

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
- HEI 2015 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
- HEI 2015 Across Records 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 2024 Record Properties Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Header Information

Participant ID: 123456789abc

Participant Name: PTS

Date of Intake: 06/20/2024

Day of Intake: Thursday

Date of Birth: 02/02/1950

Sex: Female

Life Stage Group: Females, age over 70 y

Interviewer ID: A12

Visit Number: 1

Site ID: 2

Tutorial Descriptor 1: Y

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

Tutorial 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 Daily Intake Totals Output File (File 04)

NDSR 2024 Record Properties Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Trailer Information

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: 06/21/2024

Data Collected in NCC Database Version: 2024

Data Collected in Software Version: 2024

Data Collected in DSAM Database Version: 2024

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

NDSR 2024 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

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, Clif Bar - Chocolate Brownie

1 regular size bar - each 2.4 OZ

12:30p LUNCH WORK

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

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

5. chicken sandwich

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

Components/Ingredients:

- 5.i1 chicken, breast, skin removed before cooking

1 medium - split (4.23 OZ)

Ingredient Variables:

5.i1v1 P: broiled or grilled or rotisserie, basted with added fat

5.i1v1v1 P: fat used in basting or browning - unknown - prepared at home

5.i1v1v2 P: salt - no salt added

- 5.i2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise

1 TB

- 5.i3 rolls, cracked wheat

NDSR 2024 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

1 large - 3 1/2" diameter (1.21 medium - 2 1/2" diameter)

5.i4 tomato, raw

2 medium slice - 1/4" thick (0.22 CP)

6. raw veggies

1 servings made, 1 eaten

Components/Ingredients:

6.i1 broccoli, raw

3 flower (0.36 CP)

6.i2 cauliflower, raw

3 flower (0.36 CP)

6.i3 carrots, raw

3 medium baby (0.27 CP)

Additions:

6.a1 dips, sour cream (seasoned), commercial, regular

9 TS (3.00 TB)

Note: estimate 1ts per piece of vegetable

7. snacks, cheese balls, puffs or twists, Cheetos Crunchy

1 bag - single serving - each 1 OZ (1.00 OZ)

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

8. 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

9. 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

10. lasagna, from recipe, beef

NDSR 2024 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

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

Food Variables:

10.v1 I: hamburger or ground beef - unknown % fat

10.v2 I: lasagna noodles - unknown

10.v3 I: cheese - ricotta cheese, unknown type

10.v4 I: cheese - Mozzarella cheese, unknown type

10.v5 I: salt - unknown if salt added

11. tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg

2 CP

Food Variables:

11.v1 I: salad greens - mixed greens

11.v2 I: dressing for salads - French, unknown if commercial or homemade, unknown if regular, light, or fat free

12. garlic bread, with "butter"

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

Food Variables:

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

13. wine, merlot, red

6 FO

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

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

Food Variables:

14.v1 P: unknown preparation

9:00p SNACK HOME

15. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Smart Ones Key Lime Pie

1 pie - each 2.9 OZ

16. water - tap

NDSR 2024 Foods Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

1 QT, without ice (32.00 FO)

PN Note: consumed throughout the day

[End of Record]

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

Note: This record contains incomplete information.

NDSR 2024 Quick List Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

/8a breakfast home

coffee

cheerios

/10a snack work

granola bar

/1230p lunch work

diet coke

chicken sandwich

raw veggies

cheetos

/5p snack

pizza

ice cream bar

/7:00pm

lasagna

tossed salad

garlic bread

wine

/9p snack

low calorie key lime pie

tap water, throughout the day

NDSR 2024 Dietary Supplements Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

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

M 2. Macuvite Eye Care

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

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

Note: This record contains incomplete information.

NDSR 2024 Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc

Date of Intake: 06/20/2024

Primary Energy Sources

Energy (kilocalories)	2466 kcal
Energy (kilojoules)	10318 kj
Total Fat	94.600 g
Total Carbohydrate	269.350 g
Available Carbohydrate	242.938 g
Total Protein	116.881 g
Animal Protein	79.050 g
Vegetable Protein	37.831 g
Gluten	11.869 g
Alcohol	18.698 g
% Calories from Fat	33.781 %
% Calories from Carbohydrate	42.181 %
% Calories from Protein	18.734 %
% Calories from Alcohol	5.308 %

Fat and Cholesterol

Cholesterol	229 mg
Solid Fats	40.653 g
Total Saturated Fatty Acids (SFA)	36.586 g
Total Monounsaturated Fatty Acids (MUFA)	24.857 g
Total Polyunsaturated Fatty Acids (PUFA)	22.652 g
Total Trans-Fatty Acids (TRANS)	1.582 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.192 g
Omega-3 Fatty Acids	2.400 g
Omega-6 Fatty Acids	19.475 g
% Calories from SFA	13.140 %
% Calories from MUFA	8.902 %
% Calories from PUFA	7.999 %
Polyunsaturated to Saturated Fat Ratio	0.619
Cholesterol to Saturated Fatty Acid Index	48.401

Carbohydrates

Total Sugars	88.621 g
Fructose	8.357 g
Galactose	0.310 g
Glucose	13.375 g
Lactose	17.131 g
Maltose	10.389 g
Sucrose	38.488 g
Starch	127.223 g
Added Sugars (by Total Sugars)	56.215 g
Added Sugars (by Available Carbohydrate)	63.115 g

Fiber

Total Dietary Fiber	23.562 g
Soluble Dietary Fiber	8.729 g
Insoluble Dietary Fiber	14.718 g

NDSR 2024 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Fiber

Pectins	2.051 g
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Vitamins

Total Vitamin A Activity (Retinol Equivalents)	1642 mcg
Total Vitamin A Activity (International Units)	11964 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	1155 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	5840 mcg
Retinol	669 mcg
Vitamin D (calciferol)	7.080 mcg
Vitamin D2 (ergocalciferol)	0.000 mcg
Vitamin D3 (cholecalciferol)	7.080 mcg
Vitamin E (International Units)	16.426 IU
Vitamin E (Total Alpha-Tocopherol)	11.030 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	11.030 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	13.299 mg
Beta-Tocopherol	0.530 mg
Gamma-Tocopherol	20.067 mg
Delta-Tocopherol	5.073 mg
Vitamin K (phylloquinone)	246.283 mcg
Vitamin C (ascorbic acid)	93.876 mg
Thiamin (vitamin B1)	2.409 mg
Riboflavin (vitamin B2)	2.829 mg
Niacin (vitamin B3)	28.496 mg
Niacin Equivalents	50.935 mg
Pantothenic Acid	6.860 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	3.049 mg
Total Folate	491 mcg
Dietary Folate Equivalents	640 mcg
Natural Folate (food folate)	278 mcg
Synthetic Folate (folic acid)	213 mcg
Vitamin B-12 (cobalamin)	8.126 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	5289 mcg
Alpha-Carotene (provitamin A carotenoid)	1084 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	18 mcg
Lutein + Zeaxanthin	3076 mcg
Lycopene	10884 mcg

Minerals

Calcium	1583 mg
Phosphorus	1875 mg
Magnesium	441 mg
Iron	21.134 mg
Zinc	18.533 mg
Copper	1.470 mg

NDSR 2024 Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Minerals

Manganese	5.069 mg
Selenium	149.499 mcg
Sodium	3596 mg
Potassium	3271 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.621 g
SFA 6:0 (caproic acid)	0.387 g
SFA 8:0 (caprylic acid)	0.833 g
SFA 10:0 (capric acid)	1.004 g
SFA 12:0 (lauric acid)	4.522 g
SFA 14:0 (myristic acid)	4.153 g
SFA 16:0 (palmitic acid)	16.040 g
SFA 17:0 (margaric acid)	0.148 g
SFA 18:0 (stearic acid)	8.091 g
SFA 20:0 (arachidic acid)	0.154 g
SFA 22:0 (behenic acid)	0.099 g
MUFA 14:1 (myristoleic acid)	0.189 g
MUFA 16:1 (palmitoleic acid)	1.152 g
MUFA 18:1 (oleic acid)	23.044 g
MUFA 20:1 (gadoleic acid)	0.224 g
MUFA 22:1 (erucic acid)	0.008 g
PUFA 18:2 (linoleic acid, undifferentiated)	20.042 g
PUFA 18:2 n-6 (linoleic acid [LA])	19.364 g
PUFA 18:3 (linolenic acid, undifferentiated)	2.372 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	2.343 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.026 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.101 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.085 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.010 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.028 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.019 g
TRANS 16:1 (trans-hexadecenoic acid)	0.087 g
TRANS 18:1 (trans-octadecenoic acid)	1.208 g
TRANS 18:2 (trans-octadecadienoic acid)	0.241 g
CLA cis-9, trans-11	0.154 g
CLA trans-10, cis-12	0.037 g

Amino Acids

Tryptophan	1.346 g
Threonine	4.571 g
Isoleucine	5.360 g
Leucine	9.325 g
Lysine	8.047 g
Methionine	2.576 g
Cystine	1.564 g

NDSR 2024 Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc
 Date of Intake: 06/20/2024

<u>Amino Acids</u>	
Phenylalanine	5.149 g
Tyrosine	4.039 g
Valine	5.979 g
Arginine	6.200 g
Histidine	3.275 g
Alanine	5.485 g
Aspartic Acid	9.785 g
Glutamic Acid	23.700 g
Glycine	4.985 g
Proline	8.106 g
Serine	5.039 g
<u>Isoflavones and Similar</u>	
Daidzein	5.782 mg
Genistein	7.988 mg
Glycitein	1.314 mg
Coumestrol	0.149 mg
Biochanin A	0.001 mg
Formononetin	0.001 mg
Total Lignans	580.793 mcg
Secoisolariciresinol	132.044 mcg
Matairesinol	52.438 mcg
Lariciresinol	246.639 mcg
Pinoresinol	151.402 mcg
<u>Sugar Alcohols (polyols)</u>	
Erythritol	0.000 g
Inositol	0.237 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	6.000 g
Mannitol	0.080 g
Pinitol	0.054 g
Sorbitol	0.026 g
Xylitol	0.044 g
<u>Other</u>	
Acesulfame Potassium	13.320 mg
Aspartame	47.810 mg
Saccharin	70.507 mg
Sucralose	13.320 mg
Tagatose	0.069 mg
Caffeine	293 mg
Phytic Acid	1145.430 mg
Oxalic Acid	357.600 mg
3-Methylhistidine	25.063 mg
Sucrose Polyester	0.000 g

NDSR 2024 Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc
 Date of Intake: 06/20/2024

<u>Other</u>	
Choline	388.638 mg
Betaine	186.737 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	85
Glycemic Load (glucose reference)	144
Glycemic Load (bread reference)	205
Nitrogen	18.924 g
Ash	22.699 g
Water	2913.675 g
Grams	3432.710 g
<u>User Nutrients</u>	
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

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.)
This record contains incomplete information.

