

## NDSR 2021 - 175 Nutrients, Nutrient Ratios and Other Food Components

### Primary Energy Sources

Energy (kilocalories)  
 Energy (kilojoules)  
 Total Fat  
 Total Carbohydrate  
 Available Carbohydrate  
 Total Protein  
 Animal Protein  
 Vegetable Protein  
 Gluten  
 Alcohol  
 % Calories from Fat  
 % Calories from Carbohydrate  
 % Calories from Protein  
 % Calories from Alcohol

### Fat and Cholesterol

Cholesterol  
 Solid Fats  
 Total Saturated Fatty Acids (SFA)  
 Total Monounsaturated Fatty Acids (MUFA)  
 Total Polyunsaturated Fatty Acids (PUFA)  
 Total Trans-Fatty Acids (TRANS)  
 Total Conjugated Linoleic Acid (CLA 18:2)  
 Omega-3 Fatty Acids  
 Omega-6 Fatty Acids  
 % Calories from SFA  
 % Calories from MUFA  
 % Calories from PUFA  
 Polyunsaturated to Saturated Fat Ratio  
 Cholesterol to Saturated Fatty Acid Index

### Carbohydrates

Total Sugars  
 Fructose  
 Galactose  
 Glucose  
 Lactose  
 Maltose  
 Sucrose  
 Starch  
 Added Sugars (by Total Sugars)  
 Added Sugars (by Available Carbohydrate)

### Fiber

Total Dietary Fiber  
 Soluble Dietary Fiber  
 Insoluble Dietary Fiber  
 Pectins

### Vitamins

Total Vitamin A Activity (Retinol Equivalents)  
 Total Vitamin A Activity (International Units)  
 Total Vitamin A Activity (Retinol Activity Equivalents)  
 Beta-Carotene Equivalents (derived from provitamin A carotenoids)  
 Retinol  
 Vitamin D (calciferol)  
 Vitamin D2 (ergocalciferol)  
 Vitamin D3 (cholecalciferol)  
 Vitamin E (International Units)  
 Vitamin E (Total Alpha-Tocopherol)  
 Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d- alpha-tocopherol)  
 Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)  
 Total Alpha-Tocopherol Equivalents  
 Beta-Tocopherol  
 Gamma-Tocopherol  
 Delta-Tocopherol  
 Vitamin K (phylloquinone)  
 Vitamin C (ascorbic acid)  
 Thiamin (vitamin B1)  
 Riboflavin (vitamin B2)  
 Niacin (vitamin B3)  
 Niacin Equivalents  
 Pantothenic Acid  
 Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)  
 Total Folate  
 Dietary Folate Equivalents  
 Natural Folate (food folate)  
 Synthetic Folate (folic acid)  
 Vitamin B-12 (cobalamin)

### Carotenoids

Beta-Carotene (provitamin A carotenoid)  
 Alpha-Carotene (provitamin A carotenoid)  
 Beta-Cryptoxanthin (provitamin A carotenoid)  
 Lutein + Zeaxanthin  
 Lycopene

### Minerals

Calcium  
 Phosphorus  
 Magnesium  
 Iron  
 Zinc

## Minerals, continued

Copper  
Manganese  
Selenium  
Sodium  
Potassium

## Fatty Acids

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

## Amino Acids

Tryptophan  
Threonine  
Isoleucine  
Leucine  
Lysine  
Methionine  
Cystine  
Phenylalanine  
Tyrosine  
Valine  
Arginine  
Histidine  
Alanine  
Aspartic Acid  
Glutamic Acid  
Glycine  
Proline  
Serine

## Isoflavones and Similar

Daidzein  
Genistein  
Glycitein  
Coumestrol  
Biochanin A  
Formononetin  
Total Lignans  
Secoisolariciresinol  
Matairesinol  
Lariciresinol  
Pinoresinol

## Sugar Alcohols (polyols)

Erythritol  
Inositol  
Isomalt  
Lactitol  
Maltitol  
Mannitol  
Pinitol  
Sorbitol  
Xylitol

## Other Food Components

Acesulfame Potassium  
Aspartame  
Saccharin  
Sucralose  
Tagatose  
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 (bread reference)  
Nitrogen  
Ash  
Water

## User Nutrients

User Nutrients 1-20

## Also Available:

NCC Flavonoid and Proanthocyanidin Provisional Table