

Comparison of Nutrients, Nutrient Ratios and Other Food Components in NDSR and the ASA24			
Category	Nutrient, Nutrient Ratios & Other Food Components	NDSR	ASA24
Primary Energy Sources	Primary Energy Sources		
	Energy (kilocalories)	X	X
	Energy (kilojoules)	X	X *
	Total Fat	X	X
	Total Carbohydrate	X	X
	Available Carbohydrate	X	
	Total Protein	X	X
	Animal Protein	X	
	Vegetable Protein	X	
	Gluten	X	
	Alcohol	X	X
	% Calories from Fat	X	X *
	% Calories from Carbohydrate	X	X *
	% Calories from Protein	X	X *
	% Calories from Alcohol	X	X *
Fat and Cholesterol	Fat and Cholesterol		
	Cholesterol	X	X
	Solid Fats	X	X
	Total Saturated Fatty Acids (SFA)	X	X
	Total Monounsaturated Fatty Acids (MUFA)	X	X
	Total Polyunsaturated Fatty Acids (PUFA)	X	X
	Total Trans-Fatty Acids (TRANS)	X	
	Total Conjugated Linoleic Acid (CLA 18:2)	X	
	Omega-3 Fatty Acids	X	X *
	Omega-6 Fatty Acids	X	
	% Calories from SFA	X	X *
	% Calories from MUFA	X	X *
	% Calories from PUFA	X	X *
	Polyunsaturated to Saturated Fat Ratio	X	X *
	Cholesterol to Saturated Fatty Acid Index	X	X *
Carbohydrates	Carbohydrates		
	Total Sugars	X	X

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	Fructose	X	
	Galactose	X	
	Glucose	X	
	Lactose	X	
	Maltose	X	
	Sucrose	X	
	Starch	X	
	Added Sugars (by Total Sugars)	X	X
	Added Sugars (by Available Carbohydrate)	X	
Fiber	Fiber		
	Total Dietary Fiber	X	X
	Soluble Dietary Fiber	X	
	Insoluble Dietary Fiber	X	
	Pectins	X	
Vitamins	Vitamins		
	Total Vitamin A Activity (Retinol Equivalents)	X	
	Total Vitamin A Activity (International Units)	X	
	Total Vitamin A Activity (Retinol Activity Equivalents)	X	X
	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	X	
	Retinol	X	X
	Vitamin D (calciferol)	X	
	Vitamin D2 + D3		X
	Vitamin D2 (ergocalciferol)	X	
	Vitamin D3 (cholecalciferol)	X	
	Vitamin E (International Units)	X	
	Vitamin E, added		X
	Vitamin E (Total Alpha-Tocopherol)	X	X
	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	X	
	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	X	
	Total Alpha-Tocopherol Equivalents	X	
	Beta-Tocopherol	X	
	Gamma-Tocopherol	X	
	Delta-Tocopherol	X	

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	Vitamin K (phylloquinone)	X	X
	Vitamin C (ascorbic acid)	X	X
	Thiamin (vitamin B1)	X	X
	Riboflavin (vitamin B2)	X	X
	Niacin (vitamin B3)	X	X
	Niacin Equivalents	X	
	Pantothenic Acid	X	
	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	X	X
	Total Folate	X	X
	Dietary Folate Equivalents	X	X
	Natural Folate (food folate)	X	X
	Synthetic Folate (folic acid)	X	X
	Vitamin B-12 (cobalamin)	X	X
	Vitamin B-12, added		X
Carotenoids	Carotenoids		
	Beta-Carotene (provitamin A carotenoid)	X	X
	Alpha-Carotene (provitamin A carotenoid)	X	X
	Beta-Cryptoxanthin (provitamin A carotenoid)	X	X
	Lutein + Zeaxanthin	X	X
	Lycopene	X	X
Minerals	Minerals		
	Calcium	X	X
	Phosphorus	X	X
	Magnesium	X	X
	Iron	X	X
	Zinc	X	X
	Copper	X	X
	Manganese	X	
	Selenium	X	X
	Sodium	X	X
	Potassium	X	X
Fatty Acids	Fatty Acids		
	SFA 4:0 (butyric acid)	X	X

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	SFA 6:0 (caproic acid)	X	X
	SFA 8:0 (caprylic acid)	X	X
	SFA 10:0 (capric acid)	X	X
	SFA 12:0 (lauric acid)	X	X
	SFA 14:0 (myristic acid)	X	X
	SFA 16:0 (palmitic acid)	X	X
	SFA 17:0 (margaric acid)	X	
	SFA 18:0 (stearic acid)	X	X
	SFA 20:0 (arachidic acid)	X	
	SFA 22:0 (behenic acid)	X	
	MUFA 14:1 (myristoleic acid)	X	
	MUFA 16:1 (palmitoleic acid)	X	X
	MUFA 18:1 (oleic acid)	X	X
	MUFA 20:1 (gadoleic acid)	X	X
	MUFA 22:1 (erucic acid)	X	X
	PUFA 18:2 (linoleic acid, undifferentiated)	X	X
	PUFA 18:2 n-6 (linoleic acid [LA])	X	
	PUFA 18:3 (linolenic acid, undifferentiated)	X	X
	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	X	
	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	X	
	PUFA 18:4 (parinaric acid)	X	X
	PUFA 20:4 (arachidonic acid, undifferentiated)	X	X
	PUFA 20:4 n-6 (arachidonic acid [AA])	X	
	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	X	X
	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	X	X
	PUFA 22.6 n-3 (docosahexaenoic acid [DHA])	X	X
	TRANS 16:1 (trans-hexadecenoic acid)	X	
	TRANS 18:1 (trans-octadecenoic acid)	X	
	TRANS 18:2 (trans-octadecadienoic acid)	X	
	CLA cis-9, trans-11	X	
	CLA trans-10, cis-12	X	
Amino Acids	Amino Acids		
	Tryptophan	X	

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	Threonine	X	
	Isoleucine	X	
	Leucine	X	
	Lysine	X	
	Methionine	X	
	Cystine	X	
	Phenylalanine	X	
	Tyrosine	X	
	Valine	X	
	Arginine	X	
	Histidine	X	
	Alanine	X	
	Aspartic Acid	X	
	Glutamic Acid	X	
	Glycine	X	
	Proline	X	
	Serine	X	
Isoflavones and Similar	Isoflavones and Similar		
	Daidzein	X	
	Genistein	X	
	Glycitein	X	
	Coumestrol	X	
	Biochanin A	X	
	Formononetin	X	
	Total Lignans	X	
	Secoisolariciresinol	X	
	Matairesinol	X	
	Lariciresinol	X	
	Pinoresinol	X	
Sugar Alcohols (polyols)	Sugar Alcohols (polyols)		
	Erythritol	X	
	Inositol	X	
	Isomalt	X	

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	Lactitol	X	
	Maltitol	X	
	Mannitol	X	
	Pinitol	X	
	Sorbitol	X	
	Xylitol	X	
Other Food Components	Other Food Components		
	Acesulfame Potassium	X	
	Aspartame	X	
	Saccharin	X	
	Sucralose	X	
	Tagatose	X	
	Caffeine	X	X
	Theobromine		X
	Phytic Acid	X	
	Oxalic Acid	X	
	3-Methylhistidine	X	
	Sucrose polyester	X	
	Choline	X	X
	Betaine	X	
	Glycemic Index (glucose reference)	X	
	Glycemic Index (bread reference)	X	
	Glycemic Load (glucose reference)	X	
	Glycemic Load (bread reference)	X	
	Nitrogen	X	
	Ash	X	
	Water	X	X
* Component may be calculated from data in the output.			