NDSR 2024 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Primary Energy Sources

Energy (kilocalories)	2466 kcal
Energy (kilojoules)	10318 kj
Total Fat	94.6 g
Total Carbohydrate	269.4 g
Available Carbohydrate	242.9 g
Total Protein	116.9 g
Animal Protein	79.1 g
Vegetable Protein	37.8 g
Gluten	11.9 g
Alcohol	18.7 g
% Calories from Fat	33.8 %
% Calories from Carbohydrate	42.2 %
% Calories from Protein	18.7 %
% Calories from Alcohol	5.3 %

Fat and Cholesterol

Cholesterol	229 mg
Solid Fats	40.7 g
Total Saturated Fatty Acids (SFA)	36.6 g
Total Monounsaturated Fatty Acids (MUFA)	24.9 g
Total Polyunsaturated Fatty Acids (PUFA)	22.7 g
Total Trans-Fatty Acids (TRANS)	1.6 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.2 g
Omega-3 Fatty Acids	2.4 g
Omega-6 Fatty Acids	19.5 g
% Calories from SFA	13.1 %
% Calories from MUFA	8.9 %
% Calories from PUFA	8.0 %
Polyunsaturated to Saturated Fat Ratio	0.6
Cholesterol to Saturated Fatty Acid Index	48.4

Carbohydrates

Total Sugars	88.6 g
Fructose	8.4 g
Galactose	0.3 g
Glucose	13.4 g
Lactose	17.1 g
Maltose	10.4 g
Sucrose	38.5 g
Starch	127.2 g
Added Sugars (by Total Sugars)	56.2 g
Added Sugars (by Available Carbohydrate)	63.1 g

Fiber

Total Dietary Fiber	23.6 g
Soluble Dietary Fiber	8.7 g
Insoluble Dietary Fiber	14.7 g

NDSR 2024 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial
 Participant ID: 123456789abc
 Date of Intake: 06/20/2024

Fiber

Pectins	2.1 g
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Vitamins

Total Vitamin A Activity (Retinol Equivalents)	1642 mcg
Total Vitamin A Activity (International Units)	11964 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	1155 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	5840 mcg
Retinol	669 mcg
Vitamin D (calciferol)	7.1 mcg
Vitamin D2 (ergocalciferol)	0.0 mcg
Vitamin D3 (cholecalciferol)	7.1 mcg
Vitamin E (International Units)	16.4 IU
Vitamin E (Total Alpha-Tocopherol)	11.0 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	11.0 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.0 mg
Total Alpha-Tocopherol Equivalents	13.3 mg
Beta-Tocopherol	0.5 mg
Gamma-Tocopherol	20.1 mg
Delta-Tocopherol	5.1 mg
Vitamin K (phylloquinone)	246.3 mcg
Vitamin C (ascorbic acid)	93.9 mg
Thiamin (vitamin B1)	2.4 mg
Riboflavin (vitamin B2)	2.8 mg
Niacin (vitamin B3)	28.5 mg
Niacin Equivalents	50.9 mg
Pantothenic Acid	6.9 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	3.0 mg
Total Folate	491 mcg
Dietary Folate Equivalents	640 mcg
Natural Folate (food folate)	278 mcg
Synthetic Folate (folic acid)	213 mcg
Vitamin B-12 (cobalamin)	8.1 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	5289 mcg
Alpha-Carotene (provitamin A carotenoid)	1084 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	18 mcg
Lutein + Zeaxanthin	3076 mcg
Lycopene	10884 mcg

Minerals

Calcium	1583 mg
Phosphorus	1875 mg
Magnesium	441 mg
Iron	21.1 mg
Zinc	18.5 mg
Copper	1.5 mg

NDSR 2024 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial
Participant ID: 123456789abc
Date of Intake: 06/20/2024

Minerals

Manganese	5.1 mg
Selenium	149.5 mcg
Sodium	3596 mg
Potassium	3271 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.62 g
SFA 6:0 (caproic acid)	0.39 g
SFA 8:0 (caprylic acid)	0.83 g
SFA 10:0 (capric acid)	1.00 g
SFA 12:0 (lauric acid)	4.52 g
SFA 14:0 (myristic acid)	4.15 g
SFA 16:0 (palmitic acid)	16.04 g
SFA 17:0 (margaric acid)	0.15 g
SFA 18:0 (stearic acid)	8.09 g
SFA 20:0 (arachidic acid)	0.15 g
SFA 22:0 (behenic acid)	0.10 g
MUFA 14:1 (myristoleic acid)	0.19 g
MUFA 16:1 (palmitoleic acid)	1.15 g
MUFA 18:1 (oleic acid)	23.04 g
MUFA 20:1 (gadoleic acid)	0.22 g
MUFA 22:1 (erucic acid)	0.01 g
PUFA 18:2 (linoleic acid, undifferentiated)	20.04 g
PUFA 18:2 n-6 (linoleic acid [LA])	19.36 g
PUFA 18:3 (linolenic acid, undifferentiated)	2.37 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	2.34 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.03 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
TRANS 16:1 (trans-hexadecenoic acid)	0.09 g
TRANS 18:1 (trans-octadecenoic acid)	1.21 g
TRANS 18:2 (trans-octadecadienoic acid)	0.24 g
CLA cis-9, trans-11	0.15 g
CLA trans-10, cis-12	0.04 g

Amino Acids

Tryptophan	1.35 g
Threonine	4.57 g
Isoleucine	5.36 g
Leucine	9.33 g
Lysine	8.05 g
Methionine	2.58 g
Cystine	1.56 g

NDSR 2024 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial
Participant ID: 123456789abc
Date of Intake: 06/20/2024

Amino Acids

Phenylalanine	5.15 g
Tyrosine	4.04 g
Valine	5.98 g
Arginine	6.20 g
Histidine	3.27 g
Alanine	5.49 g
Aspartic Acid	9.79 g
Glutamic Acid	23.70 g
Glycine	4.98 g
Proline	8.11 g
Serine	5.04 g

Isoflavones and Similar

Daidzein	5.8 mg
Genistein	8.0 mg
Glycitein	1.3 mg
Coumestrol	0.1 mg
Biochanin A	0.0 mg
Formononetin	0.0 mg
Total Lignans	580.79 mcg
Secoisolariciresinol	132.04 mcg
Matairesinol	52.44 mcg
Lariciresinol	246.64 mcg
Pinoresinol	151.40 mcg

Sugar Alcohols (polyols)

Erythritol	0.00 g
Inositol	0.24 g
Isomalt	0.00 g
Lactitol	0.00 g
Maltitol	6.00 g
Mannitol	0.08 g
Pinitol	0.05 g
Sorbitol	0.03 g
Xylitol	0.04 g

Other

Acesulfame Potassium	13.3 mg
Aspartame	47.8 mg
Saccharin	70.5 mg
Sucralose	13.3 mg
Tagatose	0.1 mg
Caffeine	293.4 mg
Phytic Acid	1145.4 mg
Oxalic Acid	357.6 mg
3-Methylhistidine	25.1 mg
Sucrose Polyester	0.0 g

NDSR 2024 Nutrient Totals Report (Simplified)

Project Abbreviation: Tutorial
 Participant ID: 123456789abc
 Date of Intake: 06/20/2024

<u>Other</u>	
Choline	388.6 mg
Betaine	186.7 mg
Glycemic Index (glucose reference)	59
Glycemic Index (bread reference)	85
Glycemic Load (glucose reference)	144
Glycemic Load (bread reference)	205
Nitrogen	18.9 g
Ash	22.7 g
Water	2914 g
Grams	3433 g

<u>User Nutrients</u>	
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

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.)
This record contains incomplete information.

NDSR 2024 Nutrients Per Food Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Report	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SEA (g)	dfib (g)	g
8:00a BREAKFAST HOME										
1. coffee, regular (caffeinated), made from ground	6	0.118	2.782	0.710	0.000	0	12	0.012	2.782	592.000
2. cereal, ready-to-eat, Frosted Cheerios (General Mills)	172	1.825	37.121	4.243	0.000	0	250	0.344	3.384	45.000
1 1/4 CP										
Additions:										
2.a1 milk, skim, nonfat or fat free	62	0.147	9.041	6.303	0.000	6	75	0.090	0.000	183.750
6 FO										
Total For Meal	240	2.090	48.944	11.256	0.000	6	337	0.446	6.166	820.750
10:00a SNACK WORK										
3. granola bars, Clif Bar - Chocolate Brownie	250	4.936	44.306	9.297	0.000	0	180	2.015	4.122	68.000
1 regular size bar - each 2.4 OZ										
Total For Meal	250	4.936	44.306	9.297	0.000	0	180	2.015	4.122	68.000
12:30p LUNCH WORK										
4. 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										
5. chicken sandwich	210	7.384	13.900	21.161	0.000	53	231	1.679	1.119	113.500
2 servings made (serving = 1 sandwich), 1/2 eaten										
Components/Ingredients:										
5.i1 chicken, breast, skin removed before cooking	117	4.152	0.000	18.546	0.000	51	46	1.184	0.000	60.000
1 medium - split										

NDSR 2024 Nutrients Per Food Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

Appendix - Sample Reports

Ingredient Variables:

