Appendix 17

Sample Reports

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

Record Reports

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

Project Reports

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

Other Reports

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



NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 4/22/2020

Header Information

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

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

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

Header Data Field 4:

Header Data Field 5:

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

Trailer Information

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NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial

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

Trailer Data Field 2:

Trailer Data Field 3:

Trailer Notes:

Collection Information

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

Project Information

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

Selected Nutrients

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



NDSR 2020 Record Properties Report

Project Abbreviation: Tutorial

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

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

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

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Project Abbreviation: Tutorial Participant ID: 123456789abc

8:00a BREAKFAST HOME

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

20 FO

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

1 1/4 CP

Additions:

2.a1 milk, skim, nonfat or fat free

6 FO (0.75 CP)

10:00a SNACK WORK

3. granola bars, Kudos - Snickers

1 bar - each 0.8 OZ

11:00a SNACK WORK

4. Old Time Apple Cake (Snack Cake 1)

I serving eaten (serving = I piece)

12:30p LUNCH WORK

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

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

6. chicken sandwich

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

Note: saving 1/2 for tomorrow's lunch

Components/Ingredients:

6.i1 chicken, breast, skin removed before cooking

1 medium - split (4.23 OZ)

Ingredient Variables:

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



Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

Main Folder Page 2 of 4



Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

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

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

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

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

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

1 bar - each 4 FO

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

11. lasagna, from recipe, beef

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

Food Variables:

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

2 CP

Food Variables:

12.v1 1: salad greens - mixed greens

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

13. garlic bread, with "butter"

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

Food Variables:

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

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Project Abbreviation: Tutorial Participant ID: 123456789abc

14. wine, merlot, red

6 FO

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

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

Food Variables:

15.v1 P: unknown preparation

9:00p SNACK HOME

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

1 cake - each 1 OZ

17. water - tap

1 QT, without ice (32.00 FO)

Pfl Note: consumed throught the day

[End of Record]

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

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Printed: 05/21/2020 19:28

Date of Intake: 04/22/2020



NDSR 2020 Quick List Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

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

Main Folder Page 1 of 1



NDSR 2020 Dietary Supplements Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

Date of Intake: 04/22/2020

1. CENTRUM SILVER WOMEN 50+

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

Label seen: No

Taken for: 5 Years

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

Note: ran out last week, threw away the bottle

2. Macuvite Eye Care (2020-002)

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

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

Label seen: Yes

Taken for: 3 Years

Why taken: Eye doctor recommended to prevent macular degeneration

3. DEFAULT ECHINACEA

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

Label seen: No

Taken for: 5 Years

Why taken: For immune support

[End of Record]

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

Main Folder Page 1 of 1



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

Main Folder Page 1 of 6



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

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



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

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

Main Folder Page 6 of 6



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

Main Folder

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

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| Participant ID: 123456789abc | Date of Intake: 04/22/2020 |
|--|--|
| Minerals | |
| Calcium | 1672 mg |
| Phosphorus | 1709 mg |
| Magnesium | 375 mg |
| iron | 23.2 mg |
| Zine | 21.6 mg |
| Copper | 1.3 mg |
| Manganese | 5.3 mg |
| Selenium | 162.1 mcg |
| Sodium | 3592 mg |
| Potassium | 3235 mg |
| Fatty Acids | |
| SFA 4:0 (butyric acid) | 0.59 g |
| SFA 6:0 (caproic acid) | 0.36 g |
| SFA 8:0 (caprylic acid) | 0.80 g |
| SFA 10:0 (capric acid) | 0.98 g |
| SFA 12:0 (lauric acid) | 4.19 g |
| SFA 14:0 (myristic acid) | 4.00 g |
| SFA 16:0 (palmitic acid) | 16.08 g |
| SFA 17:0 (margaric acid) | 0.14 g |
| SFA 18:0 (stearic acid) | 7.22 g |
| SFA 20:0 (arachidic acid) | 0.13 g |
| SFA 22:0 (behenic acid) | 0.08 g |
| MUFA 14:1 (myristoleic acid) | 0.19 g |
| MUFA 16:1 (palmitoleic acid) | 1.15 g |
| MUFA 18:1 (olcic acid) | 27.03 g |
| MUFA 20:1 (gadoleic acid) | 0.19 g |
| MUFA 22:1 (erucic acid) | 0.01 g |
| PUFA 18:2 (linoleic acid, undifferentiated) | 19.54 g |
| PUFA 18:2 n-6 (linoleic acid [LA]) | 18.40 g |
| PUFA 18:3 (linolenic acid, undifferentiated) | 2.21 g |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | 2.16 g |
| PUFA 18:3 n-6 (gamma-linolenic acid [GLA]) | 0,02 g |
| PUFA 18:4 (parinaric acid) | 0.00 g |
| PUFA 20:4 (arachidonic acid, undifferentiated) | 0.10 g |
| PUFA 20:4 n-6 (arachidonic acid [AA]) | 0.09 g |
| PUFA 20:5 n-3 (eicosapentaenoic acid [EPA]) | 0.01 g |
| PUFA 22:5 n-3 (docosapentaenoic acid [DPA]) | 0.03 g |
| PUFA 22:6 n-3 (docosahexaenoic acid [DHA]) | 0.02 g |
| FRANS 16:1 (trans-hexadecenoic acid) | 0.08 g |
| FRANS 18:1 (trans-octadecenoic acid) | 2.54 g |
| TRANS 18:2 (trans-octadecadienoic acid) | 0.42 g |
| Main Folder | |
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| Participant ID: 123456789abc | Date of Intake: 04/22/2020 |
|------------------------------|----------------------------|
| Fatty Acids | |
| CLA cis-9, trans-11 | 0.15 g |
| CLA trans-10, cis-12 | 0.03 g |
| Amino Acids | |
| Tryptophan | 1.25 g |
| Threonine | 4.29 g |
| Isoleucine | 5.05 g |
| Leucine | 8.75 g |
| Lysine | 7.61 g |
| Methionine | 2.50 g |
| Cystine | 1.47 g |
| Phenylalanine | 4.85 g |
| Tyrosine | 3.79 g |
| Valine | 5.68 g |
| Arginine | 5.71 g |
| Histidine | 3.14 g |
| Alanine | 5.25 g |
| Aspartic Acid | 9.11 g |
| Glutamic Acid | 22.36 g |
| Glycine | 4.79 g |
| Proline | 7.80 g |
| Serine | 4.72 g |
| Isoflavones and Similar | E. |
| Daidzein | 0.3 mg |
| Genistein | 0.3 mg |
| Glycitein | 0.1 mg |
| Cournestrol | 0.1 mg |
| Biochanin A | 0.0 mg |
| Formononetin | 0.0 mg |
| Total Lignans | 553.26 mcg |
| Secoisolariciresinol | 136.81 mcg |
| Matairesinol | 43.31 mcg |
| Lariciresinol | 243.07 mcg |
| Pinoresinol | 131.58 mcg |
| Sugar Alcohols (polyols) | A. |
| Erythritol | 0.00 g |
| Inositol | 0.26 g |
| Isomalt | 0.00 g |
| Lactitol | 0.00 g |
| Maltitol | 6.00 g |
| Mannitol | 0.39 g |
| Main Folder | |
| | |

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| Participant ID: 123456789abc | Date of Intake: 04/22/2020 |
|------------------------------------|----------------------------|
| Sugar Alcohols (polyols) | |
| Pinitol | 0.00 g |
| Sorbitol | 0.10 g |
| Xylitol | 0.05 g |
| Other | |
| Acesulfame Potassium | 13.3 mg |
| Aspartame | 47.8 mg |
| Saccharin | 70.5 mg |
| Sucralose | 13.3 mg |
| Tagatose | 0.8 mg |
| Caffeine | 289.0 mg |
| Phytic Acid | 1123.6 mg |
| Oxalic Acid | 400.0 mg |
| 3-Methylhistidine | 25.1 mg |
| Sucrose Polyester | 0.0 g |
| Choline | 362.6 mg |
| Betaine | 227.2 mg |
| Glycemic Index (glucose reference) | 59 |
| Glycemic Index (bread reference) | 85 |
| Glycemic Load (glucose reference) | 144 |
| Glycemic Load (bread reference) | 206 |
| Nitrogen | 17.9 g |
| Ash | 23.8 g |
| Water | 2934 g |
| Grams | 3414 g |
| User Nutrients | |
| User Nutrient 1 | 0.000000 mg |
| User Nutrient 2 | 0.000000 mg |
| User Nutrient 3 | 0.000000 mg |
| User Nutrient 4 | 0.000000 mg |
| User Nutrient 5 | 0.000000 mg |
| User Nutrient 6 | 0.000000 mg |
| User Nutrient 7 | 0.000000 mg |
| User Nutrient 8 | 0.000000 mg |
| User Nutrient 9 | 0.000000 mg |
| User Nutrient 10 | 0.000000 mg |
| User Nutrient 11 | 0.000000 mg |
| User Nutrient 12 | 0.000000 mg |
| User Nutrient 13 | 0.000000 mg |
| User Nutrient 14 | 0.000000 mg |
| User Nutrient 15 | 0.000000 mg |
| User Nutrient 16 | 0.000000 mg |
| | oronono Ing |
| Main Folder | |
| Page 5 of 6 | Printed: 05/21/2020 19:3 |



| 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.)

