

## NDSR 2018 - 169 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  
 % 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)  
PUFA 18:3 (linolenic acid)  
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])  
PUFA 18:4 (parinaric acid)  
PUFA 20:4 (arachidonic acid)  
PUFA 20:5 (eicosapentaenoic acid [EPA])  
PUFA 22:5 (docosapentaenoic acid [DPA])  
PUFA 22.6 (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

## 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  
Total Grains (ounce equivalents)  
Whole Grains (ounce equivalents)  
Refined Grains (ounce equivalents)

## User Nutrients

User Nutrients 1-20

## Also Available:

NCC Flavonoid and Proanthocyanidin Provisional Table