- 5.i1v1 P: broiled or grilled or rotisserie, basted with added fat
- 5.i1v1v1 P: fat used in basting or browning - unknown - prepared at home
- 5.i1v1v2 P: salt - no salt added
- 5.i2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise

1 TB

- 5.i3 rolls, cracked wheat
- 1 large - 3 1/2" diameter

- 5.i4 tomato, raw

2 medium slice - 1/4" thick

6. raw veggies

1 servings made, 1 eaten

Components/Ingredients:

- 6.i1 broccoli, raw
- 3 flower

- 6.i2 cauliflower, raw
- 3 flower

- 6.i3 carrots, raw
- 3 medium baby

Additions:

NDSR 2024 Nutrients Per Food Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Report		energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SEA (g)	dfib (g)	g
6.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
7. snacks, cheese balls, puffs or twists, Cheetos Crunchy		150	10.130	13.032	1.598	0.000	1	250	1.146	0.632	28.350
1 bag - single serving - each 1 OZ											
Total For Meal		475	25.096	36.258	26.566	0.000	69	859	6.982	4.463	644.050
5:00p SNACK DELI/TAKE-OUT/STORE											
8. pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat crust		37	1.576	4.131	1.789	0.000	3	85	0.602	0.458	18.533
1 rectangle 2" length X 2" width											
9. ice cream bar, reduced fat and no sugar added (e.g. Klondike)		170	9.164	22.618	2.574	0.000	4	69	7.424	0.740	74.000
1 bar - each 4 FO											
Total For Meal		206	10.740	26.748	4.363	0.000	7	154	8.026	1.198	92.533
7:00p DINNER/SUPPER											
RESTAURANT/CAFETERIA/FAST FOOD											
10. lasagna, from recipe, beef		501	22.069	40.799	34.544	0.000	84	1046	10.791	4.097	320.851
1 rectangle 10cm length X 10cm width											
Food Variables:											
10.v1 I: hamburger or ground beef - unknown 17% fat		123	8.112	0.000	11.707	0.000	40	41	3.085	0.000	44.545
10.v2 I: lasagna noodles - unknown		140	0.826	27.400	5.150	0.000	0	116	0.156	1.598	88.789
10.v3 I: cheese - ricotta cheese, unknown type		84	4.827	3.136	6.950	0.000	19	60	3.007	0.000	61.021

NDSR 2024 Nutrients Per Food Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Report	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SEA (g)	dfib (g)	g
10.v4 I: cheese - Mozzarella cheese, unknown type	90	6.035	1.702	7.246	0.000	20	203	3.446	0.000	30.511
10.v5 I: salt - unknown if salt added	0	0.000	0.000	0.000	0.000	0	158	0.000	0.000	0.409
11.v1 tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg	77	6.288	5.090	1.202	0.000	0	131	0.979	1.283	128.667
2 CP										
Food Variables:										
11.v1 I: salad greens - mixed greens	12	0.184	2.154	1.066	0.000	0	27	0.027	0.908	70.000
11.v2 I: dressing for salads - French, unknown if commercial or homemade, unknown if regular, light, or fat free	65	6.105	2.936	0.136	0.000	0	103	0.952	0.375	15.625
12. garlic bread, with "butter"	278	13.044	34.907	7.248	0.000	0	531	3.211	1.531	88.000
1 medium slice - 4" x 2 1/2" x 1 3/4"										
Food Variables:										
12.v1 I: fat used as seasoning - unknown type of fat used	95	11.441	0.026	0.007	0.000	0	134	2.860	0.000	17.160
13. wine, merlot, red	150	0.000	4.604	0.123	18.698	0	7	0.000	0.000	176.400
6 FO										
14. steak - beef, t-bone, no visible fat eaten	141	7.127	0.000	19.156	0.000	56	233	2.809	0.000	62.460
FOZ, before cooking, with refuse										
Food Variables:										
14.v1 P: unknown preparation	17									

Total Meal	1146	48.529	85.400	62.273	18.698	140	1948	17.790	6.912	776.377
9:00p SNACK HOME										

Appendix 1 - Sample Report
NDSR 2024 Nutrients Per Food Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

	energy (kcal)	fat (g)	CHO (g)	protein (g)	alcohol (g)	chol (mg)	Na (mg)	SEA (g)	dfib (g)	g
15. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Smart Ones Key Lime Pie	148	3.208	27.694	3.127	0.000	7	81	1.327	0.702	83.000
16. 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	148	3.208	27.694	3.127	0.000	7	119	1.327	0.702	1031.000
Total For Day	2466	94.600	269.350	116.881	18.698	229	3596	36.586	23.562	3432.710

Legend: a = addition; i = component/ingredient; v = variable; * = missing data; ? = 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 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.
This record contains incomplete information.

Appendix
NDSR 2024 Menu Planner Report

Project Abbreviation: Menu01

Menu ID: Menu01

Date of Menu: 04/08/2024

Sample Report	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SFA (g)	dfib (g)
8:00a BREAKFAST HOME										
1. banana, fresh or ripe	118.000	103.840	2.758	1.065	0.342	27.140	0.873	0.000	0.132	2.006
2. cereal, ready-to-eat, Wheaties (General Mills)	36.000	128.855	3.344	0.619	0.515	29.647	3.421	239.941	0.095	4.129
3. milk, skim, nonfat or fat free	122.500	41.650	2.068	1.267	0.098	6.027	4.202	50.225	0.060	0.000
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
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
6. turkey, deli style, regular, regular	60.000	63.811	31.976	9.236	2.262	1.327	8.888	538.889	0.653	0.009
7. mayonnaise or mayo type dressing, real, regular	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	5.975	9.951	14.822	1.267	168.062	1.017	1.519
9. carrots, raw	120.000	54.000	6.510	0.874	0.420	12.324	1.128	104.400	0.056	3.720
10. dressing for salads, ranch style, from bottle, regular	15.000	64.500	93.223	14.576	6.681	0.885	0.198	135.150	1.045	0.000

Appendix
NDSR 2024 Menu Planner Report

Project Abbreviation: Menu01

Menu ID: Menu01

Date of Menu: 04/08/2024

Sample Report	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SFA (g)	dfib (g)
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
12. milk, skim, nonfat or fat free	245.000	83.300	2.068	1.267	0.196	12.054	8.404	100.450	0.120	0.000
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: baked or microwaved or air fried, without coating or marinade, not basted or browned with added fat										
13.v1v1 P: salt - no salt added	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14. rice, brown, regular cooking, cooked in unsalted 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
15.v1 CP, after cooking										
Food Variables:										
15.v1 P: microwaved or steamed or baked or air fried										
15.v1v1 P: fat used as seasoning - no fat used	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
15.v1v2 P: salt - no salt added	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

Appendix A
NDSR 2024 Menu Planner Report

Project Abbreviation: Menu01
Menu ID: Menu01

Date of Menu: 04/08/2024

Sample Reports	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SFA (g)	dfib (g)
16. strawberries, fresh 250 G, edible portion	150.000	49.500	5.580	0.380	0.330	11.940	0.960	0.000	0.023	3.000
17. sugar, white granulated 10 G	10.000	38.700	0.000	0.000	0.000	9.998	0.000	0.100	0.000	0.000
18. milk, skim, nonfat or fat free 8 FO	245.000	83.300	2.068	1.267	0.196	12.054	8.404	100.450	0.120	0.000
8:00p SNACK HOME										
19. popcorn, home popped, hot air popped 3 CP, after cooking	24.000	92.880	9.819	1.378	1.090	18.667	3.106	1.920	0.153	3.480
Food Variables:										
19.v1 P: no fat or salt added										
20. margarine, Country Crock Original Spread 10 G	10.000	35.700	100.127	25.029	4.286	0.000	0.000	71.400	1.071	0.000
21. soda pop or soft drink, Mountain Dew 12 FO, without ice	369.600	151.536	0.000	0.000	0.000	38.512	0.333	36.960	0.000	0.000
Nutrient Totals	2541.800	1950.545	19.289	3.564	42.578	312.352	91.604	2027.811	7.885	38.676
Target Amount		1800.000	30.000	10.000				1800.000		30.000
Amount Difference		150.545	-10.711	-6.436				227.811		8.676

NDSR 2024 Menu Planner Report

Project Abbreviation: Menu01

Menu ID: Menu01

Date of Menu: 04/08/2024

Sample	weight (g)	energy (kcal)	% fat (%)	% SFA (%)	fat (g)	CHO (g)	protein (g)	Na (mg)	SFA (g)	dfib (g)
Percent Difference		8.364	-35.703	-64.360				12.656		28.920

Legend: a = addition; i = component/ingredient; v = variable; * = missing data; ? = 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 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.

NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Reports	Glycemic Index			Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread	
8:00a BREAKFAST HOME					
1. coffee, regular (caffeinated), made from ground	0	0	0	0	0
20 FO					
2. cereal, ready-to-eat, Frosted Cheerios (General Mills)	64	92	22		31
1 1/4 CP					
Additions:					
2.a1 milk, skim, nonfat or fat free	37	53	3		5
6 FO (0.75 CP)					
Meal	59	84	25		36
10:00a SNACK WORK					
3. granola bars, Clif Bar - Chocolate Brownie	62	88	25		35
1 regular size bar - each 2.4 OZ					
Meal	62	88	25		35
12:30p LUNCH WORK					
4. goda pop or soft drink, Coke - diet, fountain	0	0	0		0
16 FO, with ice					
7:30a					
5. Chicken sandwich	60	86	8		11

NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Reports	Glycemic Index				Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread	Glucose	Bread
6 servings made (serving = 1 sandwich), 1/2 eaten						
Components/Ingredients:						
5.i1 chicken, breast, skin removed before cooking	0	0	0	0	0	0
1 medium - split (4.23 OZ)						
Ingredient Variables:						
5.i1v1 P: broiled or grilled or rotisserie, basted with added fat						
5.i1v1v1 P: fat used in basting or browning - unknown - prepared at home						
5.i1v1v2 P: salt - no salt added						
5.i2 mayonnaise or mayo type dressing, Kraft Light Mayonnaise	90	129	1	1	1	1
1 TB						
5.i3 rolls, cracked wheat	58	83	7	7	9	9
1 large - 3 1/2" diameter (1.21 medium - 2 1/2" diameter)						
5.i4 tomato, raw	50	72	0	0	0	0
2 medium slice - 1/4" thick (0.22 CP)						
6 raw veggies	44	63	2	2	3	3
6 servings made, 1 eaten						
Components/Ingredients:						

NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Sample Reports

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
6.i1 broccoli, raw	50	72	1	1
3 flower (0.36 CP)				
6.i2 cauliflower, raw	50	72	1	1
3 flower (0.36 CP)				
6.i3 carrots, raw	37	53	1	1
3 medium baby (0.27 CP)				
Additions:				
6.a1 dips, sour cream (seasoned), commercial, regular	45	64	1	1
9 TS (3.00 TB)				
7. snacks, cheese balls, puffs or twists, Cheetos Crunchy	68	97	8	12
1 bag - single serving - each 1 OZ				
Meal	60	86	19	27
5:00p SNACK DELI/TAKE-OUT/STORE				
8. pizza, frozen, with meat and vegetables (e.g. sausage, pepperoni, or hamburger), thin crust, wheat crust	51	73	2	3
1 rectangle 2" length X 2" width				
9. ice cream bar, reduced fat and no sugar added (e.g. Klondike)	80	114	15	22
1 bar - each 4 FO				

Appendix I - Sample Reports

NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Meal	Description	Glycemic Index		Glycemic Load	
		Glucose = 100	Bread = 100	Glucose	Bread
7:00 PM	DINNER/SUPPER RESTAURANT/CAFETERIA/FAST FOOD	75	107	17	24
10:	lasagna, from recipe, beef	46	66	17	24
	1 rectangle 10cm length X 10cm width				
	Food Variables:				
	10.v1 I: hamburger or ground beef - unknown % fat				
	10.v2 I: lasagna noodles - unknown				
	10.v3 I: cheese - ricotta cheese, unknown type				
	10.v4 I: cheese - Mozzarella cheese, unknown type				
	10.v5 I: salt - unknown if salt added				
11.	tossed salad, with dressing, without tomatoes or carrots, without avocado, cheese or egg	64	91	2	3
	2 CP				
	Food Variables:				
11.v1	I: salad greens - mixed greens				
11.v2	I: dressing for salads - French, unknown if commercial or homemade, unknown if regular, light, or fat free				
12.v1	garlic bread, with "butter"	61	87	20	29
	1 medium slice - 4" x 2 1/2" x 1 3/4"				

Appendix I - NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
Food Variables:				
12.v1 I: fat used as seasoning - unknown type of fat used				
13. wine, merlot, red	56	80	3	4
6 FO				
14. steak - beef, t-bone, no visible fat eaten	0	0	0	0
4 OZ, before cooking, with refuse				
Food Variables:				
14.v1 P: unknown preparation				
Meal	54	77	42	60
9:00p SNACK HOME				
15. desserts - miscellaneous, snacks - commercial packaged, Weight Watchers Smart Ones Key Lime Pie	57	82	15	22
1 pie - each 2.9 OZ				
16. water - tap	0	0	0	0
1 QT, without ice				
Meal	57	82	15	22
Page 17.34				

Appendix I - Sample Report
NDSR 2024 Glycemic Index and Glycemic Load Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Day	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
	59	85	144	205

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

Notes: 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) eaten.

This record contains incomplete information.

NDSR 2024 Recommended Dietary Allowances/Adequate Intake Report

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

Date of Intake: 06/20/2024

Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	1155 mcg RAE	700 mcg RAE	165 %	
Vitamin C	93.9 mg	75 mg	125 %	
Vitamin D	7.1 mcg	20 mcg	35 %	
Vitamin E	11.0 mg	15 mg	74 %	
Vitamin K	246.3 mcg			90 mcg
Thiamin	2.4 mg	1.1 mg	219 %	
Riboflavin	2.8 mg	1.1 mg	257 %	
Niacin	50.9 mg NE	14 mg NE	364 %	
Vitamin B6	3.0 mg	1.5 mg	203 %	
Folate	640 mcg DFE	400 mcg DFE	160 %	
Vitamin B12	8.1 mcg	2.4 mcg	339 %	
Pantothenic Acid	6.9 mg			5 mg
Choline	388.6 mg			425 mg
Calcium	1583 mg	1200 mg	132 %	
Copper	1470 mcg	900 mcg	163 %	
Iron	21.1 mg	8 mg	264 %	
Magnesium	441 mg	320 mg	138 %	
Manganese	5.1 mg			1.8 mg
Phosphorus	1875 mg	700 mg	268 %	
Selenium	149.5 mcg	55 mcg	272 %	
Zinc	18.5 mg	8 mg	232 %	
Potassium	3271 mg			2600 mg
Sodium	3596 mg			1500 mg
Total Fiber	23.6 g			21 g
Total Water	2.9 l			2.7 l

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).

NDSR 2024 Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Life Stage Group: Females, Age over 70 y

Additional Recommendations			
Nutrient	Amount Reported	% of Energy	Recommended Intake
Energy	2466 kcal		
Fat	94.6 g	33.8 %	20-35% ²
Carbohydrate	269.4 g	42.2 %	45-65% ²
Protein	116.9 g	18.7 %	10-35% ²
Alcohol	18.7 g	5.3 %	
Saturated Fatty Acids	36.6 g	13.1 %	< 10% ¹
Trans-Fatty Acids	1.6 g	0.6 %	
Linoleic Acid	19.36 g	7.1 %	5-10% ²
Alpha-Linolenic Acid	2.34 g	0.9 %	0.6-1.2% ²
Added Sugars	56.2 g	9.1 %	< 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.)
This record contains incomplete information.

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).

NDSR 2024 Daily Values Report for Adults and Children 4 Years of Age and Older

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Nutrient	Amount Reported	Daily Value ⁴	Percent Daily Value
Calories	2466 kcal		
Total Fat	94.6 g	78 g	121 %
Saturated Fat	36.6 g	20 g	183 %
Trans Fat	1.6 g		
Cholesterol	229 mg	300 mg	76 %
Sodium	3596 mg	2300 mg	156 %
Total Carbohydrate	269.4 g	275 g	98 %
Dietary Fiber	23.6 g	28 g	84 %
Total Sugars	88.6 g		
Added Sugars	56.2 g	50 g	112 %
Protein	116.9 g		
Vitamin D	7.1 mcg	20 mcg	35 %
Calcium	1583 mg	1300 mg	122 %
Iron	21.1 mg	18 mg	117 %
Potassium	3271 mg	4700 mg	70 %
Vitamin A (RAE) ¹	1155 mcg	900 mcg	128 %
Vitamin C	93.9 mg	90 mg	104 %
Vitamin E	11.0 mg	15 mg	74 %
Vitamin K	246.3 mcg	120 mcg	205 %
Thiamin	2.4 mg	1.2 mg	201 %
Riboflavin	2.8 mg	1.3 mg	218 %
Niacin (NE) ²	50.9 mg	16 mg	318 %
Vitamin B6	3.0 mg	1.7 mg	179 %
Folate (DFE) ³	640 mcg	400 mcg	160 %
Vitamin B12	8.1 mcg	2.4 mcg	339 %
Pantothenic Acid	6.9 mg	5 mg	137 %
Phosphorus	1875 mg	1250 mg	150 %
Magnesium	441 mg	420 mg	105 %
Zinc	18.5 mg	11 mg	168 %
Selenium	149.5 mcg	55 mcg	272 %
Copper	1.5 mg	0.9 mg	163 %
Manganese	5.1 mg	2.3 mg	220 %
Choline	388.6 mg	550 mg	71 %

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.)

This record contains incomplete information.

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.

NDSR 2024 Food Group Serving Count System Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Food Group/Subgroup	Servings
<u>Fruits, Total Servings</u>	0.000
<u>Vegetables, Total Servings</u>	5.015
Dark-green Vegetables	2.113
Deep-yellow Vegetables	0.492
Tomato	1.241
Other Starchy Vegetables	0.006
Other Vegetables	1.163
<u>Grains, Total Servings</u>	9.484
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	2.063
Pasta - Refined Grain	1.268
Ready-to-eat Cereal (presweetened) - Whole Grain	1.587
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Some Whole Grain	0.664
Snack Bars - Some Whole Grain	1.700
Snack Chips - Refined Grain	1.000
<u>Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings</u>	5.935
Beef	1.571
Lean Beef	2.203
Poultry	0.005
Lean Poultry	2.116
Cold Cuts and Sausage	0.040
<u>Dairy and Nondairy Alternatives, Total Servings</u>	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
<u>Fats, Total Servings</u>	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
<u>Sweets, Total Servings</u>	0.155
Sugar	0.155
<u>Beverages, Total Servings</u>	9.200
Artificially Sweetened Soft Drinks	1.500

NDSR 2024 Food Group Serving Count System Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Food Group/Subgroup	Servings
<u>Beverages, Total Servings</u>	9.200
Unsweetened Coffee	2.500
Unsweetened Water	4.000
Wine	1.200
<u>Miscellaneous Foods, Total Servings</u>	0.000

*Note: For Food Group/Subgroup information, refer to the NDSR User Manual.
 This record contains incomplete information.*

Your Healthy Eating Index Report

The Healthy Eating Index is a way to see how the foods you ate on June 20, 2024 match eating goals in the Dietary Guidelines for Americans 2015-2020. The Guidelines recommend eating foods from different food groups (adequacy components) and limiting intake of certain types of food (moderation components) to meet nutrient needs; support a healthy body weight; and reduce your risk for getting diseases like diabetes, heart disease, and cancer.

