

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: Female

Life Stage Group: Females, 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

Main Folder

Page 1 of 3

Printed: 05/21/2020 19:27



NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 4/22/2020

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

Printed: 05/21/2020 19:27



NDSR 2020 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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)

1 serving eaten (serving = 1 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

Printed: 05/21/2020 19:28

NDSR 2020 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

1 TB

6.i3 rolls, cracked wheat

1 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 veggies

1 servings made, 1 eaten

Components/Ingredients:

7.i1 broccoli, raw

3 flower (0.36 CP)

7.i2 cauliflower, raw

3 flower (0.36 CP)

7.i3 carrots, raw

3 medium baby (0.27 CP)

Additions:

7.a1 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

1 bag - single serving - each 1 OZ (1.00 OZ)

NDSR 2020 Foods Report

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

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

Food Variables:

11.v1 1: hamburger or ground beef - unknown % fat

11.v2 1: 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 1: 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 1: fat used as seasoning - unknown type of fat used

NDSR 2020 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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)

PN Note: consumed throughout the day

[End of Record]

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

PN = priority note



NDSR 2020 Quick List Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

/8a breakfast home

coffee

cheerios

/10a snack work

granola bar

/1230p lunch work

diet coke

chicken sandwich

raw veggies

cheetos

/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

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

NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

Carbohydrates

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

Main Folder

Page 1 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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
Total 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 mcg
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

Main Folder

Page 2 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Minerals

Calcium	1672 mg
Phosphorus	1709 mg
Magnesium	375 mg
Iron	23.169 mg
Zinc	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
SFA 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 (oleic 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
TRANS 16:1 (trans-hexadecenoic acid)	0.077 g
TRANS 18:1 (trans-octadecenoic acid)	2.540 g
TRANS 18:2 (trans-octadecadienoic acid)	0.419 g

Main Folder

Page 3 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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
Isoleucine	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
Coumestrol	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
Isomalt	0.000	g
Lactitol	0.000	g
Maltitol	6.000	g
Mannitol	0.388	g

Main Folder

Page 4 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Sugar Alcohols (polyols)

Pinitol	0.000 g
Sorbitol	0.105 g
Xylitol	0.050 g

Other

Acesulfame Potassium	13.320 mg
Aspartame	47.810 mg
Saccharin	70.507 mg
Sucralose	13.320 mg
Tagatose	0.760 mg
Caffeine	289 mg
Phytic Acid	1123.566 mg
Oxalic Acid	400.045 mg
3-Methylhistidine	25.063 mg
Sucrose Polyester	0.000 g
Choline	362.630 mg
Betaine	227.221 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	85
Glycemic Load (glucose reference)	144
Glycemic Load (bread reference)	206
Nitrogen	17.867 g
Ash	23.767 g
Water	2934.187 g
Grams	3414.350 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

Main Folder

Page 5 of 6

Printed: 05/21/2020 19:30



NDSR 2020 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

User Nutrients

User Nutrient 17	0.000000 mg
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User Nutrient 18	0.000000 mg
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User Nutrient 19	0.000000 mg
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User Nutrient 20	0.000000 mg
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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.)

NDSR 2020 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Primary Energy Sources

Energy (kilocalories)	2450 kcal
Energy (kilojoules)	10252 kj
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

Main Folder

Page 1 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Fiber

Total Dietary Fiber	26.7 g
Soluble Dietary Fiber	10.5 g
Insoluble Dietary Fiber	15.9 g
Pectins	2.5 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)	4.4 mcg
Vitamin D2 (ergocalciferol)	0.0 mcg
Vitamin D3 (cholecalciferol)	4.4 mcg
Vitamin E (International Units)	16.0 IU
Vitamin E (Total Alpha-Tocopherol)	10.7 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	10.6 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.1 mg
Total Alpha-Tocopherol Equivalents	13.2 mg
Beta-Tocopherol	0.8 mg
Gamma-Tocopherol	20.5 mg
Delta-Tocopherol	5.7 mg
Vitamin K (phylloquinone)	329.3 mcg
Vitamin C (ascorbic acid)	88.6 mg
Thiamin (vitamin B1)	2.7 mg
Riboflavin (vitamin B2)	3.4 mg
Niacin (vitamin B3)	34.7 mg
Niacin Equivalents	55.5 mg
Pantothenic Acid	6.6 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.7 mg
Total Folate	824 mcg
Dietary Folate Equivalents	1161 mcg
Natural Folate (food folate)	344 mcg
Synthetic Folate (folic acid)	481 mcg
Vitamin B-12 (cobalamin)	7.3 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

