321 mg	
ron	15.741 mg	
line	13.070 mg	
Copper	1.139 mg	
Aanganese	4.245 mg	
selenium	113.946 mcg	
Sodium	2925 mg	
Potassium	2925 mg 3316 mg	
	5510 mg	
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Fatty Acids	
SFA 4:0 (butyric acid)	0.838 g
SFA 6:0 (caproic acid)	0.477 g
SFA 8:0 (caprylic acid)	0.349 g
SFA 10:0 (capric acid)	0.705 g
SFA 12:0 (lauric acid)	1.277 g
SFA 14:0 (myristic acid)	2.614 g
SFA 16:0 (palmitic acid)	12.214 g
SFA 17:0 (margaric acid)	0.162 g
SFA 17:0 (margane acid) SFA 18:0 (stearic acid)	5.401 g
SFA 10:0 (stearte acto) SFA 20:0 (arachidic actd)	0.137 g
	0.137 g 0.094 g
SFA 22:0 (behenic acid)	
MUFA 14:1 (myristoleic acid)	0.123 g
MUFA 16:1 (palmitoleic acid)	0.954 g
MUFA 18:1 (oleic acid)	19.749 g
MUFA 20:1 (gadoleic acid)	0.183 g
MUFA 22:1 (crucic acid)	0.005 g
PUFA 18:2 (linoleic acid, undifferentiated)	10.866 g
PUFA 18:2 n-6 (linoleic acid [LA])	10.260 g
PUFA 18:3 (linolenic acid, undifferentiated)	1.312 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	1.276 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.019 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.130 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.122 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.012 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.019 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.028 g
FRANS 16:1 (trans-hexadecenoic acid)	0.031 g
FRANS 18:1 (trans-octadecenoic acid)	1.527 g
FRANS 18:2 (trans-octadecadienoic acid)	0.247 g
CLA cis-9, trans-11	0.115 g
CLA trans-10, cis-12	0.018 g
Amino Acids	
Tryptophan	1.128 g
Threonine	3.751 g
Isoleucine	4.202 g
Leucine	7.305 g
Lysine	6.439 g
Methionine	2.132 g
Cystine	1.119 g
Phenylalanine	4.065 g
Tyrosine	3.330 g
Valine	4.770 g
Arginine	4.696 g
Histidine	2.713 g
Alanine	4.265 g
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Amino Acids	
Aspartic Acid	8.208 g
Glutamic Acid	18.178 g
Glycine	3.479 g
Proline	6.120 g
Serine	4.203 g
Isoflavones and Similar	5.73
Daidzein	0.092 mg
Genistein	0.064 mg
Glycitein	0.012 mg
Courrestrol	0.076 mg
Biochanin A	0.001 mg
Formononetin	0.002 mg
Total Lignans	430.102 mcg
Secoisolariciresinol	83.344 mcg
Matairesinol	26.151 mcg
Lariciresinol	162.975 mcg
Pinoresinol	158.972 mcg
Sugar Alcohols (polyols)	
Erythritol	0.001 g
Inositol	0.457 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.631 g
Pinitol	0.013 g
Sorbitol	0.318 g
Xylitol	0.035 g
Other	
Acesulfame Potassium	0.000 mg
Aspartame	0.000 mg
Saccharin	0.000 mg
Sucralose	0.000 mg
Tagatose	0.053 mg
Caffeine	25 mg
Phytic Acid	630.297 mg
Oxalic Acid	205.894 mg
3-Methylhistidine	19.069 mg
Sucrose Polyester	0.000 g
Choline	376.325 mg
Betaine	174.474 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	84
Glycemic Load (glucose reference)	129
Glycemic Load (bread reference)	184
Nitrogen	14.831 g
Main Folder	
Main Folder	

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Project Abbreviation: \	WH2018	(Complete	Project)
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Comment:

Other	
Ash	19.091 g
Water	1834.338 g
Grams	2216.351 g
User Nutrients	
User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