Your Healthy Eating Index TOTAL SCORE is 54 out of 100



YOUR HEALTHY EATING INDEX 2015 TOTAL AND COMPONENT SCORES			
Dietary Component	Your Score	Best Possible Score	
TOTAL SCORE	54	100	54 100
<i>Adequacy Components - Eat more of these to get a higher score</i>			
Total Fruits	0	5	0 5
Whole Fruits	0	5	0 5
Total Vegetables	5	5	5 5
Greens & Beans	5	5	5 5
Whole Grains	7	10	7 10
Dairy	8	10	8 10
Total Protein Foods	5	5	5 5
Seafood & Plant Proteins	0	5	0 5
Healthy Fats	1	10	1 10
<i>Moderation Components - Eat less of these to get a higher score</i>			
Refined Grains	6	10	6 10
Sodium	6	10	6 10
Added Sugars	9	10	9 10
Saturated Fat	4	10	4 10
Your calorie intake on 06/20/2024: 2,466 calories			

How can I improve my score?

Your Total Score is affected by the food choices you make. When you eat foods that match the goals in the Dietary Guidelines for Americans, your Total Score improves (higher score = better diet).

Here are suggestions for you based on your component scores. Follow the dietary advice listed under the “Big Changes Needed” and “Some Changes Needed” categories to improve your diet for good health.

Big Changes Needed

Total Fruits	Choose fresh, canned, frozen, or dried fruits; and fruit juices.
Whole Fruits	Choose whole fruits (fresh, canned, frozen, or dried).
Seafood & Plant Proteins	Choose seafood, nuts, seeds, soy products, and legumes (beans and peas).
Healthy Fats	Choose vegetable oils such as corn, canola, and olive. Limit foods made with animal fats (butter, lard) and tropical oils (coconut, palm). Choose lean meats and low or non-fat dairy.
Saturated Fats	Choose foods that are lower in saturated fats. Choose lean meats and low or non-fat dairy. Read product labels to choose foods that are low in saturated fat.

Some Changes Needed

Whole Grains	Choose breads, pasta, tortillas, rice, and breakfast cereals made with whole grains like whole wheat flour, whole grain corn, and oatmeal.
Refined Grains	Limit refined grain foods like white bread, white rice, and cereals made with non-whole grain flours. Choose whole grains instead.
Sodium	Choose foods that are lower in sodium. Read product labels to choose lower sodium products. Limit the amount of salt and salty seasonings and sauces added at the table and in cooking.

On Track

Total Vegetables	Choose fresh, frozen, canned, or dried vegetables; and vegetable juices.
Greens & Beans	Choose dark-green vegetables (like collard greens, spinach) and beans, peas, and lentils.
Dairy	Choose low or fat-free dairy foods and fortified soy beverages.
Total Protein Foods	Choose protein foods such as seafood, meat, poultry, eggs, beans, peas, lentils, nuts, and soy products.
Added Sugars	Limit sugary foods and drinks like regular soda, sweetened coffee drinks, cakes, cookies, and candies. Read labels to choose food products low in added sugars.

Answers to Frequently Asked Questions

What is a good Healthy Eating Index Total Score?

A Total Score of

- **80 or higher** indicates **good diet quality**
- **51-79** means **diet needs improvement**
- **50 or lower** indicates **poor diet quality**

How does my Healthy Eating Index score compare to other Americans?

Your Healthy Eating Index total score: **54**

Average Healthy Eating Index total score for Americans: **59**

Resources

Visit [MyPlate.gov](https://www.MyPlate.gov) to learn more about Dietary Guidelines for Americans and its recommendations.

Visit [FDA.gov](https://www.FDA.gov) to learn how to read the Nutrition Facts Panel.

For tips on budget-friendly healthy foods and budget-friendly recipes download the ShopSimple with MyPlate app.

If you are struggling to afford healthy foods for your family visit [FeedingAmerica.org](https://www.FeedingAmerica.org) to learn about food assistance programs.

To find a Registered Dietitian to help you in bettering your diet search the Academy of Nutrition and Dietetics Find an Expert database (www.eatright.org/find-a-nutrition-expert). Check with your health insurer to learn if the services of a dietitian may be covered by your plan.

IMPORTANT NOTE

This report reflects how you ate on June 20, 2024. Your Healthy Eating Index Total Score may be much higher or lower on other days if this day was different from how you typically eat.

Report Details

2015 version of the Healthy Eating Index is reported

Generated by Nutrition Data System for Research (NDSR) 2024

Report name: NDSR 2024 HEI 2015 Report

This report contains incomplete information.



NDSR 2024 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

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
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g

NDSR 2024 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc

Date of Intake: 06/20/2024

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
Iodine	0.000 mcg
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	0 mg
Vanadium	0.000 mcg

NDSR 2024 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Minerals

Zinc	69.600 mg
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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

Botanicals

Black Cohosh	N
Echinacea	N
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N

NDSR 2024 DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Botanicals

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.) This record contains incomplete information.

NDSR 2024 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

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
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g

NDSR 2024 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc

Date of Intake: 06/20/2024

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
Niacin (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

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
Fluoride	0.000 mcg
Iodine	125.000 mcg
Iron	6.667 mg
Magnesium	83 mg
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
Sodium	0 mg
Vanadium	0.000 mcg

NDSR 2024 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial
 Participant ID: 123456789abc

Date of Intake: 06/20/2024

Minerals

Zinc

82.100 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

Botanicals

Black Cohosh	N
Echinacea	Y
Garlic	N
Ginger	N
Ginkgo	N
Ginseng	N
Hawthorn	N
Kava Kava	N

NDSR 2024 DSAM 30-day Nutrient Totals Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Botanicals

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.) This record contains incomplete information.

NDSR 2024 DSAM User Product Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2024-001

Date of Entry: 06/21/2024

Project Name: Tutorial User Products

Data Collected in NCC Database Version: 2024

Data Collected in Software Version: 2024

Data Collected in DSAM Database Version: 2024

Date of Entry: 06/21/2024

Interviewer ID: NCC

Brand Name: XYZ

Manufacturer/Distributor:

City Name:

State:

Contact Info:

Product Information Source: Bottle/label

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

NDSR 2024 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2024-001

Date of Entry: 06/21/2024

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
Glucose	0.000 g
Sucrose	0.000 g
Total Dietary Fiber	1.000 g
Soluble Dietary Fiber	0.000 g

NDSR 2024 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2024-001

Date of Entry: 06/21/2024

Carbohydrates and Fiber

Insoluble Dietary Fiber 0.000 g

Vitamins

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 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) 0.000 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 0.000 mg

Fluoride 0.000 mcg

Iodine 0.000 mcg

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

NDSR 2024 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2024-001

Date of Entry: 06/21/2024

Minerals

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

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

Botanicals

Black Cohosh	N
Echinacea	N
Garlic	N

NDSR 2024 DSAM User Product Nutrient Totals Report

Product Name: XYZ for Joint Relief

Project Abbreviation: TutorUP

Product ID: 2024-001

Date of Entry: 06/21/2024

Botanicals

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 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.)

NDSR 2024 Record List for Averaged Nutrient Totals Report

Project Name: Average Samples
Project Abbreviation: Averages (Complete Project) Comment: DSAM: 24-hour and 30 days
Record Type: Recall
Records in Project: 4

Participant ID	Date of Intake	Day	Date of Entry	Participant Name	Date of Birth	Sex	Life Stage Group	Interviewer ID	Visit Number	Site ID	Entered On Database
AB001	05/01/2024	Wed	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	1		2024
AB001	05/02/2024	Thu	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	1		2024
AB001	05/03/2024	Fri	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	3		2024
AB001	05/04/2024	Sat	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	1		2024

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

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Primary Energy Sources

Energy (kilocalories)	1435 kcal	
Energy (kilojoules)	6004 kj	
Total Fat	50.6 g	
Total Carbohydrate	180.9 g	
Available Carbohydrate	167.6 g	
Total Protein	61.2 g	
Animal Protein	38.8 g	
Vegetable Protein	22.4 g	
Gluten	10.3 g	
Alcohol	3.9 g	
% Calories from Fat	31.4 %	
% Calories from Carbohydrate	49.6 %	
% Calories from Protein	17.1 %	
% Calories from Alcohol	1.9 %	

Fat and Cholesterol

Cholesterol	187 mg	
Solid Fats	17.1 g	
Total Saturated Fatty Acids (SFA)	14.7 g	
Total Monounsaturated Fatty Acids (MUFA)	15.5 g	
Total Polyunsaturated Fatty Acids (PUFA)	15.1 g	
Total Trans-Fatty Acids (TRANS)	0.6 g	
Total Conjugated Linoleic Acid (CLA 18:2)	0.1 g	
Omega-3 Fatty Acids	1.6 g	
Omega-6 Fatty Acids	13.1 g	
% Calories from SFA	9.1 %	
% Calories from MUFA	9.6 %	
% Calories from PUFA	9.3 %	
Polyunsaturated to Saturated Fat Ratio	1.0	
Cholesterol to Saturated Fatty Acid Index	24.3	

Carbohydrates

Total Sugars	66.1 g	
Fructose	15.6 g	
Galactose	0.0 g	
Glucose	14.0 g	
Lactose	9.7 g	
Maltose	3.1 g	
Sucrose	25.2 g	
Starch	86.6 g	
Added Sugars (by Total Sugars)	37.9 g	
Added Sugars (by Available Carbohydrate)	39.3 g	

Fiber

Total Dietary Fiber	13.3 g	
Soluble Dietary Fiber	3.2 g	
Insoluble Dietary Fiber	10.1 g	
Pectins	1.8 g	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	1101 mcg	
Total Vitamin A Activity (International Units)	8871 IU	
Total Vitamin A Activity (Retinol Activity Equivalents)	711 mcg	
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	4680 mcg	
Retinol	321 mcg	
Vitamin D (calciferol)	4.0 mcg	
Vitamin D2 (ergocalciferol)	0.0 mcg	
Vitamin D3 (cholecalciferol)	4.0 mcg	
Vitamin E (International Units)	11.4 IU	
Vitamin E (Total Alpha-Tocopherol)	7.6 mg	
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	7.6 mg	
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.0 mg	
Total Alpha-Tocopherol Equivalents	9.1 mg	
Beta-Tocopherol	0.5 mg	
Gamma-Tocopherol	12.0 mg	
Delta-Tocopherol	3.2 mg	
Vitamin K (phylloquinone)	172.4 mcg	
Vitamin C (ascorbic acid)	85.8 mg	
Thiamin (vitamin B1)	1.6 mg	
Riboflavin (vitamin B2)	1.4 mg	
Niacin (vitamin B3)	18.8 mg	
Niacin Equivalents	31.0 mg	
Pantothenic Acid	3.6 mg	
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	1.5 mg	
Total Folate	351 mcg	
Dietary Folate Equivalents	451 mcg	
Natural Folate (food folate)	206 mcg	
Synthetic Folate (folic acid)	144 mcg	
Vitamin B-12 (cobalamin)	3.1 mcg	