Main Folder

Page 2 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Minerals

Calcium	1672 mg
Phosphorus	1709 mg
Magnesium	375 mg
Iron	23.2 mg
Zinc	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 (oleic 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
TRANS 16:1 (trans-hexadecenoic acid)	0.08 g
TRANS 18:1 (trans-octadecenoic acid)	2.54 g
TRANS 18:2 (trans-octadecadienoic acid)	0.42 g

Main Folder

Page 3 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

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

Daidzein	0.3 mg
Genistein	0.3 mg
Glycitein	0.1 mg
Coumestrol	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)

Erythritol	0.00 g
Inositol	0.26 g
Isomalt	0.00 g
Lactitol	0.00 g
Maltitol	6.00 g
Mannitol	0.39 g

Main Folder

Page 4 of 6

Printed: 05/21/2020 19:30

NDSR 2020 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

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

Main Folder

Page 5 of 6

Printed: 05/21/2020 19:30



NDSR 2020 Nutrient Totals Report (Simplified)

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.)

NDSR 2020 Nutrients Per Food Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SFA (g)	dfib (g)	g (g)
8:00a BREAKFAST HOME										
1. coffee, regular (caffeinated), made from ground	6	0.118	2.782	0.710	0.000	0	12	0.012	2.782	592.000
20 FO										
2. 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 FO										
Total For Meal	235	2.767	48.562	10.237	0.000	4	339	0.610	6.117	820.750
10:00a SNACK WORK										
3. 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	1	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	76	0.128	2.568	81.708
1 serving eaten										
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										

Main Folder

Page 1 of 5

Printed: 05/21/2020 19:33

NDSR 2020 Nutrients Per Food Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Components/Ingredients:

6.i1 chicken, breast, skin removed before cooking

1 medium - split

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

1 TB

6.i3 rolls, cracked wheat

1 large - 3 1/2" diameter

6.i4 tomato, raw

2 medium slice - 1/4" thick

7. raw veggies

1 servings made, 1 eaten

Components/Ingredients:

7.i1 broccoli, raw

3 flower

7.i2 cauliflower, raw

3 flower

7.i3 carrots, raw

Main Folder

Page 2 of 5

Printed: 05/21/2020 19:33

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SFA (g)	dfib (g)	g (g)
117	117	4.152	0.000	18.546	0.000	51	46	1.124	0.000	60.000
13	13	1.446	0.000	0.000	0.000	0	0	0.362	0.000	1.446
0	0	0.000	0.000	0.000	0.000	0	0	0.000	0.000	0.000
22	22	2.000	1.002	0.056	0.000	2	47	0.323	0.000	7.500
71	71	1.637	12.081	2.238	0.000	0	136	0.361	0.884	26.000
4	4	0.040	0.778	0.176	0.000	0	1	0.006	0.240	20.000
33	33	0.303	7.003	1.958	0.000	0	43	0.098	2.478	102.000
11	11	0.122	2.191	0.931	0.000	0	11	0.038	0.858	33.000
10	10	0.109	1.938	0.749	0.000	0	12	0.051	0.780	39.000
12	12	0.072	2.874	0.279	0.000	0	21	0.010	0.840	30.000

NDSR 2020 Nutrients Per Food Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

3 medium baby

Additions:

7.a1 dips, sour cream (seasoned), commercial, regular

9 TS

8. snacks, cheese balls, puffs or twists, Cheetos Crunchy

1 bag - single serving - each 1 OZ

Total For Meal

5:00p SNACK DELL/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

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

1 bar - each 4 FO

Total For Meal

7:00p DINNER/SUPPER

RESTAURANT/CAFETERIA/FAST FOOD

11. lasagna, from recipe, beef

1 rectangle 10cm length X 10cm width

Food Variables:

11.v1 1: hamburger or ground beef - unknown % fat

11.v2 1: lasagna noodles - white

Main Folder

Page 3 of 5

Printed: 05/21/2020 19:33

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SFA (g)	dfib (g)	g (g)
	81	7.245	2.115	1.845	0.000	15	315	4.055	0.144	45.000
	150	10.130	13.032	1.598	0.000	1	250	1.156	0.632	28.350
	477	25.508	36.012	26.417	0.000	69	854	7.122	4.378	644.050
	37	1.560	4.125	1.736	0.000	3	85	0.603	0.460	18.533
	170	9.226	22.580	2.537	0.000	3	70	7.466	0.740	74.000
	207	10.786	26.705	4.273	0.000	7	155	8.069	1.200	92.533
	501	22.070	40.818	34.542	0.000	84	1046	10.791	4.095	320.851
	123	8.112	0.000	11.707	0.000	40	41	3.085	0.000	44.545
	140	0.826	27.400	5.150	0.000	0	116	0.156	1.598	88.789