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Primary Energy Sources	
Energy (kilocalories)	1856 kcal
Energy (kilojoules)	7767 kj
Total Fat	63.8 g
Total Carbohydrate	239.7 g
Available Carbohydrate	218.0 g
Total Protein	92.1 g
Animal Protein	67.0 g
Vegetable Protein	25.1 g
Gluten	8.1 g
Alcohol	0.0 g
% Calories from Fat	30.2 %
% Calories from Carbohydrate	49.9 %
% Calories from Protein	19.9 %
% Calorics from Alcohol	0.0 %
Fat and Cholesterol	
Cholesterol	291 mg
Solid Fats	
	30.9 g
Total Saturated Fatty Acids (SFA) Total Monounsaturated Fatty Acids (MUFA)	24.6 g
	21.2 g
Fotal Polyunsaturated Fatty Acids (PUFA)	12.5 g
Fotal Trans-Fatty Acids (TRANS)	1.8 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.1 g
Omega-3 Fatty Acids	1.3 g
Omega-6 Fatty Acids % Calories from SFA	10.4 g
% Calories from MUFA	11.7 %
	10.0 %
% Calories from PUFA	5.9 %
Polyunsaturated to Saturated Fat Ratio	0.5
Cholesterol to Saturated Fatty Acid Index	39.4
Carbohydrates	
Total Sugars	106.0 g
Fructose	26.7 g
Galactose	0.3 g
Glucose	24.8 g
Lactose	24.1 g
Maltose	1.2 g
Sucrose	29.0 g
Starch	95.0 g
Added Sugars (by Total Sugars)	33.0 g
Added Sugars (by Available Carbohydrate)	36.4 g
Fiber	
Total Dietary Fiber	21.5 g
Soluble Dietary Fiber	5.5 g
insoluble Dietary Fiber	16.0 g
the second	3.2 g

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Vitamins	
Total Vitamin A Activity (Retinol Equivalents)	1275 mcg
Total Vitamin A Activity (International Units)	9107 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	910 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	4374 mcg
Retinol	545 meg
Vitamin D (calciferol)	8.7 mcg
Vitamin D2 (ergocalciferol)	0.0 mcg
Vitamin D3 (cholecalciferol)	8.7 mcg
Vitamin E (International Units)	11.2 IU
Vitamin E (Total Alpha-Tocopherol)	7.5 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	7.5 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.0 mg
Total Alpha-Tocopherol Equivalents	8.6 mg
Beta-Tocopherol	0.5 mg
Jamma-Tocopherol	8.9 mg
Delta-Tocopherol	1.7 mg
Vitamin K (phylloquinone)	140.6 mcg
Vitamin C (ascorbic acid)	138.5 mg
Thiamin (vitamin B1)	1.9 mg
Riboflavin (vitamin B2)	2.5 mg
Niacin (vitamin B3)	26.4 mg
Niacin Equivalents	45.2 mg
Pantothenic Acid	6.0 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.5 mg
Total Folate	529 mcg
Dietary Folate Equivalents	708 mcg
Natural Folate (food folate)	273 mcg
Synthetic Folate (folic acid)	275 mcg 256 mcg
Vitamin B-12 (cobalamin)	5.8 mcg
	5.6 meg
Carotenoids	
Beta-Carotene (provitamin A carotenoid)	3897 mcg
Alpha-Carotene (provitamin A carotenoid)	896 meg
Beta-Cryptoxanthin (provitamin A carotenoid)	59 mcg
Lutein + Zeaxanthin	2240 mcg
Lycopene	5983 mcg
Minerals	
Calcium	1355 mg
Phosphorus	1537 mg
Magnesium	321 mg
ron	15.7 mg
Linc	13.1 mg
Copper	1.1 mg
Manganese	4.2 mg
Selenium	113.9 mcg
Sodium	2925 mg
Potassium	3316 mg
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Fatty Acids	
SFA 4:0 (butyric acid)	0.84 g
SFA 6:0 (caproic acid)	0.48 g
SFA 8:0 (caprylic acid)	0.35 g
SFA 10:0 (capric acid)	0.70 g
SFA 12:0 (lauric acid)	1.28 g
SFA 14:0 (myristic acid)	2.61 g
SFA 16:0 (palmitic acid)	12.21 g
SFA 17:0 (margaric acid)	0.16 g
SFA 18:0 (stearic acid)	5.40 g
SFA 20:0 (arachidic acid)	0.14 g
SFA 22:0 (behenic acid)	0.09 g
MUFA 14:1 (myristoleic acid)	0.12 g
MUFA 16:1 (palmitoleic acid)	0.95 g
MUFA 18:1 (oleic acid)	19.75 g
MUFA 20:1 (gadoleic acid)	0.18 g
MUFA 22:1 (erucic acid)	0.01 g
PUFA 18:2 (linoleic acid, undifferentiated)	10.87 g
PUFA 18:2 n-6 (linoleic acid [LA])	10.26 g
PUFA 18:3 (linolenic acid, undifferentiated)	1.31 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	1.28 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.02 g
PUFA 18:4 (parinaric acid)	0.00 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.13 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.12 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.01 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.02 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.03 g
IRANS 16:1 (trans-hexadecenoic acid)	0.03 g
TRANS 18:1 (trans-octadecenoic acid)	1.53 g
FRANS 18:2 (trans-octadecadienoic acid)	0.25 g
CLA cis-9, trans-11	0.12 g
CLA trans-10, cis-12	0.02 g
Amino Acids	
Tryptophan	1.13 g
Threonine	3.75 g
Isoleucine	4.20 g
Leucine	4.20 g 7.30 g
Lysine	
Methionine	6.44 g 2.13 g
Cystine	2.13 g 1.12 g
24 76 16 11 2 12 13	1.12 g 4.06 g
Phenylalanine Tyrosine	4.06 g 3.33 g
Valine	5.55 g 4.77 g
Arginine	4,77 g 4.70 g
Histidine	4.70 g 2.71 g
Alanine	2.71 g 4.26 g
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Amino Acids	
Aspartic Acid	8.21 g
Glutamie Acid	18.18 g
Glycine	3.48 g
Proline	6.12 g
Serine	4.20 g
Isoflavones and Similar	
Daidzein	0.1 mg
Genistein	0.1 mg
Glycitein	0.0 mg
Coursetrol	0.1 mg
Biochanin A	0.0 mg
Formononetin	0.0 mg
Total Lignans	430.10 mcg
Secoisolariciresinol	83.34 mcg
Matairesinol	26.15 mg
Lariciresinol	162.97 mcg
Pinoresinol	158.97 mcg
Sugar Alcohols (polyols)	
Erythritol	0.00 g
Inositol	0.46 g
Isomalt	0.00 g
Lactitol	0.00 g
Maltitol	0.00 g
Mannitol	0.63 g
Pinitol	0.01 g
Sorbitol	0.32 g
Xylitol	0.03 g
Other	
Acesulfame Potassium	0.0 mg
Aspartame	0.0 mg
Saccharin	0.0 mg
Sucralose	0.0 mg
Tagatose	0.1 mg
Caffeine	24.8 mg
Phytic Acid	630.3 mg
Oxalic Acid	205.9 mg
3-Methylhistidine	19.1 mg
Sucrose Polyester	0.0 g
Choline	376.3 mg
Betaine	174.5 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	84
Glycemie Load (glucose reference)	129
Glycemic Load (bread reference)	184
Nitrogen	14.8 g
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Other	
Ash	19.1 g
Water	1834 g
Grams	2216 g
User Nutrients	
User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

