

Chapter 8

Managing NDSR Output

This chapter includes:

- Overview of NDSR output
- How to create an Output File
- Output File specifications

NDSR Output Files are project specific and contain virtually all NDSR record data in the form of zipped text files. Each NDSR Output File generated contains a series of individual files (ranging from file 00 to file 24). The specific individual files generated are dependent on the record type or methodology selected when setting up the project. Only completed records are included in the output files. Any records within a project that are incomplete due to missing data, will be listed in the Error Log File (file 00) only.

NDSR 2025 Output Files feature NDSR nutrient calculations for 181 nutrients, nutrient ratios and other food components and indices (files 01-06), NCC Food Group Serving Count System calculations (files 07-11). For NDSR projects incorporating the Dietary Supplement Assessment Module (DSAM), there are additional dietary supplement data output files calculated using the DSAM Database (files 12-21). Also provided are Healthy Eating Index (HEI) total and component scores (files 22-24).

To facilitate analysis, NDSR generates nutrient calculations at several levels including the component/ingredient level (file 01), food level (file 02), meal level (file 03) and the record totals level for daily dietary intakes (file 04), user recipes (file 05), or menus (file 06).

The NCC Food Group Serving Count System is designed to offer a high level of flexibility to address multiple research investigations related to food group and dietary pattern analysis. NDSR generates Food Group Serving Count System Output Files (files 07-11) to include Food Group Serving Counts for 174 subgroups per food (file 07), per meal or eating occasion (file 08), and per NDSR record totals for daily dietary intakes (file 09), user recipes (file 10), or menus (file 11).

For projects utilizing the Dietary Supplement Assessment Module (DSAM), NDSR 2025 generates ingredient information and nutrient calculations using the DSAM Database and notates the presence of selected botanicals (files 12-21).

For intake projects and menu projects, NDSR generates Healthy Eating Index (HEI) Output Files. HEI total scores, component scores, and contributing dietary constituents are provided at the meal level (file 22) and record totals for daily dietary intakes (file 23) and menus (file 24).

To help you look at your data, Output File column headers will be included when you generate the Output Files when the **INCLUDE COLUMN HEADERS IN OUTPUT FILES** checkbox is selected on the project **User Preferences** tab. This is the default selection. To generate Output Files without the column headers included, de-select the checkbox. For more information about setting project preferences, refer to “*Chapter 3, Managing NDSR Projects*”.

In addition, Output File column headers and SAS programs are provided in a folder outside of the program. For Windows 10 or 11 installations, the Additional Files folder is located at `C:\Users\Public\Public Documents\NCC\NDSR 2025\Additional Files`.

For information about Output File headers and SAS programs, refer to “*Appendix 18, Additional Files*”. For information about the NCC Food Group Serving Count System, refer to “*Appendix 10, Food Grouping*”.

Creating an Output File

An output file contains an existing project’s data. Before creating an output file, you may choose to create a new project and copy into it completed records from various projects. For information about copying records, refer to “*Chapter 3, Managing NDSR Projects*”. For information about batch output files refer to “*Chapter 9, NDSR Utilities*”.

The following steps describe how to create an output file.

1. Open NDSR. When you receive the **Folder, Project and Record Selection** window, select the project(s) for which you want to create the output file(s).
2. Select **Reports→Output File**.
3. Choose **All** or **Selected** to generate output files for all projects or just those selected.
4. NDSR automatically assigns the project abbreviation, followed by the letter “d” as the file name of the compressed output file.

NOTE: If you want to change the file name, retain the **.zip** extension so it will be clear that the file is in the zip format.

5. Select the **OK** button. NDSR saves the compressed output file in zip format. You can change the location of the output file on the **User Preferences** tab of the project’s **Preferences** window. The output folder default location in Windows 10 or 11 installations is located at **C:\Users\Public\Public Documents\NCC\NDSR 2025\Output**.
6. Unzip (or decompress) the output file using your zip utility program.

NOTE: See your System Administrator if you have questions about using a zip utility program.

7. Once you have unzipped the compressed output of a NDSR project, you will note that several files become available. Each file is named for the project abbreviation followed by a number (00-21) that indicates the type of file available for the data set:
 - 00 indicates the error file and lists all records excluded from the dataset due to incomplete data.
 - 01 indicates that the file contains nutrient data at the component/ingredient level.
 - 02 indicates that the file contains nutrient data at the whole food level.
 - 03 indicates that the file contains nutrient data at the meal (or eating occasion) level.
 - 04 indicates that the file contains nutrient data at the daily totals (intake properties) level.
 - 05 indicates that the file contains nutrient totals for user recipe records.
 - 06 indicates that the file contains nutrient totals for menu records.
 - 07 indicates that the file contains food group serving counts at the whole food level.

- 08 indicates that the file contains food group serving counts at the meal (or eating occasion) level.
 - 09 indicates that the file contains food group serving counts at the daily totals (intake properties) level.
 - 10 indicates that the file contains food group serving counts at the user recipe totals level.
 - 11 indicates that the file contains food group serving counts at the menu totals level.
 - 12 indicates that the file contains DSAM total 24-hour supplement intake.
 - 13 indicates that the file contains DSAM averaged total 30-day supplement intake.
 - 14 indicates that the file contains the product file for DSAM 24-hour supplement intake.
 - 15 indicates that the file contains the product file for DSAM averaged 30-day supplement intake.
 - 16 indicates that the file contains the product ingredient file DSAM 24-hour intake.
 - 17 indicates that the file contains the product ingredient file DSAM averaged 30-day intake.
 - 18 indicates that the file contains the blend ingredient file for DSAM 24-hour intake.
 - 19 indicates that the file contains the blend ingredient file for DSAM averaged 30-day intake.
 - 20 indicates that the file contains DSAM user product totals.
 - 21 indicates that the file contains DSAM user product ingredients.
 - 22 indicates that the file contains the HEI total score, component scores, and contributing dietary constituents at the meal (or eating occasion) level.
 - 23 indicates that the file contains the HEI total score, components scores, and contributing dietary constituents at the daily intake level.
 - 24 indicates that the file contains the HEI total score, component scores, and contributing dietary constituents for menu records.
8. A backup file of your data will also be included within the output file folder. For more information about backup files including instructions for restoring backup into NDSR, see “*Chapter 9, NDSR Utilities*”.
 9. Once you have unzipped the text files, open them using spreadsheet or statistical analysis software. The files are saved in tab-delimited format.
 10. To help you look at your data, output file column headers and SAS programs are provided in a folder outside of the program. For Windows 10 or 11 installations, the Additional Files folder is located at **C:\Users\Public\Public Documents\NCC\NDSR 2025\Additional Files**. For information about output file headers and SAS programs, refer to “*Appendix 18, Additional Files*”.

Output File Specifications

Error Log File (File 00):

Log of records that are incomplete, contain missing foods, or have other errors, and will not be included in the output file. The Error Log File contains the corresponding IDs and dates of these error records. This file also includes an error message explaining why each record was not included in the output file.

Column	Description	Comments
1	Participant/Recipe/Menu ID	IDs excluded from output data.
2	Date of Intake	For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
3	Error Message	Reason record was excluded from the output file.
4	Project Abbreviation	Up to 12 characters
5	NDSR Version	Output version.

Component/Ingredient File (File 01):

This file contains foods at the ingredient level. If a food is a recipe or formula in the NCC Food and Nutrient Database, the ingredients are listed here. If a food is not a recipe or formula, the associated whole food is listed here.

NOTE: Do not add the gram weights of ingredients to get a weight for a total food. Use the gram weight reported in the Food File. See “*Appendix 20, Frequently Asked Questions*”.

Component/Ingredient File (File 01)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant/Recipe/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Component File ID	Prefixed by the Food File ID (found in Output File 02) and including the Meal File ID (Output File 03), the Component File ID sequentially numbers each component/ingredient within the record. File IDs are automatically assigned when output files are generated and may be helpful when linking output data.
5	Foods Report Item Number	Corresponds to food item order on the Foods Report.
6	Food Name	Includes the entire detailed NCC food description beginning with the hierarchy.
7	Food ID	Reflects the NCC Food ID only.
8	Gram Amount of Food	Gram weights of ingredients may not equal the weight of a prepared food. Also, please note that on occasion the gram weight of individual components /ingredients may be negative. See “ <i>Appendix 20, Frequently Asked Questions</i> ”.

Component/Ingredient File (File 01)		
Column	Description	Comments
9	FDA Serving Size (Grams)	The FDA serving size is found on food labels and may not be the serving size considered appropriate for food grouping purposes. See “ <i>Appendix 10, Food Grouping</i> ”. This field is blank for User Recipes.
10	NCC Database Food Group ID	Based on the NCC Database Food Group File. See “ <i>Appendix 10, Food Grouping</i> ”.

Component/Ingredient File (File 01)		
Column	Description	Units
11	Energy (kilocalories)	kcal
12	Total Fat	g
13	Total Carbohydrate	g
14	Total Protein	g
15	Animal Protein	g
16	Vegetable Protein	g
17	Alcohol	g
18	Cholesterol	mg
19	Total Saturated Fatty Acids (SFA)	g
20	Total Monounsaturated Fatty Acids (MUFA)	g
21	Total Polyunsaturated Fatty Acids (PUFA)	g
22	Fructose	g
23	Galactose	g
24	Glucose	g
25	Lactose	g
26	Maltose	g
27	Sucrose	g
28	Starch	g
29	Total Dietary Fiber	g
30	Soluble Dietary Fiber	g
31	Insoluble Dietary Fiber	g
32	Pectins	g
33	Total Vitamin A Activity (International Units)	IU
34	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
35	Retinol	mcg
36	Vitamin D (calciferol)	mcg
37	Total Alpha-Tocopherol Equivalents (see columns 162-164)	mg
38	Vitamin E (Total Alpha-Tocopherol) (see columns 162-164)	mg
39	Beta-Tocopherol	mg
40	Gamma-Tocopherol	mg
41	Delta-Tocopherol	mg
42	Vitamin K (phylloquinone)	mcg
43	Vitamin C (ascorbic acid)	mg
44	Thiamin (vitamin B1)	mg
45	Riboflavin (vitamin B2)	mg

Component/Ingredient File (File 01)		
Column	Description	Units
46	Niacin (vitamin B3)	mg
47	Pantothenic Acid	mg
48	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
49	Total Folate (see columns 140-142)	mcg
50	Vitamin B12 (cobalamin)	mcg
51	Calcium	mg
52	Phosphorus	mg
53	Magnesium	mg
54	Iron	mg
55	Zinc	mg
56	Copper	mg
57	Selenium	mcg
58	Sodium	mg
59	Potassium	mg
60	SFA 4:0 (butyric acid)	g
61	SFA 6:0 (caproic acid)	g
62	SFA 8:0 (caprylic acid)	g
63	SFA 10:0 (capric acid)	g
64	SFA 12:0 (lauric acid)	g
65	SFA 14:0 (myristic acid)	g
66	SFA 16:0 (palmitic acid)	g
67	SFA 17:0 (margaric acid)	g
68	SFA 18:0 (stearic acid)	g
69	SFA 20:0 (arachidic acid)	g
70	SFA 22:0 (behenic acid)	g
71	MUFA 14:1 (myristoleic acid)	g
72	MUFA 16:1 (palmitoleic acid)	g
73	MUFA 18:1 (oleic acid)	g
74	MUFA 20:1 (gadoleic acid)	g
75	MUFA 22:1 (erucic acid)	g
76	PUFA 18:2 (linoleic acid, undifferentiated)	g
77	PUFA 18:3 (linolenic acid, undifferentiated)	g
78	PUFA 18:4 (parinaric acid)	g
79	PUFA 20:4 (arachidonic acid, undifferentiated)	g
80	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
81	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g
82	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
83	Tryptophan	g
84	Threonine	g
85	Isoleucine	g
86	Leucine	g
87	Lysine	g
88	Methionine	g
89	Cystine	g

Component/Ingredient File (File 01)		
Column	Description	Units
90	Phenylalanine	g
91	Tyrosine	g
92	Valine	g
93	Arginine	g
94	Histidine	g
95	Alanine	g
96	Aspartic Acid	g
97	Glutamic Acid	g
98	Glycine	g
99	Proline	g
100	Serine	g
101	Aspartame	mg
102	Saccharin	mg
103	Caffeine	mg
104	Phytic Acid	mg
105	Oxalic Acid	mg
106	3-Methylhistidine	mg
107	Sucrose Polyester	g
108	Ash	g
109	Water	g
110	% Calories from Fat	%
111	% Calories from Carbohydrate	%
112	% Calories from Protein	%
113	% Calories from Alcohol	%
114	% Calories from SFA	%
115	% Calories from MUFA	%
116	% Calories from PUFA	%
117	Polyunsaturated to Saturated Fat Ratio	
118	Cholesterol to Saturated Fatty Acid Index	
119	Total Vitamin A Activity (Retinol Equivalents)	mcg
120	18:1 TRANS (<i>trans</i> -octadecenoic acid)	g
121	18:2 TRANS (<i>trans</i> -octadecadienoic acid)	g
122	16:1 TRANS (<i>trans</i> -hexadecenoic acid)	g
123	Total <i>Trans</i> -Fatty Acids (TRANS)	g
124	User Nutrient 1	mg
125	User Nutrient 2	mg
126	User Nutrient 3	mg
127	User Nutrient 4	mg
128	User Nutrient 5	mg
129	User Nutrient 6	mg
130	User Nutrient 7	mg
131	User Nutrient 8	mg
132	User Nutrient 9	mg
133	User Nutrient 10	mg

Component/Ingredient File (File 01)		
Column	Description	Units
134	Food Detail Window Notes (up to 600 characters)	
135	Beta-Carotene (provitamin A carotenoid)	mcg
136	Alpha-Carotene (provitamin A carotenoid)	mcg
137	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
138	Lutein + Zeaxanthin	mcg
139	Lycopene	mcg
140	Dietary Folate Equivalents	mcg
141	Natural Folate (food folate)	mcg
142	Synthetic Folate (folic acid)	mcg
143	Column intentionally left blank	
144	Column intentionally left blank	
145	Column intentionally left blank	
146	User Nutrient 11	mg
147	User Nutrient 12	mg
148	User Nutrient 13	mg
149	User Nutrient 14	mg
150	User Nutrient 15	mg
151	User Nutrient 16	mg
152	User Nutrient 17	mg
153	User Nutrient 18	mg
154	User Nutrient 19	mg
155	User Nutrient 20	mg
156	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
157	Energy (kilojoules)	kJ
158	Niacin Equivalents	mg
159	Total Sugars	g
160	Omega-3 Fatty Acids	g
161	Manganese	mg
162	Vitamin E (International Units)	IU
163	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
164	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
165	Daidzein	mg
166	Genistein	mg
167	Glycitein	mg
168	Coumestrol	mg
169	Biochanin A	mg
170	Formononetin	mg
171	Preparation Ingredient Flag	
172	Column intentionally left blank	
173	Column intentionally left blank	
174	Column intentionally left blank	
175	Added Sugars (by Available Carbohydrate)	g
176	Acesulfame Potassium	mg
177	Sucralose	mg

Component/Ingredient File (File 01)		
Column	Description	Units
178	Available Carbohydrate	g
179	Glycemic Index (glucose reference) (* inappropriate to sum)	
180	Glycemic Index (bread reference) (* inappropriate to sum)	
181	Glycemic Load (glucose reference) (* inappropriate to sum)	
182	Glycemic Load (bread reference) (* inappropriate to sum)	
183	Choline	mg
184	Betaine	mg
185	Erythritol	g
186	Inositol	g
187	Isomalt	g
188	Lactitol	g
189	Maltitol	g
190	Mannitol	g
191	Pinitol	g
192	Sorbitol	g
193	Xylitol	g
194	Nitrogen	g
195	Total Conjugated Linoleic Acid (CLA 18:2)	g
196	CLA cis-9, <i>trans</i> -11	g
197	CLA <i>trans</i> -10, cis-12	g
198	Tagatose	mg
199	Vitamin D2 (ergocalciferol)	mcg
200	Vitamin D3 (cholecalciferol)	mcg
201	Added Sugars (by Total Sugars)	g
202	Total Grains (ounce equivalents)	oz equiv
203	Whole Grains (ounce equivalents)	oz equiv
204	Refined Grains (ounce equivalents)	oz equiv
205	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
206	Solid Fats	g
207	Gluten	g
208	Total Lignans	mcg
209	Secoisolariciresinol	mcg
210	Matairesinol	mcg
211	Lariciresinol	mcg
212	Pinoresinol	mcg
213	PUFA 18:2 n-6 (linoleic acid [LA])	g
214	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
215	PUFA 20:4 n-6 (arachidonic acid [AA])	g
216	Omega-6 Fatty Acids	g
217	Heme Iron	mg
218	Non-heme Iron	mg
219	% Calories from Added Sugars (by Total Sugars)	%

Food File (File 02):

This file can be used to analyze nutrients in foods at the whole-food and multi-component level. If a food is a recipe or formula in the NCC Food and Nutrient Database, a single line will be reported for the food. Food additions are listed separately from main components. If the Food ID is type 1 (Assembled Food or Recipe) there will be no nutrient values listed for the whole food. However, the Components/Ingredients of an Assembled Food or Recipe will be listed and will have nutrient values listed.

Food File (File 02)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant/Recipe/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Food File ID	Prefixed by the Meal File ID that sequentially numbers each eating occasion (Output File 03), the Food File ID sequentially numbers each food within the record. File IDs are automatically assigned when output files are generated and may be helpful when linking output data.
5	Foods Report Item Number	Corresponds to food item order on the Foods Report.
6	Food Name	Includes the entire detailed NCC food description beginning with the hierarchy. Food Name may also reflect the Recipe Name entered for an Assembled Food or Recipe, or the User Recipe Name if the food is a User Recipe.
7	Food ID	NCC Food ID or User Recipe ID
8	Gram Amount of Food	The gram weight reflects the amount reported and may not include the weight of preparation ingredients. See <i>“Appendix 20, Frequently Asked Questions”</i> .
9	FDA Serving Size (Grams)	The FDA serving size is found on food labels and may not be the serving size considered appropriate for food grouping purposes. See <i>“Appendix 10, Food Grouping”</i> . This field is blank for user recipes.
10	NCC Database Food Group ID	Must be assigned by researcher for User Recipes, assigned automatically for all other types. Will be based on NCC Database Food Group File. See <i>“Appendix 10, Food Grouping”</i> .
11	Amount Reported	Amount as reported.
12	Food ID Type	0 = NCC food 1 = Assembled Food or Recipe description 2 = User Recipe 4 = User Recipe description
13	Unknown (default) Food	0 = No 1 = Yes

Food File (File 02)		
Column	Description	Comments
14	Addition and Assembled Food or Recipe /User Recipe Ingredients	0 = Not an addition or Assembled Food or Recipe /User Recipe ingredient 1 = Addition 2 = Ingredient of Assembled Food or Recipe or User Recipe ingredient
15	Parent Food File ID	For additions and ingredients, system assigned Food File ID of main component.
16	Preparation Food ID	For NCC food only. Food ID of main preparation ingredient.
17	Preparation Food Description	Food description of preparation ingredient.