NDSR 2020 Nutrients Per Food Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SFA (g)	dfib (g)	g (g)
11.v3 1: cheese - ricotta cheese, unknown type	84	4.827	3.136	6.950	0.000	19	60	3.007	0.000	61.021
11.v4 1: cheese - Mozzarella cheese, unknown type	90	6.035	1.702	7.246	0.000	20	203	3.446	0.000	30.511
11.v5 1: salt - unknown if salt added	0	0.000	0.000	0.000	0.000	0	159	0.000	0.000	0.409
12. tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg	84	6.364	6.480	1.808	0.000	0	136	0.993	2.553	128.667
2 CP										
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	0.000	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
6 FO										
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										

Main Folder

Page 4 of 5

Printed: 05/21/2020 19:33



NDSR 2020 Nutrients Per Food Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SFA (g)	dfib (g)	g (g)
16. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Carrot Cake 1 cake - each 1 OZ	94	2.967	18.384	0.817	0.000	6	100	0.523	3.152	26.932
17. water - tap 1 QT, without ice	0	0.000	0.000	0.000	0.000	0	38	0.000	0.000	948.000
Total For Meal	94	2.967	18.384	0.817	0.000	6	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

Legend: a = addition; i = component/ingredient; v = variable; * = missing data; ? = 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 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.

NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1

Menu ID: MENU 1

Date of Menu: 04/08/2020

	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SEA (g)	dfib (g)
8:00a BREAKFAST HOME										
1. banana, fresh or ripe 1 medium - 7" to 7 7/8" long	118.000	105.020	3.103	1.053	0.389	26.951	1.286	1.180	0.132	3.068
2. cereal, ready-to-eat, Wheaties (General Mills) 1 CP	36.000	133.200	4.185	1.131	0.666	30.665	2.668	240.120	0.180	4.000
3. milk, skim, nonfat or fat free 4 FO	122.500	41.650	2.068	1.448	0.098	6.076	4.128	51.450	0.069	0.000
4. coffee, regular (caffeinated), made from ground 12 FO	355.200	3.552	16.740	1.674	0.071	1.669	0.426	7.104	0.007	1.669
12:00p LUNCH HOME										
5. wheat bread, whole wheat, regular, commercial 2 medium slice	72.000	181.440	12.500	2.579	2.520	30.751	8.964	327.600	0.520	4.320
6. turkey, deli style, regular, regular 60 G	60.000	63.811	31.976	9.236	2.262	1.327	8.888	538.889	0.653	0.009
7. 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 G	28.000	151.536	58.370	6.031	9.951	14.822	1.267	168.308	1.027	1.519
9. carrots, raw 120 G, edible portion	120.000	49.200	4.900	0.653	0.288	11.496	1.116	82.800	0.038	3.360
10. dressing for salads, ranch style, from bottle, regular 1 TB	14.688	63.156	93.223	14.576	6.542	0.867	0.194	132.334	1.023	0.000

Main Folder\Menu testing

Page 1 of 3

Printed: 06/09/2020 18:49

NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1

Menu ID: MENU 1

Date of Menu: 04/08/2020

	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SFA (g)	dfib (g)
11. apple, fresh, with skin 150 G, edible portion	150.000	78.000	2.736	0.451	0.255	20.715	0.390	1.500	0.042	3.600
12. milk, skim, nonfat or fat free 8 FO	245.000	83.300	2.068	1.448	0.196	12.152	8.257	102.900	0.137	0.000
6:00p DINNER/SUPPER HOME										
13. chicken, breast, skin removed before cooking 90 G, after cooking, edible portion	90.000	155.700	23.515	6.622	4.059	0.000	27.819	69.300	1.143	0.000
Food Variables: 13.v1 P: no fat or salt added										
14. rice, brown, regular cooking, cooked in unsalted water 3/4 CP, after cooking	151.500	186.345	6.601	1.769	1.470	38.754	4.151	6.060	0.394	2.424
Food Variables: 14.v1 P: no fat added										
15. green peas, cooked from fresh 1 CP, after cooking	160.000	134.400	2.192	0.389	0.352	25.008	8.576	4.800	0.062	8.800
Food Variables: 15.v1 P: no fat or salt added										
16. strawberries, fresh 150 G, edible portion	150.000	48.000	7.847	0.392	0.450	11.520	1.005	1.500	0.023	3.000
17. sugar, white granulated 10 G	10.000	38.700	0.000	0.000	0.000	9.998	0.000	0.100	0.000	0.000
18. milk, skim, nonfat or fat free 8 FO	245.000	83.300	2.068	1.448	0.196	12.152	8.257	102.900	0.137	0.000