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NDSR 2020 Averaged Recommended Dietary Allowances/Adequate Intake Report

Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	910 mcg RAE	700 mcg RAE	130 %	Solid to
Vitamin C	138.5 mg	75 mg	185 %	
Vitamin D	8.7 mcg	15 mcg	58 %	
Vitamin E	7.5 mg	15 mg	50 %	
Vitamin K	140.6 mcg			90 mcg
Thiamin	1.9 mg	1,1 mg	176 %	-
Riboflavin	2.5 mg	1.1 mg	223 %	
Niacin	45.2 mg NE	14 mg NE	323 %	
Vitamin B6	2.5 mg	1.3 mg	193 %	
Folate	708 mcg DFE	400 mcg DFE	177 %	
Vitamin B12	5.8 mcg	2.4 mcg	243 %	
Pantothenic Acid	6.0 mg			5 mg
Choline	376.3 mg			425 mg
Calcium	1355 mg	1000 mg	136 %	1000000
Copper	1139 mcg	900 mcg	127 %	
Iron	15.7 mg	18 mg	87 %	
Magnesium	321 mg	320 mg	100 %	
Manganese	4.2 mg			1.8 mg
Phosphorus	1537 mg	700 mg	220 %	0.53
Selenium	113.9 mcg	55 mcg	207 %	
Zinc	13.1 mg	8 mg	163 %	
Potassium	3316 mg			2600 mg
Sodium	2925 mg			1500 mg
Total Fiber	21.5 g			25 g
Total Water	1.81			2.71

RDA/Af values based on the Dietary Reference Intakes provided by the National Academy of Sciences, Institute of Medicine, Food and Nutrition Board (1997-2011).

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NDSR 2020 Averaged Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: WH2018 (Complete Project) Comment: Life Stage Group: Females, Age 31-50 y

Additional Recommendations				
Nutrient	Amount Reported	% of Energy	Recommended Intake	
Energy	1856 kcal		525	
Fat	63.8 g	30.2 %	20-35% 2	
Carbohydrate	239.7 g	49.9 %	45-65% 2	
Protein	92.1 g	19.9 %	10-35% 2	
Alcohol	0.0 g	0.0 %		
Saturated Fatty Acids	24.6 g	11.7 %	< 10% 1	
Trans-Fatty Acids	1.8 g	0.9 %	5.51,97,02,697	
Linoleic Acid	10.26 g	5.0 %	5-10% 2	
Alpha-Linolenic Acid	1.28 g	0.6 %	0.6-1.2% 2	
Added Sugars	33.0 g	7.1 %	< 10% 1	

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

¹Dietary Guidelines for Americans, 2015. ²Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. National Academy of Sciences, Institute of Medicine, Food and Nutrition Board (2002/2005).