Food File (File 02)		
Column	Description	Units
18	Energy (kilocalories)	kcal
19	Total Fat	g
20	Total Carbohydrate	g
21	Total Protein	g
22	Animal Protein	g
23	Vegetable Protein	g
24	Alcohol	g
25	Cholesterol	mg
26	Total Saturated Fatty Acids (SFA)	g
27	Total Monounsaturated Fatty Acids (MUFA)	g
28	Total Polyunsaturated Fatty Acids (PUFA)	g
29	Fructose	g
30	Galactose	g
31	Glucose	g
32	Lactose	g
33	Maltose	g
34	Sucrose	g
35	Starch	g
36	Total Dietary Fiber	g
37	Soluble Dietary Fiber	g
38	Insoluble Dietary Fiber	g
39	Pectins	g
40	Total Vitamin A Activity (International Units)	IU
41	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
42	Retinol	mcg
43	Vitamin D (calciferol)	mcg
44	Total Alpha-Tocopherol Equivalents (see columns 169-171)	mg
45	Vitamin E (Total Alpha-Tocopherol) (see columns 169-171)	mg
46	Beta-Tocopherol	mg
47	Gamma-Tocopherol	mg
48	Delta-Tocopherol	mg
49	Vitamin K (phylloquinone)	mcg

Food File (File 02)		
Column	Description	Units
50	Vitamin C (ascorbic acid)	mg
51	Thiamin (vitamin B1)	mg
52	Riboflavin (vitamin B2)	mg
53	Niacin (vitamin B3)	mg
54	Pantothenic Acid	mg
55	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
56	Total Folate (see columns 147-149)	mcg
57	Vitamin B12 (cobalamin)	mcg
58	Calcium	mg
59	Phosphorus	mg
60	Magnesium	mg
61	Iron	mg
62	Zinc	mg
63	Copper	mg
64	Selenium	mcg
65	Sodium	mg
66	Potassium	mg
67	SFA 4:0 (butyric acid)	g
68	SFA 6:0 (caproic acid)	g
69	SFA 8:0 (caprylic acid)	g
70	SFA 10:0 (capric acid)	g
71	SFA 12:0 (lauric acid)	g
72	SFA 14:0 (myristic acid)	g
73	SFA 16:0 (palmitic acid)	g
74	SFA 17:0 (margaric acid)	g
75	SFA 18:0 (stearic acid)	g
76	SFA 20:0 (arachidic acid)	g
77	SFA 22:0 (behenic acid)	g
78	MUFA 14:1 (myristoleic acid)	g
79	MUFA 16:1 (palmitoleic acid)	g
80	MUFA 18:1 (oleic acid)	g
81	MUFA 20:1 (gadoleic acid)	g
82	MUFA 22:1 (erucic acid)	g
83	PUFA 18:2 (linoleic acid, undifferentiated)	g
84	PUFA 18:3 (linolenic acid, undifferentiated)	g
85	PUFA 18:4 (parinaric acid)	g
86	PUFA 20:4 (arachidonic acid, undifferentiated)	g
87	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
88	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g
89	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
90	Tryptophan	g
91	Threonine	g
92	Isoleucine	g
93	Leucine	g

Food File (File 02)		
Column	Description	Units
94	Lysine	g
95	Methionine	g
96	Cystine	g
97	Phenylalanine	g
98	Tyrosine	g
99	Valine	g
100	Arginine	g
101	Histidine	g
102	Alanine	g
103	Aspartic Acid	g
104	Glutamic Acid	g
105	Glycine	g
106	Proline	g
107	Serine	g
108	Aspartame	mg
109	Saccharin	mg
110	Caffeine	mg
111	Phytic Acid	mg
112	Oxalic Acid	mg
113	3-Methylhistidine	mg
114	Sucrose Polyester	g
115	Ash	g
116	Water	g
117	% Calories from Fat	%
118	% Calories from Carbohydrate	%
119	% Calories from Protein	%
120	% Calories from Alcohol	%
121	% Calories from SFA	%
122	% Calories from MUFA	%
123	% Calories from PUFA	%
124	Polyunsaturated to Saturated Fat Ratio	
125	Cholesterol to Saturated Fatty Acid Index	
126	Total Vitamin A Activity (Retinol Equivalents)	mcg
127	18:1 TRANS (<i>trans</i> -octadecenoic acid)	g
128	18:2 TRANS (<i>trans</i> -octadecadienoic acid)	g
129	16:1 TRANS (<i>trans</i> -hexadecenoic acid)	g
130	Total <i>Trans</i> -Fatty Acids (TRANS)	g
131	User Nutrient 1	mg
132	User Nutrient 2	mg
133	User Nutrient 3	mg
134	User Nutrient 4	mg
135	User Nutrient 5	mg
136	User Nutrient 6	mg
137	User Nutrient 7	mg

Food File (File 02)		
Column	Description	Units
138	User Nutrient 8	mg
139	User Nutrient 9	mg
140	User Nutrient 10	mg
141	Food Detail Window Notes (up to 600 characters)	
142	Beta-Carotene (provitamin A carotenoid)	mcg
143	Alpha-Carotene (provitamin A carotenoid)	mcg
144	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
145	Lutein + Zeaxanthin	mcg
146	Lycopene	mcg
147	Dietary Folate Equivalents	mcg
148	Natural Folate (food folate)	mcg
149	Synthetic Folate (folic acid)	mcg
150	Column intentionally left blank	
151	Column intentionally left blank	
152	Column intentionally left blank	
153	User Nutrient 11	mg
154	User Nutrient 12	mg
155	User Nutrient 13	mg
156	User Nutrient 14	mg
157	User Nutrient 15	mg
158	User Nutrient 16	mg
159	User Nutrient 17	mg
160	User Nutrient 18	mg
161	User Nutrient 19	mg
162	User Nutrient 20	mg
163	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
164	Energy (kilojoules)	kJ
165	Niacin Equivalents	mg
166	Total Sugars	g
167	Omega-3 Fatty Acids	g
168	Manganese	mg
169	Vitamin E (International Units)	IU
170	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
171	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
172	Daidzein	mg
173	Genistein	mg
174	Glycitein	mg
175	Coumestrol	mg
176	Biochanin A	mg
177	Formononetin	mg
178	Column intentionally left blank	
179	Column intentionally left blank	
180	Column intentionally left blank	
181	Column intentionally left blank	

Food File (File 02)		
Column	Description	Units
182	Added Sugars (by Available Carbohydrate)	g
183	Acesulfame Potassium	mg
184	Sucralose	mg
185	Available Carbohydrate	g
186	Glycemic Index (glucose reference) (* inappropriate to sum)	
187	Glycemic Index (bread reference) (* inappropriate to sum)	
188	Glycemic Load (glucose reference) (* inappropriate to sum)	
189	Glycemic Load (bread reference) (* inappropriate to sum)	
190	Choline	mg
191	Betaine	mg
192	Erythritol	g
193	Inositol	g
194	Isomalt	g
195	Lactitol	g
196	Maltitol	g
197	Mannitol	g
198	Pinitol	g
199	Sorbitol	g
200	Xylitol	g
201	Nitrogen	g
202	Total Conjugated Linoleic Acid (CLA 18:2)	g
203	CLA <i>cis</i> -9, <i>trans</i> -11	g
204	CLA <i>trans</i> -10, <i>cis</i> -12	g
205	Tagatose	mg
206	Vitamin D2 (ergocalciferol)	mcg
207	Vitamin D3 (cholecalciferol)	mcg
208	Added Sugars (by Total Sugars)	g
209	Total Grains (ounce equivalents)	oz equiv
210	Whole Grains (ounce equivalents)	oz equiv
211	Refined Grains (ounce equivalents)	oz equiv
212	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
213	Solid Fats	g
214	Gluten	g
215	Total Lignans	mcg
216	Secoisolariciresinol	mcg
217	Matairesinol	mcg
218	Lariciresinol	mcg
219	Pinoresinol	mcg
220	PUFA 18:2 n-6 (linoleic acid [LA])	g
221	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
222	PUFA 20:4 n-6 (arachidonic acid [AA])	g
223	Omega-6 Fatty Acids	g
224	Food Data Field 1 Descriptor	
225	Food Data Field 1 Response	

Food File (File 02)		
Column	Description	Units
226	Food Data Field 2 Descriptor	
227	Food Data Field 2 Response	
228	Food Data Field 3 Descriptor	
229	Food Data Field 3 Response	
230	Food Data Field 4 Descriptor	
231	Food Data Field 4 Response	
232	Food Data Field 5 Descriptor	
233	Food Data Field 5 Response	
234	Food Data Field 6 Descriptor	
235	Food Data Field 6 Response	
236	Food Data Field 7 Descriptor	
237	Food Data Field 7 Response	
238	Food Data Field 8 Descriptor	
239	Food Data Field 8 Response	
240	Food Data Field 9 Descriptor	
241	Food Data Field 9 Response	
242	Food Data Field 10 Descriptor	
243	Food Data Field 10 Response	
244	Heme Iron	mg
245	Non-heme Iron	mg
246	% Calories from Added Sugars (by Total Sugars)	%

Meal File (File 03):

This file contains information for each eating occasion and the attributes of each meal. Nutrients listed in this file represent the nutrient totals for each eating occasion.

Meal File (File 03)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Meal File ID	File IDs are automatically assigned when output files are generated and may be helpful when linking output data. Meal File IDs sequentially number each eating occasion.
5	Meal Time	24-hour HH:MM
6	Meal Name	1 = Breakfast 2 = Brunch 3 = Lunch 4 = Snack 5 = Dinner/Supper 6 = Other 7 = School Lunch 8 = Beverage (just a drink)

Meal File (File 03)		
Column	Description	Comments
7	Meal Location	1 = Home 2 = Work 3 = School 4 = Day care 6 = Deli/take-out/store 7 = Restaurant/cafeteria/fast food 10 = Friend's home 11 = Community meal program 12 = Party/reception/sporting event 13 = Other 14 = Traveling (car, airport, train, bus, etc.)
8	Total Grams	Calculated from total grams in the Food File. May not include weights of all preparation ingredients. Represents approximate grams consumed during each eating occasion.

Meal File (File 03)		
Column	Description	Units
9	Energy (kilocalories)	kcal
10	Total Fat	g
11	Total Carbohydrate	g
12	Total Protein	g
13	Animal Protein	g
14	Vegetable Protein	g
15	Alcohol	g
16	Cholesterol	mg
17	Total Saturated Fatty Acids (SFA)	g
18	Total Monounsaturated Fatty Acids (MUFA)	g
19	Total Polyunsaturated Fatty Acids (PUFA)	g
20	Fructose	g
21	Galactose	g
22	Glucose	g
23	Lactose	g
24	Maltose	g
25	Sucrose	g
26	Starch	g
27	Total Dietary Fiber	g
28	Soluble Dietary Fiber	g
29	Insoluble Dietary Fiber	g
30	Pectins	g
31	Total Vitamin A Activity (International Units)	IU
32	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
33	Retinol	mcg
34	Vitamin D (calciferol)	mcg
35	Total Alpha-Tocopherol Equivalents (see columns 160-162)	mg

Meal File (File 03)		
Column	Description	Units
36	Vitamin E (Total Alpha-Tocopherol) (see columns 160-162)	mg
37	Beta-Tocopherol	mg
38	Gamma-Tocopherol	mg
39	Delta-Tocopherol	mg
40	Vitamin K (phylloquinone)	mcg
41	Vitamin C (ascorbic acid)	mg
42	Thiamin (vitamin B1)	mg
43	Riboflavin (vitamin B2)	mg
44	Niacin (vitamin B3)	mg
45	Pantothenic Acid	mg
46	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
47	Total Folate (see columns 138-140)	mcg
48	Vitamin B12 (cobalamin)	mcg
49	Calcium	mg
50	Phosphorus	mg
51	Magnesium	mg
52	Iron	mg
53	Zinc	mg
54	Copper	mg
55	Selenium	mcg
56	Sodium	mg
57	Potassium	mg
58	SFA 4:0 (butyric acid)	g
59	SFA 6:0 (caproic acid)	g
60	SFA 8:0 (caprylic acid)	g
61	SFA 10:0 (capric acid)	g
62	SFA 12:0 (lauric acid)	g
63	SFA 14:0 (myristic acid)	g
64	SFA 16:0 (palmitic acid)	g
65	SFA 17:0 (margaric acid)	g
66	SFA 18:0 (stearic acid)	g
67	SFA 20:0 (arachidic acid)	g
68	SFA 22:0 (behenic acid)	g
69	MUFA 14:1 (myristoleic acid)	g
70	MUFA 16:1 (palmitoleic acid)	g
71	MUFA 18:1 (oleic acid)	g
72	MUFA 20:1 (gadoleic acid)	g
73	MUFA 22:1 (erucic acid)	g
74	PUFA 18:2 (linoleic acid, undifferentiated)	g
75	PUFA 18:3 (linolenic acid, undifferentiated)	g
76	PUFA 18:4 (parinaric acid)	g
77	PUFA 20:4 (arachidonic acid, undifferentiated)	g
78	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
79	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g

Meal File (File 03)		
Column	Description	Units
80	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
81	Tryptophan	g
82	Threonine	g
83	Isoleucine	g
84	Leucine	g
85	Lysine	g
86	Methionine	g
87	Cystine	g
88	Phenylalanine	g
89	Tyrosine	g
90	Valine	g
91	Arginine	g
92	Histidine	g
93	Alanine	g
94	Aspartic Acid	g
95	Glutamic Acid	g
96	Glycine	g
97	Proline	g
98	Serine	g
99	Aspartame	mg
100	Saccharin	mg
101	Caffeine	mg
102	Phytic Acid	mg
103	Oxalic Acid	mg
104	3-Methylhistidine	mg
105	Sucrose Polyester	g
106	Ash	g
107	Water	g
108	% Calories from Fat	%
109	% Calories from Carbohydrate	%
110	% Calories from Protein	%
111	% Calories from Alcohol	%
112	% Calories from SFA	%
113	% Calories from MUFA	%
114	% Calories from PUFA	%
115	Polyunsaturated to Saturated Fat Ratio	
116	Cholesterol to Saturated Fatty Acid Index	
117	Total Vitamin A Activity (Retinol Equivalents)	mcg
118	18:1 Trans (<i>trans</i> -octadecenoic acid)	g
119	18:2 Trans (<i>trans</i> -octadecadienoic acid)	g
120	16:1 Trans (<i>trans</i> -hexadecenoic acid)	g
121	Total <i>Trans</i> -Fatty Acids (TRANS)	g
122	User Nutrient 1	mg
123	User Nutrient 2	mg

Meal File (File 03)		
Column	Description	Units
124	User Nutrient 3	mg
125	User Nutrient 4	mg
126	User Nutrient 5	mg
127	User Nutrient 6	mg
128	User Nutrient 7	mg
129	User Nutrient 8	mg
130	User Nutrient 9	mg
131	User Nutrient 10	mg
132	Meal Information Window Notes (up to 600 characters)	
133	Beta-Carotene (provitamin A carotenoid)	mcg
134	Alpha-Carotene (provitamin A carotenoid)	mcg
135	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
136	Lutein + Zeaxanthin	mcg
137	Lycopene	mcg
138	Dietary Folate Equivalents	mcg
139	Natural Folate (food folate)	mcg
140	Synthetic Folate (folic acid)	mcg
141	Column intentionally left blank	
142	Column intentionally left blank	
143	Column intentionally left blank	
144	User Nutrient 11	mg
145	User Nutrient 12	mg
146	User Nutrient 13	mg
147	User Nutrient 14	mg
148	User Nutrient 15	mg
149	User Nutrient 16	mg
150	User Nutrient 17	mg
151	User Nutrient 18	mg
152	User Nutrient 19	mg
153	User Nutrient 20	mg
154	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
155	Energy (kilojoules)	kJ
156	Niacin Equivalents	mg
157	Total Sugars	g
158	Omega-3 Fatty Acids	g
159	Manganese	mg
160	Vitamin E (International Units)	IU
161	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
162	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
163	Daidzein	mg
164	Genistein	mg
165	Glycitein	mg
166	Coumestrol	mg
167	Biochanin A	mg

Meal File (File 03)		
Column	Description	Units
168	Formononetin	mg
169	Column intentionally left blank	
170	Column intentionally left blank	
171	Column intentionally left blank	
172	Column intentionally left blank	
173	Added Sugars (by Available Carbohydrate)	g
174	Acesulfame Potassium	mg
175	Sucralose	mg
176	Available Carbohydrate	g
177	Glycemic Index (glucose reference) (* inappropriate to sum)	
178	Glycemic Index (bread reference) (* inappropriate to sum)	
179	Glycemic Load (glucose reference) (* inappropriate to sum)	
180	Glycemic Load (bread reference) (* inappropriate to sum)	
181	Choline	mg
182	Betaine	mg
183	Erythritol	g
184	Inositol	g
185	Isomalt	g
186	Lactitol	g
187	Maltitol	g
188	Mannitol	g
189	Pinitol	g
190	Sorbitol	g
191	Xylitol	g
192	Nitrogen	g
193	Total Conjugated Linoleic Acid (CLA 18:2)	g
194	CLA cis-9, trans-11	g
195	CLA trans-10, cis-12	g
196	Tagatose	mg
197	Vitamin D2 (ergocalciferol)	mcg
198	Vitamin D3 (cholecalciferol)	mcg
199	Added Sugars (by Total Sugars)	g
200	Total Grains (ounce equivalents)	oz equiv
201	Whole Grains (ounce equivalents)	oz equiv
202	Refined Grains (ounce equivalents)	oz equiv
203	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
204	Solid Fats	g
205	Gluten	g
206	Total Lignans	mcg
207	Secoisolariciresinol	mcg
208	Matairesinol	mcg
209	Lariciresinol	mcg
210	Pinoresinol	mcg
211	PUFA 18:2 n-6 (linoleic acid [LA])	g

Meal File (File 03)		
Column	Description	Units
212	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
213	PUFA 20:4 n-6 (arachidonic acid [AA])	g
214	Omega-6 Fatty Acids	g
215	Meal Data Field 1 Descriptor	
216	Meal Data Field 1 Response	
217	Meal Data Field 2 Descriptor	
218	Meal Data Field 2 Response	
219	Meal Data Field 3 Descriptor	
220	Meal Data Field 3 Response	
221	Heme Iron	mg
222	Non-heme Iron	mg
223	% Calories from Added Sugars (by Total Sugars)	%

Daily Intake Totals File (File 04):

This file contains the project information, database version, daily nutrient totals per record, header and trailer tab information (including up to 600 characters of text entered into notes fields) for the record types: Recall, Record, and Record-Assisted Recall.