Main Folder Page 6 of 6

| Vitros | R | ALL D |
|----------|---|-----------|
| Minne | S | Dir. Malt |
| SUT 01 | 0 | Shi mi |
| (horves) | Z | A LOT OF |

Project Abbreviation: Tutorial

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

| Vitros | a | and the second |
|--------|---|----------------|
| MITTER | S | a number of |
| 0110 | 0 | ALC: N |
| IVERS | - | |

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

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

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

| VLOS | N | and a |
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| MITTER | S | In route |
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Project Abbreviation: Tutorial Participant ID: 123456789abo

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



Project Abbreviation: Tutorial

| NOBCO / NOLOT T - AL undanim I | | | | | | | 5 | 17410 11114VC: 04/ 22/ 2020 | 27/LO . | 12020 |
|--|------------------------|---------------|--|------------|------------|------|------|-----------------------------|---------|----------|
| | energy | fat | CHO | protein | alcohol | chol | Na | SFA | dfib | 50 |
| | (kcal) | (a) | (ĝ) | (g) | (ŝ) | (Bm) | (gm) | (g) | (ĝ) | (B) |
| 16. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Carrot Cake | 94 | 2.967 | 18.384 | 0.817 | 0.000 | 9 | 100 | 0.523 | 3,152 | 26.932 |
| 1 cake - each 1 OZ | | | | | | | | | | |
| 17. water - tap | 0 | 0.000 | 0.000 | 0.000 | 0.000 | 0 | 38 | 0.000 | 0.000 | 948.000 |
| 1 QT, without ice | | | | | | | | | | |
| Total For Meal | 94 | 2.967 | 18.384 | 0.817 | 0.000 | 9 | 138 | 0.523 | 3.152 | 974.932 |
| Total For Day | 2450 | 94.946 | 273,421 | 110.328 | 18.698 | 226 | 3592 | 35.029 | 26.667 | 3414.350 |
| Levend: $a = addition: i = communications realisat: v = variable: ^{\phi} = n$ | which $le^{-\phi} = n$ | ofecting data | ceine data: 2 = inconvolute: M = missime food | doto M = m | exime food | | | | | |

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

Main Folder Page 5 of 5



NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1 Menu ID: MENU 1

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

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Main Folder/Menu testing Page 1 of 3

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NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1

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

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| MINSE | S | NUMBER OF STREET |
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| NIVERS | 7 | The second |

NDSR 2020 Menu Planner Report

Project Abbreviation: Menu1 Menu ID: MENU 1

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

Main Folder/Menu testing Page 3 of 3

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

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

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| Tutorial | OCC- |
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| iation: | FCCF |
| Abbrev | TD. |
| Project. | Destruction |

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

Main Folder Page 2 of 6

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

Date of Intake: 04/22/2020

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

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Participant ID: 123456789abc Project Abbreviation: Tutorial

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

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



Participant ID: 123456789abc Project Abbreviation: Tutorial

Date of Intake: 04/22/2020

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

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

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NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

375 mg

5.3 mg

1709 mg

162.1 mcg

21.6 mg

3235 mg

3592 mg 26.7 g

2.91

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

320 mg

700 mg

55 mcg

8 mg

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

Main Folder Page 1 of 2

Magnesium

Manganese

Phosphorus

Selenium

Potassium

Total Fiber Total Water

Sodium

Zinc

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1.8 mg

2600 mg

1500 mg

21 g

2.71

117%

244 % 295 %

269 %



NDSR 2020 Recommended Dietary Allowances/Adequate Intake Report

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

Date of Intake: 04/22/2020

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

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

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

Main Folder Page 2 of 2



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

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

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

¹ RAE = Retinol Activity Equivalents

² NE = Niacin Equivalents

³ DFE = Dietary Folate Equivalents

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

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NDSR 2020 Food Group Serving Count System Totals Report

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

| Food Group/Subgroup | Servings |
|--|---------------------------|
| Fruits, Total Servings | 0.000 |
| Vegetables, Total Servings | 5.959 |
| Dark-green Vegetables | 2.978 |
| Deep-yellow Vegetables | 0.492 |
| Tomato | 1.241 |
| Other Starchy Vegetables | 0.006 |
| Other Vegetables | 1.242 |
| Grains, Total Servings | 9.001 |
| Grains, Flour and Dry Mixes - Whole Grain | 0.133 |
| Grains, Flour and Dry Mixes - Refined Grain | 0.140 |
| Loaf-type Bread and Plain Rolls - Some Whole Grain | 0.929 |
| Loaf-type Bread and Plain Rolls - Refined Grain | 2.007 |
| Pasta - Refined Grain | 1.268 |
| Ready-to-eat Cereal (presweetened) - Whole Grain | 1.587 |
| Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Whole Grain | 1.000 |
| Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain | 0.337 |
| Snack Bars - Some Whole Grain | 0.600 |
| Snack Chips - Refined Grain | 1.000 |
| Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings | 5,935 |
| Beef | 1.571 |
| Lean Beef | 2.203 |
| Poultry | 0.005 |
| Lean Poultry | 2.116 |
| Cold Cuts and Sausage | 0.040 |
| Dairy and Nondairy Alternatives, Total Servings | 3.072 |
| Milk - Low Fat and Fat Free | 0.750 |
| Cheese - Full Fat | 0.158 |
| Cheese - Reduced Fat | 1.293 |
| Frozen Dairy Dessert | 0.871 |
| Fats, Total Servings | 6.894 |
| Margarine - Reduced Fat | 3,597 |
| Oil | 0.085 |
| Shortening | 0.691 |
| Salad Dressing - Regular | 0.521 |
| Salad Dressing - Reduced Fat/Reduced Calorie/Fat Free | 0.500 |
| Cream | 1.500 |
| Sweets, Total Servings | 0.155 |
| Sugar | 0.155 |
| Main Folder | |
| Page 1 of 2 | Printed: 05/21/2020 19:3 |
| THE TOTAL | FTHREAL 0072 (12020) 1975 |



NDSR 2020 Food Group Serving Count System Totals Report

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

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

Main Folder Page 2 of 2



| Participant ID: 123456789abc | Date of Intake: 04/22/202 |
|--|---------------------------|
| Primary Energy Sources | |
| Energy (kilocalories) | 0 kcal |
| Total Protein | 0.000 g |
| Fotal Fat | 0.000 g |
| Fotal Carbohydrate | 0.000 g |
| Fat, Cholesterol and Fatty Acids | |
| Total Saturated Fatty Acids (SFA) | 0.000 g |
| Fotal Monounsaturated Fatty Acids (MUFA) | 0.000 g |
| fotal Polyunsaturated Fatty Acids (PUFA) | 0.000 g |
| Total Trans-Fatty Acids (TRANS) | 0.000 g |
| Fotal Conjugated Linoleic Acid (CLA 18:2) | 0.000 g |
| Omega-3 Fatty Acids in Supplements | 0.000 mg |
| Omega-6 Fatty Acids in Supplements | 0.000 mg |
| Cholesterol | 0 mg |
| SFA 8:0 (caprylic acid) | 0.000 g |
| SFA 10:0 (capric acid) | 0.000 g |
| SFA 12:0 (lauric acid) | 0.000 g |
| SFA 14:0 (myristic acid) | 0.000 g |
| SFA 16:0 (palmitic acid) | 0.000 g |
| SFA 18:0 (stearic acid) | 0.000 g |
| SFA 20:0 (arachidic acid) | 0.000 g |
| SFA 22:0 (behenic acid) | 0.000 g |
| MUFA 14:1 (myristoleic acid) | 0,000 g |
| MUFA 16:1 (palmitoleic acid) | 0.000 g |
| MUFA 18:1 (oleic acid) | 0.000 g |
| MUFA 20:1 (gadoleic acid) | 0.000 g |
| PUFA 18:2 (linoleic acid, undifferentiated) | 0.000 g |
| PUFA 18:2 n-6 (linoleic acid [LA]) | 0.000 g |
| PUFA 18:3 (linolenic acid, undifferentiated) | 0.000 g |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | 0.000 g |
| PUFA 18:3 n-6 (gamma-linolenic acid [GLA]) | 0.000 g |
| PUFA 20:4 (arachidonic acid, undifferentiated) | 0.000 g |
| PUFA 20:5 n-3 (eicosapentaenoic acid [EPA]) | 0.000 g |
| PUFA 22:5 n-3 (docosapentaenoic acid [DPA]) | 0.000 g |
| PUFA 22:6 n-3 (docosahexaenoic acid [DHA]) | 0.000 g |
| CLA cis-9, trans-11 | 0.000 g |
| CLA trans-10, cis-12 | 0.000 g |
| Carbohydrates and Fiber | |
| Total Sugars | 0.000 g |
| Added Sugars (by Total Sugars) | 0.000 g |
| Fructose | 0.000 g |
| Glucose | 0.000 g |
| | 12/14/14/1378 |
| Main Daldar | |