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NDSR 2020 Averaged Daily Values Report for Adults and Children 4 Years of Age and Older

Project Abbreviation: WH20	018 (Complete Project)	Comment:	
Nutrient	Amount Reported	Daily Value ⁴	Percent Daily Value
Calories	1856 kcal	<i>G</i>	50
Total Fat	63.8 g	78 g	82 %
Saturated Fat	24.6 g	20 g	123 %
Trans Fat	1.8 g	1077.0777	
Cholesterol	291 mg	300 mg	97 %
Sodium	2925 mg	2300 mg	127 %
Total Carbohydrate	239.7 g	275 g	87 %
Dietary Fiber	21.5 g	28 g	77 %
Total Sugars	106.0 g		
Added Sugars	33.0 g	50 g	66 %
Protein	92.1 g		
Vitamin D	8.7 mcg	20 mcg	44 %
Calcium	1355 mg	1300 mg	104 %
Iron	15.7 mg	18 mg	87 %
Potassium ,	3316 mg	4700 mg	71 %
Vitamin A (RAE)	910 mcg	900 mcg	101 %
Vitamin C	138,5 mg	90 mg	154 %
Vitamin E	7.5 _{mg}	15 mg	50 %
Vitamin K	140.6 mcg	120 mcg	117 %
Thiamin	1.9 mg	1.2 mg	161 %
Riboflavin	2.5 mg	1.3 mg	189 %
Niacin (NE) ²	45.2 mg	16 mg	282 %
Vitamin B6	2.5 mg	1.7 mg	147 %
Folate (DFE) ³	708 mcg	400 mcg	177 %
Vitamin B12	5.8 mcg	2.4 mcg	243 %
Pantothenic Acid	6.0 mg	5 mg	119 %
Phosphorus	1537 mg	1250 mg	123 %
Magnesium	321 mg	420 mg	77 %
Zinc	13.1 mg	11 mg	119 %
Selenium	113.9 mcg	55 meg	207 %
Copper	1.1 mg	0.9 mg	127 %
Manganese	4.2 mg	2.3 mg	185 %
Choline	376.3 mg	550 mg	68 %

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

¹ RAE - Retinol Activity Equivalents

² NE = Niacin Equivalents

³ DFE - Dietary Folate Equivalents

⁴ Nutrient calculations are performed for NDSR nutrients for which a Daily Value has been established. Daily Values are based on a caloric intake of 2000 kcal per day. Source: *Code of Federal Regulations*, Title 21- Food and Drugs, Volume 2, Sec 101.9, Nutrition labeling of food, 2018.

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NDSR 2020 Averaged Food Group Serving Count System Totals Report

Food Group/Subgroup	Servings
Fruits, Total Servings	3.637
Citrus Juice	1.125
Fruit excluding Citrus Fruit	2.290
Avocado and Similar	0.222
Vegetables, Total Servings	2.837
Dark-green Vegetables	1.106
Deep-yellow Vegetables Tomato	N 337 5 5
	0.641 0.250
White Potatoes	
Other Vegetables	0.450
Grains, Total Servings	5.875
Grains, Flour and Dry Mixes - Refined Grain	1,189
Loaf-type Bread and Plain Rolls - Whole Grain	0.500
Loaf-type Bread and Plain Rolls - Refined Grain	1.306
Pasta - Refined Grain	0.667
Ready-to-eat Cereal (not presweetened) - Whole Grain	0.494
Ready-to-eat Cereal (presweetened) - Whole Grain	0.520
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain	0.599
Snack Bars - Some Whole Grain	0.150
Snack Chips - Whole Grain	0.250
Popcorn	0.200
Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings	6.108
Lean Beef	1.565
Cured Pork	0.282
Lean Poultry	1.852
Lean Cold Cuts and Sausage	0.996
Eggs	0.531
Nuts and Seeds	0.882
Dairy and Nondairy Alternatives, Total Servings	2.871
Milk - Reduced Fat	1.810
Cheese - Full Fat	0.357
Cheese - Reduced Fat	0.333
Yogurt - Sweetened Fat Free	0.153
Frozen Nondairy Dessert	0.218
riven Nondarry Dessert	0.210
Fats, Total Servings	2.711
Oil	0.169
Butter and Other Animal Fats - Regular	1.313
Salad Dressing - Regular	0.475
Vegetable-based Savory Snack	0.250
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NDSR 2020 Averaged Food Group Serving Count System Totals Report

Project Abbreviation: WH2018 (Complete Project)	Comment:	
Food Group/Subgroup	Servings	
Fats, Total Servings	2.711	
Cream - Reduced Fat	0.504	
Sweets, Total Servings	0.420	
Sugar	0.420	
Beverages, Total Servings	2.688	
Sweetened Tea	0.500	
Unsweetened Water	2.188	
Miscellaneous Foods, Total Servings	0.741	
Sauces and Condiments - Reduced Fat	0.741	

Note: For Food Group/Subgroup information, refer to the NDSR User Manual.