Daily Intake Totals File (File 04)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	Project Name	Up to 50 characters
5	Record Type	0 = Recall 1 = Record 2 = Record-Assisted Recall
6	Participant Name	Up to 50 characters
7	Sex	1 = Male 2 = Female 3 = Other/Prefer Not to Answer
8	Date of Birth	mm/dd/yyyy
9	Date of Entry	mm/dd/yyyy
10	Day of Intake	0 = Sunday 1 = Monday 2 = Tuesday 3 = Wednesday 4 = Thursday 5 = Friday 6 = Saturday
11	Visit Number	Up to 3 characters
12	Interviewer ID	Up to 12 characters
13	Site ID	Up to 12 characters

Daily Intake Totals File (File 04)		
Column	Description	Units
14	Life Stage Group (based on the current Dietary Reference Intakes (1997-2001 National Academy of Sciences, Food and Nutrition Board) for Recommended Dietary Allowances (RDA) and Adequate Intakes (AI)) NDSR 4.0_28 through 4.04_32 RDA Category (based on 1989 RDAs)	101 = Infants 0-6 months 102 = Infants 7-12 months 103 = Children 1-3 104 = Children 4-8 105 = Males 9-13 106 = Males 14-18 107 = Males 19-30 108 = Males 31-50 109 = Males 51-70 110 = Males over 70 years old 111 = Females 9-13 112 = Females 14-18 113 = Females 19-30 114 = Females 31-50 115 = Females 51-70 116 = Females over 70 years old 117 = Pregnancy 18 or younger 118 = Pregnancy 19-30 119 = Pregnancy 31-50 120 = Lactation 18 or younger 121 = Lactation 19-30 122 = Lactation 31-50 01 = Infants 0.0-0.5 years 02 = Infants 0.5-1.0 years 03 = Children 1-3 04 = Children 4-6 05 = Children 7-10 06 = Males 11-14 07 = Males 15-18 08 = Males 19-24 09 = Males 25-50 10 = Males 51+ 11 = Females 11-14 12 = Females 15-18 13 = Females 19-24 14 = Females 25-50 15 = Females 51+ 16 = Pregnant 17 = Lactating 1st 6 months 18 = Lactating 2nd 6 months
15	Intake Amount	0 = Close to the amount that you usually eat? 1 = A lot more than you usually eat? 2 = A lot less than you usually eat?
16	Intake Reliability	0 = Reliable 1 = Unreliable because the participant was unable to recall one or more meals 2 = Unreliable for other reasons
17	Data Collected in NCC Database Version	

Daily Intake Totals File (File 04)		
Column	Description	Units
18	Data Collected in Software Version	
19	Total Grams	Calculated from the Food File (File 02). May not include the weights of all preparation ingredients.

Daily Intake Totals File (File 04)		
Column	Description	Units
20	Energy (kilocalories)	kcal
21	Total Fat	g
22	Total Carbohydrate	g
23	Total Protein	g
24	Animal Protein	g
25	Vegetable Protein	g
26	Alcohol	g
27	Cholesterol	mg
28	Total Saturated Fatty Acids (SFA)	g
29	Total Monounsaturated Fatty Acids (MUFA)	g
30	Total Polyunsaturated Fatty Acids (PUFA)	g
31	Fructose	g
32	Galactose	g
33	Glucose	g
34	Lactose	g
35	Maltose	g
36	Sucrose	g
37	Starch	g
38	Total Dietary Fiber	g
39	Soluble Dietary Fiber	g
40	Insoluble Dietary Fiber	g
41	Pectins	g
42	Total Vitamin A Activity (International Units)	IU
43	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
44	Retinol	mcg
45	Vitamin D (calciferol)	mcg
46	Total Alpha-Tocopherol Equivalents (see columns 171-173)	mg
47	Vitamin E (Total Alpha-Tocopherol) (see columns 171-173)	mg
48	Beta-Tocopherol	mg
49	Gamma-Tocopherol	mg
50	Delta-Tocopherol	mg
51	Vitamin K (phylloquinone)	mcg
52	Vitamin C (ascorbic acid)	mg
53	Thiamin (vitamin B1)	mg
54	Riboflavin (vitamin B2)	mg
55	Niacin (vitamin B3)	mg
56	Pantothenic Acid	mg

Daily Intake Totals File (File 04)		
Column	Description	Units
57	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
58	Total Folate (see columns 149-151)	mcg
59	Vitamin B12 (cobalamin)	mcg
60	Calcium	mg
61	Phosphorus	mg
62	Magnesium	mg
63	Iron	mg
64	Zinc	mg
65	Copper	mg
66	Selenium	mcg
67	Sodium	mg
68	Potassium	mg
69	SFA 4:0 (butyric acid)	g
70	SFA 6:0 (caproic acid)	g
71	SFA 8:0 (caprylic acid)	g
72	SFA 10:0 (capric acid)	g
73	SFA 12:0 (lauric acid)	g
74	SFA 14:0 (myristic acid)	g
75	SFA 16:0 (palmitic acid)	g
76	SFA 17:0 (margaric acid)	g
77	SFA 18:0 (stearic acid)	g
78	SFA 20:0 (arachidic acid)	g
79	SFA 22:0 (behenic acid)	g
80	MUFA 14:1 (myristoleic acid)	g
81	MUFA 16:1 (palmitoleic acid)	g
82	MUFA 18:1 (oleic acid)	g
83	MUFA 20:1 (gadoleic acid)	g
84	MUFA 22:1 (erucic acid)	g
85	PUFA 18:2 (linoleic acid, undifferentiated)	g
86	PUFA 18:3 (linolenic acid, undifferentiated)	g
87	PUFA 18:4 (parinaric acid)	g
88	PUFA 20:4 (arachidonic acid, undifferentiated)	g
89	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
90	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g
91	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
92	Tryptophan	g
93	Threonine	g
94	Isoleucine	g
95	Leucine	g
96	Lysine	g
97	Methionine	g
98	Cystine	g
99	Phenylalanine	g
100	Tyrosine	g

Daily Intake Totals File (File 04)		
Column	Description	Units
101	Valine	g
102	Arginine	g
103	Histidine	g
104	Alanine	g
105	Aspartic Acid	g
106	Glutamic Acid	g
107	Glycine	g
108	Proline	g
109	Serine	g
110	Aspartame	mg
111	Saccharin	mg
112	Caffeine	mg
113	Phytic Acid	mg
114	Oxalic Acid	mg
115	3-Methylhistidine	mg
116	Sucrose Polyester	g
117	Ash	g
118	Water	g
119	% Calories from Fat	%
120	% Calories from Carbohydrate	%
121	% Calories from Protein	%
122	% Calories from Alcohol	%
123	% Calories from SFA	%
124	% Calories from MUFA	%
125	% Calories from PUFA	%
126	Polyunsaturated to Saturated Fat Ratio	
127	Cholesterol to Saturated Fatty Acid Index	
128	Total Vitamin A Activity (Retinol Equivalents)	mcg
129	18:1 TRANS (<i>trans</i> -octadecenoic acid)	g
130	18:2 TRANS (<i>trans</i> -octadecadienoic acid)	g
131	16:1 TRANS (<i>trans</i> -hexadecenoic acid)	g
132	Total <i>Trans</i> -Fatty Acids (TRANS)	g
133	User Nutrient 1	mg
134	User Nutrient 2	mg
135	User Nutrient 3	mg
136	User Nutrient 4	mg
137	User Nutrient 5	mg
138	User Nutrient 6	mg
139	User Nutrient 7	mg
140	User Nutrient 8	mg
141	User Nutrient 9	mg
142	User Nutrient 10	mg
143	Notes from the Header tab (up to 600 characters)	
144	Beta-Carotene (provitamin A carotenoid)	mcg

Daily Intake Totals File (File 04)		
Column	Description	Units
145	Alpha-Carotene (provitamin A carotenoid)	mcg
146	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
147	Lutein + Zeaxanthin	mcg
148	Lycopene	mcg
149	Dietary Folate Equivalents	mcg
150	Natural Folate (food folate)	mcg
151	Synthetic Folate (folic acid)	mcg
152	Data Generated in NCC Database Version (see column 17)	
153	Data Generated in Software Version (see column 18)	
154	Notes from the Trailer tab (up to 600 characters)	
155	User Nutrient 11	mg
156	User Nutrient 12	mg
157	User Nutrient 13	mg
158	User Nutrient 14	mg
159	User Nutrient 15	mg
160	User Nutrient 16	mg
161	User Nutrient 17	mg
162	User Nutrient 18	mg
163	User Nutrient 19	mg
164	User Nutrient 20	mg
165	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
166	Energy (kilojoules)	kJ
167	Niacin Equivalents	mg
168	Total Sugars	g
169	Omega-3 Fatty Acids	g
170	Manganese	mg
171	Vitamin E (International Units)	IU
172	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
173	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
174	Daidzein	mg
175	Genistein	mg
176	Glycitein	mg
177	Coumestrol	mg
178	Biochanin A	mg
179	Formononetin	mg
180	Column intentionally left blank	
181	Column intentionally left blank	
182	Column intentionally left blank	
183	Column intentionally left blank	
184	Added Sugars (by Available Carbohydrate)	g
185	Acesulfame Potassium	mg
186	Sucralose	mg
187	Available Carbohydrate	g
188	Glycemic Index (glucose reference)	

Daily Intake Totals File (File 04)		
Column	Description	Units
189	Glycemic Index (bread reference)	
190	Glycemic Load (glucose reference)	
191	Glycemic Load (bread reference)	
192	Choline	mg
193	Betaine	mg
194	Erythritol	g
195	Inositol	g
196	Isomalt	g
197	Lactitol	g
198	Maltitol	g
199	Mannitol	g
200	Pinitol	g
201	Sorbitol	g
202	Xylitol	g
203	Nitrogen	g
204	Total Conjugated Linoleic Acid (CLA 18:2)	g
205	CLA cis-9, trans-11	g
206	CLA trans-10, cis-12	g
207	Tagatose	mg
208	Vitamin D2 (ergocalciferol)	mcg
209	Vitamin D3 (cholecalciferol)	mcg
210	Added Sugars (by Total Sugars)	g
211	Total Grains (ounce equivalents)	oz equiv
212	Whole Grains (ounce equivalents)	oz equiv
213	Refined Grains (ounce equivalents)	oz equiv
214	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
215	Solid Fats	g
216	Gluten	g
217	Header Data Field 1 Descriptor	
218	Header Data Field 1 Response	
219	Header Data Field 2 Descriptor	
220	Header Data Field 2 Response	
221	Header Data Field 3 Descriptor	
222	Header Data Field 3 Response	
223	Header Data Field 4 Descriptor	
224	Header Data Field 4 Response	
225	Header Data Field 5 Descriptor	
226	Header Data Field 5 Response	
227	Trailer Data Field 1 Descriptor	
228	Trailer Data Field 1 Response	
229	Trailer Data Field 2 Descriptor	
230	Trailer Data Field 2 Response	
231	Trailer Data Field 3 Descriptor	
232	Trailer Data Field 3 Response	

Daily Intake Totals File (File 04)		
Column	Description	Units
233	Total Lignans	mcg
234	Secoisolariciresinol	mcg
235	Matairesinol	mcg
236	Lariciresinol	mcg
237	Pinoresinol	mcg
238	PUFA 18:2 n-6 (linoleic acid [LA])	g
239	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
240	PUFA 20:4 n-6 (arachidonic acid [AA])	g
241	Omega-6 Fatty Acids	g
242	Heme Iron	mg
243	Non-heme Iron	mg
244	% Calories from Added Sugars (by Total Sugars)	%

User Recipe Totals File (File 05):

This file contains the project information, database version, header information, and nutrient totals per serving of the User Recipe record.

User Recipe Totals File (File 05)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Recipe ID	Up to 12 characters
3	Project Name	Up to 50 characters
4	Recipe Name	Up to 100 characters
5	Number of Servings Made	Yield of recipe.
6	Serving Size Description	Up to 40 characters
7	NCC Database Food Group ID	Based on NCC Database Food Group File.
8	Date of Entry	mm/dd/yyyy
9	Version Number	Version of recipe.
10	Interviewer ID	Up to 12 characters
11	Site ID	Up to 12 characters
12	Data Collected in NCC Database Version	
13	Data Collected in Software Version	
14	Total Grams	Calculated from total grams of the ingredients prior to preparation. Should not be assumed to reflect the weight of the yield. See “ <i>Appendix 20, Frequently Asked Questions</i> ”.

User Recipe Totals File (File 05)		
Column	Description	Units
15	Energy (kilocalories)	kcal
16	Total Fat	g
17	Total Carbohydrate	g
18	Total Protein	g

User Recipe Totals File (File 05)		
Column	Description	Units
19	Animal Protein	g
20	Vegetable Protein	g
21	Alcohol	g
22	Cholesterol	mg
23	Total Saturated Fatty Acids (SFA)	g
24	Total Monounsaturated Fatty Acids (MUFA)	g
25	Total Polyunsaturated Fatty Acids (PUFA)	g
26	Fructose	g
27	Galactose	g
28	Glucose	g
29	Lactose	g
30	Maltose	g
31	Sucrose	g
32	Starch	g
33	Total Dietary Fiber	g
34	Soluble Dietary Fiber	g
35	Insoluble Dietary Fiber	g
36	Pectins	g
37	Total Vitamin A Activity (International Units)	IU
38	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
39	Retinol	mcg
40	Vitamin D (calciferol)	mcg
41	Total Alpha-Tocopherol Equivalents (see columns 166-168)	mg
42	Vitamin E (Total Alpha-Tocopherol) (see columns 166-168)	mg
43	Beta-Tocopherol	mg
44	Gamma-Tocopherol	mg
45	Delta-Tocopherol	mg
46	Vitamin K (phylloquinone)	mcg
47	Vitamin C (ascorbic acid)	mg
48	Thiamin (vitamin B1)	mg
49	Riboflavin (vitamin B2)	mg
50	Niacin (vitamin B3)	mg
51	Pantothenic Acid	mg
52	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
53	Total Folate (see columns 144-146)	mcg
54	Vitamin B12 (cobalamin)	mcg
55	Calcium	mg
56	Phosphorus	mg
57	Magnesium	mg
58	Iron	mg
59	Zinc	mg
60	Copper	mg
61	Selenium	mcg
62	Sodium	mg

User Recipe Totals File (File 05)		
Column	Description	Units
63	Potassium	mg
64	SFA 4:0 (butyric acid)	g
65	SFA 6:0 (caproic acid)	g
66	SFA 8:0 (caprylic acid)	g
67	SFA 10:0 (capric acid)	g
68	SFA 12:0 (lauric acid)	g
69	SFA 14:0 (myristic acid)	g
70	SFA 16:0 (palmitic acid)	g
71	SFA 17:0 (margaric acid)	g
72	SFA 18:0 (stearic acid)	g
73	SFA 20:0 (arachidic acid)	g
74	SFA 22:0 (behenic acid)	g
75	MUFA 14:1 (myristoleic acid)	g
76	MUFA 16:1 (palmitoleic acid)	g
77	MUFA 18:1 (oleic acid)	g
78	MUFA 20:1 (gadoleic acid)	g
79	MUFA 22:1 (erucic acid)	g
80	PUFA 18:2 (linoleic acid, undifferentiated)	g
81	PUFA 18:3 (linolenic acid, undifferentiated)	g
82	PUFA 18:4 (parinaric acid)	g
83	PUFA 20:4 (arachidonic acid, undifferentiated)	g
84	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
85	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g
86	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
87	Tryptophan	g
88	Threonine	g
89	Isoleucine	g
90	Leucine	g
91	Lysine	g
92	Methionine	g
93	Cystine	g
94	Phenylalanine	g
95	Tyrosine	g
96	Valine	g
97	Arginine	g
98	Histidine	g
99	Alanine	g
100	Aspartic Acid	g
101	Glutamic Acid	g
102	Glycine	g
103	Proline	g
104	Serine	g
105	Aspartame	mg
106	Saccharin	mg

User Recipe Totals File (File 05)		
Column	Description	Units
107	Caffeine	mg
108	Phytic Acid	mg
109	Oxalic Acid	mg
110	3-Methylhistidine	mg
111	Sucrose Polyester	g
112	Ash	g
113	Water	g
114	% Calories from Fat	%
115	% Calories from Carbohydrate	%
116	% Calories from Protein	%
117	% Calories from Alcohol	%
118	% Calories from SFA	%
119	% Calories from MUFA	%
120	% Calories from PUFA	%
121	Polyunsaturated to Saturated Fat Ratio	
122	Cholesterol to Saturated Fatty Acid Index	
123	Total Vitamin A Activity (Retinol Equivalents)	mcg
124	18:1 TRANS (<i>trans</i> -octadecenoic acid)	g
125	18:2 TRANS (<i>trans</i> -octadecadienoic acid)	g
126	16:1 TRANS (<i>trans</i> -hexadecenoic acid)	g
127	Total <i>Trans</i> -Fatty Acids (TRANS)	g
128	User Nutrient 1	mg
129	User Nutrient 2	mg
130	User Nutrient 3	mg
131	User Nutrient 4	mg
132	User Nutrient 5	mg
133	User Nutrient 6	mg
134	User Nutrient 7	mg
135	User Nutrient 8	mg
136	User Nutrient 9	mg
137	User Nutrient 10	mg
138	Notes from the Header tab (up to 600 characters)	
139	Beta-Carotene (provitamin A carotenoid)	mcg
140	Alpha-Carotene (provitamin A carotenoid)	mcg
141	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
142	Lutein + Zeaxanthin	mcg
143	Lycopene	mcg
144	Dietary Folate Equivalents	mcg
145	Natural Folate (food folate)	mcg
146	Synthetic Folate (folic acid)	mcg
147	Data Generated in NCC Database Version (see column 12)	
148	Data Generated in Software Version (see column 13)	
149	Column intentionally left blank	
150	User Nutrient 11	mg