Main Folder Page 1 of 4



| Participant ID: 123456789abc | Date of Intake:04/22/2020 |
|--|---------------------------|
| Carbohydrates and Fiber | |
| Sucrose | 0.000 g |
| Total Dietary Fiber | 0.000 g |
| Soluble Dietary Fiber | 0.000 g |
| Insoluble Dietary Fiber | 0.000 g |
| Vitamins | |
| Total Vitamin A Activity (International Units) | 28640 IU |
| Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements | 0 mcg |
| Retinol | 0 mcg |
| Vitamin D (calciferol) | 0.000 mcg |
| Vitamin E (International Units) | 400.000 IU |
| Vitamin E (Total Alpha-Tocopherol) | 0.000 mg |
| Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol) | 0.000 mg |
| Beta-Tocopherol | 0.000 mg |
| Delta-Tocopherol | 0.000 mg |
| Gamma-Tocopherol | 0.000 mg |
| Vitamin K (phylloquinone) | 0.000 mcg |
| Vitamin C (ascorbic acid) | 452.000 mg |
| Thiamin (vitamin B1) | 0.000 mg |
| Riboflavin (vitamin B2) | 0.000 mg |
| Niacin (vitamin B3) | 0.000 mg |
| Pantothenic Acid | 0.000 mg |
| Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) | 0.000 mg |
| Dietary Folate Equivalents in Supplements | 0 mcg |
| Synthetic Folate (folic acid) | 0 mcg |
| Vitamin B-12 (cobalamin) | 0.000 mcg |
| Biotin | 0.000 mcg |
| Carotenoids | |
| Beta-Carotene (provitamin A carotenoid) | 0 mcg |
| Alpha-Carotene (provitamin A carotenoid) | 0 mcg |
| Beta-Cryptoxanthin (provitamin A carotenoid) | 0 mcg |
| Lutein and/or Zeaxanthin | 0 mcg |
| Lycopene | 0 mcg |
| Minerals | ÷ |
| Boron | 0.000 mcg |
| Calcium | 0 mg |
| Chromium | 0.000 mcg |
| Copper | 1.600 mg |
| Fluoride | 0.000 mcg |
| lodine | 0.000 mcg |
| ron | 0.000 mg |
| Magnesium | 0 mg |
| Main Folder | - |
| Page 2 of 4 | Printed: 05/21/2020 19:3 |
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| Participant ID: 123456789abc | Date of Intake:04/22/2020 | |
|------------------------------|---------------------------|--|
| Minerals | | |
| Manganese | 0.000 mg | |
| Molybdenum | 0.000 mcg | |
| vickel | 0.000 mcg | |
| Phosphorus | 0 mg | |
| Potassium | 0 mg | |
| Selenium | 0.000 mcg | |
| Silicon | 0.000 mg | |
| šodium | 0 mg | |
| √anadium | 0.000 mcg | |
| Zine | 69.600 mg | |
| Amino Acids | | |
| Fryptophan | 0.000 g | |
| Threonine | 0.000 g | |
| soleucine | 0.000 g | |
| eucine | 0.000 g | |
| ysine | 0.000 g | |
| Methionine | 0.000 g | |
| Cystine | 0.000 g | |
| henylalanine | 0.000 g | |
| fyrosine | 0.000 g | |
| Valine | 0.000 g | |
| Arginine | 0.000 g | |
| Tistidine | 0.000 g | |
| Alanine | 0.000 g | |
| Aspartic Acid | 0.000 g | |
| Ilutamic Acid | 0.000 g | |
| Ilycine | 0.000 g | |
| Proline | 0.000 g | |
| Serine | 0.000 g | |
| soflavones and Similar | | |
| Daidzein | 0.000 mg | |
| Jenistein | 0.000 mg | |
| ilycitein | 0.000 mg | |
| Fotal Lignans | 0.000 mcg | |
| Other | | |
| Betaine | 0.000 mg | |
| Choline | 0.000 mg | |
| Caffeine | 0 mg | |
| nositol | 0.000 g | |
| Mannitol | 0.000 g | |
| Phytic Acid | 0.000 mg | |
| Main Folder | | |
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| age 5 of 4 | Printed: 05/21/2020 19:5 | |



| Participant ID: 123456789abc | Date of Intake:04/22/2020 |
|------------------------------|---------------------------|
| Other | |
| Pinitol | 0.000 g |
| Sorbitol | 0.000 g |
| Xylitol | 0.000 g |
| Botanicals | |
| Black Cohosh | N |
| Echinacea | N |
| Garlic | N |
| Ginger | N |
| Ginkgo | N |
| Ginseng | N |
| Hawthorn | N |
| Kava Kava | N |
| Ma Huang/Ephedra | N |
| Saw Palmetto | N |
| St. John's Wort | N |

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

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| Participant ID: 123456789abc | Date of Intake:04/22/20 |
|--|-------------------------|
| Primary Energy Sources | |
| Energy (kilocalories) | 0 kcal |
| Total Protein | 0.000 g |
| Total Fat | 0.000 g |
| Total Carbohydrate | 0.000 g |
| Fat, Cholesterol and Fatty Acids | |
| Total Saturated Fatty Acids (SFA) | 0.000 g |
| Total Monounsaturated Fatty Acids (MUFA) | 0.000 g |
| Total Polyunsaturated Fatty Acids (PUFA) | 0.000 g |
| Total Trans-Fatty Acids (TRANS) | 0.000 g |
| Total Conjugated Linoleic Acid (CLA 18:2) | 0.000 g |
| Omega-3 Fatty Acids in Supplements | 0.000 mg |
| Omega-6 Fatty Acids in Supplements | 0.000 mg |
| Cholesterol | 0 mg |
| SFA 8:0 (caprylic acid) | 0.000 g |
| SFA 10:0 (capric acid) | 0.000 g |
| SFA 12:0 (lauric acid) | 0.000 g |
| SFA 14:0 (myristic acid) | 0.000 g |
| SFA 16:0 (palmitic acid) | 0.000 g |
| SFA 18:0 (stearic acid) | 0.000 g |
| SFA 20:0 (arachidic acid) | 0.000 g |
| SFA 22:0 (behenic acid) | 0.000 g |
| MUFA 14:1 (myristoleic acid) | 0,000 g |
| MUFA 16:1 (palmitoleic acid) | 0.000 g |
| MUFA 18:1 (oleic acid) | 0.000 g |
| MUFA 20:1 (gadoleic acid) | 0.000 g |
| PUFA 18:2 (linoleic acid, undifferentiated) | 0.000 g |
| PUFA 18:2 n-6 (linoleic acid [LA]) | 0.000 g |
| PUFA 18:3 (linolenic acid, undifferentiated) | 0.000 g |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | 0.000 g |
| PUFA 18:3 n-6 (gamma-linolenic acid [GLA]) | 0.000 g |
| PUFA 20:4 (arachidonic acid, undifferentiated) | 0.000 g |
| PUFA 20:5 n-3 (eicosapentaenoic acid [EPA]) | 0.000 g |
| PUFA 22:5 n-3 (docosapentaenoic acid [DPA]) | 0.000 g |
| PUFA 22:6 n-3 (docosahexaenoic acid [DHA]) | 0.000 g |
| CLA cis-9, trans-11 | 0.000 g |
| CLA trans-10, cis-12 | 0.000 g |
| Carbohydrates and Fiber | |
| Total Sugars | 0.000 g |
| Added Sugars (by Total Sugars) | 0.000 g |
| Fructose | 0.000 g |
| Glucose | 0.000 g |
| | 01000 B |
| Main Daldar | |