Carotenoids

Beta-Carotene (provitamin A carotenoid)	4151 mcg	
Alpha-Carotene (provitamin A carotenoid)	1031 mcg	
Beta-Cryptoxanthin (provitamin A carotenoid)	27 mcg	
Lutein + Zeaxanthin	1766 mcg	
Lycopene	6118 mcg	

Minerals

Calcium	731 mg	
Phosphorus	911 mg	
Magnesium	179 mg	
Iron	12.6 mg	
Zinc	7.5 mg	
Copper	0.7 mg	
Manganese	2.1 mg	
Selenium	91.8 mcg	
Sodium	2264 mg	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Minerals

Potassium	1846 mg
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Fatty Acids

SFA 4:0 (butyric acid)	0.16 g
SFA 6:0 (caproic acid)	0.12 g
SFA 8:0 (caprylic acid)	0.08 g
SFA 10:0 (capric acid)	0.19 g
SFA 12:0 (lauric acid)	0.23 g
SFA 14:0 (myristic acid)	0.95 g
SFA 16:0 (palmitic acid)	8.73 g
SFA 17:0 (margaric acid)	0.09 g
SFA 18:0 (stearic acid)	3.85 g
SFA 20:0 (arachidic acid)	0.10 g
SFA 22:0 (behenic acid)	0.08 g
MUFA 14:1 (myristoleic acid)	0.04 g
MUFA 16:1 (palmitoleic acid)	0.70 g
MUFA 18:1 (oleic acid)	14.50 g
MUFA 20:1 (gadoleic acid)	0.19 g
MUFA 22:1 (erucic acid)	0.00 g
PUFA 18:2 (linoleic acid, undifferentiated)	13.23 g
PUFA 18:2 n-6 (linoleic acid [LA])	12.93 g
PUFA 18:3 (linolenic acid, undifferentiated)	1.56 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	1.52 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.03 g
PUFA 18:4 (parinaric acid)	0.00 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.12 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.11 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])	0.02 g
TRANS 16:1 (trans-hexadecenoic acid)	0.02 g
TRANS 18:1 (trans-octadecenoic acid)	0.48 g
TRANS 18:2 (trans-octadecadienoic acid)	0.13 g
CLA cis-9, trans-11	0.06 g
CLA trans-10, cis-12	0.01 g

Amino Acids

Tryptophan	0.73 g
Threonine	2.47 g
Isoleucine	2.73 g
Leucine	4.73 g
Lysine	4.07 g
Methionine	1.40 g
Cystine	0.87 g
Phenylalanine	2.69 g
Tyrosine	2.06 g
Valine	3.07 g

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Amino Acids

Arginine	3.32 g	
Histidine	1.77 g	
Alanine	2.92 g	
Aspartic Acid	5.15 g	
Glutamic Acid	13.06 g	
Glycine	2.50 g	
Proline	4.18 g	
Serine	2.77 g	

Isoflavones and Similar

Daidzein	0.1 mg	
Genistein	0.1 mg	
Glycitein	0.0 mg	
Coumestrol	0.0 mg	
Biochanin A	0.0 mg	
Formononetin	0.0 mg	
Total Lignans	237.66 mcg	
Secoisolariciresinol	55.52 mcg	
Matairesinol	7.49 mcg	
Lariciresinol	120.14 mcg	
Pinoresinol	54.84 mcg	

Sugar Alcohols (polyols)

Erythritol	0.00 g	
Inositol	0.23 g	
Isomalt	0.00 g	
Lactitol	0.00 g	
Maltitol	0.00 g	
Mannitol	0.16 g	
Pinitol	0.00 g	
Sorbitol	0.07 g	
Xylitol	0.01 g	

Other

Acesulfame Potassium	0.0 mg	
Aspartame	0.0 mg	
Saccharin	0.0 mg	
Sucralose	0.0 mg	
Tagatose	0.1 mg	
Caffeine	10.4 mg	
Phytic Acid	517.8 mg	
Oxalic Acid	87.8 mg	
3-Methylhistidine	14.7 mg	
Sucrose Polyester	0.0 g	
Choline	258.5 mg	
Betaine	177.0 mg	
Glycemic Index (glucose reference)	62	
Glycemic Index (bread reference)	89	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Other

Glycemic Load (glucose reference)	104	
Glycemic Load (bread reference)	149	
Nitrogen	9.9 g	
Ash	12.1 g	
Water	1191 g	
Grams	1505 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	

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.)

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Primary Energy Sources

Energy (kilocalories)	1435 kcal	
Energy (kilojoules)	6004 kj	
Total Fat	50.6 g	
Total Carbohydrate	180.9 g	
Available Carbohydrate	167.6 g	
Total Protein	61.2 g	
Animal Protein	38.8 g	
Vegetable Protein	22.4 g	
Gluten	10.3 g	
Alcohol	3.9 g	
% Calories from Fat	31.4 %	
% Calories from Carbohydrate	49.6 %	
% Calories from Protein	17.1 %	
% Calories from Alcohol	1.9 %	

Fat and Cholesterol

Cholesterol	187 mg	
Solid Fats	17.1 g	
Total Saturated Fatty Acids (SFA)	14.7 g	
Total Monounsaturated Fatty Acids (MUFA)	15.5 g	
Total Polyunsaturated Fatty Acids (PUFA)	15.1 g	
Total Trans-Fatty Acids (TRANS)	0.6 g	
Total Conjugated Linoleic Acid (CLA 18:2)	0.1 g	
Omega-3 Fatty Acids	1.6 g	
Omega-6 Fatty Acids	13.1 g	
% Calories from SFA	9.1 %	
% Calories from MUFA	9.6 %	
% Calories from PUFA	9.3 %	
Polyunsaturated to Saturated Fat Ratio	1.0	
Cholesterol to Saturated Fatty Acid Index	24.3	

Carbohydrates

Total Sugars	66.1 g	
Fructose	15.6 g	
Galactose	0.0 g	
Glucose	14.0 g	
Lactose	9.7 g	
Maltose	3.1 g	
Sucrose	25.2 g	
Starch	86.6 g	
Added Sugars (by Total Sugars)	37.9 g	
Added Sugars (by Available Carbohydrate)	39.3 g	

Fiber

Total Dietary Fiber	13.3 g	
Soluble Dietary Fiber	3.2 g	
Insoluble Dietary Fiber	10.1 g	
Pectins	1.8 g	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	1101 mcg	
Total Vitamin A Activity (International Units)	8871 IU	
Total Vitamin A Activity (Retinol Activity Equivalents)	711 mcg	
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	4680 mcg	
Retinol	321 mcg	
Vitamin D (calciferol)	4.0 mcg	
Vitamin D2 (ergocalciferol)	0.0 mcg	
Vitamin D3 (cholecalciferol)	4.0 mcg	
Vitamin E (International Units)	11.4 IU	
Vitamin E (Total Alpha-Tocopherol)	7.6 mg	
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	7.6 mg	
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.0 mg	
Total Alpha-Tocopherol Equivalents	9.1 mg	
Beta-Tocopherol	0.5 mg	
Gamma-Tocopherol	12.0 mg	
Delta-Tocopherol	3.2 mg	
Vitamin K (phylloquinone)	172.4 mcg	
Vitamin C (ascorbic acid)	85.8 mg	
Thiamin (vitamin B1)	1.6 mg	
Riboflavin (vitamin B2)	1.4 mg	
Niacin (vitamin B3)	18.8 mg	
Niacin Equivalents	31.0 mg	
Pantothenic Acid	3.6 mg	
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	1.5 mg	
Total Folate	351 mcg	
Dietary Folate Equivalents	451 mcg	
Natural Folate (food folate)	206 mcg	
Synthetic Folate (folic acid)	144 mcg	
Vitamin B-12 (cobalamin)	3.1 mcg	

Carotenoids

Beta-Carotene (provitamin A carotenoid)	4151 mcg	
Alpha-Carotene (provitamin A carotenoid)	1031 mcg	
Beta-Cryptoxanthin (provitamin A carotenoid)	27 mcg	
Lutein + Zeaxanthin	1766 mcg	
Lycopene	6118 mcg	

Minerals

Calcium	731 mg	
Phosphorus	911 mg	
Magnesium	179 mg	
Iron	12.6 mg	
Zinc	7.5 mg	
Copper	0.7 mg	
Manganese	2.1 mg	
Selenium	91.8 mcg	
Sodium	2264 mg	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Minerals

Potassium	1846 mg
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Fatty Acids

SFA 4:0 (butyric acid)	0.16 g
SFA 6:0 (caproic acid)	0.12 g
SFA 8:0 (caprylic acid)	0.08 g
SFA 10:0 (capric acid)	0.19 g
SFA 12:0 (lauric acid)	0.23 g
SFA 14:0 (myristic acid)	0.95 g
SFA 16:0 (palmitic acid)	8.73 g
SFA 17:0 (margaric acid)	0.09 g
SFA 18:0 (stearic acid)	3.85 g
SFA 20:0 (arachidic acid)	0.10 g
SFA 22:0 (behenic acid)	0.08 g
MUFA 14:1 (myristoleic acid)	0.04 g
MUFA 16:1 (palmitoleic acid)	0.70 g
MUFA 18:1 (oleic acid)	14.50 g
MUFA 20:1 (gadoleic acid)	0.19 g
MUFA 22:1 (erucic acid)	0.00 g
PUFA 18:2 (linoleic acid, undifferentiated)	13.23 g
PUFA 18:2 n-6 (linoleic acid [LA])	12.93 g
PUFA 18:3 (linolenic acid, undifferentiated)	1.56 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	1.52 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.03 g
PUFA 18:4 (parinaric acid)	0.00 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.12 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.11 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])	0.02 g
TRANS 16:1 (trans-hexadecenoic acid)	0.02 g
TRANS 18:1 (trans-octadecenoic acid)	0.48 g
TRANS 18:2 (trans-octadecadienoic acid)	0.13 g
CLA cis-9, trans-11	0.06 g
CLA trans-10, cis-12	0.01 g