User Recipe Totals File (File 05)		
Column	Description	Units
151	User Nutrient 12	mg
152	User Nutrient 13	mg
153	User Nutrient 14	mg
154	User Nutrient 15	mg
155	User Nutrient 16	mg
156	User Nutrient 17	mg
157	User Nutrient 18	mg
158	User Nutrient 19	mg
159	User Nutrient 20	mg
160	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
161	Energy (kilojoules)	kj
162	Niacin Equivalents	mg
163	Total Sugars	g
164	Omega-3 Fatty Acids	g
165	Manganese	mg
166	Vitamin E (International Units)	IU
167	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
168	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
169	Daidzein	mg
170	Genistein	mg
171	Glycitein	mg
172	Coumestrol	mg
173	Biochanin A	mg
174	Formononetin	mg
175	Column intentionally left blank	
176	Column intentionally left blank	
177	Column intentionally left blank	
178	Column intentionally left blank	
179	Added Sugars (by Available Carbohydrate)	g
180	Acesulfame Potassium	mg
181	Sucralose	mg
182	Available Carbohydrate	g
183	Glycemic Index (glucose reference)	
184	Glycemic Index (bread reference)	
185	Glycemic Load (glucose reference)	
186	Glycemic Load (bread reference)	
187	Choline	mg
188	Betaine	mg
189	Erythritol	g
190	Inositol	g
191	Isomalt	g
192	Lactitol	g
193	Maltitol	g
194	Mannitol	g

User Recipe Totals File (File 05)		
Column	Description	Units
195	Pinitol	g
196	Sorbitol	g
197	Xylitol	g
198	Nitrogen	g
199	Total Conjugated Linoleic Acid (CLA 18:2)	g
200	CLA cis-9, trans-11	g
201	CLA trans-10, cis-12	g
202	Tagatose	mg
203	Vitamin D2 (ergocalciferol)	mcg
204	Vitamin D3 (cholecalciferol)	mcg
205	Added Sugars (by Total Sugars)	g
206	Total Grains (ounce equivalents)	oz equiv
207	Whole Grains (ounce equivalents)	oz equiv
208	Refined Grains (ounce equivalents)	oz equiv
209	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
210	Solid Fats	g
211	Gluten	g
212	Header Data Field 1 Descriptor	
213	Header Data Field 1 Response	
214	Header Data Field 2 Descriptor	
215	Header Data Field 2 Response	
216	Header Data Field 3 Descriptor	
217	Header Data Field 3 Response	
218	Header Data Field 4 Descriptor	
219	Header Data Field 4 Response	
220	Header Data Field 5 Descriptor	
221	Header Data Field 5 Response	
222	Total Lignans	mcg
223	Secoisolariciresinol	mcg
224	Matairesinol	mcg
225	Lariciresinol	mcg
226	Pinoresinol	mcg
227	PUFA 18:2 n-6 (linoleic acid [LA])	g
228	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
229	PUFA 20:4 n-6 (arachidonic acid [AA])	g
230	Omega-6 Fatty Acids	g
231	Heme Iron	mg
232	Non-heme Iron	mg
233	% Calories from Added Sugars (by Total Sugars)	%

Menu Totals File (File 06):

This file contains nutrient totals per Menu record, project information, database version, and header tab information for Menu record types.

Menu Totals File (File 06)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Menu ID	Up to 12 characters
3	Date of Menu	mm/dd/yyyy
4	Project Name	Up to 50 characters
5	Menu Name	Up to 100 characters
6	Date of Entry	mm/dd/yyyy
7	Day of Menu	0 = Sunday 1 = Monday 2 = Tuesday 3 = Wednesday 4 = Thursday 5 = Friday 6 = Saturday
8	Version Number	Up to 3 characters
9	Interviewer ID	Up to 12 characters
10	Site ID	Up to 12 characters
11	Data Collected in NCC Database Version	
12	Data Collected in Software Version	
13	Total Grams	Calculated from total grams in the Food File (File 02). May not include weights of all preparation ingredients. Represents approximate grams of each menu record.

Menu Totals File (File 06)		
Column	Description	Units
14	Energy (kilocalories)	kcal
15	Total Fat	g
16	Total Carbohydrate	g
17	Total Protein	g
18	Animal Protein	g
19	Vegetable Protein	g
20	Alcohol	g
21	Cholesterol	mg
22	Total Saturated Fatty Acids (SFA)	g
23	Total Monounsaturated Fatty Acids (MUFA)	g
24	Total Polyunsaturated Fatty Acids (PUFA)	g
25	Fructose	g
26	Galactose	g
27	Glucose	g
28	Lactose	g
29	Maltose	g

Menu Totals File (File 06)		
Column	Description	Units
30	Sucrose	g
31	Starch	g
32	Total Dietary Fiber	g
33	Soluble Dietary Fiber	g
34	Insoluble Dietary Fiber	g
35	Pectins	g
36	Total Vitamin A Activity (International Units)	IU
37	Beta-Carotene Equivalents (derived from provitamin A carotenoids)	mcg
38	Retinol	mcg
39	Vitamin D (calciferol)	mcg
40	Total Alpha-Tocopherol Equivalents (see columns 165-167)	mg
41	Vitamin E (Total Alpha-Tocopherol) (see columns 165-167)	mg
42	Beta-Tocopherol	mg
43	Gamma-Tocopherol	mg
44	Delta-Tocopherol	mg
45	Vitamin K (phylloquinone)	mcg
46	Vitamin C (ascorbic acid)	mg
47	Thiamin (vitamin B1)	mg
48	Riboflavin (vitamin B2)	mg
49	Niacin (vitamin B3)	mg
50	Pantothenic Acid	mg
51	Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine)	mg
52	Total Folate (see columns 143-145)	mcg
53	Vitamin B12 (cobalamin)	mcg
54	Calcium	mg
55	Phosphorus	mg
56	Magnesium	mg
57	Iron	mg
58	Zinc	mg
59	Copper	mg
60	Selenium	mcg
61	Sodium	mg
62	Potassium	mg
63	SFA 4:0 (butyric acid)	g
64	SFA 6:0 (caproic acid)	g
65	SFA 8:0 (caprylic acid)	g
66	SFA 10:0 (capric acid)	g
67	SFA 12:0 (lauric acid)	g
68	SFA 14:0 (myristic acid)	g
69	SFA 16:0 (palmitic acid)	g
70	SFA 17:0 (margaric acid)	g
71	SFA 18:0 (stearic acid)	g
72	SFA 20:0 (arachidic acid)	g
73	SFA 22:0 (behenic acid)	g

Menu Totals File (File 06)		
Column	Description	Units
74	MUFA 14:1 (myristoleic acid)	g
75	MUFA 16:1 (palmitoleic acid)	g
76	MUFA 18:1 (oleic acid)	g
77	MUFA 20:1 (gadoleic acid)	g
78	MUFA 22:1 (erucic acid)	g
79	PUFA 18:2 (linoleic acid, undifferentiated)	g
80	PUFA 18:3 (linolenic acid, undifferentiated)	g
81	PUFA 18:4 (parinaric acid)	g
82	PUFA 20:4 (arachidonic acid, undifferentiated)	g
83	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
84	PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	g
85	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
86	Tryptophan	g
87	Threonine	g
88	Isoleucine	g
89	Leucine	g
90	Lysine	g
91	Methionine	g
92	Cystine	g
93	Phenylalanine	g
94	Tyrosine	g
95	Valine	g
96	Arginine	g
97	Histidine	g
98	Alanine	g
99	Aspartic Acid	g
100	Glutamic Acid	g
101	Glycine	g
102	Proline	g
103	Serine	g
104	Aspartame	mg
105	Saccharin	mg
106	Caffeine	mg
107	Phytic Acid	mg
108	Oxalic Acid	mg
109	3-Methylhistidine	mg
110	Sucrose Polyester	g
111	Ash	g
112	Water	g
113	% Calories from Fat	%
114	% Calories from Carbohydrate	%
115	% Calories from Protein	%
116	% Calories from Alcohol	%
117	% Calories from SFA	%

Menu Totals File (File 06)		
Column	Description	Units
118	% Calories from MUFA	%
119	% Calories from PUFA	%
120	Polyunsaturated to Saturated Fat Ratio	
121	Cholesterol to Saturated Fatty Acid Index	
122	Total Vitamin A Activity (Retinol Equivalents)	mcg
123	18:1 TRANS (<i>trans</i> -octadecenoic acid)	g
124	18:2 TRANS (<i>trans</i> -octadecadienoic acid)	g
125	16:1 TRANS (<i>trans</i> -hexadecenoic acid)	g
126	Total Trans-Fatty Acids (TRANS)	g
127	User Nutrient 1	mg
128	User Nutrient 2	mg
129	User Nutrient 3	mg
130	User Nutrient 4	mg
131	User Nutrient 5	mg
132	User Nutrient 6	mg
133	User Nutrient 7	mg
134	User Nutrient 8	mg
135	User Nutrient 9	mg
136	User Nutrient 10	mg
137	Notes from the Header tab (up to 600 characters)	
138	Beta-Carotene (provitamin A carotenoid)	mcg
139	Alpha-Carotene (provitamin A carotenoid)	mcg
140	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
141	Lutein + Zeaxanthin	mcg
142	Lycopene	mcg
143	Dietary Folate Equivalents	mcg
144	Natural Folate (food folate)	mcg
145	Synthetic Folate (folic acid)	mcg
146	Data Generated in NCC Database Version (see column 11)	
147	Data Generated in Software Version (see column 12)	
148	Column intentionally left blank	
149	User Nutrient 11	mg
150	User Nutrient 12	mg
151	User Nutrient 13	mg
152	User Nutrient 14	mg
153	User Nutrient 15	mg
154	User Nutrient 16	mg
155	User Nutrient 17	mg
156	User Nutrient 18	mg
157	User Nutrient 19	mg
158	User Nutrient 20	mg
159	Total Vitamin A Activity (Retinol Activity Equivalents)	mcg
160	Energy (kilojoules)	kJ
161	Niacin Equivalents	mg

Menu Totals File (File 06)		
Column	Description	Units
162	Total Sugars	g
163	Omega-3 Fatty Acids	g
164	Manganese	mg
165	Vitamin E (International Units)	IU
166	Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	mg
167	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
168	Daidzein	mg
169	Genistein	mg
170	Glycitein	mg
171	Coumestrol	mg
172	Biochanin A	mg
173	Formononetin	mg
174	Column intentionally left blank	
175	Column intentionally left blank	
176	Column intentionally left blank	
177	Column intentionally left blank	
178	Added Sugars (by Available Carbohydrate)	g
179	Acesulfame Potassium	mg
180	Sucralose	mg
181	Available Carbohydrate	g
182	Glycemic Index (glucose reference)	
183	Glycemic Index (bread reference)	
184	Glycemic Load (glucose reference)	
185	Glycemic Load (bread reference)	
186	Choline	mg
187	Betaine	mg
188	Erythritol	g
189	Inositol	g
190	Isomalt	g
191	Lactitol	g
192	Maltitol	g
193	Mannitol	g
194	Pinitol	g
195	Sorbitol	g
196	Xylitol	g
197	Nitrogen	g
198	Total Conjugated Linoleic Acid (CLA 18:2)	g
199	CLA cis-9, trans-11	g
200	CLA trans-10, cis-12	g
201	Tagatose	mg
202	Vitamin D2 (ergocalciferol)	mcg
203	Vitamin D3 (cholecalciferol)	mcg
204	Added Sugars (by Total Sugars)	g
205	Total Grains (ounce equivalents)	oz equiv

Menu Totals File (File 06)		
Column	Description	Units
206	Whole Grains (ounce equivalents)	oz equiv
207	Refined Grains (ounce equivalents)	oz equiv
208	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
209	Solid Fats	g
210	Gluten	g
211	Header Data Field 1 Descriptor	
212	Header Data Field 1 Response	
213	Header Data Field 2 Descriptor	
214	Header Data Field 2 Response	
215	Header Data Field 3 Descriptor	
216	Header Data Field 3 Response	
217	Header Data Field 4 Descriptor	
218	Header Data Field 4 Response	
219	Header Data Field 5 Descriptor	
220	Header Data Field 5 Response	
221	Total Lignans	mcg
222	Secoisolariciresinol	mcg
223	Matairesinol	mcg
224	Lariciresinol	mcg
225	Pinoresinol	mcg
226	PUFA 18:2 n-6 (linoleic acid [LA])	g
227	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
228	PUFA 20:4 n-6 (arachidonic acid [AA])	g
229	Omega-6 Fatty Acids	g
230	Heme Iron	mg
231	Non-heme Iron	mg
232	% Calories from Added Sugars (by Total Sugars)	%

NCC Food Group Serving Count System Output File Specifications

Serving Count Food File (File 07):

Serving Count Food File (File 07)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant /Recipe/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Food File ID	Prefixed by the Meal File ID that sequentially numbers each eating occasion (Output File 03), the Food File ID sequentially numbers each food within the record. File IDs are automatically assigned when output files are generated and may be helpful when linking output data.
5	Foods Report Item Number	Corresponds to food item order on the Foods Report.
6	Food Name	Includes the entire detailed NCC food description beginning with the hierarchy. Food Name may also reflect the Recipe Name entered for an Assembled Food or Recipe, or the User Recipe Name if the food is a User Recipe.
7	Food ID	NCC Food ID or User Recipe ID
8-182	Serving Count Subgroups	Specifications page 8.43

Serving Count Meal File (File 08):

Serving Count Meal File (File 08)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Meal File ID	File IDs are automatically assigned when output files are generated and may be helpful when linking output data. Meal File IDs sequentially number each eating occasion.
5	Meal Time	24-hour HH:MM
6	Meal Name	1 = Breakfast 2 = Brunch 3 = Lunch 4 = Snack 5 = Dinner/Supper 6 = Other 7 = School Lunch 8 = Beverage only (just a drink)
7	Meal Location	1 = Home

Serving Count Meal File (File 08)		
Column	Description	Comments
		2 = Work 3 = School 4 = Day care 6 = Deli/take-out/store 7 = Restaurant/cafeteria/fast food 10 = Friend's home 11 = Community meal program 12 = Party/reception/sporting event 13 = Other 14 = Traveling (car, airport, train, bus, etc.)
8-182	Serving Count Subgroups	Specifications page 8.43

Serving Count Daily Intake Totals File (File 09):

Serving Count Daily Intake Totals File (File 09)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4-177	Serving Count Subgroups	Specifications page 8.43

Serving Count User Recipe Totals File (File 10):

Serving Count User Recipe Totals File (File 10)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Recipe ID	Up to 12 characters
3-176	Serving Count Subgroups	Specifications page 8.43

Serving Count Menu Totals File (File 11):

Serving Count Menu Totals File (File 11)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Menu ID	Up to 12 characters
3	Date of Menu	mm/dd/yyyy
4-177	Serving Count Subgroups	Specifications page 8.43

Serving Count Subgroup Specifications:

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
FRU0100	Citrus Juice	Must be 100% citrus juice.
FRU0200	Fruit Juice excluding Citrus Juice	Must be 100% juice.
FRU0300	Citrus Fruit	
FRU0400	Fruit excluding Citrus Fruit	Includes fruit in cereal, excludes fruit in candy, ice cream, granola bars, pie, cake and other baked goods.
FRU0500	Avocado and Similar	Includes avocado in guacamole.
FRU0600	Fried Fruits	e.g., fried apple, banana, plantain, etc.
FRU0700	Fruit-based Savory Snack	e.g., apple chips, banana chips, dried banana flakes, etc.
VEG0100	Dark-green Vegetables	Includes vegetables in salads, soups, stews, stir-fry and similar mixed dishes. e.g., broccoli, collards, romaine, spinach, etc.
VEG0200	Deep-yellow Vegetables	Includes vegetables in salads, soups, stews, stir-fry and similar mixed dishes. e.g., carrots, winter squash, sweet potatoes, pumpkin, etc.
VEG0300	Tomato	Includes tomato in salads, soups, stews, stir-fry and similar mixed dishes. e.g., salsa, tomato sauce, tomato-based spaghetti sauce, tomato puree, and tomato paste.
VEG0400	White Potatoes	Includes white potatoes in recipes, potato salad, scalloped potatoes, etc.
VEG0800	Fried Potatoes	e.g., French fries, hash browns, pan fried potatoes, fried potato skins, etc.
VEG0450	Other Starchy Vegetables	Includes vegetables in salads, soups, stews, stir-fry and similar mixed dishes. e.g., corn, immature lima beans, lentil sprouts, peas, etc.
VEG0700	Legumes (cooked dried beans)	Includes mature cooked dried beans in salads, soups, stews, stir-fry, and similar mixed dishes. e.g., mature lima beans, refried beans, baked beans, pork and beans, etc.
VEG0600	Other Vegetables	Includes vegetables in salads, soups, stews, stir-fry, and similar mixed dishes. e.g., beets, cabbage, mung bean sprouts, summer squash, etc.
VEG0900	Fried Vegetables	e.g., breaded and fried broccoli, mushrooms, onion rings etc. Excludes stir-fry or sauté.
VEG0500	Vegetable Juice	Must be 100% juice. e.g., carrot, tomato, V-8, etc.