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| Participant ID: 123456789abc | Date of Intake:04/22/2020 |
|--|---------------------------|
| Carbohydrates and Fiber | |
| Sucrose | 0.000 g |
| Total Dietary Fiber | 0.000 g |
| Soluble Dietary Fiber | 0.000 g |
| Insoluble Dietary Fiber | 0.000 g |
| Vitamins | |
| Total Vitamin A Activity (International Units) | 28640 IU |
| Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements | 875 mcg |
| Retinol | 0 mcg |
| Vitamin D (calciferol) | 20.833 mcg |
| Vitamin E (International Units) | 400.000 IU |
| Vitamin E (Total Alpha-Tocopherol) | 13.167 mg |
| Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol) | 0.000 mg |
| Beta-Tocopherol | 0.000 mg |
| Delta-Tocopherol | 0.000 mg |
| Gamma-Tocopherol | 0.000 mg |
| Vitamin K (phylloquinone) | 41.667 mcg |
| Vitamin C (ascorbic acid) | 535.333 mg |
| Thiamin (vitamin B1) | 0.917 mg |
| Riboflavin (vitamin B2) | 0.917 mg |
| Viacin (vitamin B3) | 11.667 mg |
| Pantothenic Acid | 4.167 mg |
| Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) | 4.167 mg |
| Dietary Folate Equivalents in Supplements | 0 mcg |
| Synthetic Folate (folic acid) | 333 mcg |
| Vitamin B-12 (cobalamin) | 41.667 mcg |
| Biotin | 25.000 mcg |
| Carotenoids | |
| | 509 |
| Beta-Carotene (provitamin A carotenoid) | 508 mcg |
| Alpha-Carotene (provitamin A carotenoid) | 0 mcg |
| Beta-Cryptoxanthin (provitamin A carotenoid) | 0 mcg |
| Lutein and/or Zeaxanthin | 250 mcg |
| Lycopene | 0 mcg |
| Minerals | |
| Boron | 0.000 mcg |
| Calcium | 250 mg |
| Chromium | 43.333 mcg |
| Copper | 2.017 mg |
| luoride | 0.000 mcg |
| odine | 125.000 mcg |
| ron | 6.667 mg |
| Magnesium | 83 mg |
| Main Folder | |
| Page 2 of 4 | Printed: 05/21/2020 19:3 |



| Participant ID: 123456789abc | Date of Intake:04/22/2020 |
|------------------------------|---------------------------|
| Minerals | |
| Manganese | 1.917 mg |
| Molybdenum | 41.667 mcg |
| Nickel | 0.000 mcg |
| Phosphorus | 17 mg |
| Potassium | 67 mg |
| Selenium | 18.333 mcg |
| Silicon | 0.000 mg |
| šodium | 0 mg |
| /anadium | 0.000 mcg |
| Zine | 82.100 mg |
| Amino Acids | |
| | 0.000 - |
| Fryptophan Fhreonine | 0.000 g 0.000 g |
| soleucine | 0.000 g |
| .eucine | 0.000 g |
| | T2040000 |
| ysine | 0.000 g |
| Methionine | 0.000 g |
| lystine | 0.000 g |
| Phenylalanine | 0.000 g |
| Tyrosine | 0.000 g |
| Valine | 0.000 g |
| Arginine | 0.000 g |
| listidine | 0.000 g |
| Alanine | 0.000 g |
| Aspartic Acid | 0.000 g |
| 3lutamic Acid | 0.000 g |
| Ilycine | 0.000 g |
| Proline | 0.000 g |
| Serine | 0.000 g |
| soflavones and Similar | |
| Daidzein | 0.000 mg |
| Benistein | 0.000 mg |
| ilycitein | 0.000 mg |
| Fotal Lignans | 0.000 mcg |
| Other | |
| Betaine | 0.000 mg |
| Choline | 0.000 mg |
| Caffeine | 0 mg |
| nositol | 0.000 g |
| Mannitol | 0.000 g |
| Phytic Acid | 0.000 g |
| | 0.000 mg |
| Main Folder | |
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| Participant ID: 123456789abc | Date of Intake:04/22/2020 |
|------------------------------|---------------------------|
| Other | |
| Pinitol | 0.000 g |
| Sorbitol | 0.000 g |
| Xylitol | 0.000 g |
| Botanicals | |
| Black Cohosh | N |
| Echinacea | Ŷ |
| Garlie | N |
| Ginger | N |
| Ginkgo | N |
| Ginseng | N |
| Hawthorn | N |
| Kava Kava | N |
| Ma Huang/Ephedra | N |
| Saw Palmetto | N |
| St. John's Wort | N |

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

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NDSR 2020 DSAM User Product Report