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Project Abbreviation: WH2018 (Complete Project)	Comment:	
Primary Energy Sources		
Energy (kilocalories)	0 kcal	
Total Protein	0.000 g	
Total Fat	0.000 g	
Total Carbohydrate	0.000 g	
Fat, Cholesterol and Fatty Acids		
Total Saturated Fatty Acids (SFA)	0.000 g	
Total Monounsaturated Fatty Acids (MUFA)	0.000 g	
Total Polyunsaturated Fatty Acids (PUFA)	0.000 g	
Total Trans-Fatty Acids (TRANS)	0.000 g	
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g	
Omega-3 Fatty Acids in Supplements	0.000 mg	
Omega-6 Fatty Acids in Supplements	0.000 mg	
Cholesterol	0 mg	
SFA 8:0 (caprylic acid)	0,000 g	
SFA 10:0 (capric acid)	0.000 g	
SFA 12:0 (lauric acid)	0.000 g	
SFA 14:0 (myristic acid)	0.000 g	
SFA 16:0 (palmitic acid)	0.000 g	
SFA 18:0 (stearic acid)	0.000 g	
SFA 20:0 (arachidic acid)	0.000 g	
SFA 22:0 (behenic acid)	0.000 g	
MUFA 14:1 (myristoleic acid)	0.000 g	
MUFA 16:1 (palmitoleic acid)	0.000 g	
MUFA 18:1 (oleic acid)	0.000 g	
MUFA 20:1 (gadoleic acid)	0.000 g	
PUFA 18:2 (linoleic acid, undifferentiated)	0.000 g	
PUFA 18:2 n-6 (linoleic acid [LA])	0.000 g	
PUFA 18:3 (linolenic acid, undifferentiated)	0.000 g	
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.000 g	
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g	
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g	
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g	
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g	
PUFA 22:6 n-3 (docosahexaenoie acid [DHA])	0.000 g	
CLA cis-9, trans-11	0.000 g	
CLA trans-10, cis-12	0.000 g	
Carbohydrates and Fiber		
Total Sugars	0.000 g	
Added Sugars (by Total Sugars)	0.000 g	
Fructose	0.000 g	
Glucose	0.000 g	
Sucrose	0.000 g	

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Carbohydrates and Fiber		
	0.000	
Total Dietary Fiber	0.000 g	
Soluble Dietary Fiber	0.000 g	
Insoluble Dietary Fiber	0.000 g	
Vitamins		
Total Vitamin A Activity (International Units)	2625 IU	
Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	0 mcg	1
Retinol	0 mcg	ŝ.
Vitamin D (calciferol)	15.000 mcg	
Vitamin E (International Units)	26.250 IU	
Vitamin E (Total Alpha-Tocopherol)	0.000 mg	
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg	
Beta-Tocopherol	0.000 mg	
Delta-Tocopherol	0.000 mg	
Gamma-Tocopherol	0.000 mg	
Vitamin K (phylloquinone)	37,500 mcg	
Vitamin C (ascorbic acid)	56.250 mg	
Thiamin (vitamin B1)	0.825 mg	
Riboflavin (vitamin B2)	0.825 mg	
Niacin (vitamin B3)	10.500 mg	
Pantothenic Acid	11.250 mg	
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	1,500 mg	
Dietary Folate Equivalents in Supplements	0 mcg	6
Synthetic Folate (folic acid)	300 mcg	
Vitamin B-12 (cobalamin)	4.500 mcg	
Biotin	30.000 mcg	
Carotenoids		
Beta-Carotene (provitamin A carotenoid)	0 mcg	
Alpha-Carotene (provitamin A carotenoid)	0 mcg	
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg	
Lutein and/or Zeaxanthin	0 mcg	
Lycopene	0 mcg	
Minerals		
Boron	0.000 mcg	s
Calcium	150 mg	
Chromium	24.000 mcg	
Copper	0.375 mg	
Fluoride	0.000 mcg	
lodine	112.500 mcg	
Iron	73.500 mg	
Magnesium	75 mg	
Manganese	1.350 mg	
Molybdenum	37.500 mcg	
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NDSR 2020 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)	Comment:
Minerals	
Nickel	3.750 mcg
Phosphorus	15 mg
Potassium	60 mg
Selenium	13.500 mcg
Silicon	1.500 mg
Sodium	0 mg
Vanadium	7.500 mcg
Zine	6.000 mg
Amino Acids	
Tryptophan	0.000 g
Threonine	0.000 g
Isoleucine	0.000 g
Leucine	0.000 g
Lysine	0.000 g
Methionine	0.000 g
Cystine	0.000 g
Phenylalanine	0.000 g
Tyrosine	0.000 g
Valine	0.000 g
Arginine	0.000 g
Histidine	0.000 g
Alanine	0.000 g
Aspartic Acid	0.000 g
Glutamic Acid	0.000 g
Glycine	0.000 g
Proline	0.000 g
Serine	0.000 g
Isoflavones and Similar	
Daidzein	0.000 mg
Genistein	0.000 mg
Glycitein	0.000 mg
Total Lignans	0.000 mcg
Other	
Betaine	0.000 mg
Choline	0.000 mg
Caffeine	0 mg
inositol	0.000 g
Mannitol	0.000 g
Phytic Acid	0.000 mg
Pinitol	0.000 g
Sorbitol	0.000 g
Xylitol	0.000 g
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NDSR 2020 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)	Comment:
Botanicals	
Black Cohosh	N
Echinacea	N
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N
Ma Huang/Ephedra	N
Saw Palmetto	N
St. John's Wort	N
N. DOLL	The second se