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
FMC0100	Vegetable-based Savory Snack	e.g., potato chips, canned onion rings, etc.
GRW0100	Grains, Flour and Dry Mixes - Whole Grain	e.g., brown rice, cracked wheat, oatmeal, whole grain corn meal, whole rye meal, whole wheat flour, etc.
GRS0100	Grains, Flour and Dry Mixes - Some Whole Grain	e.g., oat bran, rice bran, wheat germ, etc.
GRR0100	Grains, Flour and Dry Mixes - Refined Grain	e.g., corn meal, pearly barley, rye flour, wheat flour, white rice, etc.
GRW0200	Loaf-type Bread and Plain Rolls - Whole Grain	
GRS0200	Loaf-type Bread and Plain Rolls - Some Whole Grain	
GRR0200	Loaf-type Bread and Plain Rolls - Refined Grain	
GRW0300	Other Breads (quick breads, corn muffins, tortillas) - Whole Grain	
GRS0300	Other Breads (quick breads, corn muffins, tortillas) - Some Whole Grain	
GRR0300	Other Breads (quick breads, corn muffins, tortillas) - Refined Grain	
GRW0400	Crackers - Whole Grain	
GRS0400	Crackers - Some Whole Grain	
GRR0400	Crackers - Refined Grain	
GRW0500	Pasta - Whole Grain	
GRS0500	Pasta - Some Whole Grain	
GRR0500	Pasta - Refined Grain	
GRW0600	Ready-to-eat Cereal (not presweetened) - Whole Grain	
GRS0600	Ready-to-eat Cereal (not presweetened) - Some Whole Grain	
GRR0600	Ready-to-eat Cereal (not presweetened) - Refined Grain	
GRW0700	Ready-to-eat Cereal (presweetened) - Whole Grain	
GRS0700	Ready-to-eat Cereal (presweetened) - Some Whole Grain	
GRR0700	Ready-to-eat Cereal (presweetened) - Refined Grain	
GRW0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Whole Grain	
GRS0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Some Whole Grain	
GRR0800	Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain	

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
GRW1000	Snack Bars - Whole Grain	e.g., breakfast bars, energy bars, granola bars, etc.
GRS1000	Snack Bars - Some Whole Grain	e.g., breakfast bars, energy bars, granola bars, etc.
GRR1000	Snack Bars - Refined Grain	e.g., breakfast bars, energy bars, granola bars, etc.
GRW0900	Snack Chips - Whole Grain	e.g., corn chips, rice cakes, etc.
GRS0900	Snack Chips - Some Whole Grain	e.g., wheat nuts, etc.
GRR0900	Snack Chips - Refined Grain	e.g., cheese puffs, pretzels, etc.
GRW1100	Popcorn	
GRW1200	Flavored Popcorn	e.g., caramel, cheese, etc.
GRR1300	Baby Food Grain Mixtures – Refined Grain	
MRF0100	Beef	
MRL0100	Lean Beef	≤ 10% fat
MRF0200	Veal	
MRL0200	Lean Veal	≤ 10% fat
MRF0300	Lamb	
MRL0300	Lean Lamb	≤ 10% fat
MRF0400	Fresh Pork	
MRL0400	Lean Fresh Pork	≤ 10% fat
MCF0200	Cured Pork	
MCL0200	Lean Cured Pork	≤ 10% fat
MRF0500	Game	e.g., buffalo, venison, rabbit, squirrel, etc.
MPF0100	Poultry	e.g., chicken, duck, grouse, pheasant, quail, turkey, etc.
MPL0100	Lean Poultry	e.g., chicken, duck, grouse, pheasant, quail, turkey, etc.
MPF0200	Fried Chicken - Commercial Entree and Fast Food	
MFF0100	Fish - Fresh and Smoked	
MFL0100	Lean Fish - Fresh and Smoked	
MFF0200	Fried Fish - Commercial Entree and Fast Food	
MSL0100	Shellfish	
MSF0100	Fried Shellfish - Commercial Entree and Fast Food	
MCF0100	Cold Cuts and Sausage	Fresh and cured
MCL0100	Lean Cold Cuts and Sausage	Fresh and cured, ≤ 10% fat
MOF0100	Organ Meats	
MOF0200	Baby Food Meat Mixtures	e.g., dinner combinations with meat, pasta and/or vegetables.
FMC0200	Meat-based Savory Snack	e.g., fried pork rinds.
MOF0300	Eggs	
MOF0400	Egg Substitute	

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
MOF0500	Nuts and Seeds	
MOF0600	Nut and Seed Butters	
MOF0700	Meat Alternatives	e.g., tofu, tempeh, soy nuts, veggie burgers, etc.
DMF0100	Milk - Whole	
DMR0100	Milk - Reduced Fat	
DML0100	Milk - Low Fat and Fat Free	
DMN0100	Milk - Nondairy	
DMF0200	Ready-to-drink Flavored Milk - Whole	e.g., chocolate, strawberry flavored, etc.
DMR0200	Ready-to-drink Flavored Milk - Reduced Fat	e.g., chocolate, strawberry flavored, etc.
DML0200	Ready-to-drink Flavored Milk - Low Fat and Fat Free	e.g., chocolate, strawberry flavored, etc.
DML0300	Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk	e.g., powdered hot chocolate or cocoa to mix with water, etc.
DML0400	Artificially Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk	e.g., powdered hot chocolate or cocoa to mix with water, etc.
SWT0600	Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk	e.g., powdered hot chocolate or cocoa to mix with milk, etc.
MSC1100	Artificially Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk	e.g., powdered hot chocolate or cocoa to mix with milk, etc.
DCF0100	Cheese - Full Fat	Includes natural and process cheese, cottage cheese, cream cheese, etc.
DCR0100	Cheese - Reduced Fat	Includes natural and process cheese, cottage cheese, cream cheese, etc.
DCL0100	Cheese - Low Fat and Fat Free	Includes natural and process cheese, cottage cheese, cream cheese, etc.
DCN0100	Cheese - Nondairy	
DYF0100	Yogurt - Sweetened Whole Milk	
DYR0100	Yogurt - Sweetened Low Fat	
DYL0100	Yogurt - Sweetened Fat Free	
DYF0200	Yogurt - Artificially Sweetened Whole Milk	
DYR0200	Yogurt - Artificially Sweetened Low Fat	
DYL0200	Yogurt - Artificially Sweetened Fat Free	
DYN0100	Yogurt - Nondairy	
DOT0100	Frozen Dairy Dessert	e.g., frozen yogurt, ice cream, ice cream treats, etc.
DOT0200	Frozen Nondairy Dessert	
DOT0300	Pudding and Other Dairy Dessert	
DOT0400	Artificially Sweetened Pudding and Other Dairy Dessert	
FCF0100	Cream	e.g., coffee cream, whipping cream, sour cream, etc.
FCR0100	Cream - Reduced Fat	e.g., coffee cream, whipping cream, sour cream, etc.

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
FCL0100	Cream - Low Fat and Fat Free	e.g., coffee cream, whipping cream, sour cream, etc.
FCN0100	Cream - Nondairy	e.g., coffee cream, whipping cream, sour cream, etc.
DOT0500	Dairy-based Sweetened Meal Replacement/Supplement	
DOT0600	Dairy-based Artificially Sweetened Meal Replacement/Supplement	
DOT0700	Infant Formula	Includes concentrate, ready-to-feed and dry powder.
DOT0800	Infant Formula - Nondairy	Includes concentrate, ready-to-feed and dry powder.
FMF0100	Margarine - Regular	
FMR0100	Margarine - Reduced Fat	
FOF0100	Oil	Includes cooking sprays.
FSF0100	Shortening	
FAF0100	Butter and Other Animal Fats - Regular	Includes butter/margarine blends and honey butter.
FAR0100	Butter and Other Animal Fats - Reduced Fat	Includes butter/margarine blends and honey butter.
FDF0100	Salad Dressing - Regular	Includes mayonnaise and mayonnaise-type dressing.
FDR0100	Salad Dressing - Reduced Fat/Reduced Calorie/Fat Free	Includes mayonnaise and mayonnaise-type dressing.
SWT0400	Sugar	
MSC1200	Sugar Substitute	e.g., aspartame, saccharin, etc.
SWT0500	Syrup, Honey, Jam, Jelly, Preserves	
SWT0700	Sauces, Sweet - Regular	e.g., fudge, caramel, butterscotch, etc.
SWT0800	Sauces, Sweet - Reduced Fat/Reduced Calorie/Fat Free	e.g., fudge, caramel, butterscotch, etc.
SWT0100	Chocolate Candy	
SWT0200	Non-chocolate Candy	
SWT0300	Frosting or Glaze	
BVS0400	Sweetened Soft Drinks	Includes with and without caffeine.
BVA0400	Artificially Sweetened Soft Drinks	Includes with and without caffeine.
BVU0300	Unsweetened Soft Drinks	Includes with and without caffeine.
BVS0300	Sweetened Fruit Drinks	
BVA0300	Artificially Sweetened Fruit Drinks	
BVS0500	Sweetened Tea	
BVA0500	Artificially Sweetened Tea	
BVU0400	Unsweetened Tea	
BVS0100	Sweetened Coffee	
BVA0100	Artificially Sweetened Coffee	
BVU0100	Unsweetened Coffee	

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
BVS0200	Sweetened Coffee Substitutes	
BVA0200	Artificially Sweetened Coffee Substitutes	
BVU0200	Unsweetened Coffee Substitutes	
BVS0600	Sweetened Water	
BVA0600	Artificially Sweetened Water	
BVU0500	Unsweetened Water	e.g., spring, tap, bottled, etc.
BVS0700	Nondairy-based Sweetened Meal Replacement/Supplement	Includes meal replacement drinks, sports drinks.
BVA0700	Nondairy-based Artificially Sweetened Meal Replacement/Supplement	Includes meal replacement drinks, sports drinks.
BVU0600	Nondairy-based Unsweetened Meal Replacement/Supplement	Includes meal replacement drinks, sports drinks.
BVO0100	Non-alcoholic Beer	
BVO0200	Non-alcoholic Light Beer	
BVE0100	Beer and Ales	
BVE0400	Cordial and Liqueur	
BVE0300	Distilled Liquor	
BVE0200	Wine	
MSC0100	Gravy - Regular	
MSC0200	Gravy - Reduced Fat/Fat Free	
MSC0300	Sauces and Condiments - Regular	e.g., alfredo sauce, cheese sauce, hollandaise sauce, tartar sauce, white sauce, etc.
MSC0400	Sauces and Condiments - Reduced Fat	e.g., barbeque sauce, catsup, mustard, soy sauce, steak sauce, taco sauce, etc.
MSC0500	Pickled Foods	e.g., capers, olives, sauerkraut, pickled vegetables, etc.
MSC0600	Miscellaneous Dessert	e.g., gelatin dessert, lemon pudding and pie filling, etc.
MSC0700	Non-grain Flour and Similar	e.g., chickpea, potato, peanut, soy flour, etc.
MSC0800	Soup Broth	e.g., clear broth, consommé, bouillon, etc.
MSC0900	Baby Food Dessert	e.g., fruit cobblers, fruit desserts, etc.
MSC1000	Miscellaneous Baby Food Mixtures	e.g., baby food soups, vegetable and cheese mixtures, fruit and vegetable combinations, etc.
GRW1300	Baby Food Grain Mixtures – Whole Grain	
GRS1300	Baby Food Grain Mixtures – Some Whole Grain	
DML0500	Unsweetened Flavored Milk Beverage Powder with Non-fat Dry Milk	
MSC1300	Unsweetened Flavored Milk Beverage Powder without Non-fat Dry Milk	
DYF0300	Yogurt - Unsweetened Whole Milk	
DYR0300	Yogurt - Unsweetened Low Fat	

Serving Count Subgroup Specifications		
Subgroup ID Code	Description	Comments
DYL0300	Yogurt - Unsweetened Fat Free	
DOT0900	Dairy-based Unsweetened Meal Replacement/Supplement	

DSAM Output File Specifications

NOTE: If supplemental Beta-Carotene (provitamin A carotenoid) is entered as IU, then mcg RAE Vitamin A can be generated using the equation below (DSAM does not perform this conversion).

1 IU supplemental beta-carotene = 0.5 IU retinol or 0.15 mcg RAE (0.3 x 0.5, where 0.3 is the equivalent mcg amount of 1 IU of retinol and 0.5 is the conversion rate of supplemental beta-carotene to retinol).

The source for the above equation is from the *Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium and Zinc. National Academy Press, Washington, D.C. 2001.*

DSAM Total 24-hour Supplement Intake File (File 12):

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	Project Name	Up to 50 characters
5	Record Type	0 = Recall 1 = Record 2 = Record-Assisted Recall
6	Interview Type	Scheduled or unscheduled
7	Participant Name	Up to 50 characters
8	Sex	1 = Male 2 = Female 3 = Other/Prefer Not to Answer
9	Date of Birth	mm/dd/yyyy
10	Date of Entry	mm/dd/yyyy
11	Day of Intake	0 = Sunday 1 = Monday 2 = Tuesday 3 = Wednesday 4 = Thursday 5 = Friday 6 = Saturday
12	Visit Number	Up to 3 characters

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Comments
13	Interviewer ID	Up to 12 characters
14	Site ID	Up to 12 characters
15	DRI Life Stage Group (based on the current Dietary Reference Intakes (1997-2001 National Academy of Sciences, Food and Nutrition Board) for Recommended Dietary Allowances (RDA) and Adequate Intakes (AI))	101 = Infants 0-6 months 102 = Infants 7-12 months 103 = Children 1-3 104 = Children 4-8 105 = Males 9-13 106 = Males 14-18 107 = Males 19-30 108 = Males 31-50 109 = Males 51-70 110 = Males over 70 years old 111 = Females 9-13 112 = Females 14-18 113 = Females 19-30 114 = Females 31-50 115 = Females 51-70 116 = Females over 70 years old 117 = Pregnancy 18 or younger 118 = Pregnancy 19-30 119 = Pregnancy 31-50 120 = Lactation 18 or younger 121 = Lactation 19-30 122 = Lactation 31-50
	or RDA Category NDSR 4.0_28 through 4.04_32 RDA Category (based on 1989 RDAs)	01 = Infants 0.0-0.5 years 02 = Infants 0.5-1.0 years 03 = Children 1 - 3 04 = Children 4 - 6 05 = Children 7 - 10 06 = Males 11-14 07 = Males 15-18 08 = Males 19-24 09 = Males 25-50 10 = Males 51+ 11 = Females 11-14 12 = Females 15-18 13 = Females 19-24 14 = Females 25-50 15 = Females 51+ 16 = Pregnant 17 = Lactating 1st 6 months 18 = Lactating 2nd 6 months
16	Intake Amount	0 = Close to the amount that you usually eat? 1 = A lot more than you usually eat? 2 = A lot less than you usually eat?
17	Intake Reliability	0 = Reliable 1 = Unreliable because the participant was unable to recall one or more meals 2 = Unreliable for other reasons

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Comments
18	Data Collected in NCC Database Version	
19	Data Collected in DSAM Database Version	
20	Data Collected in Software Version	
21	Data Generated in NCC Database Version	
22	Data Generated in Software Version	
23	Black Cohosh	Y or N = Yes or No
24	Echinacea	Y or N = Yes or No
25	Garlic	Y or N = Yes or No
26	Ginger	Y or N = Yes or No
27	Ginkgo	Y or N = Yes or No
28	Ginseng	Y or N = Yes or No
29	Hawthorn	Y or N = Yes or No
30	Kava Kava	Y or N = Yes or No
31	Ma Huang/Ephedra	Y or N = Yes or No
32	Saw Palmetto	Y or N = Yes or No
33	St. John's Wort	Y or N = Yes or No
34	Number of Supplements Reported	Integer ≥ 0

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Units
35	Energy (kilocalories)	kcal
36	Total Protein	g
37	Total Fat	g
38	Total Carbohydrate	g
39	Total Saturated Fatty Acids (SFA)	g
40	Total Monounsaturated Fatty Acids (MUFA)	g
41	Total Polyunsaturated Fatty Acids (PUFA)	g
42	Omega-3 Fatty Acids in Supplements	mg
43	Cholesterol	mg
44	SFA 8:0 (caprylic acid)	g
45	SFA 10:0 (capric acid)	g
46	SFA 12:0 (lauric acid)	g
47	SFA 14:0 (myristic acid)	g
48	SFA 16:0 (palmitic acid)	g
49	SFA 18:0 (stearic acid)	g
50	SFA 20:0 (arachidic acid)	g
51	SFA 22:0 (behenic acid)	g
52	MUFA 16:1 (palmitoleic acid)	g
53	MUFA 18:1 (oleic acid)	g

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Units
54	MUFA 20:1 (gadoleic acid)	g
55	PUFA 18:2 (linoleic acid, undifferentiated)	g
56	PUFA 18:3 (linolenic acid, undifferentiated)	g
57	PUFA 20:4 (arachidonic acid, undifferentiated)	g
58	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
59	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
60	Total Vitamin A Activity (International Units)	IU
61	Retinol	mcg
62	Vitamin D (calciferol)	mcg
63	Vitamin E (International Units)	IU
64	Vitamin E (Total Alpha-Tocopherol)	mg
65	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
66	Beta-Tocopherol	mg
67	Delta-Tocopherol	mg
68	Gamma-Tocopherol	mg
69	Vitamin K (phylloquinone)	mcg
70	Vitamin C (ascorbic acid)	mg
71	Thiamin (vitamin B1)	mg
72	Riboflavin (vitamin B2)	mg
73	Niacin (vitamin B3)	mg
74	Pantothenic Acid	mg
75	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
76	Synthetic Folate (folic acid)	mcg
77	Vitamin B-12 (cobalamin)	mcg
78	Biotin	mcg
79	Beta-Carotene (provitamin A carotenoid)	mcg
80	Alpha-Carotene (provitamin A carotenoid)	mcg
81	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
82	Lutein and/or Zeaxanthin	mcg
83	Lycopene	mcg
84	Column intentionally left blank	
85	Boron	mcg
86	Calcium	mg
87	Chromium	mcg
88	Copper	mg
89	Fluoride	mcg
90	Iodine	mcg
91	Iron	mg
92	Magnesium	mg
93	Manganese	mg
94	Molybdenum	mcg
95	Nickel	mcg
96	Phosphorus	mg
97	Potassium	mg

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Units
98	Selenium	mcg
99	Silicon	mg
100	Sodium	mg
101	Vanadium	mcg
102	Zinc	mg
103	Tryptophan	g
104	Threonine	g
105	Isoleucine	g
106	Leucine	g
107	Lysine	g
108	Methionine	g
109	Cystine	g
110	Phenylalanine	g
111	Tyrosine	g
112	Valine	g
113	Arginine	g
114	Histidine	g
115	Alanine	g
116	Aspartic Acid	g
117	Glutamic Acid	g
118	Glycine	g
119	Proline	g
120	Serine	g
121	Daidzein	mg
122	Genistein	mg
123	Glycitein	mg
124	Total Dietary Fiber	g
125	Soluble Dietary Fiber	g
126	Insoluble Dietary Fiber	g
127	Betaine	mg
128	Choline	mg
129	Caffeine	mg
130	Fructose	g
131	Glucose	g
132	Sucrose	g
133	Inositol	g
134	Mannitol	g
135	Phytic Acid	mg
136	Pinitol	g
137	Sorbitol	g
138	Xylitol	g
139	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
140	CLA cis-9, trans-11	g
141	CLA trans-10, cis-12	g

DSAM Total 24-hour Supplement Intake File (File 12)		
Column	Description	Units
142	Data Generated in DSAM Database Version	
143	MUFA 14:1 (myristoleic acid)	g
144	Total Trans-Fatty Acids (TRANS)	g
145	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
146	Total Conjugated Linoleic Acid (CLA 18:2)	g
147	Omega-6 Fatty Acids in Supplements	mg
148	PUFA 18:2 n-6 (linoleic acid [LA])	g
149	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
150	Total Sugars	g
151	Added Sugars (by Total Sugars)	g
152	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
153	Dietary Folate Equivalents in Supplements	mcg
154	Total Lignans	mcg