Main Folder/Menu testing

Page 2 of 3

Printed: 06/09/2020 18:49

NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1

Menu ID: MENU 1

Date of Menu: 04/08/2020

8:00p SNACK HOME

- 19. popcorn, home popped, hot air popped
- 3 CP, after cooking

Food Variables:

19.v1 P: no fat or salt added

- 20. margarine, Shedd's Spread Country Crock - tub
- 10 G

- 21. soda pop or soft drink, Mountain Dew
- 12 FO, without ice

Nutrient Totals	2541.487	1957.326	19.670	3.611	43.339	312.246	90.945	2005.826	7.961	39.249
Target Amount		1800.000	30.000	10.000				1800.000		30.000
Amount Difference		157.326	-10.330	-6.389				205.826		9.249
Percent Difference		8.740	-34.433	-63.890				11.435		30.830

Legend: a = addition; i = component/ingredient; v = variable; * = missing data; ? = 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 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.



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic 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	22	31
1 1/4 CP				
Additions:				
2.a1 milk, skim, nonfat or fat free	37	53	3	5
6 FO (0.75 CP)				
Meal	60	85	25	36
10:00a SNACK WORK				
3. granola bars, Kudus - Snickers	56	80	8	12
1 bar - each 0.8 OZ				
Meal	56	80	8	12
11:00a SNACK WORK				
4. Old Time Apple Cake (Snack Cake 1)	55	79	21	31
1 serving eaten				
Meal	55	79	21	31

Main Folder
Page 1 of 6

Printed: 05/21/2020 19:36



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

12:30p LUNCH WORK

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

16 FO, with ice

6. chicken sandwich

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

Components/Ingredients:

6.i1 chicken, breast, skin removed before cooking

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

1 TB

6.i3 rolls, cracked wheat

1 large - 3 1/2" diameter (1.21 medium - 2 1/2" diameter)

6.i4 tomato, raw

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
5. soda pop or soft drink, Coke - diet, fountain	0	0	0	0
6. chicken sandwich	60	86	8	11
6.i1 chicken, breast, skin removed before cooking	0	0	0	0
6.i2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise	90	128	1	1
6.i3 rolls, cracked wheat	58	83	6	9
6.i4 tomato, raw	50	72	0	0

Main Folder
Page 2 of 6

Printed: 05/21/2020 19:36



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
2 medium slice - 1/4" thick (0.22 CP)				
7. raw veggies	44	63	2	3
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	1	1
3 flower (0.36 CP)				
7.i3 carrots, raw	37	53	1	1
3 medium baby (0.27 CP)				
Additions:				
7.a1 dips, sour cream (seasoned), commercial, regular	45	64	1	1
9 TS (3.00 TB)				
8. snacks, cheese balls, puffs or twists, Cheetos Crunchy	68	97	8	12
1 bag - single serving - each 1 OZ				
Meal	60	86	19	27
5:00p SNACK DELI/TAKE-OUT/STORE				

Main Folder
Page 3 of 6

Printed: 05/21/2020 19:36



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
9. pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat crust 1 rectangle 2" length X 2" width	51	73	2	3
10. ice cream bar, reduced fat and no sugar added (e.g. Klondike) 1 bar - each 4 FO	80	114	15	22
Meal	75	107	17	24
7:00p DINNER/SUPPER RESTAURANT/CAFETERIA/FAST FOOD				
11. lasagna, from recipe, beef 1 rectangle 10cm length X 10cm width	46	66	17	24
Food Variables:				
11.v1 I: hamburger or ground beef - unknown % fat				
11.v2 I: lasagna noodles - white				
11.v3 I: cheese - ricotta cheese, unknown type				
11.v4 I: cheese - Mozzarella cheese, unknown type				
11.v5 I: salt - unknown if salt added				
12. tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg 2 CP	63	91	2	4
Food Variables:				

Main Folder
Page 4 of 6

Printed: 05/21/2020 19:36



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
12.v1 I: 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"	60	86	20	28
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				
14. wine, merlot, red	56	80	3	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				
Meal	54	77	42	60
9:00p SNACK HOME				
16. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Carrot Cake	75	107	11	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



NDSR 2020 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
1 QT, without ice				
Meal	75	107	11	16
Day	59	85	144	206

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

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) eaten.

NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Life Stage Group: Females, Age 51-70 y

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			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			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 %	
Magnesium	375 mg	320 mg	117 %	
Manganese	5.3 mg			1.8 mg
Phosphorus	1709 mg	700 mg	244 %	
Selenium	162.1 mcg	55 mcg	295 %	
Zinc	21.6 mg	8 mg	269 %	
Potassium	3235 mg			2600 mg
Sodium	3592 mg			1500 mg
Total Fiber	26.7 g			21 g
Total Water	2.9 l			2.7 l

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).

NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Life Stage Group: Females, Age 51-70 y

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% 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.)

¹ Dietary Guidelines for Americans, 2015.

² Dietary 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).

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

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 4/22/2020

Nutrient	Amount Reported	Daily Value ¹	Percent Daily Value
Calories	2450 kcal		
Total Fat	94.9 g	78 g	122 %
Saturated Fat	35.0 g	20 g	175 %
Trans Fat	3.1 g		
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) ¹	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.

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
<u>Fruits, Total Servings</u>	0.000
<u>Vegetables, Total Servings</u>	5.959
Dark-green Vegetables	2.978
Deep-yellow Vegetables	0.492
Tomato	1.241
Other Starchy Vegetables	0.006
Other Vegetables	1.242
<u>Grains, Total Servings</u>	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
<u>Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings</u>	5.935
Beef	1.571
Lean Beef	2.203
Poultry	0.005
Lean Poultry	2.116
Cold Cuts and Sausage	0.040
<u>Dairy and Nondairy Alternatives, Total Servings</u>	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
<u>Fats, Total Servings</u>	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
<u>Sweets, Total Servings</u>	0.155
Sugar	0.155
Main Folder	



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
<u>Sweets, Total Servings</u>	0.155
<u>Beverages, Total Servings</u>	9.200
Artificially Sweetened Soft Drinks	1.500
Unsweetened Coffee	2.500
Unsweetened Water	4.000
Wine	1.200
<u>Miscellaneous Foods, Total Servings</u>	0.000

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

NDSR 2020 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

Main Folder

Page 1 of 4

Printed: 05/21/2020 19:38

NDSR 2020 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

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
Iodine	0.000 mcg
Iron	0.000 mg
Magnesium	0 mg

Main Folder

Page 2 of 4

Printed: 05/21/2020 19:38

NDSR 2020 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Minerals

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	0 mg
Vanadium	0.000 mcg
Zinc	69.600 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

Main Folder

Page 3 of 4

Printed: 05/21/2020 19:38

NDSR 2020 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

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.)

NDSR 2020 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

Main Folder

Page 1 of 4

Printed: 05/21/2020 19:39

NDSR 2020 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

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
Niacin (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

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
Fluoride	0.000 mcg
Iodine	125.000 mcg
Iron	6.667 mg
Magnesium	83 mg

Main Folder

Page 2 of 4

Printed: 05/21/2020 19:39

NDSR 2020 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

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
Sodium	0 mg
Vanadium	0.000 mcg
Zinc	82.100 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

Main Folder

Page 3 of 4

Printed: 05/21/2020 19:39

NDSR 2020 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

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	Y
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.)



NDSR 2020 DSAM User Product Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2020-001

Date of Entry: 04/24/2020

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/label

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

Main Folder

Page 1 of 1

Printed: 05/21/2020 19:40

NDSR 2020 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

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

Main Folder

Page 1 of 4

Printed: 05/21/2020 19:41

NDSR 2020 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2020-001

Date of Entry: 04/24/2020

Carbohydrates and Fiber

Glucose	0.000 g
Sucrose	0.000 g
Total Dietary Fiber	1.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g

Vitamins

Total Vitamin A Activity (International Units)	0 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)	0.000 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)	0.000 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	0.000 mg
Fluoride	0.000 mcg
Iodine	0.000 mcg

Main Folder

Page 2 of 4

Printed: 05/21/2020 19:41

NDSR 2020 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

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

Other

Betaine	0.000 mg
Choline	0.000 mg
Caffeine	0 mg

Main Folder

Page 3 of 4

Printed: 05/21/2020 19:41

NDSR 2020 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

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 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.)