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

Project Name: Tutorial User Products

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

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

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

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

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Date of Entry: 04/24/2020



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

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

Main Folder Page 1 of 4



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

| Carbohydrates and Fiber Glucose 0.000 g Glucose 0.000 g Total Dietary Fiber 1.000 g Soluble Dietary Fiber 0.000 g Insoluble Dietary Fiber 0.000 g Vitamins 0 IU Total Vitamin A Activity (International Units) 0 IU Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Vitamin D (calciferol) 0.000 mg Synthetic Alpha-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Deta-Tocopherol 0.000 mg Synthetic Alpha-Tocopherol 0.000 mg Totamin B (Nylloquinone) 0.000 mg Vitamin B (Nylloquinone) 0.000 mg Niacin (vitamin B2) 0.000 mg Niacin (vitamin B3) 0.000 mg Dietary Folate Equivalents in Supplements | Product ID: 2020-001 | Date of Entry:04/24/2020 |
|---|--|--|
| Sucrose 0,000 g Total Dictary Fiber 0,000 g Insoluble Dictary Fiber 0,000 g Vitamins 0 IU Total Vitamin A Activity (International Units) 0 IU Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Retinol 0 mcg Vitamin E (Total Alpha-Tocopherol) 0,000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol of di-alpha-tocopherol) 0,000 mg Stat-Tocopherol 0,000 mg Beta-Tocopherol 0,000 mg Beta-Tocopherol 0,000 mg Witamin B (flyfloquinone) 0,000 mg Vitamin B (chyfloquinone) 0,000 mg Witamin B (scorbic acid) 0,000 mg Thiamin (vitamin B1) 0,000 mg Niacin (vitamin B3) 0,000 mg Pantohenic Acid 0,000 mg Vitamin B (pyridoxine, pyridoxyl, & pyridoxamine) 0,000 mg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 mcg Vitamin B (pyridoxine, pyridoxyl, & pyridoxamine) 0,000 mg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 mcg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 | Carbohydrates and Fiber | |
| Total Dietary Fiber1.000 gSoluble Dietary Fiber0.000 gNasoluble Dietary Fiber0.000 gVitamin A Activity (International Units)0 IUTotal Vitamin A Activity (Retinol Activity Equivalents) in Supplements0 mcgRetinol0 mcgVitamin D (calciferol)0.000 mcgVitamin E (International Units)0.000 mcgVitamin E (International Units)0.000 mgSynthetic Alpha-Tocopherol0.000 mgSynthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)0.000 mgBeta-Tocopherol0.000 mgBeta-Tocopherol0.000 mgGamma-Tocopherol0.000 mgGamma-Tocopherol0.000 mgBranna K (phylloquinone)0.000 mgVitamin B (fucivalinone)0.000 mgNiacin (vitamin B1)0.000 mgNiacin (vitamin B3)0.000 mgNiacin (vitamin B3)0.000 mgDiatotheric Acid0.000 mgVitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)0.000 mgDietary Folate Equivalents in Supplements0 mcgSynthetic Folate (folic acid)0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgLutein and/or Zeasanthin0 mcgCarotenoid0 mcgBoron0.000 mcgChoronium0 mcg <td>Glucose</td> <td>0.000 g</td> | Glucose | 0.000 g |
| Soluble Dietary Fiber 0.000 g Insoluble Dietary Fiber 0.000 g Vitamins 0.000 g Vitamins 0.000 g Total Vitamin A Activity (International Units) 0 IU Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Retinol 0.000 mcg Vitamine I (calciferol) 0.000 mcg Vitamine I (International Units) 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol) 0.000 mg Seta-Tocopherol 0.000 mg Beta-Tocopherol 0.000 mg Beta-Tocopherol 0.000 mg Vitamin K (NyllOquinone) 0.000 mg Vitamin S1) 0.000 mg Riboflavin (vitamin B1) 0.000 mg Nicain (vitamin B3) 0.000 mg Nicain (vitamin B3) 0.000 mg Dietary Folze 0 mcg Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mg Biotin 0.000 mg Biotin 0.000 mg Dietary Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mg Biotin 0 mcg Dietary Folate (provitamin A carotenoid) 0 mcg Beta-Carotene (provitamin A carotenoid) | Sucrose | 0.000 g |
| Insoluble Dietary Fiber0.000 gVitamins0 IUTotal Vitamin A Activity (International Units)0 IUTotal Vitamin A Activity (Retinol Activity Equivalents) in Supplements0 mcgRetinol0 mcgVitamin E (International Units)0.000 mgVitamin D (calciferol)0.000 mgVitamin E (Total Alpha-Tocopherol)0.000 mgSynthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)0.000 mgBeta-Tocopherol0.000 mgBeta-Tocopherol0.000 mgDelta-Tocopherol0.000 mgOutamin E (Total Alpha-Tocopherol)0.000 mgWitamin B (International Units)0.000 mgVitamin B (International Units)0.000 mgWitamin C (accorbic cald)0.000 mgWitamin B (International D)0.000 mgNitamin C (scorbic cald)0.000 mgNitamin (vitamin B1)0.000 mgNicair (vitamin B3)0.000 mgPantothenic Acid0.000 mgVitamin B -6 (pyridoxine, pyridoxyl, & pyridoxamine)0.000 mgDietary Foldate Equivalents in Supplements0 mcgSynthetic Folate (folic acid)0 mcgSynthetic Folate (folic acid)0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgLucien and/or Zeaxanthin0 mcgLucien and/or Zeaxanthin0 mcgCarberas0 mcgCarberas0 mcgLucien and/or Zeaxanthin0 mcgLucien and/or Zeaxanthin0 mcgCoromium0 mcgChromium0 mcg | Total Dietary Fiber | 1.000 g |
| Insoluble Dietary Fiber0.000 gVitamins0 HUTotal Vitamin A Activity (International Units)0 HUTotal Vitamin A Activity (Retinol Activity Equivalents) in Supplements0 mcgRetinol0 mcgVitamin D (calciferol)0.000 mgVitamin E (International Units)0.000 mgSynthetic Alpha-Tocopherol0.000 mgSynthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol)0.000 mgBeta-Tocopherol0.000 mgBeta-Tocopherol0.000 mgCamma-Tocopherol0.000 mgBitamin K (phylloquinone)0.000 mgVitamin B (1)0.000 mgNianin (vitamin B1)0.000 mgNianin (vitamin B2)0.000 mgNianin (vitamin B3)0.000 mgVitamin A- (opridoxine, pyridoxyl, & pyridoxamine)0.000 mgDietary Folate Equivalents in Supplements0 mcgSynthetic Folate (foit a cid)0 mcgBiotin0.000 mgDietary Folate (provitamin A carotenoid)0 mcgBeta-Cryptoxanthin (provitamin A carotenoid)0 mcgBiotin0.000 mgLutein and/or Zeaxanthin0 mcgLutein and/or Zeaxanthin0 mgCarotene (provitamin A carotenoid)0 mcgCarotene (provitamin A carotenoid)0 mcgCarotene (provitamin A carotenoid)0 mcgDietary Folate Equivalentin A carotenoid)0 mcgDietar Supplements0 mcgLutein and/or Zeaxanthin0 mcgLutein and/or Zeaxanthin0 mcgCaroten | Soluble Dietary Fiber | 0.000 g |
| 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 mg Synthetic Alpha-Tocopherol) 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Beta-Tocopherol 0.000 mg Delta-Tocopherol 0.000 mg Witamin B (racsorbic acid) 0.000 mg Witamin B1) 0.000 mg Nicani (vitamin B2) 0.000 mg Nicani (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 mg Biotin 0.000 mg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) A carotenoid) 0 mcg Dietary Folate (provitamin A carotenoid) 0 mcg Beta-Carotene (provitamin A carotenoid) 0 mcg Dyna So 0 mcg Boron 0.000 mcg <td>이 방송이 집에 집에 있다. 그는 것 같은 것 같</td> <td>0.000 g</td> | 이 방송이 집에 집에 있다. 그는 것 같은 것 같 | 0.000 g |
| Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Retinol 0 mcg Vitamin D (calciferol) 0,000 mcg Vitamin E (Total Alpha-Tocopherol) 0,000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0,000 mg Beta-Tocopherol 0,000 mg Delta-Tocopherol 0,000 mg Delta-Tocopherol 0,000 mg Vitamin K (phylloquinone) 0,000 mg Vitamin S1 0,000 mg Vitamin B1 0,000 mg Nitamin C (scorbic acid) 0,000 mg Phiamin (vitamin B1) 0,000 mg Nitamin C (vitamin B2) 0,000 mg Nitamin C (acid) 0,000 mg Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) 0,000 mg Dietary Folate Equivalents in Supplements 0 mcg Vitamin B-12 (cobalamin) 0,000 mcg Biotin 0,000 mg Biotin 0,000 mg Dietary Folate (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Ditetary Zeaxanthin 0 mcg | Vitamins | |
| Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements 0 mcg Retinol 0 mcg Vitamin D (calciferol) 0,000 mcg Vitamin E (Total Alpha-Tocopherol) 0,000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0,000 mg Beta-Tocopherol 0,000 mg Delta-Tocopherol 0,000 mg Delta-Tocopherol 0,000 mg Vitamin K (phylloquinone) 0,000 mg Vitamin S1 0,000 mg Vitamin B1 0,000 mg Nitamin C (scorbic acid) 0,000 mg Phiamin (vitamin B1) 0,000 mg Nitamin C (vitamin B2) 0,000 mg Nitamin C (acid) 0,000 mg Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) 0,000 mg Dietary Folate Equivalents in Supplements 0 mcg Vitamin B-12 (cobalamin) 0,000 mcg Biotin 0,000 mg Biotin 0,000 mg Dietary Folate (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Lybea-Carotene (provitamin A carotenoid) 0 mcg Ditetary Zeaxanthin 0 mcg | Total Vitamin A Activity (International Units) | 0 IU |
| 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 Synthetic Alpha-Tocopherol 0.000 mg Gamma-Tocopherol 0.000 mg Delta-Tocopherol 0.000 mg Satamin C (ascorbic acid) 0.000 mg Vitamin R (phylloquinone) 0.000 mg Vitamin B1) 0.000 mg Riboflavin (vitamin B2) 0.000 mg Niacin (vitamin B3) 0.000 mg Niacin (vitamin B3) 0.000 mg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mg Biotin 0.000 mg Biotin 0.000 mg Carotenoids 0 mcg Synthetic Folate (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Lycopene 0 mcg Minerals 0.000 mg | | 0 mcg |
| Vitamin D (calciferol) 0.000 mg Vitamin E (International Units) 0.000 IU Vitamin E (Total Alpha-Tocopherol) 0.000 mg Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dI-alpha-tocopherol) 0.000 mg Seta-Tocopherol 0.000 mg Delta-Tocopherol 0.000 mg Stat-Tocopherol 0.000 mg Outsmin K (phylloquinone) 0.000 mg Vitamin C (scorbic acid) 0.000 mg Thiamin (vitamin B1) 0.000 mg Nitamin (vitamin B2) 0.000 mg Nitamin C (pryidoxine, pyridoxyl, & pyridoxamine) 0.000 mg Dietary Folate Equivalents in Supplements 0 mcg Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mg Botonin C (provitamin A carotenoid) 0 mcg Bata-Carotene (provitamin A carotenoid) 0 mcg Bata-Carotene (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Doron 0 mcg Storin 0.000 mg Carotene (provitamin A carotenoid) 0 mcg Dicoride 0.000 mcg <td></td> <td></td> | | |
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| 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 Beta-Carotene (provitamin A carotenoid) 0 mcg Beta-Carotene (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin (provitamin A carotenoid) 0 mcg Carotenoids Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Calcium 0,000 mcg Fluoride 0,000 mcg Fluoride 0,000 mcg | 영상 - 이상 - 이 등 사람 사람이 있는 것이다. | |
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| Synthetic Folate (folic acid) 0 mcg Vitamin B-12 (cobalamin) 0.000 mcg Biotin 0.000 mcg Carotenoids Beta-Carotene (provitamin A carotenoid) 0 mcg Alpha-Carotene (provitamin A carotenoid) 0 mcg Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Lutein and/or Zeaxanthin 0 mcg Lutein and/or Zeaxanthin 0 mcg Cycopene 0 mcg Minerals Boron 0.000 mcg Calcium 0 mg Chromium 0.000 mcg Copper 0.000 mcg Fluoride 0.000 mcg Main Folder | 것이 아이들 것이 같아. 집에 집에 집에 집에 집에 집에 있는 것을 잘 알 수 있는 것이 같아. 집에 집에 있는 것이 같아. 집에 있는 것이 같이 같아. 집에 있는 것이 같이 같이 같이 같이 같이 같아. 집에 있는 것이 같이 | - |
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| Biotin0.000 mcgCarotenoids0 mcgBeta-Carotene (provitamin A carotenoid)0 mcgAlpha-Carotene (provitamin A carotenoid)0 mcgBeta-Cryptoxanthin (provitamin A carotenoid)0 mcgLutein and/or Zeaxanthin0 mcgLutein and/or Zeaxanthin0 mcgLycopene0 mcgMinerals0 mcgCalcium0 mgChromium0.000 mcgCopper0.000 mcgFluoride0.000 mcgIodine0.000 mcgMain Folder0.000 mcg | 영향이 같은 것이다. 이번 것은 것이 같은 것이 같은 것이 같은 것이 같은 것이다. 이번 것이 있는 것이 같은 것이다. 이번 것이 있는 것이 같은 것이 같은 것이다. 이번 것이 있는 것이 같은 것이 있는 것이 없다. 이번 것이 있는 것이 없는 것이 없다. 이번 것이 있는 것이 없는 것이 없는 것이 없다. 이번 것이 있는 것이 없는 것이 없는 것이 없는 것이 없다. 이번 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 않는 것이 없는 것이 없 것이 같이 없는 것이 없 것이 없는 것이 없 않이 않이 않는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 않은 것이 없는 것이 없는 것이 없는 것이 않이 않는 것이 없는 것이 없는 것이 않은 것이 없는 것이 없다. 것이 없는 것이 없는 것이 없는 것이 없 않이 않이 않이 않이 않이 않이 것이 않는 것이 없는 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 없는 것이 없다. 것이 없는 것이 없는 것이 없는 것이 없는 것이 없다. 것이 않은 것이 없는 것이 없는 것이 않이 | · · · · · · · · · · · · · · · · · · · |
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| Beta-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 0 mcg Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mcg Fluoride 0,000 mcg Idoine 0,000 mcg Main Folder 0,000 mcg | | 0.000 mcg |
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| Beta-Cryptoxanthin (provitamin A carotenoid) 0 mcg Lutein and/or Zeaxanthin 0 mcg Lycopene 0 mcg Minerals 0 mg Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mcg Fluoride 0,000 mcg Iodine 0,000 mcg | | |
| Lutein and/or Zeaxanthin 0 mcg Lycopene 0 mcg Minerals 0 mg Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mcg Fluoride 0,000 mcg Iodine 0,000 mcg | | |
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| Minerals Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mg Fluoride 0,000 mcg Iodine 0,000 mcg Main Folder 0,000 mcg | Lutein and/or Zeaxanthin | 0 mcg |
| Boron 0,000 mcg Calcium 0 mg Chromium 0,000 mcg Copper 0,000 mg Fluoride 0,000 mcg Iodine 0,000 mcg | Lycopene | 0 mcg |
| Calcium 0 mg Chromium 0.000 mcg Copper 0.000 mg Fluoride 0.000 mcg lodine 0.000 mcg | Minerals | |
| Chromium 0.000 mcg Copper 0.000 mg Fluoride 0.000 mcg lodine 0.000 mcg Main Folder 0.000 mcg | Boron | |
| Copper 0.000 mg Fluoride 0.000 mcg Iodine 0.000 mcg Main Folder | Calcium | 0 mg |
| Fluoride 0.000 mcg lodine 0.000 mcg Main Folder | Chromium | |
| lodine 0.000 mcg Main Folder | Copper | 0.000 mg |
| Main Folder | Fluoride | 0.000 mcg |
| | lodine | 0.000 mcg |
| | Main Folder | |
| rage 2 014 Finited: 05/21/2020 | Page 2 of 4 | Printed: 05/21/2020 19:4 |