DSAM Total (averaged) 30-day Supplement Intake File (File 13):

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	Project Name	Up to 50 characters
5	Record Type	0 = Recall 1 = Record 2 = Record-Assisted Recall
6	Interview Type	Scheduled or unscheduled
7	Participant Name	Up to 50 characters
8	Sex	1 = Male 2 = Female 3 = Other/Prefer Not to Answer
9	Date of Birth	mm/dd/yyyy
10	Date of Entry	mm/dd/yyyy
11	Day of Intake	0 = Sunday 1 = Monday 2 = Tuesday 3 = Wednesday 4 = Thursday 5 = Friday 6 = Saturday
12	Visit Number	Up to 3 characters
13	Interviewer ID	Up to 12 characters
14	Site ID	Up to 12 characters
15	DRI Life Stage Group (based on the current Dietary Reference Intakes (1997-2001 National Academy of	101 = Infants 0-6 months 102 = Infants 7-12 months 103 = Children 1-3 104 = Children 4-8

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Comments
	Sciences, Food and Nutrition Board) for Recommended Dietary Allowances (RDA) and Adequate Intakes (AI))	105 = Males 9-13 106 = Males 14-18 107 = Males 19-30 108 = Males 31-50 109 = Males 51-70 110 = Males over 70 years old 111 = Females 9-13 112 = Females 14-18 113 = Females 19-30 114 = Females 31-50 115 = Females 51-70 116 = Females over 70 years old 117 = Pregnancy 18 or younger 118 = Pregnancy 19-30 119 = Pregnancy 31-50 120 = Lactation 18 or younger 121 = Lactation 19-30 122 = Lactation 31-50
	or RDA Category NDSR 4.0_28 through 4.04_32 RDA Category (based on 1989 RDAs)	01 = Infants 0.0-0.5 years 02 = Infants 0.5-1.0 years 03 = Children 1 - 3 04 = Children 4 - 6 05 = Children 7 - 10 06 = Males 11-14 07 = Males 15-18 08 = Males 19-24 09 = Males 25-50 10 = Males 51+ 11 = Females 11-14 12 = Females 15-18 13 = Females 19-24 14 = Females 25-50 15 = Females 51+ 16 = Pregnant 17 = Lactating 1st 6 months 18 = Lactating 2nd 6 months
16	Intake Amount	0 = Close to the amount that you usually eat? 1 = A lot more than you usually eat? 2 = A lot less than you usually eat?
17	Intake Reliability	0 = Reliable 1 = Unreliable because the participant was unable to recall one or more meals 2 = Unreliable for other reasons
18	Data Collected in NCC Database Version	
19	Data Collected in DSAM Database Version	
20	Data Collected in Software Version	

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Comments
21	Data Generated in NCC Database Version	
22	Data Generated in Software Version	
23	Black Cohosh	Y or N = Yes or No
24	Echinacea	Y or N = Yes or No
25	Garlic	Y or N = Yes or No
26	Ginger	Y or N = Yes or No
27	Ginkgo	Y or N = Yes or No
28	Ginseng	Y or N = Yes or No
29	Hawthorn	Y or N = Yes or No
30	Kava Kava	Y or N = Yes or No
31	Ma Huang/Ephedra	Y or N = Yes or No
32	Saw Palmetto	Y or N = Yes or No
33	St. John's Wort	Y or N = Yes or No
34	Number of Supplements Reported	Integer $\geq$ 0

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Units
35	Energy (kilocalories)	kcal
36	Total Protein	g
37	Total Fat	g
38	Total Carbohydrate	g
39	Total Saturated Fatty Acids (SFA)	g
40	Total Monounsaturated Fatty Acids (MUFA)	g
41	Total Polyunsaturated Fatty Acids (PUFA)	g
42	Omega-3 Fatty Acids in Supplements	mg
43	Cholesterol	mg
44	SFA 8:0 (caprylic acid)	g
45	SFA 10:0 (capric acid)	g
46	SFA 12:0 (lauric acid)	g
47	SFA 14:0 (myristic acid)	g
48	SFA 16:0 (palmitic acid)	g
49	SFA 18:0 (stearic acid)	g
50	SFA 20:0 (arachidic acid)	g
51	SFA 22:0 (behenic acid)	g
52	MUFA 16:1 (palmitoleic acid)	g
53	MUFA 18:1 (oleic acid)	g
54	MUFA 20:1 (gadoleic acid)	g
55	PUFA 18:2 (linoleic acid, undifferentiated)	g
56	PUFA 18:3 (linolenic acid, undifferentiated)	g
57	PUFA 20:4 (arachidonic acid, undifferentiated)	g
58	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Units
59	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
60	Total Vitamin A Activity (International Units)	IU
61	Retinol	mcg
62	Vitamin D (calciferol)	mcg
63	Vitamin E (International Units)	IU
64	Vitamin E (Total Alpha-Tocopherol)	mg
65	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
66	Beta-Tocopherol	mg
67	Delta-Tocopherol	mg
68	Gamma-Tocopherol	mg
69	Vitamin K (phylloquinone)	mcg
70	Vitamin C (ascorbic acid)	mg
71	Thiamin (vitamin B1)	mg
72	Riboflavin (vitamin B2)	mg
73	Niacin (vitamin B3)	mg
74	Pantothenic Acid	mg
75	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
76	Synthetic Folate (folic acid)	mcg
77	Vitamin B-12 (cobalamin)	mcg
78	Biotin	mcg
79	Beta-Carotene (provitamin A carotenoid)	mcg
80	Alpha-Carotene (provitamin A carotenoid)	mcg
81	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
82	Lutein and/or Zeaxanthin	mcg
83	Lycopene	mcg
84	Column intentionally left blank	
85	Boron	mcg
86	Calcium	mg
87	Chromium	mcg
88	Copper	mg
89	Fluoride	mcg
90	Iodine	mcg
91	Iron	mg
92	Magnesium	mg
93	Manganese	mg
94	Molybdenum	mcg
95	Nickel	mcg
96	Phosphorus	mg
97	Potassium	mg
98	Selenium	mcg
99	Silicon	mg
100	Sodium	mg
101	Vanadium	mcg
102	Zinc	mg

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Units
103	Tryptophan	g
104	Threonine	g
105	Isoleucine	g
106	Leucine	g
107	Lysine	g
108	Methionine	g
109	Cystine	g
110	Phenylalanine	g
111	Tyrosine	g
112	Valine	g
113	Arginine	g
114	Histidine	g
115	Alanine	g
116	Aspartic Acid	g
117	Glutamic Acid	g
118	Glycine	g
119	Proline	g
120	Serine	g
121	Daidzein	mg
122	Genistein	mg
123	Glycitein	mg
124	Total Dietary Fiber	g
125	Soluble Dietary Fiber	g
126	Insoluble Dietary Fiber	g
127	Betaine	mg
128	Choline	mg
129	Caffeine	mg
130	Fructose	g
131	Glucose	g
132	Sucrose	g
133	Inositol	g
134	Mannitol	g
135	Phytic Acid	mg
136	Pinitol	g
137	Sorbitol	g
138	Xylitol	g
139	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
140	CLA cis-9, trans-11	g
141	CLA trans-10, cis-12	g
142	Data Generated in DSAM Database Version	
143	MUFA 14:1 (myristoleic acid)	g
144	Total Trans-Fatty Acids (TRANS)	g
145	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
146	Total Conjugated Linoleic Acid (CLA 18:2)	g

DSAM Total (averaged) 30-day Supplement Intake File (File 13)		
Column	Description	Units
147	Omega-6 Fatty Acids in Supplements	mg
148	PUFA 18:2 n-6 (linoleic acid [LA])	g
149	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
150	Total Sugars	g
151	Added Sugars (by Total Sugars)	g
152	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
153	Dietary Folate Equivalents in Supplements	mcg
154	Total Lignans	mcg

DSAM Product File 24-hour Intake (File 14):

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM File ID	3 digits starting at 001 for each record
5	Dietary Supplement Report Item Number	
6	DSAM Supplement ID	10 characters (1st character “N” maintained by NCC)
7	Product Name	Up to 254 characters
8	Label Seen	Y or N = Yes or No
9	Times Taken Yesterday	Integer ≥ 0
10	Total Taken Yesterday (amount)	Decimal ≥ 0
11	Total Taken Yesterday (unit)	
12	Taken For (amount)	Integer ≥ 0
13	Taken For (unit)	Y = Years M = Months W = Weeks D = Days
14	Why Taken	Up to 254 characters
15	Recommended By	ALT = Alternative practitioner PHY = Physician PHA = Pharmacist NUT = Nutritionist OTHH = Other health care professional FAM = Family or friend MED = Media NON = No one OTH = Other
16	Where Purchased	SUP = Supermarket/grocery DIS = Discount Store PHA = Pharmacy INT = Internet/mail order PHY = Physician

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Comments
		HEA = Health Food Store GIV = Given to me OTH = Other
17	Working As Expected	Y = Yes N = No M = Maybe D = Don't know
18	Dietary Supplements Note	Up to 600 characters
19	Black Cohosh	Y or N = Yes or No
20	Echinacea	Y or N = Yes or No
21	Garlic	Y or N = Yes or No
22	Ginger	Y or N = Yes or No
23	Ginkgo	Y or N = Yes or No
24	Ginseng	Y or N = Yes or No
25	Hawthorn	Y or N = Yes or No
26	Kava Kava	Y or N = Yes or No
27	Ma Huang/Ephedra	Y or N = Yes or No
28	Saw Palmetto	Y or N = Yes or No
29	St. John's Wort	Y or N = Yes or No

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Units
30	Energy (kilocalories)	kcal
31	Total Protein	g
32	Total Fat	g
33	Total Carbohydrate	g
34	Total Saturated Fatty Acids (SFA)	g
35	Total Monounsaturated Fatty Acids (MUFA)	g
36	Total Polyunsaturated Fatty Acids (PUFA)	g
37	Omega-3 Fatty Acids in Supplements	mg
38	Cholesterol	mg
39	SFA 8:0 (caprylic acid)	g
40	SFA 10:0 (capric acid)	g
41	SFA 12:0 (lauric acid)	g
42	SFA 14:0 (myristic acid)	g
43	SFA 16:0 (palmitic acid)	g
44	SFA 18:0 (stearic acid)	g
45	SFA 20:0 (arachidic acid)	g
46	SFA 22:0 (behenic acid)	g
47	MUFA 16:1 (palmitoleic acid)	g
48	MUFA 18:1 (oleic acid)	g
49	MUFA 20:1 (gadoleic acid)	g
50	PUFA 18:2 (linoleic acid, undifferentiated)	g
51	PUFA 18:3 (linolenic acid, undifferentiated)	g
52	PUFA 20:4 (arachidonic acid, undifferentiated)	g

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Units
53	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
54	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
55	Total Vitamin A Activity (International Units)	IU
56	Retinol	mcg
57	Vitamin D (calciferol)	mcg
58	Vitamin E (International Units)	IU
59	Vitamin E (Total Alpha-Tocopherol)	mg
60	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
61	Beta-Tocopherol	mg
62	Delta-Tocopherol	mg
63	Gamma-Tocopherol	mg
64	Vitamin K (phylloquinone)	mcg
65	Vitamin C (ascorbic acid)	mg
66	Thiamin (vitamin B1)	mg
67	Riboflavin (vitamin B2)	mg
68	Niacin (vitamin B3)	mg
69	Pantothenic Acid	mg
70	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
71	Synthetic Folate (folic acid)	mcg
72	Vitamin B-12 (cobalamin)	mcg
73	Biotin	mcg
74	Beta-Carotene (provitamin A carotenoid)	mcg
75	Alpha-Carotene (provitamin A carotenoid)	mcg
76	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
77	Lutein and/or Zeaxanthin	mcg
78	Lycopene	mcg
79	Column intentionally left blank	
80	Boron	mcg
81	Calcium	mg
82	Chromium	mcg
83	Copper	mg
84	Fluoride	mcg
85	Iodine	mcg
86	Iron	mg
87	Magnesium	mg
88	Manganese	mg
89	Molybdenum	mcg
90	Nickel	mcg
91	Phosphorus	mg
92	Potassium	mg
93	Selenium	mcg
94	Silicon	mg
95	Sodium	mg
96	Vanadium	mcg

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Units
97	Zinc	mg
98	Tryptophan	g
99	Threonine	g
100	Isoleucine	g
101	Leucine	g
102	Lysine	g
103	Methionine	g
104	Cystine	g
105	Phenylalanine	g
106	Tyrosine	g
107	Valine	g
108	Arginine	g
109	Histidine	g
110	Alanine	g
111	Aspartic Acid	g
112	Glutamic Acid	g
113	Glycine	g
114	Proline	g
115	Serine	g
116	Daidzein	mg
117	Genistein	mg
118	Glycitein	mg
119	Total Dietary Fiber	g
120	Soluble Dietary Fiber	g
121	Insoluble Dietary Fiber	g
122	Betaine	mg
123	Choline	mg
124	Caffeine	mg
125	Fructose	g
126	Glucose	g
127	Sucrose	g
128	Inositol	g
129	Mannitol	g
130	Phytic Acid	mg
131	Pinitol	g
132	Sorbitol	g
133	Xylitol	g
134	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
135	CLA cis-9, trans-11	g
136	CLA trans-10, cis-12	g
137	MUFA 14:1 (myristoleic acid)	g
138	Total Trans-Fatty Acids (TRANS)	g
139	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
140	Total Conjugated Linoleic Acid (CLA 18:2)	g

DSAM Product File 24-hour Intake (File 14)		
Column	Description	Units
141	Omega-6 Fatty Acids in Supplements	mg
142	PUFA 18:2 n-6 (linoleic acid [LA])	g
143	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
144	Total Sugars	g
145	Added Sugars (by Total Sugars)	g
146	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
147	Dietary Folate Equivalents in Supplements	mcg
148	Total Lignans	mcg
149	NHANES Supplement ID	Up to 6 digits

DSAM Product File (averaged) 30-day Intake (File 15):

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM File ID	6 digits including the 3 digits File ID from Files 14 and 15
5	Dietary Supplement Report Item Number	
6	DSAM Supplement ID	10 characters (1st character “N” maintained by NCC)
7	Product Name	Up to 254 characters
8	Label Seen	Y or N = Yes or No
9	Days Taken In Last 30	Integer ≥ 0
10	Number Per Day Taken In Last 30	Integer ≥ 0
11	Unit Per Day Taken In Last 30	Decimal ≥ 0
12	Taken For (amount)	
13	Taken For (unit)	Y = Years M = Months W = Weeks D = Days
14	Why Taken	Up to 254 characters
15	Recommended By	ALT = Alternative practitioner PHY = Physician PHA = Pharmacist NUT = Nutritionist OTHH = Other health care professional FAM = Family or friend MED = Media NON = No one OTH = Other
16	Where Purchased	UP = Supermarket/grocery DIS = Discount Store PHA = Pharmacy

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Comments
		INT = Internet/mail order PHY = Physician HEA = Health Food Store GIV= Given to me OTH = Other
17	Working As Expected	Y = Yes N = No M = Maybe D = Don't know
18	Dietary Supplements Note	Up to 600 characters
19	Black Cohosh	Y or N = Yes or No
20	Echinacea	Y or N = Yes or No
21	Garlic	Y or N = Yes or No
22	Ginger	Y or N = Yes or No
23	Ginkgo	Y or N = Yes or No
24	Ginseng	Y or N = Yes or No
25	Hawthorn	Y or N = Yes or No
26	Kava Kava	Y or N = Yes or No
27	Ma Huang/Ephedra	Y or N = Yes or No
28	Saw Palmetto	Y or N = Yes or No
29	St. John's Wort	Y or N = Yes or No

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Units
30	Energy (kilocalories)	kcal
31	Total Protein	g
32	Total Fat	g
33	Total Carbohydrate	g
34	Total Saturated Fatty Acids (SFA)	g
35	Total Monounsaturated Fatty Acids (MUFA)	g
36	Total Polyunsaturated Fatty Acids (PUFA)	g
37	Omega-3 Fatty Acids in Supplements	mg
38	Cholesterol	mg
39	SFA 8:0 (caprylic acid)	g
40	SFA 10:0 (capric acid)	g
41	SFA 12:0 (lauric acid)	g
42	SFA 14:0 (myristic acid)	g
43	SFA 16:0 (palmitic acid)	g
44	SFA 18:0 (stearic acid)	g
45	SFA 20:0 (arachidic acid)	g
46	SFA 22:0 (behenic acid)	g
47	MUFA 16:1 (palmitoleic acid)	g
48	MUFA 18:1 (oleic acid)	g
49	MUFA 20:1 (gadoleic acid)	g
50	PUFA 18:2 (linoleic acid, undifferentiated)	g

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Units
51	PUFA 18:3 (linolenic acid, undifferentiated)	g
52	PUFA 20:4 (arachidonic acid, undifferentiated)	g
53	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
54	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
55	Total Vitamin A Activity (International Units)	IU
56	Retinol	mcg
57	Vitamin D (calciferol)	mcg
58	Vitamin E (International Units)	IU
59	Vitamin E (Total Alpha-Tocopherol)	mg
60	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
61	Beta-Tocopherol	mg
62	Delta-Tocopherol	mg
63	Gamma-Tocopherol	mg
64	Vitamin K (phylloquinone)	mcg
65	Vitamin C (ascorbic acid)	mg
66	Thiamin (vitamin B1)	mg
67	Riboflavin (vitamin B2)	mg
68	Niacin (vitamin B3)	mg
69	Pantothenic Acid	mg
70	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
71	Synthetic Folate (folic acid)	mcg
72	Vitamin B-12 (cobalamin)	mcg
73	Biotin	mcg
74	Beta-Carotene (provitamin A carotenoid)	mcg
75	Alpha-Carotene (provitamin A carotenoid)	mcg
76	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
77	Lutein and/or Zeaxanthin	mcg
78	Lycopene	mcg
79	Column intentionally left blank	
80	Boron	mcg
81	Calcium	mg
82	Chromium	mcg
83	Copper	mg
84	Fluoride	mcg
85	Iodine	mcg
86	Iron	mg
87	Magnesium	mg
88	Manganese	mg
89	Molybdenum	mcg
90	Nickel	mcg
91	Phosphorus	mg
92	Potassium	mg
93	Selenium	mcg
94	Silicon	mg