Note: DSAM nutrient totals do not include nutrients from foods. DSAM nutrients are calculated from an NCC modified version of the NHANES Dietary Supplement Database based on label information. Consequently, nutrient totals may not equal the sum of their parts or may have incomplete or missing values. (Refer to the NDSR User Manual.)

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Project Abbreviation: WH2018 (Complete Project)	Comment:
Primary Energy Sources	
Energy (kilocalories)	0 kcal
Total Protein	0.000 g
Total Fat	0.000 g
Total Carbohydrate	0.000 g
Fat, Cholesterol and Fatty Acids	
Total Saturated Fatty Acids (SFA)	0.000 g
Total Monounsaturated Fatty Acids (MUFA)	0.000 g
Total Polyunsaturated Fatty Acids (PUFA)	0.000 g
Total Trans-Fatty Acids (TRANS)	0.000 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids in Supplements	0.000 mg
Omega-6 Fatty Acids in Supplements	0.000 mg
Cholesterol	0 mg
SFA 8:0 (caprylic acid)	0.000 g
SFA 10:0 (capric acid)	0.000 g
SFA 12:0 (lauric acid)	0.000 g
SFA 14:0 (myristic acid)	0.000 g
SFA 16:0 (palmitic acid)	0.000 g
SFA 18:0 (stearic acid)	0.000 g
SFA 20:0 (arachidic acid)	0.000 g
SFA 22:0 (behenic acid)	0.000 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.000 g
MUFA 18:1 (oleic acid)	0.000 g
MUFA 20:1 (gadoleic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	0.000 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.000 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.000 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.000 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g
Carbohydrates and Fiber	
Total Sugars	0.000 g
Added Sugars (by Total Sugars)	0.000 g
Fructose	0.000 g
Glucose	0.000 g
Sucrose	0.000 g
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Project Abbreviation: WH2018 (Complete Project)	Comment:	
Carbohydrates and Fiber		
Total Dietary Fiber	0.000 g	
Soluble Dietary Fiber	0.000 g	
Insoluble Dietary Fiber	0.000 g	
Vitamins		
Total Vitamin A Activity (International Units)	2567 IU	
Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	0 mcg	2
Retinol	0 mcg	
Vitamin D (calciferol)	14.667 mcg	
Vitamin E (International Units)	25.667 IU	90°
Vitamin E (Total Alpha-Tocopherol)	0.000 mg	
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocophero		
Beta-Tocopherol	0.000 mg	
Delta-Tocopherol	0.000 mg	
Gamma-Tocopherol	0.000 mg	
Vitamin K (phylloquinone)	36.667 mcg	S.
Vitamin C (ascorbic acid)	55.000 mg	
Thiamin (vitamin B1)	0.807 mg	
Riboflavin (vitamin B2)	0.807 mg	
Niacin (vitamin B3)	10.267 mg	
Pantothenic Acid	11.000 mg	
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	1.467 mg	
Dietary Folate Equivalents in Supplements	0 mcg	
Synthetic Folate (folic acid)	293 mcg	
Vitamin B-12 (cobalamin)	4.400 mcg	
Biotin	29.333 mcg	
Biotiti	29,555 meg	
Carotenoids		
Beta-Carotene (provitamin A carotenoid)	0 mcg	8
Alpha-Carotene (provitamin A carotenoid)	0 mcg	6
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg	ġ —
Lutein and/or Zeaxanthin	0 mcg	
Lycopene	0 mcg	
Minerals		
Boron	0.000 mcg	
Calcium	147 mg	
Chromium	23.467 mcg	
Copper	0.367 mg	
Fluoride	0.000 mcg	6
lodine	110.000 mcg	
Iron	73.200 mg	0
Magnesium	73 mg	
Manganese	1.320 mg	
Molybdenum	36.667 mcg	2
		83
Main Folder	Delete de OS/21/2020	10.4
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Project Abbreviation: WH2018 (Complete Project)	Comment:
Minerals	
Nickel	3.667 mcg
Phosphorus	15 mg
Potassium	59 mg
Selenium	13.200 mcg
Silicon	1.467 mg
Sodium	0 mg
Vanadium	7.333 mcg
Zinc	5.867 mg
Amino Acids	
Tryptophan	0.000 g
Threonine	0.000 g
Isoleucine	0.000 g
Leucine	0.000 g
Lysine	0.000 g
Methionine	0.000 g
Cystine	0.000 g
Phenylalanine	0.000 g
Tyrosine	0.000 g
Valine	0.000 g
Arginine	0.000 g
Histidine	0.000 g
Alanine	0.000 g
Aspartic Acid	0.000 g
Glutamic Acid	0.000 g
Glycine	0.000 g
Proline	0.000 g
Serine	0.000 g
	0.000 g
Isoflavones and Similar	
Daidzein	0.000 mg
Genistein	0.000 mg
Glycitein	0.000 mg
Total Lignans	0.000 mcg
Other	
Betaine	0.000 mg
Choline	0.000 mg
Caffeine	0 mg
Inositol	0.000 g
Mannitol	0.000 g
Phytic Acid	0.000 mg
Pinitol	0.000 g
Sorbitol	0.000 g
Xylitol	0.000 g
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Project Abbreviation: WH2018 (Complete Project)	Comment:
Botanicals	
Black Cohosh	N
Echinacea	N
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N
Ma Huang/Ephedra	N
Saw Palmetto	N
St. John's Wort	N
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Note: DSAM nutrient totals do not include nutrients from foods. DSAM nutrients are calculated from an NCC modified version of the NHANES Dietary Supplement Database based on label information. Consequently, nutrient totals may not equal the sum of their parts or may have incomplete or missing values. (Refer to the NDSR User Manual.)