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

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

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

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

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

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

NDSR 2020 Record List for Averaged Nutrient Totals Report

| 018 | WH2018 |
|---------|---------|
| WH2 | iation: |
| Name: | Abbrev |
| Project | Project |

Participant ID

AB001 AB001 AB001 AB001

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

2015 2015

--÷

59 54

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

10/10/1986 10/10/1986

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

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

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

Main Folder Page 1 of 5



| Vitamins | | |
|--|---------------------|------|
| Total Vitamin A Activity (Retinol Equivalents) | 1275 mcg | |
| Total Vitamin A Activity (International Units) | 9107 IU | |
| Total Vitamin A Activity (Retinol Activity Equivalents) | 910 mcg | |
| Beta-Carotene Equivalents (derived from provitamin A carotenoids) | 4374 mcg | |
| Retinol | 545 mcg | |
| Vitamin D (calciferol) | 8.738 mcg | |
| Vitamin D2 (crgocalciferol) | 0.005 mcg | |
| /itamin D3 (cholecalciferol) | 8.733 mcg | |
| Vitamin E (International Units) | 11.212 IU | |
| Vitamin E (Total Alpha-Tocopherol) | 7.529 mg | |
| Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol) | 7.529 mg | |
| synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or di-alpha-tocopherol) | 0.000 mg | |
| Total Alpha-Tocopherol Equivalents | 8.623 mg | |
| Beta-Tocopherol | 0.472 mg | |
| Jamma-Tocopherol | 8.886 mg | |
| Delta-Tocopherol | 1.685 mg | |
| Vitamin K (phylloquinone) | 140.621 mcg | |
| /itamin C (ascorbic acid) | 138.488 mg | |
| Thiamin (vitamin B1) | 1.933 mg | |
| Riboflavin (vitamin B2) | 2.456 mg | |
| Jiacin (vitamin B2) | 26.358 mg | |
| 가장에 비싼 수 사람은 것이 않는 것 같아요. 이 것 같아요. | 45.161 mg | |
| Viacin Equivalents Pantothenic Acid | | |
| 방향 가장 가장 가장 이번 이렇게 잘 다 가지 않는 것이다. 정말 가지 않는 것 같은 것이 하는 것이 가지 않는 것이 가지 않는 것이다. | 5.956 mg | |
| /itamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) | 2.507 mg | |
| fotal Folate | 529 mcg 708 mcg | |
| Dietary Folate Equivalents | | |
| Natural Folate (food folate) | 273 mcg | |
| Synthetic Folate (folic acid) | 256 mcg | |
| Vitamin B-12 (cobalamin) | 5.834 mcg | |
| Carotenoids | | |
| Beta-Carotene (provitamin A carotenoid) | 3897 meg | |
| Alpha-Carotene (provitamin A carotenoid) | 896 mcg | |
| Beta-Cryptoxanthin (provitamin A carotenoid) | 59 mcg | |
| Jutein + Zeaxanthin | 2240 mcg | |
| Lycopene | 5983 mcg | |
| Minerals | | |
| Calcium | 1355 mg | |
| hosphorus | 1537 mg | |
| Magnesium | 321 mg | |
| ron | 15.741 mg | |
| line | 13.070 mg | |
| Copper | 1.139 mg | |
| Aanganese | 4.245 mg | |
| selenium | 113.946 mcg | |
| Sodium | 2925 mg | |
| Potassium | 2925 mg 3316 mg | |
| | 5510 mg | |
| Main Folder Page 2 of 5 | Printed: 05/21/2020 | 19:4 |