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Units
95	Sodium	mg
96	Vanadium	mcg
97	Zinc	mg
98	Tryptophan	g
99	Threonine	g
100	Isoleucine	g
101	Leucine	g
102	Lysine	g
103	Methionine	g
104	Cystine	g
105	Phenylalanine	g
106	Tyrosine	g
107	Valine	g
108	Arginine	g
109	Histidine	g
110	Alanine	g
111	Aspartic Acid	g
112	Glutamic Acid	g
113	Glycine	g
114	Proline	g
115	Serine	g
116	Daidzein	mg
117	Genistein	mg
118	Glycitein	mg
119	Total Dietary Fiber	g
120	Soluble Dietary Fiber	g
121	Insoluble Dietary Fiber	g
122	Betaine	mg
123	Choline	mg
124	Caffeine	mg
125	Fructose	g
126	Glucose	g
127	Sucrose	g
128	Inositol	g
129	Mannitol	g
130	Phytic Acid	mg
131	Pinitol	g
132	Sorbitol	g
133	Xylitol	g
134	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
135	CLA cis-9, trans-11	g
136	CLA trans-10, cis-12	g
137	MUFA 14:1 (myristoleic acid)	g
138	Total Trans-Fatty Acids (TRANS)	g

DSAM Product File (averaged) 30-day Intake (File 15)		
Column	Description	Units
139	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
140	Total Conjugated Linoleic Acid (CLA 18:2)	g
141	Omega-6 Fatty Acids in Supplements	mg
142	PUFA 18:2 n-6 (linoleic acid [LA])	g
143	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
144	Total Sugars	g
145	Added Sugars (by Total Sugars)	g
146	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
147	Dietary Folate Equivalents in Supplements	mcg
148	Total Lignans	mcg
149	NHANES Supplement ID	Up to 6 digits

DSAM Product Ingredient File 24-hour Intake (File 16):

DSAM Product Ingredient File 24-hour Intake (File 16)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM Ingredient File ID	6 digits including the 3 digits from DSAM File ID from Files 14 and 15
5	Dietary Supplement Report Item Number	
6	DSAM Ingredient ID	8 characters (1st character "N" maintained by NCC)
7	Ingredient Name	Up to 254 characters
8	Daily Intake	Integer, decimal, can be null
9	Unit	Up to 30 characters
10	NHANES Ingredient Category	1 = vitamin 2 = mineral 3 = botanical 4 = other 5 = amino acid
11	Black Cohosh	Y or N = Yes or No
12	Echinacea	Y or N = Yes or No
13	Garlic	Y or N = Yes or No
14	Ginger	Y or N = Yes or No
15	Ginkgo	Y or N = Yes or No
16	Ginseng	Y or N = Yes or No
17	Hawthorn	Y or N = Yes or No
18	Kava Kava	Y or N = Yes or No
19	Ma Huang/Ephedra	Y or N = Yes or No
20	Saw Palmetto	Y or N = Yes or No
21	St. John's Wort	Y or N = Yes or No

DSAM Product Ingredient File 24-hour Intake (File 16)		
Column	Description	Units
22	Energy (kilocalories)	kcal
23	Total Protein	g
24	Total Fat	g
25	Total Carbohydrate	g
26	Total Saturated Fatty Acids (SFA)	g
27	Total Monounsaturated Fatty Acids (MUFA)	g
28	Total Polyunsaturated Fatty Acids (PUFA)	g
29	Omega-3 Fatty Acids in Supplements	mg
30	Cholesterol	mg
31	SFA 8:0 (caprylic acid)	g
32	SFA 10:0 (capric acid)	g
33	SFA 12:0 (lauric acid)	g
34	SFA 14:0 (myristic acid)	g
35	SFA 16:0 (palmitic acid)	g
36	SFA 18:0 (stearic acid)	g
37	SFA 20:0 (arachidic acid)	g
38	SFA 22:0 (behenic acid)	g
39	MUFA 16:1 (palmitoleic acid)	g
40	MUFA 18:1 (oleic acid)	g
41	MUFA 20:1 (gadoleic acid)	g
42	PUFA 18:2 (linoleic acid, undifferentiated)	g
43	PUFA 18:3 (linolenic acid, undifferentiated)	g
44	PUFA 20:4 (arachidonic acid, undifferentiated)	g
45	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
46	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
47	Total Vitamin A Activity (International Units)	IU
48	Retinol	mcg
49	Vitamin D (calciferol)	mcg
50	Vitamin E (International Units)	IU
51	Vitamin E (Total Alpha-Tocopherol)	mg
52	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
53	Beta-Tocopherol	mg
54	Delta-Tocopherol	mg
55	Gamma-Tocopherol	mg
56	Vitamin K (phylloquinone)	mcg
57	Vitamin C (ascorbic acid)	mg
58	Thiamin (vitamin B1)	mg
59	Riboflavin (vitamin B2)	mg
60	Niacin (vitamin B3)	mg
61	Pantothenic Acid	mg
62	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
63	Synthetic Folate (folic acid)	mcg
64	Vitamin B-12 (cobalamin)	mcg
65	Biotin	mcg

DSAM Product Ingredient File 24-hour Intake (File 16)		
Column	Description	Units
66	Beta-Carotene (provitamin A carotenoid)	mcg
67	Alpha-Carotene (provitamin A carotenoid)	mcg
68	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
69	Lutein and/or Zeaxanthin	mcg
70	Lycopene	mcg
71	Column intentionally left blank	
72	Boron	mcg
73	Calcium	mg
74	Chromium	mcg
75	Copper	mg
76	Fluoride	mcg
77	Iodine	mcg
78	Iron	mg
79	Magnesium	mg
80	Manganese	mg
81	Molybdenum	mcg
82	Nickel	mcg
83	Phosphorus	mg
84	Potassium	mg
85	Selenium	mcg
86	Silicon	mg
87	Sodium	mg
88	Vanadium	mcg
89	Zinc	mg
90	Tryptophan	g
91	Threonine	g
92	Isoleucine	g
93	Leucine	g
94	Lysine	g
95	Methionine	g
96	Cystine	g
97	Phenylalanine	g
98	Tyrosine	g
99	Valine	g
100	Arginine	g
101	Histidine	g
102	Alanine	g
103	Aspartic Acid	g
104	Glutamic Acid	g
105	Glycine	g
106	Proline	g
107	Serine	g
108	Daidzein	mg
109	Genistein	mg

DSAM Product Ingredient File 24-hour Intake (File 16)		
Column	Description	Units
110	Glycitein	mg
111	Total Dietary Fiber	g
112	Soluble Dietary Fiber	g
113	Insoluble Dietary Fiber	g
114	Betaine	mg
115	Choline	mg
116	Caffeine	mg
117	Fructose	g
118	Glucose	g
119	Sucrose	g
120	Inositol	g
121	Mannitol	g
122	Phytic Acid	mg
123	Pinitol	g
124	Sorbitol	g
125	Xylitol	g
126	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
127	CLA cis-9, trans-11	g
128	CLA trans-10, cis-12	g
129	MUFA 14:1 (myristoleic acid)	g
130	Total Trans-Fatty Acids (TRANS)	g
131	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
132	Total Conjugated Linoleic Acid (CLA 18:2)	g
133	Omega-6 Fatty Acids in Supplements	mg
134	PUFA 18:2 n-6 (linoleic acid [LA])	g
135	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
136	Total Sugars	g
137	Added Sugars (by Total Sugars)	g
138	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
139	Dietary Folate Equivalents in Supplements	mcg
140	Total Lignans	mcg
141	NHANES Ingredient ID	Up to 6 digits

DSAM Product Ingredient File (averaged) 30-day Intake (File 17):

DSAM Product Ingredient File (averaged) 30-day Intake (File 17)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM Ingredient File ID	6 digits including the 3 digits from DSAM File ID from Files 14 and 15
5	Dietary Supplement Report Item Number	
6	DSAM Ingredient ID	8 characters (1st character "N" maintained by NCC)
7	Ingredient Name	Up to 254 characters
8	Daily Intake	Integer, decimal, can be null
9	Unit	Up to 30 characters
10	NHANES Ingredient Category	1 = vitamin 2 = mineral 3 = botanical 4 = other 5 = amino acid
11	Black Cohosh	Y or N = Yes or No
12	Echinacea	Y or N = Yes or No
13	Garlic	Y or N = Yes or No
14	Ginger	Y or N = Yes or No
15	Ginkgo	Y or N = Yes or No
16	Ginseng	Y or N = Yes or No
17	Hawthorn	Y or N = Yes or No
18	Kava Kava	Y or N = Yes or No
19	Ma Huang/Ephedra	Y or N = Yes or No
20	Saw Palmetto	Y or N = Yes or No
21	St. John's Wort	Y or N = Yes or No

DSAM Product Ingredient File (averaged) 30-day Intake (File 17)		
Column	Description	Units
22	Energy (kilocalories)	kcal
23	Total Protein	g
24	Total Fat	g
25	Total Carbohydrate	g
26	Total Saturated Fatty Acids (SFA)	g
27	Total Monounsaturated Fatty Acids (MUFA)	g
28	Total Polyunsaturated Fatty Acids (PUFA)	g
29	Omega-3 Fatty Acids in Supplements	mg
30	Cholesterol	mg
31	SFA 8:0 (caprylic acid)	g
32	SFA 10:0 (capric acid)	g
33	SFA 12:0 (lauric acid)	g
34	SFA 14:0 (myristic acid)	g

DSAM Product Ingredient File (averaged) 30-day Intake (File 17)		
Column	Description	Units
35	SFA 16:0 (palmitic acid)	g
36	SFA 18:0 (stearic acid)	g
37	SFA 20:0 (arachidic acid)	g
38	SFA 22:0 (behenic acid)	g
39	MUFA 16:1 (palmitoleic acid)	g
40	MUFA 18:1 (oleic acid)	g
41	MUFA 20:1 (gadoleic acid)	g
42	PUFA 18:2 (linoleic acid, undifferentiated)	g
43	PUFA 18:3 (linolenic acid, undifferentiated)	g
44	PUFA 20:4 (arachidonic acid, undifferentiated)	g
45	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
46	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
47	Total Vitamin A Activity (International Units)	IU
48	Retinol	mcg
49	Vitamin D (calciferol)	mcg
50	Vitamin E (International Units)	IU
51	Vitamin E (Total Alpha-Tocopherol)	mg
52	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
53	Beta-Tocopherol	mg
54	Delta-Tocopherol	mg
55	Gamma-Tocopherol	mg
56	Vitamin K (phylloquinone)	mcg
57	Vitamin C (ascorbic acid)	mg
58	Thiamin (vitamin B1)	mg
59	Riboflavin (vitamin B2)	mg
60	Niacin (vitamin B3)	mg
61	Pantothenic Acid	mg
62	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
63	Synthetic Folate (folic acid)	mcg
64	Vitamin B-12 (cobalamin)	mcg
65	Biotin	mcg
66	Beta-Carotene (provitamin A carotenoid)	mcg
67	Alpha-Carotene (provitamin A carotenoid)	mcg
68	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
69	Lutein and/or Zeaxanthin	mcg
70	Lycopene	mcg
71	Column intentionally left blank	
72	Boron	mcg
73	Calcium	mg
74	Chromium	mcg
75	Copper	mg
76	Fluoride	mcg
77	Iodine	mcg
78	Iron	mg

DSAM Product Ingredient File (averaged) 30-day Intake (File 17)		
Column	Description	Units
79	Magnesium	mg
80	Manganese	mg
81	Molybdenum	mcg
82	Nickel	mcg
83	Phosphorus	mg
84	Potassium	mg
85	Selenium	mcg
86	Silicon	mg
87	Sodium	mg
88	Vanadium	mcg
89	Zinc	mg
90	Tryptophan	g
91	Threonine	g
92	Isoleucine	g
93	Leucine	g
94	Lysine	g
95	Methionine	g
96	Cystine	g
97	Phenylalanine	g
98	Tyrosine	g
99	Valine	g
100	Arginine	g
101	Histidine	g
102	Alanine	g
103	Aspartic Acid	g
104	Glutamic Acid	g
105	Glycine	g
106	Proline	g
107	Serine	g
108	Daidzein	mg
109	Genistein	mg
110	Glycitein	mg
111	Total Dietary Fiber	g
112	Soluble Dietary Fiber	g
113	Insoluble Dietary Fiber	g
114	Betaine	mg
115	Choline	mg
116	Caffeine	mg
117	Fructose	g
118	Glucose	g
119	Sucrose	g
120	Inositol	g
121	Mannitol	g
122	Phytic Acid	mg

DSAM Product Ingredient File (averaged) 30-day Intake (File 17)		
Column	Description	Units
123	Pinitol	g
124	Sorbitol	g
125	Xylitol	g
126	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
127	CLA cis-9, trans-11	g
128	CLA trans-10, cis-12	g
129	MUFA 14:1 (myristoleic acid)	g
130	Total Trans-Fatty Acids (TRANS)	g
131	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
132	Total Conjugated Linoleic Acid (CLA 18:2)	g
133	Omega-6 Fatty Acids in Supplements	mg
134	PUFA 18:2 n-6 (linoleic acid [LA])	g
135	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
136	Total Sugars	g
137	Added Sugars (by Total Sugars)	g
138	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
139	Dietary Folate Equivalents in Supplements	mcg
140	Total Lignans	mcg
141	NHANES Ingredient ID	Up to 6 digits

DSAM Blend Ingredient File 24-hour Intake (File 18):

DSAM Blend Ingredient File 24-hour Intake (File 18)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM Blend Ingredient ID	9 digits, including the 6 digits from DSAM Ingredient File ID from files 16 and 17
5	DSAM Ingredient ID	8 characters (1 st character “N” maintained by NCC)
6	Ingredient Name	Up to 254 characters
7	NHANES Ingredient Category	1 = vitamin 2 = mineral 3 = botanical 4 = other 5 = amino acid
8	Black Cohosh	Y or N = Yes or No
9	Echinacea	Y or N = Yes or No
10	Garlic	Y or N = Yes or No
11	Ginger	Y or N = Yes or No
12	Ginkgo	Y or N = Yes or No
13	Ginseng	Y or N = Yes or No
14	Hawthorn	Y or N = Yes or No
15	Kava Kava	Y or N = Yes or No

DSAM Blend Ingredient File 24-hour Intake (File 18)		
Column	Description	Comments
16	Ma Huang/Ephedra	Y or N = Yes or No
17	Saw Palmetto	Y or N = Yes or No
18	St. John's Wort	Y or N = Yes or No
19	NHANES Ingredient ID	Up to 6 digits

DSAM Blend Ingredient File (averaged) 30-day Intake (File 19):

DSAM Blend Ingredient File (averaged) 30-day Intake (File 19)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy
4	DSAM Blend Ingredient ID	9 digits, including the 6 digits from DSAM Ingredient File ID from files 16 and 17
5	DSAM Ingredient ID	8 characters (1 st character “N” maintained by NCC)
6	Ingredient Name	Up to 254 characters
7	NHANES Ingredient Category	1 = vitamin 2 = mineral 3 = botanical 4 = other 5 = amino acid
8	Black Cohosh	Y or N = Yes or No
9	Echinacea	Y or N = Yes or No
10	Garlic	Y or N = Yes or No
11	Ginger	Y or N = Yes or No
12	Ginkgo	Y or N = Yes or No
13	Ginseng	Y or N = Yes or No
14	Hawthorn	Y or N = Yes or No
15	Kava Kava	Y or N = Yes or No
16	Ma Huang/Ephedra	Y or N = Yes or No
17	Saw Palmetto	Y or N = Yes or No
18	St. John's Wort	Y or N = Yes or No
19	NHANES Ingredient ID	Up to 6 digits

DSAM User Product Totals File (File 20):

DSAM User Product Totals File (File 20)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Product ID	Up to 12 characters
3	Project Name	Up to 50 characters
4	Product Name	Up to 254 characters
5	Serving Size Quantity	Decimal number
6	Serving Size Unit	Up to 30 characters
7	Date of Entry	mm/dd/yyyy

DSAM User Product Totals File (File 20)		
Column	Description	Comments
8	Data Collected in NCC Database Version	
9	Data Collected in DSAM Database Version	
10	Data Collected in Software Version	
11	Data Generated in NCC Database Version	
12	Data Generated in Software Version	
13	Black Cohosh	Y or N = Yes or No
14	Echinacea	Y or N = Yes or No
15	Garlic	Y or N = Yes or No
16	Ginger	Y or N = Yes or No
17	Ginkgo	Y or N = Yes or No
18	Ginseng	Y or N = Yes or No
19	Hawthorn	Y or N = Yes or No
20	Kava Kava	Y or N = Yes or No
21	Ma Huang/Ephedra	Y or N = Yes or No
22	Saw Palmetto	Y or N = Yes or No
23	St. John's Wort	Y or N = Yes or No

DSAM User Product Totals File (File 20)		
Column	Description	Units
24	Energy (kilocalories)	kcal
25	Total Protein	g
26	Total Fat	g
27	Total Carbohydrate	g
28	Total Saturated Fatty Acids (SFA)	g
29	Total Monounsaturated Fatty Acids (MUFA)	g
30	Total Polyunsaturated Fatty Acids (PUFA)	g
31	Omega-3 Fatty Acids in Supplements	mg
32	Cholesterol	mg
33	SFA 8:0 (caprylic acid)	g
34	SFA 10:0 (capric acid)	g
35	SFA 12:0 (lauric acid)	g
36	SFA 14:0 (myristic acid)	g
37	SFA 16:0 (palmitic acid)	g
38	SFA 18:0 (stearic acid)	g
39	SFA 20:0 (arachidic acid)	g
40	SFA 22:0 (behenic acid)	g
41	MUFA 16:1 (palmitoleic acid)	g
42	MUFA 18:1 (oleic acid)	g
43	MUFA 20:1 (gadoleic acid)	g
44	PUFA 18:2 (linoleic acid, undifferentiated)	g

DSAM User Product Totals File (File 20)		
Column	Description	Units
45	PUFA 18:3 (linolenic acid, undifferentiated)	g
46	PUFA 20:4 (arachidonic acid, undifferentiated)	g
47	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
48	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
49	Total Vitamin A Activity (International Units)	IU
50	Retinol	mcg
51	Vitamin D (calciferol)	mcg
52	Vitamin E (International Units)	IU
53	Vitamin E (Total Alpha-Tocopherol)	mg
54	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
55	Beta-Tocopherol	mg
56	Delta-Tocopherol	mg
57	Gamma-Tocopherol	mg
58	Vitamin K (phylloquinone)	mcg
59	Vitamin C (ascorbic acid)	mg
60	Thiamin (vitamin B1)	mg
61	Riboflavin (vitamin B2)	mg
62	Niacin (vitamin B3)	mg
63	Pantothenic Acid	mg
64	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
65	Synthetic Folate (folic acid)	mcg
66	Vitamin B-12 (cobalamin)	mcg
67	Biotin	mcg
68	Beta-Carotene (provitamin A carotenoid)	mcg
69	Alpha-Carotene (provitamin A carotenoid)	mcg
70	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
71	Lutein and/or Zeaxanthin	mcg
72	Lycopene	mcg
73	Column intentionally left blank	
74	Boron	mcg
75	Calcium	mg
76	Chromium	mcg
77	Copper	mg
78	Fluoride	mcg
79	Iodine	mcg
80	Iron	mg
81	Magnesium	mg
82	Manganese	mg
83	Molybdenum	mcg
84	Nickel	mcg
85	Phosphorus	mg
86	Potassium	mg
87	Selenium	mcg
88	Silicon	mg