Amino Acids

Tryptophan	0.73 g
Threonine	2.47 g
Isoleucine	2.73 g
Leucine	4.73 g
Lysine	4.07 g
Methionine	1.40 g
Cystine	0.87 g
Phenylalanine	2.69 g
Tyrosine	2.06 g
Valine	3.07 g

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Amino Acids

Arginine	3.32 g	
Histidine	1.77 g	
Alanine	2.92 g	
Aspartic Acid	5.15 g	
Glutamic Acid	13.06 g	
Glycine	2.50 g	
Proline	4.18 g	
Serine	2.77 g	

Isoflavones and Similar

Daidzein	0.1 mg	
Genistein	0.1 mg	
Glycitein	0.0 mg	
Coumestrol	0.0 mg	
Biochanin A	0.0 mg	
Formononetin	0.0 mg	
Total Lignans	237.66 mcg	
Secoisolariciresinol	55.52 mcg	
Matairesinol	7.49 mcg	
Lariciresinol	120.14 mcg	
Pinoresinol	54.84 mcg	

Sugar Alcohols (polyols)

Erythritol	0.00 g	
Inositol	0.23 g	
Isomalt	0.00 g	
Lactitol	0.00 g	
Maltitol	0.00 g	
Mannitol	0.16 g	
Pinitol	0.00 g	
Sorbitol	0.07 g	
Xylitol	0.01 g	

Other

Acesulfame Potassium	0.0 mg	
Aspartame	0.0 mg	
Saccharin	0.0 mg	
Sucralose	0.0 mg	
Tagatose	0.1 mg	
Caffeine	10.4 mg	
Phytic Acid	517.8 mg	
Oxalic Acid	87.8 mg	
3-Methylhistidine	14.7 mg	
Sucrose Polyester	0.0 g	
Choline	258.5 mg	
Betaine	177.0 mg	
Glycemic Index (glucose reference)	62	
Glycemic Index (bread reference)	89	

NDSR 2024 Averaged Nutrient Totals Report (Simplified)

Project Abbreviation: Averages (Complete Project)

Comment:

Other

Glycemic Load (glucose reference)	104	
Glycemic Load (bread reference)	149	
Nitrogen	9.9 g	
Ash	12.1 g	
Water	1191 g	
Grams	1505 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	

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.)

NDSR 2024 Averaged Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Averages

(Complete Project)

Comment:

Life Stage Group: Females, Age 31-50 y

Nutrient	Amount Reported	RDA	%RDA	AI
Vitamin A	711 mcg RAE	700 mcg RAE	102 %	
Vitamin C	85.8 mg	75 mg	114 %	
Vitamin D	4.0 mcg	15 mcg	27 %	
Vitamin E	7.6 mg	15 mg	51 %	
Vitamin K	172.4 mcg			90 mcg
Thiamin	1.6 mg	1.1 mg	147 %	
Riboflavin	1.4 mg	1.1 mg	126 %	
Niacin	31.0 mg NE	14 mg NE	221 %	
Vitamin B6	1.5 mg	1.3 mg	113 %	
Folate	451 mcg DFE	400 mcg DFE	113 %	
Vitamin B12	3.1 mcg	2.4 mcg	129 %	
Pantothenic Acid	3.6 mg			5 mg
Choline	258.5 mg			425 mg
Calcium	731 mg	1000 mg	73 %	
Copper	659 mcg	900 mcg	73 %	
Iron	12.6 mg	18 mg	70 %	
Magnesium	179 mg	320 mg	56 %	
Manganese	2.1 mg			1.8 mg
Phosphorus	911 mg	700 mg	130 %	
Selenium	91.8 mcg	55 mcg	167 %	
Zinc	7.5 mg	8 mg	94 %	
Potassium	1846 mg			2600 mg
Sodium	2264 mg			1500 mg
Total Fiber	13.3 g			25 g
Total Water	1.2 l			2.7 l

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).

NDSR 2024 Averaged Recommended Dietary Allowances/Adequate Intake Report

Project Abbreviation: Averages

(Complete Project)

Comment:

Life Stage Group: Females, Age 31-50 y

Additional Recommendations			
Nutrient	Amount Reported	% of Energy	Recommended Intake
Energy	1435 kcal		
Fat	50.6 g	31.4 %	20-35% ²
Carbohydrate	180.9 g	49.6 %	45-65% ²
Protein	61.2 g	17.1 %	10-35% ²
Alcohol	3.9 g	1.9 %	
Saturated Fatty Acids	14.7 g	9.1 %	< 10% ¹
Trans-Fatty Acids	0.6 g	0.4 %	
Linoleic Acid	12.93 g	8.1 %	5-10% ²
Alpha-Linolenic Acid	1.52 g	1.0 %	0.6-1.2% ²
Added Sugars	37.9 g	10.6 %	< 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).

NDSR 2024 Averaged Daily Values Report for Adults and Children 4 Years of Age and Older

Project Abbreviation: Averages (Complete Project)

Comment:

Nutrient	Amount Reported	Daily Value ⁴	Percent Daily Value
Calories	1435 kcal		
Total Fat	50.6 g	78 g	65 %
Saturated Fat	14.7 g	20 g	74 %
Trans Fat	0.6 g		
Cholesterol	187 mg	300 mg	62 %
Sodium	2264 mg	2300 mg	98 %
Total Carbohydrate	180.9 g	275 g	66 %
Dietary Fiber	13.3 g	28 g	47 %
Total Sugars	66.1 g		
Added Sugars	37.9 g	50 g	76 %
Protein	61.2 g		
Vitamin D	4.0 mcg	20 mcg	20 %
Calcium	731 mg	1300 mg	56 %
Iron	12.6 mg	18 mg	70 %
Potassium	1846 mg	4700 mg	39 %
Vitamin A (RAE) ¹	711 mcg	900 mcg	79 %
Vitamin C	85.8 mg	90 mg	95 %
Vitamin E	7.6 mg	15 mg	51 %
Vitamin K	172.4 mcg	120 mcg	144 %
Thiamin	1.6 mg	1.2 mg	135 %
Riboflavin	1.4 mg	1.3 mg	106 %
Niacin (NE) ²	31.0 mg	16 mg	193 %
Vitamin B6	1.5 mg	1.7 mg	87 %
Folate (DFE) ³	451 mcg	400 mcg	113 %
Vitamin B12	3.1 mcg	2.4 mcg	129 %
Pantothenic Acid	3.6 mg	5 mg	71 %
Phosphorus	911 mg	1250 mg	73 %
Magnesium	179 mg	420 mg	43 %
Zinc	7.5 mg	11 mg	68 %
Selenium	91.8 mcg	55 mcg	167 %
Copper	0.7 mg	0.9 mg	73 %
Manganese	2.1 mg	2.3 mg	92 %
Choline	258.5 mg	550 mg	47 %

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 Regulation* Title 21- Food and Drugs, Volume 2, Sec 101.9, Nutrition labeling of food, 2018.

NDSR 2024 Averaged Food Group Serving Count System Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Food Group/Subgroup	Servings
<u>Fruits, Total Servings</u>	0.849
Citrus Juice	0.500
Fruit excluding Citrus Fruit	0.238
Avocado and Similar	0.111
<u>Vegetables, Total Servings</u>	3.139
Dark-green Vegetables	1.339
Deep-yellow Vegetables	0.359
Tomato	0.710
White Potatoes	0.208
Fried Potatoes	0.123
Other Starchy Vegetables	0.009
Other Vegetables	0.391
<u>Grains, Total Servings</u>	6.515
Grains, Flour and Dry Mixes - Refined Grain	0.509
Loaf-type Bread and Plain Rolls - Refined Grain	3.272
Other Breads (quick breads, corn muffins, tortillas) - Refined Grain	0.526
Pasta - Refined Grain	0.889
Ready-to-eat Cereal (not presweetened) - Whole Grain	0.235
Ready-to-eat Cereal (presweetened) - Whole Grain	0.520
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain	0.352
Snack Chips - Whole Grain	0.212
<u>Meat, Fish, Poultry, Eggs, Nuts and Seeds, Total Servings</u>	3.997
Beef	0.617
Lean Beef	0.608
Fresh Pork	0.767
Cured Pork	0.141
Lean Poultry	1.190
Cold Cuts and Sausage	0.353
Eggs	0.321
<u>Dairy and Nondairy Alternatives, Total Servings</u>	0.859
Milk - Reduced Fat	0.781
Cheese - Full Fat	0.078
<u>Fats, Total Servings</u>	2.180
Oil	0.881
Butter and Other Animal Fats - Regular	0.212
Salad Dressing - Regular	1.087
<u>Sweets, Total Servings</u>	0.764
Sugar	0.764
<u>Beverages, Total Servings</u>	2.040
Sweetened Soft Drinks	0.790

NDSR 2024 Averaged Food Group Serving Count System Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Food Group/Subgroup	Servings
<u>Beverages, Total Servings</u>	2.040
Unsweetened Water	1.000
Wine	0.250
<u>Miscellaneous Foods, Total Servings</u>	0.416
Sauces and Condiments - Reduced Fat	0.286
Pickled Foods	0.117
Soup Broth	0.013

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

Your Healthy Eating Index Report

The Healthy Eating Index is a way to see how the foods you ate match eating goals in the Dietary Guidelines for Americans 2015-2020. The Guidelines recommend eating foods from different food groups (adequacy components) and limiting intake of certain types of food (moderation components) to meet nutrient needs; support a healthy body weight; and reduce your risk for getting diseases like diabetes, heart disease, and cancer.