| Fatty Acids | |
|--|-------------------------|
| SFA 4:0 (butyric acid) | 0.838 g |
| SFA 6:0 (caproic acid) | 0.477 g |
| SFA 8:0 (caprylic acid) | 0.349 g |
| SFA 10:0 (capric acid) | 0.705 g |
| SFA 12:0 (lauric acid) | 1.277 g |
| SFA 14:0 (myristic acid) | 2.614 g |
| SFA 16:0 (palmitic acid) | 12.214 g |
| SFA 17:0 (margaric acid) | 0.162 g |
| SFA 17:0 (margane acid) SFA 18:0 (stearic acid) | 5.401 g |
| SFA 10:0 (stearte acto) SFA 20:0 (arachidic actd) | 0.137 g |
| | 0.137 g 0.094 g |
| SFA 22:0 (behenic acid) | |
| MUFA 14:1 (myristoleic acid) | 0.123 g |
| MUFA 16:1 (palmitoleic acid) | 0.954 g |
| MUFA 18:1 (oleic acid) | 19.749 g |
| MUFA 20:1 (gadoleic acid) | 0.183 g |
| MUFA 22:1 (crucic acid) | 0.005 g |
| PUFA 18:2 (linoleic acid, undifferentiated) | 10.866 g |
| PUFA 18:2 n-6 (linoleic acid [LA]) | 10.260 g |
| PUFA 18:3 (linolenic acid, undifferentiated) | 1.312 g |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | 1.276 g |
| PUFA 18:3 n-6 (gamma-linolenic acid [GLA]) | 0.019 g |
| PUFA 18:4 (parinaric acid) | 0.000 g |
| PUFA 20:4 (arachidonic acid, undifferentiated) | 0.130 g |
| PUFA 20:4 n-6 (arachidonic acid [AA]) | 0.122 g |
| PUFA 20:5 n-3 (eicosapentaenoic acid [EPA]) | 0.012 g |
| PUFA 22:5 n-3 (docosapentaenoic acid [DPA]) | 0.019 g |
| PUFA 22:6 n-3 (docosahexaenoic acid [DHA]) | 0.028 g |
| FRANS 16:1 (trans-hexadecenoic acid) | 0.031 g |
| FRANS 18:1 (trans-octadecenoic acid) | 1.527 g |
| FRANS 18:2 (trans-octadecadienoic acid) | 0.247 g |
| CLA cis-9, trans-11 | 0.115 g |
| CLA trans-10, cis-12 | 0.018 g |
| Amino Acids | |
| Tryptophan | 1.128 g |
| Threonine | 3.751 g |
| Isoleucine | 4.202 g |
| Leucine | 7.305 g |
| Lysine | 6.439 g |
| Methionine | 2.132 g |
| Cystine | 1.119 g |
| Phenylalanine | 4.065 g |
| Tyrosine | 3.330 g |
| Valine | 4.770 g |
| Arginine | 4.696 g |
| Histidine | 2.713 g |
| Alanine | 4.265 g |
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| Amino Acids | |
|------------------------------------|-------------|
| Aspartic Acid | 8.208 g |
| Glutamic Acid | 18.178 g |
| Glycine | 3.479 g |
| Proline | 6.120 g |
| Serine | 4.203 g |
| Isoflavones and Similar | 5.73 |
| Daidzein | 0.092 mg |
| Genistein | 0.064 mg |
| Glycitein | 0.012 mg |
| Courrestrol | 0.076 mg |
| Biochanin A | 0.001 mg |
| Formononetin | 0.002 mg |
| Total Lignans | 430.102 mcg |
| Secoisolariciresinol | 83.344 mcg |
| Matairesinol | 26.151 mcg |
| Lariciresinol | 162.975 mcg |
| Pinoresinol | 158.972 mcg |
| Sugar Alcohols (polyols) | |
| Erythritol | 0.001 g |
| Inositol | 0.457 g |
| Isomalt | 0.000 g |
| Lactitol | 0.000 g |
| Maltitol | 0.000 g |
| Mannitol | 0.631 g |
| Pinitol | 0.013 g |
| Sorbitol | 0.318 g |
| Xylitol | 0.035 g |
| Other | |
| Acesulfame Potassium | 0.000 mg |
| Aspartame | 0.000 mg |
| Saccharin | 0.000 mg |
| Sucralose | 0.000 mg |
| Tagatose | 0.053 mg |
| Caffeine | 25 mg |
| Phytic Acid | 630.297 mg |
| Oxalic Acid | 205.894 mg |
| 3-Methylhistidine | 19.069 mg |
| Sucrose Polyester | 0.000 g |
| Choline | 376.325 mg |
| Betaine | 174.474 mg |
| Glycemic Index (glucose reference) | 59 |
| Glycemic Index (bread reference) | 84 |
| Glycemic Load (glucose reference) | 129 |
| Glycemic Load (bread reference) | 184 |
| Nitrogen | 14.831 g |
| Main Folder | |
| Main Folder | |

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| Project Abbreviation: \ | WH2018 | (Complete | Project) |
|-------------------------|--------|-----------|----------|
|-------------------------|--------|-----------|----------|

| Comment: |
|----------|
| |

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

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

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

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| Other | |
|------------------|-------------|
| Ash | 19.1 g |
| Water | 1834 g |
| Grams | 2216 g |
| User Nutrients | |
| User Nutrient 1 | 0.000000 mg |
| User Nutrient 2 | 0.000000 mg |
| User Nutrient 3 | 0.000000 mg |
| User Nutrient 4 | 0.000000 mg |
| User Nutrient 5 | 0.000000 mg |
| User Nutrient 6 | 0.000000 mg |
| User Nutrient 7 | 0.000000 mg |
| User Nutrient 8 | 0.000000 mg |
| User Nutrient 9 | 0.000000 mg |
| User Nutrient 10 | 0.000000 mg |
| User Nutrient 11 | 0.000000 mg |
| User Nutrient 12 | 0.000000 mg |
| User Nutrient 13 | 0.000000 mg |
| User Nutrient 14 | 0.000000 mg |
| User Nutrient 15 | 0.000000 mg |
| User Nutrient 16 | 0.000000 mg |
| User Nutrient 17 | 0.000000 mg |
| User Nutrient 18 | 0.000000 mg |
| User Nutrient 19 | 0.000000 mg |
| User Nutrient 20 | 0.000000 mg |

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NDSR 2020 Averaged Recommended Dietary Allowances/Adequate Intake Report

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

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

Main Folder Page 1 of 2



NDSR 2020 Averaged Recommended Dietary Allowances/Adequate Intake Report

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

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

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

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

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

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

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

¹ RAE - Retinol Activity Equivalents

² NE = Niacin Equivalents

³ DFE - Dietary Folate Equivalents

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

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NDSR 2020 Averaged Food Group Serving Count System Totals Report

| Food Group/Subgroup | Servings |
|--|--------------------------|
| Fruits, Total Servings | 3.637 |
| Citrus Juice | 1.125 |
| Fruit excluding Citrus Fruit | 2.290 |
| Avocado and Similar | 0.222 |
| Vegetables, Total Servings | 2.837 |
| | |
| Dark-green Vegetables | 1.106 |
| Deep-yellow Vegetables Tomato | N 337 5 5 |
| | 0.641 0.250 |
| White Potatoes | |
| Other Vegetables | 0.450 |
| Grains, Total Servings | 5.875 |
| Grains, Flour and Dry Mixes - Refined Grain | 1,189 |
| Loaf-type Bread and Plain Rolls - Whole Grain | 0.500 |
| Loaf-type Bread and Plain Rolls - Refined Grain | 1.306 |
| Pasta - Refined Grain | 0.667 |
| Ready-to-eat Cereal (not presweetened) - Whole Grain | 0.494 |
| Ready-to-eat Cereal (presweetened) - Whole Grain | 0.520 |
| Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain | 0.599 |
| Snack Bars - Some Whole Grain | 0.150 |
| Snack Chips - Whole Grain | 0.250 |
| Popcorn | 0.200 |
| Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings | 6.108 |
| Lean Beef | 1.565 |
| Cured Pork | 0.282 |
| Lean Poultry | 1.852 |
| Lean Cold Cuts and Sausage | 0.996 |
| Eggs | 0.531 |
| Nuts and Seeds | 0.882 |
| Dairy and Nondairy Alternatives, Total Servings | 2.871 |
| Milk - Reduced Fat | 1.810 |
| Cheese - Full Fat | 0.357 |
| Cheese - Reduced Fat | 0.333 |
| Yogurt - Sweetened Fat Free | 0.153 |
| Frozen Nondairy Dessert | 0.218 |
| riven Nondarry Dessert | 0.210 |
| Fats, Total Servings | 2.711 |
| Oil | 0.169 |
| Butter and Other Animal Fats - Regular | 1.313 |
| Salad Dressing - Regular | 0.475 |
| Vegetable-based Savory Snack | 0.250 |
| Main Folder | |
| Page 1 of 2 | Printed: 05/21/2020 19:4 |



