

Comparison of Nutrients, Nutrient Ratios and Other Food Components in NDSR and the ASA24

Category	Nutrient, Nutrient Ratios & Other Food Components	NDSR (n=169)	ASA24 (n=67)
Primary Energy Sources	Alcohol	x	x
	Total Fat	x	x
	Total Protein	x	x
	Energy (kilocalories)	x	x
	Total Carbohydrate	x	x
	Energy (kilojoules)	x	
	% Calories from Alcohol	x	
	% Calories from Carbohydrate	x	
	% Calories from Fat	x	
	% Calories from Protein	x	
	Animal Protein	x	
	Available Carbohydrate	x	
	Vegetable Protein	x	
	Gluten	x	
Fat and Cholesterol	Cholesterol	x	x
	Total Saturated Fatty Acids (SFA)	x	x
	Total Monounsaturated Fatty Acids (MUFA)	x	x
	Total Polyunsaturated Fatty Acids (PUFA)	x	x
	Omega-3 Fatty Acids	x	
	Total Trans-Fatty Acids (TRANS)	x	
	% Calories from MUFA	x	
	% Calories from PUFA	x	
	% Calories from SFA	x	
	Polyunsaturated to Saturated Fat Ratio	x	
	Cholesterol to Saturated Fatty Acid Index	x	
	Solid Fats	x	x
	Total Conjugated Linoleic Acid (CLA 18:2)	x	

Category	Nutrient, Nutrient Ratios & Other Food Components	NDSR (n=169)	ASA24 (n=67)
Carbohydrates	Total Sugars	x	x
	Added Sugars (by Total Sugars)	x	x
	Added Sugars (by Available Carbohydrate)	x	
	Galactose	x	
	Maltose	x	
	Fructose	x	
	Sucrose	x	
	Glucose	x	
	Lactose	x	
	Starch	x	
Fiber	Total Dietary Fiber	x	x
	Pectins	x	
	Soluble Dietary Fiber	x	
	Insoluble Dietary Fiber	x	
Vitamins	Vitamin C (ascorbic acid)	x	x
	Dietary Folate Equivalents	x	x
	Synthetic Folate (folic acid)	x	x
	Natural Folate (food folate)	x	x
	Total Folate	x	x
	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	x	x
	Vitamin B-12 (cobalamin)	x	x
	Vitamin B-12, added		x
	Thiamin (vitamin B1)	x	x
	Riboflavin (vitamin B2)	x	x
	Niacin (vitamin B3)	x	x
	Niacin Equivalents	x	
	Retinol	x	x
	Total Vitamin A Activity (Retinol Activity Equivalents)	x	x

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	Total Vitamin A Activity (Retinol Equivalents)	x	
	Total Vitamin A Activity (International Units)	x	
	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	x	
	Vitamin E (Total Alpha-Tocopherol) (mg)	x	x
	Vitamin E (International Units)	x	
	Vitamin E, added		x
	Beta-Tocopherol	x	
	Delta-Tocopherol	x	
	Gamma-Tocopherol	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	
	Vitamin K (phylloquinone)	x	x
	Pantothenic Acid	x	
	Choline	x	x
	Vitamin D (calciferol) (mcg)	x	
	Vitamin D (D2 + D3)		x
	Vitamin D2 (ergocalciferol)	x	
	Vitamin D3 (cholecalciferol)	x	
Carotenoids	Lutein + Zeaxanthin	x	x
	Lycopene	x	x
	Alpha-Carotene (provitamin A carotenoid)	x	x
	Beta-Carotene (provitamin A carotenoid)	x	x
	Beta-Cryptoxanthin (provitamin A carotenoid)	x	x
Minerals	Iron	x	x
	Calcium	x	x
	Sodium	x	x
	Selenium	x	x
	Copper	x	x

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	Magnesium	X	X
	Zinc	X	X
	Phosphorus	X	X
	Potassium	X	X
	Manganese	X	
Fatty Acids	SFA 4:0 (butyric acid)	X	X
	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)	X	X
	PUFA 18:3 (linolenic acid)	X	X
	PUFA 18:4 (parinaric acid)	X	X
	PUFA 20:4 (arachidonic acid)	X	X
	PUFA 20:5 (eicosapentaenoic acid [EPA])	X	X
	PUFA 22:5 (docosapentaenoic acid [DPA])	X	X
	PUFA 22:6 (docosahexaenoic acid [DHA])	X	X

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	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	x	
	CLA cis-9, trans-11	x	
	CLA trans-10, cis-12	x	
	TRANS 16:1 (trans-hexadecenoic acid)	x	
	TRANS 18:1 (trans-octadecenoic acid)	x	
	TRANS 18:2 (trans-octadecadienoic acid)	x	
Amino Acids	Aspartic Acid	x	
	Cystine	x	
	Proline	x	
	Glutamic Acid	x	
	Glycine	x	
	Serine	x	
	Alanine	x	
	Tryptophan	x	
	Tyrosine	x	
	Arginine	x	
	Histidine	x	
	Threonine	x	
	Isoleucine	x	
	Leucine	x	
	Lysine	x	
	Methionine	x	
	Phenylalanine	x	
	Valine	x	
Isoflavones and Similar	Daidzein	x	
	Genistein	x	
	Glycitein	x	
	Biochanin A	x	

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	Coumestrol	x	
	Formononetin	x	
Sugar Alcohols (polyols)	Mannitol	x	
	Sorbitol	x	
	Xylitol	x	
	Inositol	x	
	Erythritol	x	
	Isomalt	x	
	Lactitol	x	
	Maltitol	x	
	Pinitol	x	
Other Food Components	Glycemic Load (bread reference)	x	
	Glycemic Load (glucose reference)		
	Glycemic Index (bread reference)	x	
	Glycemic Index (glucose reference)	x	
	Water	x	x
	Ash	x	
	Caffeine	x	x
	Theobromine		x
	Acesulfame Potassium	x	
	Aspartame	x	
	Saccharin	x	
	Oxalic Acid	x	
	Phytic Acid	x	
	Betaine	x	
	3-Methylhistidine	x	
	Nitrogen	x	

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	Sucralose	x	
	Sucrose polyester	x	
	Tagatose	x	
	Total Grains (ounce equivalents)	x	
	Whole Grains (ounce equivalents)	x	
	Refined Grains (ounce equivalents)	x	