Your Healthy Eating Index TOTAL SCORE is 55 out of 100



YOUR HEALTHY EATING INDEX 2015 TOTAL AND COMPONENT SCORES			
Dietary Component	Your Score	Best Possible Score	
TOTAL SCORE	55	100	55 100
<i>Adequacy Components - Eat more of these to get a higher score</i>			
Total Fruits	2	5	2 5
Whole Fruits	2	5	2 5
Total Vegetables	5	5	5 5
Greens & Beans	5	5	5 5
Whole Grains	4	10	4 10
Dairy	5	10	5 10
Total Protein Foods	5	5	5 5
Seafood & Plant Proteins	0	5	0 5
Healthy Fats	7	10	7 10
<i>Moderation Components - Eat less of these to get a higher score</i>			
Refined Grains	0	10	0 10
Sodium	5	10	5 10
Added Sugars	8	10	8 10
Saturated Fat	9	10	9 10
Your average daily calorie intake : 1,435 calories			

How can I improve my score?

Your Total Score is affected by the food choices you make. When you eat foods that match the goals in the Dietary Guidelines for Americans, your Total Score improves (higher score = better diet).

Here are suggestions for you based on your component scores. Follow the dietary advice listed under the “Big Changes Needed” and “Some Changes Needed” categories to improve your diet for good health.

Big Changes Needed

Total Fruits	Choose fresh, canned, frozen, or dried fruits; and fruit juices.
Whole Fruits	Choose whole fruits (fresh, canned, frozen, or dried).
Whole Grains	Choose breads, pasta, tortillas, rice, and breakfast cereals made with whole grains like whole wheat flour, whole grain corn, and oatmeal.
Dairy	Choose low or fat-free dairy foods and fortified soy beverages.
Seafood & Plant Proteins	Choose seafood, nuts, seeds, soy products, and legumes (beans and peas).
Refined Grains	Limit refined grain foods like white bread, white rice, and cereals made with non-whole grain flours. Choose whole grains instead.
Sodium	Choose foods that are lower in sodium. Read product labels to choose lower sodium products. Limit the amount of salt and salty seasonings and sauces added at the table and in cooking.

Some Changes Needed

Healthy Fats	Choose vegetable oils such as corn, canola, and olive. Limit foods made with animal fats (butter, lard) and tropical oils (coconut, palm). Choose lean meats and low or non-fat dairy.
--------------	---

On Track

Total Vegetables	Choose fresh, frozen, canned, or dried vegetables; and vegetable juices.
Greens & Beans	Choose dark-green vegetables (like collard greens, spinach) and beans, peas, and lentils.
Total Protein Foods	Choose protein foods such as seafood, meat, poultry, eggs, beans, peas, lentils, nuts, and soy products.
Added Sugars	Limit sugary foods and drinks like regular soda, sweetened coffee drinks, cakes, cookies, and candies. Read labels to choose food products low in added sugars.
Saturated Fats	Choose foods that are lower in saturated fats. Choose lean meats and low or non-fat dairy. Read product labels to choose foods that are low in saturated fat.

Answers to Frequently Asked Questions

What is a good Healthy Eating Index Total Score?

A Total Score of

- **80 or higher** indicates **good diet quality**
- **51-79** means **diet needs improvement**
- **50 or lower** indicates **poor diet quality**

How does my Healthy Eating Index score compare to other Americans?

Your Healthy Eating Index total score: **55**

Average Healthy Eating Index total score for Americans: **59**

Resources

Visit [MyPlate.gov](https://www.MyPlate.gov) to learn more about Dietary Guidelines for Americans and its recommendations.

Visit [FDA.gov](https://www.FDA.gov) to learn how to read the Nutrition Facts Panel.

For tips on budget-friendly healthy foods and budget-friendly recipes download the ShopSimple with MyPlate app.

If you are struggling to afford healthy foods for your family visit [FeedingAmerica.org](https://www.FeedingAmerica.org) to learn about food assistance programs.

To find a Registered Dietitian to help you in bettering your diet search the Academy of Nutrition and Dietetics Find an Expert database (www.eatright.org/find-a-nutrition-expert). Check with your health insurer to learn if the services of a dietitian may be covered by your plan.

Report Details

2015 version of the Healthy Eating Index is reported

Generated by Nutrition Data System for Research (NDSR) 2024

Report name: NDSR 2024 HEI 2015 Across Records Report



NDSR 2024 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Averages (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
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g

NDSR 2024 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Vitamins

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 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)	100.000 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	50 mg
Chromium	0.000 mcg
Copper	0.000 mg
Fluoride	0.000 mcg
Iodine	0.000 mcg
Iron	11.250 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	0 mg
Vanadium	0.000 mcg

NDSR 2024 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Minerals

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

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

Botanicals

Black Cohosh N

Echinacea N

Garlic N

Ginger N

Ginkgo N

Ginseng N

Hawthorn N

Kava Kava N

Ma Huang/Ephedra N

Appendix 17 -- Sample Reports

Main Folder\My Practice Projects

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NDSR 2024 Averaged DSAM 24-hour Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Botanicals

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.)

NDSR 2024 Averaged DSAM 30-day Nutrient Totals Report

Project Abbreviation: Averages (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
Total Dietary Fiber	0.000 g
Soluble Dietary Fiber	0.000 g
Insoluble Dietary Fiber	0.000 g

NDSR 2024 Averaged DSAM 30-day Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Vitamins

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 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)	100.000 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	2 mg
Chromium	0.000 mcg
Copper	0.000 mg
Fluoride	0.000 mcg
Iodine	0.000 mcg
Iron	11.250 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	0 mg
Vanadium	0.000 mcg

NDSR 2024 Averaged DSAM 30-day Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Minerals

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

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

Botanicals

Black Cohosh N

Echinacea N

Garlic N

Ginger N

Ginkgo N

Ginseng N

Hawthorn N

Kava Kava N

Ma Huang/Ephedra N

NDSR 2024 Averaged DSAM 30-day Nutrient Totals Report

Project Abbreviation: Averages (Complete Project)

Comment:

Botanicals

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.)

NDSR 2024 Project List Report

Abbreviation	Name	Record Type	DSAM
	Main Folder\My Practice Projects		
Averages	Average Samples	Recall	30d
Menu01	Practice Menus	Menu	
Recipes	User Recipe Project	User Recipe	
Tutorial	Tutorial - Dietary Recalls	Recall	30d
	Text entered as a note on the Project Information window will be included in the Project List Report		
Tutorial2	Tutorial 2	Recall	30d
TutorUP	Tutorial User Products	DSAM User Product	
	practice session		

NDSR 2024 Record List Report

Project Name: Average Samples
Project Abbreviation: Averages

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

Participant ID	Date of Intake	Day	Date of Entry	Participant Name	Date of Birth	Sex	Life Stage Group	Interviewer ID	Visit Number	Site ID	Entered On Database
AB001	05/01/2024	Wed	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	1		2024
AB001	05/02/2024	Thu	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	2		2024
AB001	05/03/2024	Fri	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	3		2024
AB001	05/04/2024	Sat	06/21/2024		10/10/1986	F	Females, age 31-50 y	NCC	4		2024

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

NDSR 2024 Food Ingredients Report

Project Abbreviation: Tutorial
Participant ID: 123456789abc

Date of Intake: 06/20/2024

Appendix 1 - Sample Reports

Food Name	Total Gram Amount of Food	Total energy (kcal)	Total fat (g)	Total CHO (g)	Total protein (g)	Total Na (mg)
lasagna, from recipe, beef	320.851	501	22.069	40.799	34.544	1046
Food Ingredients						
beef, hamburger or ground beef, unknown % fat		123	8.112	0.000	11.707	41
beef, hamburger or ground beef, 25% fat (75% lean meat)	44.545	123	8.112	0.000	11.707	41
vegetables, onion, white, yellow or red, cooked	12.646	6	0.024	1.284	0.172	0
vegetables, garlic, fresh	0.404	1	0.002	0.114	0.027	0
spices, parsley (dried)	0.646	2	0.035	0.327	0.172	3
sweeteners, sugar, white granulated	0.561	2	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	14	0.172	3.038	0.686	271
grains, pasta or noodles, 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	60
cheese, Parmesan cheese, dry (grated), regular	6.726	28	1.873	0.936	1.912	121
spices, oregano, dried	0.202	1	0.009	0.139	0.018	0
cheese, Mozzarella cheese, unknown type		90	6.035	1.702	7.246	203
cheese, Mozzarella cheese, part skim milk, regular	30.511	90	6.035	1.702	7.246	203
Spices, salt, regular	0.409	0	0.000	0.000	0.000	158

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NDSR 2024 Missing Product Report

Project Abbreviation: Tutorial

Participant ID: 123456789abc

Date of Intake: 06/20/2024

Product Name: Macuvite Eye Care

Serving size: 2 Tablet

Brand name: Nature's Blend

Manufacturer/distributor:

City name:

State:

Contact info:

Product information source: Bottle/label

Note:

Ingredient		Quantity	Unit
1	VITAMIN A	14320	
2	VITAMIN C (ASCORBIC ACID)	226mg	
3	VITAMIN E	200IU	
4	ZINC	34.8mg	
5	COPPER	.8mg	

NDSR 2024 Product Detail Report

Product name: CENTRUM SILVER WOMEN 50+

Serving size: 1 Tablet

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
IODINE	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

NDSR 2024 Record Search Report

Project:

Abbreviation Starts With:

Record Type:

Name includes:

Dietary Supplement Assessment Module:

Recycle Bin Excluded From Search Results.

Record:

Record ID:

Date of Intake From:

To:

Date of Entry From:

To:

Status:

Interviewer ID:

Visit Number:

Site ID:

Contains Food: apple cake

Contains DSAM Product:

Folder	Abbreviation	Record Type	DSAM	Project Name	Record ID	Date of Intake	Date of Entry	Version
Main Folder\My Practice Proje	Tutorial	Recall	30d	Tutorial - Dietary Recalls	M 123456789abc	06/20/2024	06/21/2024	2024
Main Folder\My Practice Proje	Recipes	User Recipe		User Recipe Project	✓ Snack Cake 1	06/21/2024	06/21/2024	2024

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