NDSR 2020 Record List for Averaged Nutrient Totals Report

Project Name: WH2018

Project Abbreviation: WH2018

(Complete Project) Comment:

DSAM: 24-hour and 30 days

Record Type: Recall

Records in Project: 4

Participant ID	Date of Intake	Day	Date of Entry	Participant Name	Date of Birth	Gender	Life Stage Group	Interviewer ID	Visit Number	Site ID	Entered On Database
AB001	05/25/2018	Fri	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015
AB001	05/27/2018	Sun	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015
AB001	05/29/2018	Tue	06/01/2015		10/10/1986	F	Females, age 31-50 y	64	1		2015
AB001	05/31/2018	Thu	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015

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

NDSR 2020 Averaged Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

Primary Energy Sources

Energy (kilocalories)	1856 kcal
Energy (kilojoules)	7767 kj
Total Fat	63.775 g
Total Carbohydrate	239.693 g
Available Carbohydrate	218.010 g
Total Protein	92.054 g
Animal Protein	66.962 g
Vegetable Protein	25.092 g
Gluten	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

Cholesterol	291 mg
Solid Fats	30.889 g
Total Saturated Fatty Acids (SFA)	24.582 g
Total Monounsaturated Fatty Acids (MUFA)	21.165 g
Total Polyunsaturated Fatty Acids (PUFA)	12.466 g
Total 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	10.401 g
% Calories from SFA	11.676 %
% Calories from MUFA	10.021 %
% Calories from PUFA	5.893 %
Polyunsaturated to Saturated Fat Ratio	0.507
Cholesterol to Saturated Fatty Acid Index	39.366

Carbohydrates

Total Sugars	106.048 g
Fructose	26.724 g
Galactose	0.262 g
Glucose	24.809 g
Lactose	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

Total Dietary Fiber	21.488 g
Soluble Dietary Fiber	5.487 g
Insoluble Dietary Fiber	15.989 g
Pectins	3.234 g

Main Folder

Page 1 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

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 (ergocalciferol)	0.005 mcg
Vitamin 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 dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	8.623 mg
Beta-Tocopherol	0.472 mg
Gamma-Tocopherol	8.886 mg
Delta-Tocopherol	1.685 mg
Vitamin K (phylloquinone)	140.621 mcg
Vitamin C (ascorbic acid)	138.488 mg
Thiamin (vitamin B1)	1.933 mg
Riboflavin (vitamin B2)	2.456 mg
Niacin (vitamin B3)	26.358 mg
Niacin Equivalents	45.161 mg
Pantothenic Acid	5.956 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	2.507 mg
Total Folate	529 mcg
Dietary Folate Equivalents	708 mcg
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 mcg
Alpha-Carotene (provitamin A carotenoid)	896 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	59 mcg
Lutein + Zeaxanthin	2240 mcg
Lycopene	5983 mcg

Minerals

Calcium	1355 mg
Phosphorus	1537 mg
Magnesium	321 mg
Iron	15.741 mg
Zinc	13.070 mg
Copper	1.139 mg
Manganese	4.245 mg
Selenium	113.946 mcg
Sodium	2925 mg
Potassium	3316 mg

Main Folder

Page 2 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

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 18:0 (stearic acid)	5.401 g
SFA 20:0 (arachidic acid)	0.137 g
SFA 22:0 (behenic acid)	0.094 g
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 (erucic 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
TRANS 16:1 (trans-hexadecenoic acid)	0.031 g
TRANS 18:1 (trans-octadecenoic acid)	1.527 g
TRANS 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

Main Folder

Page 3 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

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

Daidzein	0.092 mg
Genistein	0.064 mg
Glycitein	0.012 mg
Coumestrol	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

Page 4 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report

Project Abbreviation: WH2018 (Complete Project)

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

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.)

NDSR 2020 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: WH2018 (Complete Project)

Comment:

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 %
% Calories from Alcohol	0.0 %

Fat and Cholesterol

Cholesterol	291 mg
Solid Fats	30.9 g
Total Saturated Fatty Acids (SFA)	24.6 g
Total Monounsaturated Fatty Acids (MUFA)	21.2 g
Total Polyunsaturated Fatty Acids (PUFA)	12.5 g
Total 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	10.4 g
% Calories from SFA	11.7 %
% Calories from MUFA	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
Pectins	3.2 g

Main Folder

Page 1 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: WH2018 (Complete Project)

Comment:

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)	8.7 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
Gamma-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)	256 mcg
Vitamin B-12 (cobalamin)	5.8 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	3897 mcg
Alpha-Carotene (provitamin A carotenoid)	896 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	59 mcg
Lutein + Zeaxanthin	2240 mcg
Lycopene	5983 mcg

Minerals

Calcium	1355 mg
Phosphorus	1537 mg
Magnesium	321 mg
Iron	15.7 mg
Zinc	13.1 mg
Copper	1.1 mg
Manganese	4.2 mg
Selenium	113.9 mcg
Sodium	2925 mg
Potassium	3316 mg

Main Folder

Page 2 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: WH2018 (Complete Project)

Comment:

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
TRANS 16:1 (trans-hexadecenoic acid)	0.03 g
TRANS 18:1 (trans-octadecenoic acid)	1.53 g
TRANS 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	7.30 g
Lysine	6.44 g
Methionine	2.13 g
Cystine	1.12 g
Phenylalanine	4.06 g
Tyrosine	3.33 g
Valine	4.77 g
Arginine	4.70 g
Histidine	2.71 g
Alanine	4.26 g

Main Folder

Page 3 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: WH2018 (Complete Project)

Comment:

Amino Acids

Aspartic Acid	8.21 g
Glutamic 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
Coumestrol	0.1 mg
Biochanin A	0.0 mg
Formononetin	0.0 mg
Total Lignans	430.10 mcg
Secoisolariciresinol	83.34 mcg
Matairesinol	26.15 mcg
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
Glycemic Load (glucose reference)	129
Glycemic Load (bread reference)	184
Nitrogen	14.8 g

Main Folder

Page 4 of 5

Printed: 05/21/2020 19:42

NDSR 2020 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: WH2018 (Complete Project)

Comment:

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

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.)

NDSR 2020 Averaged Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: WH2018

(Complete Project) Comment:

Life Stage Group: Females, Age 31-50 y

Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	910 mcg RAE	700 mcg RAE	130 %	
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 %	
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 %	
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	1.8 l			2.7 l

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).

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		
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 %	
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.)

¹ Dietary Guidelines for Americans, 2015.

² Dietary 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).

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

Project Abbreviation: WH2018 (Complete Project)

Comment:

Nutrient	Amount Reported	Daily Value ⁴	Percent Daily Value
Calories	1856 kcal		
Total Fat	63.8 g	78 g	82 %
Saturated Fat	24.6 g	20 g	123 %
Trans Fat	1.8 g		
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) ¹	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 mcg	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.

NDSR 2020 Averaged Food Group Serving Count System Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

Food Group/Subgroup	Servings
<u>Fruits, Total Servings</u>	3.637
Citrus Juice	1.125
Fruit excluding Citrus Fruit	2.290
Avocado and Similar	0.222
<u>Vegetables, Total Servings</u>	2.837
Dark-green Vegetables	1.106
Deep-yellow Vegetables	0.390
Tomato	0.641
White Potatoes	0.250
Other Vegetables	0.450
<u>Grains, Total Servings</u>	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
<u>Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings</u>	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
<u>Dairy and Nondairy Alternatives, Total Servings</u>	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
<u>Fats, Total Servings</u>	2.711
Oil	0.169
Butter and Other Animal Fats - Regular	1.313
Salad Dressing - Regular	0.475
Vegetable-based Savory Snack	0.250

Main Folder

Page 1 of 2

Printed: 05/21/2020 19:44



NDSR 2020 Averaged Food Group Serving Count System Totals Report

Project Abbreviation: WH2018 (Complete Project)

Comment:

Food Group/Subgroup	Servings
<u>Fats, Total Servings</u>	2.711
Cream - Reduced Fat	0.504
<u>Sweets, Total Servings</u>	0.420
Sugar	0.420
<u>Beverages, Total Servings</u>	2.688
Sweetened Tea	0.500
Unsweetened Water	2.188
<u>Miscellaneous Foods, Total Servings</u>	0.741
Sauces and Condiments - Reduced Fat	0.741

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

NDSR 2020 Averaged DSAM 24-hour Nutrient Totals Report

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

Main Folder

Page 1 of 4

Printed: 05/21/2020 19:45

NDSR 2020 Averaged DSAM 24-hour Nutrient Totals Report

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)	2625 IU
Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	0 mcg
Retinol	0 mcg
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
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
Calcium	150 mg
Chromium	24.000 mcg
Copper	0.375 mg
Fluoride	0.000 mcg
Iodine	112.500 mcg
Iron	73.500 mg
Magnesium	75 mg
Manganese	1.350 mg
Molybdenum	37.500 mcg

Main Folder

Page 2 of 4

Printed: 05/21/2020 19:45

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
Zinc	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

Main Folder

Page 3 of 4

Printed: 05/21/2020 19:45

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

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.)