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NDSR 2020 Project List Report

Abbreviation	Name	Record Type	DSAM
	Main Folder		
Menu1	Menu test 1	Menu	
Recipes	User Recipe Project	User Recipe	
Tutorial	Tutorial Dietary Recalls	Recall	30d
	Text entered as a note on the Project Information window the Project List Report	will be included in	
Tutorial2	Tutorial 2	Recall	30d
TutorUP	Tutorial User Products	DSAM User Product	
	practice session		
WH2018	WH2018	Recall	30d
Winter2020	Winter2020	User Recipe	
	These resolutions are appropriate for NDSR version 2019.		

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NDSR 2020 Record List Report

Project Name: WH2018 Project Abbreviation: WH2018

) days		
30		
DSAM: 24-hour and 30	Record Type: Recall	Records in Project: 4

			200 C C C C C C C C C C C C C C C C C C	The second contraction	The second se		1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -		0000000		ACCOUNT OF
Particinant ID	Date of Intake Dav	Dav	Date of Entry	Date of Participant Entry Name	-	conter	Date of Life Stage Birth Cender Croun	Visit Interviewer (D Number	Visit	Site ID	Entered On Database
AB001	05/25/2018 Fri		06/01/2015		10/10/1986	ш.	Females, age 19-30 y	64	1		2015
AB001	05/27/2018 Sun 06/01/2015	Sun (16/01/2015		10/10/1986	u.	Females, age 19-30 y	64	1		2015
AB001	05/29/2018 Tue 06/01/2015	Tue (16/01/2015		10/10/1986	u.	Females, age 31-50 y	64			2015
AB001	05/31/2018 Thu 06/01/2015	Thu C	16/01/2015		10/10/1986	ц.	Females, age 19-30 y	64	1		2015

Legend: ? = incomplete; M = missing food; PN = priority note; 🗸 = quality assurance complete