DSAM User Product Totals File (File 20)		
Column	Description	Units
89	Sodium	mg
90	Vanadium	mcg
91	Zinc	mg
92	Tryptophan	g
93	Threonine	g
94	Isoleucine	g
95	Leucine	g
96	Lysine	g
97	Methionine	g
98	Cystine	g
99	Phenylalanine	g
100	Tyrosine	g
101	Valine	g
102	Arginine	g
103	Histidine	g
104	Alanine	g
105	Aspartic Acid	g
106	Glutamic Acid	g
107	Glycine	g
108	Proline	g
109	Serine	g
110	Daidzein	mg
111	Genistein	mg
112	Glycitein	mg
113	Total Dietary Fiber	g
114	Soluble Dietary Fiber	g
115	Insoluble Dietary Fiber	g
116	Betaine	mg
117	Choline	mg
118	Caffeine	mg
119	Fructose	g
120	Glucose	g
121	Sucrose	g
122	Inositol	g
123	Mannitol	g
124	Phytic Acid	mg
125	Pinitol	g
126	Sorbitol	g
127	Xylitol	g
128	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
129	CLA cis-9, trans-11	g
130	CLA trans-10, cis-12	g
131	Data Generated in DSAM Database Version	
132	MUFA 14:1 (myristoleic acid)	g

DSAM User Product Totals File (File 20)		
Column	Description	Units
133	Total Trans-Fatty Acids (TRANS)	g
134	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
135	Header Notes	
136	Total Conjugated Linoleic Acid (CLA 18:2)	g
137	Omega-6 Fatty Acids in Supplements	mg
138	PUFA 18:2 n-6 (linoleic acid [LA])	g
139	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
140	Total Sugars	g
141	Added Sugars (by Total Sugars)	g
142	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
143	Dietary Folate Equivalents in Supplements	mcg
144	Total Lignans	mcg

DSAM User Product Ingredient File (File 21):

DSAM User Product Ingredient File (File 21)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Entry	mm/dd/yyyy
4	DSAM User Product Ingredient File ID	3 digits starting at 001
5	DSAM User Product Report Item Number	
6	DSAM Ingredient ID	8 characters (1st character "N" maintained by NCC)
7	Ingredient Name	Up to 254 characters
8	Quantity	Integer, decimal, can be null
9	Unit	Up to 30 characters
10	NHANES Ingredient Category	1 = vitamin 2 = mineral 3 = botanical 4 = other 5 = amino acid
11	Black Cohosh	Y or N = Yes or No
12	Echinacea	Y or N = Yes or No
13	Garlic	Y or N = Yes or No
14	Ginger	Y or N = Yes or No
15	Ginkgo	Y or N = Yes or No
16	Ginseng	Y or N = Yes or No
17	Hawthorn	Y or N = Yes or No
18	Kava Kava	Y or N = Yes or No
19	Ma Huang/Ephedra	Y or N = Yes or No
20	Saw Palmetto	Y or N = Yes or No
21	St. John's Wort	Y or N = Yes or No

DSAM User Product Ingredient File (File 21)		
Column	Description	Units
22	Energy (kilocalories)	kcal
23	Total Protein	g
24	Total Fat	g
25	Total Carbohydrate	g
26	Total Saturated Fatty Acids (SFA)	g
27	Total Monounsaturated Fatty Acids (MUFA)	g
28	Total Polyunsaturated Fatty Acids (PUFA)	g
29	Omega-3 Fatty Acids in Supplements	mg
30	Cholesterol	mg
31	SFA 8:0 (caprylic acid)	g
32	SFA 10:0 (capric acid)	g
33	SFA 12:0 (lauric acid)	g
34	SFA 14:0 (myristic acid)	g
35	SFA 16:0 (palmitic acid)	g
36	SFA 18:0 (stearic acid)	g
37	SFA 20:0 (arachidic acid)	g
38	SFA 22:0 (behenic acid)	g
39	MUFA 16:1 (palmitoleic acid)	g
40	MUFA 18:1 (oleic acid)	g
41	MUFA 20:1 (gadoleic acid)	g
42	PUFA 18:2 (linoleic acid, undifferentiated)	g
43	PUFA 18:3 (linolenic acid, undifferentiated)	g
44	PUFA 20:4 (arachidonic acid, undifferentiated)	g
45	PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	g
46	PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	g
47	Total Vitamin A Activity (International Units)	IU
48	Retinol	mcg
49	Vitamin D (calciferol)	mcg
50	Vitamin E (International Units)	IU
51	Vitamin E (Total Alpha-Tocopherol)	mg
52	Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	mg
53	Beta-Tocopherol	mg
54	Delta-Tocopherol	mg
55	Gamma-Tocopherol	mg
56	Vitamin K (phylloquinone)	mcg
57	Vitamin C (ascorbic acid)	mg
58	Thiamin (vitamin B1)	mg
59	Riboflavin (vitamin B2)	mg
60	Niacin (vitamin B3)	mg
61	Pantothenic Acid	mg
62	Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	mg
63	Synthetic Folate (folic acid)	mcg
64	Vitamin B-12 (cobalamin)	mcg
65	Biotin	mcg

DSAM User Product Ingredient File (File 21)		
Column	Description	Units
66	Beta-Carotene (provitamin A carotenoid)	mcg
67	Alpha-Carotene (provitamin A carotenoid)	mcg
68	Beta-Cryptoxanthin (provitamin A carotenoid)	mcg
69	Lutein and/or Zeaxanthin	mcg
70	Lycopene	mcg
71	Column intentionally left blank	
72	Boron	mcg
73	Calcium	mg
74	Chromium	mcg
75	Copper	mg
76	Fluoride	mcg
77	Iodine	mcg
78	Iron	mg
79	Magnesium	mg
80	Manganese	mg
81	Molybdenum	mcg
82	Nickel	mcg
83	Phosphorus	mg
84	Potassium	mg
85	Selenium	mcg
86	Silicon	mg
87	Sodium	mg
88	Vanadium	mcg
89	Zinc	mg
90	Tryptophan	g
91	Threonine	g
92	Isoleucine	g
93	Leucine	g
94	Lysine	g
95	Methionine	g
96	Cystine	g
97	Phenylalanine	g
98	Tyrosine	g
99	Valine	g
100	Arginine	g
101	Histidine	g
102	Alanine	g
103	Aspartic Acid	g
104	Glutamic Acid	g
105	Glycine	g
106	Proline	g
107	Serine	g
108	Daidzein	mg
109	Genistein	mg

DSAM User Product Ingredient File (File 21)		
Column	Description	Units
110	Glycitein	mg
111	Total Dietary Fiber	g
112	Soluble Dietary Fiber	g
113	Insoluble Dietary Fiber	g
114	Betaine	mg
115	Choline	mg
116	Caffeine	mg
117	Fructose	g
118	Glucose	g
119	Sucrose	g
120	Inositol	g
121	Mannitol	g
122	Phytic Acid	mg
123	Pinitol	g
124	Sorbitol	g
125	Xylitol	g
126	PUFA 22:5 n-3 (docosapentaenoic acid) [DPA]	g
127	CLA cis-9, trans-11	g
128	CLA trans-10, cis-12	g
129	MUFA 14:1 (myristoleic acid)	g
130	Total Trans-Fatty Acids (TRANS)	g
131	PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	g
132	Total Conjugated Linoleic Acid (CLA 18:2)	g
133	Omega-6 Fatty Acids in Supplements	mg
134	PUFA 18:2 n-6 (linoleic acid [LA])	g
135	PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	g
136	Total Sugars	g
137	Added Sugars (by Total Sugars)	g
138	Total Vitamin A Activity (Retinol Activity Equivalents) in Supplements	mcg
139	Dietary Folate Equivalents in Supplements	mcg
140	Total Lignans	mcg
141	NHANES Ingredient ID	Up to 6 digits

Healthy Eating Index (HEI) Output File Specifications

HEI 2015 Meal File (File 22):

HEI 2015 Meal File (File 22)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant/Menu ID	Up to 12 characters
3	Date of Intake	For intake records this reflects the intake date entered on the Header tab. For User Recipe records, this represents date of entry. For Menu records, this represents date of menu.
4	Meal File ID	File IDs are automatically assigned when output files are generated and may be helpful when linking output data. Meal File IDs sequentially number each eating occasion.
5	Meal Time	24-hour HH:MM
6	Meal Name	1 = Breakfast 2 = Brunch 3 = Lunch 4 = Snack 5 = Dinner/Supper 6 = Other 7 = School Lunch 8 = Beverage (just a drink)
7	Meal Location	1 = Home 2 = Work 3 = School 4 = Day care 6 = Deli/take-out/store 7 = Restaurant/cafeteria/fast food 10 = Friend's home 11 = Community meal program 12 = Party/reception/sporting event 13 = Other 14 = Traveling (car, airport, train, bus, etc.)

HEI 2015 Meal File (File 22)		
Column	Description	Comments
8	HEI 2015 Total Score	
9	HEI 2015 Total Fruits (0-5)	
10	HEI 2015 Whole Fruits (0-5)	
11	HEI 2015 Total Vegetables (0-5)	
12	HEI 2015 Greens and Beans (0-5)	
13	HEI 2015 Whole Grains (0-10)	
14	HEI 2015 Dairy (0-10)	
15	HEI 2015 Total Protein Foods (0-5)	
16	HEI 2015 Seafood and Plant Proteins (0-5)	

HEI 2015 Meal File (File 22)		
Column	Description	Comments
17	HEI 2015 Fatty Acids (0-10)	See “ <i>Appendix 24, Healthy Eating Index (HEI)</i> ”.
18	HEI 2015 Refined Grains (0-10)	
19	HEI 2015 Sodium (0-10)	
20	HEI 2015 Added Sugars (0-10)	
21	HEI 2015 Saturated Fats (0-10)	
22	Total Fruit Servings in cup equivalents per 1000 kcal	
23	Whole Fruit Servings in cup equivalents per 1000 kcal	
24	Total Vegetable Servings in cup equivalents per 1000 kcal	
25	Greens and Beans Servings in cup equivalents per 1000 kcal	
26	Whole Grain Servings in ounce equivalents per 1000 kcal	
27	Dairy Servings in cup equivalents per 1000 kcal	
28	Total Protein Servings in ounce equivalents per 1000 kcal	
29	Seafood and Plant Protein Servings in ounce equivalents per 1000 kcal	
30	Fatty Acids Ratio	
31	Refined Grains in ounce equivalents per 1000 kcal	
32	Sodium (g) per 1000 kcal	
33	% Calories from Added Sugars (by Total Sugars)	
34	% Calories from SFA	
35	Total Fruit Servings in cup equivalents	
36	Whole Fruit Servings in cup equivalents	
37	Total Vegetable Servings in cup equivalents	
38	Greens and Beans Servings in cup equivalents	
39	Whole Grain Servings in ounce equivalents	
40	Dairy Servings in cup equivalents	
41	Total Protein Servings in ounce equivalents	
42	Seafood and Plant Protein Servings in ounce equivalents	
43	Total Polyunsaturated Fatty Acids (PUFA) (g) and Total Monounsaturated Fatty Acids (MUFA) (g)	
44	Total Saturated Fatty Acids (SFA) (g)	See “ <i>Appendix 24, Healthy Eating Index (HEI)</i> ”.
45	Refined Grains in ounce equivalents	
46	Sodium (g)	
47	Kcals from Added Sugars (by Total Sugars)	
48	Kcals from Saturated Fats	
49	Energy (kcal)	

HEI 2015 Daily Intake Totals File (File 23):

HEI 2015 Daily Intake Totals File (File 23)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Participant ID	Up to 12 characters
3	Date of Intake	mm/dd/yyyy

HEI 2015 Daily Intake Totals File (File 23)		
Column	Description	Comments
4	HEI 2015 Total Score	See “Appendix 24, Healthy Eating Index (HEI)”.
5	HEI 2015 Total Fruits (0-5)	
6	HEI 2015 Whole Fruits (0-5)	
7	HEI 2015 Total Vegetables (0-5)	
8	HEI 2015 Greens and Beans (0-5)	
9	HEI 2015 Whole Grains (0-10)	
10	HEI 2015 Dairy (0-10)	
11	HEI 2015 Total Protein Foods (0-5)	
12	HEI 2015 Seafood and Plant Proteins (0-5)	
13	HEI 2015 Fatty Acids (0-10)	
14	HEI 2015 Refined Grains (0-10)	
15	HEI 2015 Sodium (0-10)	
16	HEI 2015 Added Sugars (0-10)	
17	HEI 2015 Saturated Fats (0-10)	
18	Total Fruit Servings in cup equivalents per 1000 kcal	
19	Whole Fruit Servings in cup equivalents per 1000 kcal	
20	Total Vegetable Servings in cup equivalents per 1000 kcal	
21	Greens and Beans Servings in cup equivalents per 1000 kcal	
22	Whole Grain Servings in ounce equivalents per 1000 kcal	
23	Dairy Servings in cup equivalents per 1000 kcal	
24	Total Protein Servings in ounce equivalents per 1000 kcal	
25	Seafood and Plant Protein Servings in ounce equivalents per 1000 kcal	
26	Fatty Acids Ratio	
27	Refined Grains in ounce equivalents per 1000 kcal	
28	Sodium (g) per 1000 kcal	
29	% Calories from Added Sugars (by Total Sugars)	
30	% Calories from SFA	
31	Total Fruit Servings in cup equivalents	
32	Whole Fruit Servings in cup equivalents	
33	Total Vegetable Servings in cup equivalents	

HEI 2015 Daily Intake Totals File (File 23)		
Column	Description	Comments
34	Greens and Beans Servings in cup equivalents	See “ <i>Appendix 24, Healthy Eating Index (HEI)</i> ”.
35	Whole Grain Servings in ounce equivalents	
36	Dairy Servings in cup equivalents	
37	Total Protein Servings in ounce equivalents	
38	Seafood and Plant Protein Servings in ounce equivalents	
39	Total Polyunsaturated Fatty Acids (PUFA) (g) and Total Monounsaturated Fatty Acids (MUFA) (g)	
40	Total Saturated Fatty Acids (SFA) (g)	
41	Refined Grains in ounce equivalents	
42	Sodium (g)	
43	Kcals from Added Sugars (by Total Sugars)	
44	Kcals from Saturated Fats	
45	Energy (kcal)	

HEI 2015 Menu Totals File (File 24):

HEI 2015 Menu Totals File (File 24)		
Column	Description	Comments
1	Project Abbreviation	Up to 12 characters
2	Menu ID	Up to 12 characters
3	Date of Menu	mm/dd/yyyy

HEI 2015 Menu Totals File (File 24)		
Column	Description	Comments
4	HEI 2015 Total Score	See “ <i>Appendix 24, Healthy Eating Index (HEI)</i> ”.
5	HEI 2015 Total Fruits (0-5)	
6	HEI 2015 Whole Fruits (0-5)	
7	HEI 2015 Total Vegetables (0-5)	
8	HEI 2015 Greens and Beans (0-5)	
9	HEI 2015 Whole Grains (0-10)	
10	HEI 2015 Dairy (0-10)	
11	HEI 2015 Total Protein Foods (0-5)	
12	HEI 2015 Seafood and Plant Proteins (0-5)	
13	HEI 2015 Fatty Acids (0-10)	
14	HEI 2015 Refined Grains (0-10)	
15	HEI 2015 Sodium (0-10)	
16	HEI 2015 Added Sugars (0-10)	
17	HEI 2015 Saturated Fats (0-10)	
18	Total Fruit Servings in cup equivalents per 1000 kcal	
19	Whole Fruit Servings in cup equivalents per 1000 kcal	

HEI 2015 Menu Totals File (File 24)		
Column	Description	Comments
20	Total Vegetable Servings in cup equivalents per 1000 kcal	See “ <i>Appendix 24, Healthy Eating Index (HEI)</i> ”.
21	Greens and Beans Servings in cup equivalents per 1000 kcal	
22	Whole Grain Servings in ounce equivalents per 1000 kcal	
23	Dairy Servings in cup equivalents per 1000 kcal	
24	Total Protein Servings in ounce equivalents per 1000 kcal	
25	Seafood and Plant Protein Servings in ounce equivalents per 1000 kcal	
26	Fatty Acids Ratio	
27	Refined Grains in ounce equivalents per 1000 kcal	
28	Sodium (g) per 1000 kcal	
29	% Calories from Added Sugars (by Total Sugars)	
30	% Calories from SFA	
31	Total Fruit Servings in cup equivalents	
32	Whole Fruit Servings in cup equivalents	
33	Total Vegetable Servings in cup equivalents	
34	Greens and Beans Servings in cup equivalents	
35	Whole Grain Servings in ounce equivalents	
36	Dairy Servings in cup equivalents	
37	Total Protein Servings in ounce equivalents	
38	Seafood and Plant Protein Servings in ounce equivalents	
39	Total Polyunsaturated Fatty Acids (PUFA) (g) and Total Monounsaturated Fatty Acids (MUFA) (g)	
40	Total Saturated Fatty Acids (SFA) (g)	
41	Refined Grains in ounce equivalents	
42	Sodium (g)	
43	Kcals from Added Sugars (by Total Sugars)	
44	Kcals from Saturated Fats	
45	Energy (kcal)	

Reference Information

- For information about managing or naming projects, refer to “*Chapter 3, Managing NDSR Projects*”.
- For information about batch output files, refer to “*Chapter 9, NDSR Utilities*”.
- For information about the NCC Food Group Serving Count System, refer to “*Appendix 10, Food Grouping*”.
- For information about SAS programs and output file headers, refer to “*Appendix 18, Additional Files*” or `ReadMeAboutNdsrAdditionalFiles.htm` for Windows 10 or 11 installations, the file is located at `C:\Users\Public\Public Documents\NCC\NDSR 2025\Additional Files`.

- For information about upgrading to new database releases, refer to “*Appendix 23, Upgrading*”.
- For information about the Healthy Eating Index (HEI) output files, refer to “*Appendix 24, Healthy Eating Index*”.