NDSR 2020 Averaged Food Group Serving Count System Totals Report

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

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

Main Folder Page 2 of 2



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

Main Folder Page 1 of 4



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

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

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

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

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| Project Abbreviation: WH2018 (Complete Project) | Comment: |
|---|----------|
| Primary Energy Sources | |
| Energy (kilocalories) | 0 kcal |
| Total Protein | 0.000 g |
| Total Fat | 0.000 g |
| Total Carbohydrate | 0.000 g |
| Fat, Cholesterol and Fatty Acids | |
| Total Saturated Fatty Acids (SFA) | 0.000 g |
| Total Monounsaturated Fatty Acids (MUFA) | 0.000 g |
| Total Polyunsaturated Fatty Acids (PUFA) | 0.000 g |
| Total Trans-Fatty Acids (TRANS) | 0.000 g |
| Total Conjugated Linoleic Acid (CLA 18:2) | 0.000 g |
| Omega-3 Fatty Acids in Supplements | 0.000 mg |
| Omega-6 Fatty Acids in Supplements | 0.000 mg |
| Cholesterol | 0 mg |
| SFA 8:0 (caprylic acid) | 0.000 g |
| SFA 10:0 (capric acid) | 0.000 g |
| SFA 12:0 (lauric acid) | 0.000 g |
| SFA 14:0 (myristic acid) | 0.000 g |
| SFA 16:0 (palmitic acid) | 0.000 g |
| SFA 18:0 (stearic acid) | 0.000 g |
| SFA 20:0 (arachidic acid) | 0.000 g |
| SFA 22:0 (behenic acid) | 0.000 g |
| MUFA 14:1 (myristoleic acid) | 0.000 g |
| MUFA 16:1 (palmitoleic acid) | 0.000 g |
| MUFA 18:1 (oleic acid) | 0.000 g |
| MUFA 20:1 (gadoleic acid) | 0.000 g |
| PUFA 18:2 (linoleic acid, undifferentiated) | 0.000 g |
| PUFA 18:2 n-6 (linoleic acid [LA]) | 0.000 g |
| PUFA 18:3 (linolenic acid, undifferentiated) | 0.000 g |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) | 0.000 g |
| PUFA 18:3 n-6 (gamma-linolenic acid [GLA]) | 0.000 g |
| PUFA 20:4 (arachidonic acid, undifferentiated) | 0.000 g |
| PUFA 20:5 n-3 (eicosapentaenoic acid [EPA]) | 0.000 g |
| PUFA 22:5 n-3 (docosapentaenoic acid [DPA]) | 0.000 g |
| PUFA 22:6 n-3 (docosahexaenoic acid [DHA]) | 0.000 g |
| CLA cis-9, trans-11 | 0.000 g |
| CLA trans-10, cis-12 | 0.000 g |
| Carbohydrates and Fiber | |
| Total Sugars | 0.000 g |
| Added Sugars (by Total Sugars) | 0.000 g |
| Fructose | 0.000 g |
| Glucose | 0.000 g |
| Sucrose | 0.000 g |
| Main Folder | |
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| Project Abbreviation: WH2018 (Complete Project) | Comment: | |
|--|----------------------|------|
| Carbohydrates and Fiber | | |
| Total Dietary Fiber | 0.000 g | |
| Soluble Dietary Fiber | 0.000 g | |
| Insoluble Dietary Fiber | 0.000 g | |
| Vitamins | | |
| Total Vitamin A Activity (International Units) | 2567 IU | |
| Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements | 0 mcg | 2 |
| Retinol | 0 mcg | |
| Vitamin D (calciferol) | 14.667 mcg | |
| Vitamin E (International Units) | 25.667 IU | 90° |
| Vitamin E (Total Alpha-Tocopherol) | 0.000 mg | |
| Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocophero | | |
| Beta-Tocopherol | 0.000 mg | |
| Delta-Tocopherol | 0.000 mg | |
| Gamma-Tocopherol | 0.000 mg | |
| Vitamin K (phylloquinone) | 36.667 mcg | S. |
| Vitamin C (ascorbic acid) | 55.000 mg | |
| Thiamin (vitamin B1) | 0.807 mg | |
| Riboflavin (vitamin B2) | 0.807 mg | |
| Niacin (vitamin B3) | 10.267 mg | |
| Pantothenic Acid | 11.000 mg | |
| Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) | 1.467 mg | |
| Dietary Folate Equivalents in Supplements | 0 mcg | |
| Synthetic Folate (folic acid) | 293 mcg | |
| Vitamin B-12 (cobalamin) | 4.400 mcg | |
| Biotin | 29.333 mcg | |
| Biotiti | 29,555 meg | |
| Carotenoids | | |
| Beta-Carotene (provitamin A carotenoid) | 0 mcg | 8 |
| Alpha-Carotene (provitamin A carotenoid) | 0 mcg | 6 |
| Beta-Cryptoxanthin (provitamin A carotenoid) | 0 mcg | ġ — |
| Lutein and/or Zeaxanthin | 0 mcg | |
| Lycopene | 0 mcg | |
| Minerals | | |
| Boron | 0.000 mcg | |
| Calcium | 147 mg | |
| Chromium | 23.467 mcg | |
| Copper | 0.367 mg | |
| Fluoride | 0.000 mcg | 6 |
| lodine | 110.000 mcg | |
| Iron | 73.200 mg | 0 |
| Magnesium | 73 mg | |
| Manganese | 1.320 mg | |
| Molybdenum | 36.667 mcg | 2 |
| | | 83 |
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| Page 2 of 4 | Printed: 05/21/2020 | 19:4 |



| Project Abbreviation: WH2018 (Complete Project) | Comment: |
|---|------------------------|
| Minerals | |
| Nickel | 3.667 mcg |
| Phosphorus | 15 mg |
| Potassium | 59 mg |
| Selenium | 13.200 mcg |
| Silicon | 1.467 mg |
| Sodium | 0 mg |
| Vanadium | 7.333 mcg |
| Zinc | 5.867 mg |
| Amino Acids | |
| Tryptophan | 0.000 g |
| Threonine | 0.000 g |
| Isoleucine | 0.000 g |
| Leucine | 0.000 g |
| Lysine | 0.000 g |
| Methionine | 0.000 g |
| Cystine | 0.000 g |
| Phenylalanine | 0.000 g |
| Tyrosine | 0.000 g |
| Valine | 0.000 g |
| Arginine | 0.000 g |
| Histidine | 0.000 g |
| Alanine | 0.000 g |
| Aspartic Acid | 0.000 g |
| Glutamic Acid | 0.000 g |
| Glycine | 0.000 g |
| Proline | 0.000 g |
| Serine | 0.000 g |
| | 0.000 g |
| Isoflavones and Similar | |
| Daidzein | 0.000 mg |
| Genistein | 0.000 mg |
| Glycitein | 0.000 mg |
| Total Lignans | 0.000 mcg |
| Other | |
| Betaine | 0.000 mg |
| Choline | 0.000 mg |
| Caffeine | 0 mg |
| Inositol | 0.000 g |
| Mannitol | 0.000 g |
| Phytic Acid | 0.000 mg |
| Pinitol | 0.000 g |
| Sorbitol | 0.000 g |
| Xylitol | 0.000 g |
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| Page 3 of 4 | Printed: 05/21/2020 19 |
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| Project Abbreviation: WH2018 (Complete Project) | Comment: |
|---|--|
| Botanicals | |
| Black Cohosh | N |
| Echinacea | N |
| Garlic | N |
| Ginger | N |
| Ginkgo | N |
| Ginseng | N |
| Hawthorn | N |
| Kava Kava | N |
| Ma Huang/Ephedra | N |
| Saw Palmetto | N |
| St. John's Wort | N |
| No DELLA CONTRACTOR DE LA DELLA | AND A CONTRACT OF A CONTRACT O |

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

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NDSR 2020 Project List Report

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

Page 1 of 1

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NDSR 2020 Record List Report

Project Name: WH2018 Project Abbreviation: WH2018

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

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

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

Main Folder Page 1 of 1

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| STTE LI | \square | |
| (SUME) | Z | |

NDSR 2020 Food Ingredients Report

Project Abbreviation: Tutorial

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

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NDSR 2020 Missing Product Report

Project Abbreviation: Tutorial Participant ID: 123456789abc

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

Note:

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

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Date of Intake: 04/22/2020



NDSR 2020 Product Detail Report

Product name: CENTRUM SILVER WOMEN 50+

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

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| ADORE | N | |
|--------|---|------|
| r Man | S | |
| NULL O | 4 | 1000 |
| LNIVE | Z | 100 |

NDSR 2020 Record Search Report

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

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

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