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NDSR 2020 Food Ingredients Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc			Da	te of Intake:	Date of Intake: 04/22/2020	0
Food Name	Total Gram Amount of Food	Total energy (kcal)	Total fat (2)	Total CHO (e)	Total protein (2)	Total Na (me)
lasagna, from recipe, beef	320.851	501	22.070	40.818	34.542	1046
Food Ingredients	Gram Amount of Ingredient	energy (kcal)	9 9	(E) (E)	protein (g)	Na (mg)
beef, hamburger or ground beef, unknown % fat		123	8.112	0.000	11.707	4
beef, hamburger or ground beef, 25% fat (75% lean meat)	44.545	123	8.112	0.000	11.707	4
vegetables, onion, white, yellow or red, cooked	12.646	9	0.024	1.284	0.172	0
vegetables, garlie, fresh	0.404	-	0.002	0.133	0.026	0
spices, parsley (dried)	0.646	1	0.035	0.327	0.172	e
sweeteners, sugar, white granulated	0.561	ч	0.000	0.560	0.000	0
spices, basil, dried	0.094	0	0.004	0.045	0.022	0
vegetables, tomato, canned, regular, plain	61.021	10	0.153	2.117	0.482	70
sauce, tomato, regular	57.207	4	0.172	3.038	0.686	271
grains, pasta or moodles, lasagna noodles, white, cooked in salted water	88.789	140	0.826	27,400	5,150	116
cheese, ricotta cheese, unknown type		84	4.827	3.136	6.950	60
cheese, ricotta cheese, part skim milk	61.021	84	4.827	3.136	6.950	09
checse, Parmesan checse, dry (grated), regular	6.726	28	1.873	0.936	1.912	121
spices, oregano, dried	0.202	-	0.009	0.139	0.018	0
cheese, Mozzarella cheese, unknown type		66	6.035	1.702	7.246	203
cheese, Mozzarella cheese, part skim milk, regular	30.511	96	6.035	1,702	7.246	203
spices, salt, regular	0.409	0	0.000	0.000	0.000	159

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NDSR 2020 Missing Product Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

Product Name: Macuvite Eye Care Serving size: 2 Tablet Brand name: Manufacturer/distributor: Nature's Blend City name: State: Contact info: Product information source: Bottle/label

Note:

Ingredient Quantity Unit 143201U VITAMIN A 1 2 VITAMIN C (ASCORBIC ACID) 226 mg 200 IU 3 VITAMIN E 4 ZINC 34.8 mg COPPER 5 .8 mg

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Date of Intake: 04/22/2020



NDSR 2020 Product Detail Report

Product name: CENTRUM SILVER WOMEN 50+

Ingredient	Amount per serving
BETA CAROTENE	609 mcg
BETA CAROTENE-% OF VITAMIN A	29 %
VITAMIN A	1050 mcg
VITAMIN C (ASCORBIC ACID)	100 mg
VITAMIN D3	25 mcg
VITAMIN E	15.8 mg
VITAMIN K (PHYLLOQUINONE)	50 mcg
THIAMIN (VITAMIN B-1)	1.1 mg
RIBOFLAVIN (VITAMIN B-2)	1.1 mg
NIACIN (VITAMIN B-3)	14 mg
VITAMIN B-6 (PYRIDOXINE, PYRIDOXYL, & PYRIDOXAMINE)	5 mg
FOLATE (FOLIC ACID)	400 mcg
VITAMIN B-12 (COBALAMIN OR CYANOCOBALAMIN)	50 mcg
BIOTIN	30 mcg
PANTOTHENIC ACID (VITAMIN B-5)	5 mg
CALCIUM	300 mg
IRON	8 mg
PHOSPHORUS	20 mg
IÓDINE	150 mcg
MAGNESIUM	100 mg
ZINC	15 mg
SELENIUM	22 mcg
COPPER	0.5 mg
MANGANESE	2.3 mg
CHROMIUM	52 mcg
MOLYBDENUM	50 mcg
CHLORIDE	72 mg
POTASSIUM	80 mg
LUTEIN	300 mcg

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NDSR 2020 Record Search Report

Project:	Record:	
Abbreviation Starts With:	Record ID:	
Record Type:	Date of Intake From	5
Name includes:	Date of Entry From:	To:
Dietary Supplement Assessment Module:	Status:	
	Interviewer ID:	
Recycle Bin Excluded From Search Results.	Visit Number:	
	Site ID:	
	Contains Food:	old time apple cake
	Contains DSAM Product:	duct:

Folder	Abbreviation	ation Record Type	DSAD	DSAM Project Name	Record ID	Date of Intake	Date of Entry	Version
Main Folder	Tutorial	Recall	304	Tutorial - Dietary Recalls	PN 123456789abc	04/22/2020	04/23/2020	2020
Main Folder	Recipes	User Recipe		User Recipe Project	 Snack Cake 1 	04/24/2020	04/24/2020	2020
Levend: ?	= incomplete: M =	= missing food: PN	= priority note:	note: V = auality assuranc	e complete			

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