NDSR 2020 Averaged DSAM 30-day Nutrient Totals Report

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

Main Folder

Page 1 of 4

Printed: 05/21/2020 19:45

NDSR 2020 Averaged DSAM 30-day Nutrient Totals Report

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
Retinol	0 mcg
Vitamin D (calciferol)	14.667 mcg
Vitamin E (International Units)	25.667 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)	36.667 mcg
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

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	147 mg
Chromium	23.467 mcg
Copper	0.367 mg
Fluoride	0.000 mcg
Iodine	110.000 mcg
Iron	73.200 mg
Magnesium	73 mg
Manganese	1.320 mg
Molybdenum	36.667 mcg

Main Folder

Page 2 of 4

Printed: 05/21/2020 19:45

NDSR 2020 Averaged DSAM 30-day Nutrient Totals Report

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

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

Main Folder

Page 3 of 4

Printed: 05/21/2020 19:45

NDSR 2020 Averaged DSAM 30-day 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

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.)

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 will be included in the Project List Report		
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.		



NDSR 2020 Record List Report

Project Name: WH2018

Project Abbreviation: WH2018

DSAM: 24-hour and 30 days

Record Type: Recall

Records in Project: 4

Participant ID	Date of Intake	Day	Date of Entry	Participant Name	Date of Birth	Gender	Life Stage Group	Interviewer ID	Visit Number	Site ID	Entered On Database
AB001	05/25/2018	Fri	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015
AB001	05/27/2018	Sun	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015
AB001	05/29/2018	Tue	06/01/2015		10/10/1986	F	Females, age 31-50 y	64	1		2015
AB001	05/31/2018	Thu	06/01/2015		10/10/1986	F	Females, age 19-30 y	64	1		2015

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

NDSR 2020 Food Ingredients Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 04/22/2020

Food Name	Total Gram Amount of Food	Total energy (kcal)	Total fat (g)	Total CHO (g)	Total protein (g)	Total Na (mg)
lasagna, from recipe, beef	320.851	501	22.070	40.818	34.542	1046
Food Ingredients	Gram Amount of Ingredient	energy (kcal)	fat (g)	CHO (g)	protein (g)	Na (mg)
beef, hamburger or ground beef, unknown % fat		123	8.112	0.000	11.707	41
beef, hamburger or ground beef, 25% fat (75% lean meat)	44.545	123	8.112	0.000	11.707	41
vegetables, onion, white, yellow or red, cooked	12.646	6	0.024	1.284	0.172	0
vegetables, garlic, fresh	0.404	1	0.002	0.133	0.026	0
spices, parsley (dried)	0.646	2	0.035	0.327	0.172	3
sweeteners, sugar, white granulated	0.561	2	0.000	0.560	0.008	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	14	0.172	3.038	0.686	271
grains, pasta or noodles, 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	60
cheese, Parmesan cheese, dry (grated), regular	6.726	28	1.873	0.936	1.912	121
spices, oregano, dried	0.202	1	0.009	0.139	0.018	0
cheese, Mozzarella cheese, unknown type		90	6.035	1.702	7.246	203
cheese, Mozzarella cheese, part skim milk, regular	30.511	90	6.035	1.702	7.246	203
spices, salt, regular	0.409	0	0.000	0.000	0.008	159



NDSR 2020 Missing Product Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 04/22/2020

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
1	VITAMIN A	14320	IU
2	VITAMIN C (ASCORBIC ACID)	226	mg
3	VITAMIN E	200	IU
4	ZINC	34.8	mg
5	COPPER	.8	mg

NDSR 2020 Product Detail Report

Product name: CENTRUM SILVER WOMEN 50+

Serving size: 1 Tablet

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 (PHYLLIOQUINONE)	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
IODINE	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



NDSR 2020 Record Search Report

Project:

Abbreviation Starts With:

Record Type:

Name includes:

Dietary Supplement Assessment Module:

Record:

Record ID:

Date of Intake From:

Date of Entry From:

Status:

Interviewer ID:

Visit Number:

Site ID:

Contains Food: old time apple cake

Contains DSAM Product:

Recycle Bin Excluded From Search Results.

Folder	Abbreviation	Record Type	DSAM	Project Name	Record ID	Date of Intake	Date of Entry	Version
Main Folder	Tutorial	Recall	30d	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

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