

NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: Yakisoba-Gar

Date of Intake: 09/20/2021

Primary Energy Sources

Energy (kilocalories)	316 kcal
Energy (kilojoules)	1323 kj
Total Fat	5.975 g
Total Carbohydrate	41.666 g
Available Carbohydrate	30.858 g
Total Protein	34.913 g
Animal Protein	0.000 g
Vegetable Protein	34.913 g
Gluten	3.446 g
Alcohol	0.000 g
% Calories from Fat	16.447 %
% Calories from Carbohydrate	45.338 %
% Calories from Protein	38.332 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	0.000 g
Total Saturated Fatty Acids (SFA)	0.564 g
Total Monounsaturated Fatty Acids (MUFA)	2.884 g
Total Polyunsaturated Fatty Acids (PUFA)	1.824 g
Total Trans-Fatty Acids (TRANS)	0.017 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.002 g
Omega-3 Fatty Acids	0.442 g
Omega-6 Fatty Acids	1.298 g
% Calories from SFA	1.539 %
% Calories from MUFA	8.035 %
% Calories from PUFA	5.006 %
Polyunsaturated to Saturated Fat Ratio	3.235
Cholesterol to Saturated Fatty Acid Index	0.569

Carbohydrates

Total Sugars	9.027 g
Fructose	0.946 g
Galactose	0.014 g
Glucose	0.930 g
Lactose	0.000 g
Maltose	0.307 g
Sucrose	6.445 g
Starch	21.464 g
Added Sugars (by Total Sugars)	0.499 g
Added Sugars (by Available Carbohydrate)	0.500 g

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Fiber

Total Dietary Fiber	10.808 g
Soluble Dietary Fiber	1.556 g
Insoluble Dietary Fiber	9.266 g
Pectins	0.719 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	272 mcg
Total Vitamin A Activity (International Units)	2724 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	136 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	1634 mcg
Retinol	0 mcg
Vitamin D (calciferol)	0.000 mcg
Vitamin D2 (ergocalciferol)	0.000 mcg
Vitamin D3 (cholecalciferol)	0.000 mcg
Vitamin E (International Units)	2.014 IU
Vitamin E (Total Alpha-Tocopherol)	1.351 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	1.351 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	1.538 mg
Beta-Tocopherol	0.075 mg
Gamma-Tocopherol	1.566 mg
Delta-Tocopherol	0.086 mg
Vitamin K (phylloquinone)	22.901 mcg
Vitamin C (ascorbic acid)	16.851 mg
Thiamin (vitamin B1)	0.268 mg
Riboflavin (vitamin B2)	0.180 mg
Niacin (vitamin B3)	3.071 mg
Niacin Equivalents	10.463 mg
Pantothenic Acid	0.437 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.208 mg
Total Folate	162 mcg
Dietary Folate Equivalents	162 mcg
Natural Folate (food folate)	162 mcg
Synthetic Folate (folic acid)	0 mcg
Vitamin B-12 (cobalamin)	0.000 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	1353 mcg
Alpha-Carotene (provitamin A carotenoid)	508 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	54 mcg
Lutein + Zeaxanthin	398 mcg
Lycopene	0 mcg

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Minerals

Calcium	173 mg
Phosphorus	480 mg
Magnesium	106 mg
Iron	7.319 mg
Zinc	3.082 mg
Copper	0.680 mg
Manganese	2.815 mg
Selenium	28.717 mcg
Sodium	864 mg
Potassium	1146 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.000 g
SFA 6:0 (caproic acid)	0.000 g
SFA 8:0 (caprylic acid)	0.000 g
SFA 10:0 (capric acid)	0.003 g
SFA 12:0 (lauric acid)	0.001 g
SFA 14:0 (myristic acid)	0.005 g
SFA 16:0 (palmitic acid)	0.389 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.115 g
SFA 20:0 (arachidic acid)	0.029 g
SFA 22:0 (behenic acid)	0.016 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.012 g
MUFA 18:1 (oleic acid)	2.811 g
MUFA 20:1 (gadoleic acid)	0.061 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	1.381 g
PUFA 18:2 n-6 (linoleic acid [LA])	1.298 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.442 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.442 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
TRANS 16:1 (trans-hexadecenoic acid)	0.000 g
TRANS 18:1 (trans-octadecenoic acid)	0.001 g
TRANS 18:2 (trans-octadecadienoic acid)	0.016 g

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Fatty Acids

CLA cis-9, trans-11	0.001 g
CLA trans-10, cis-12	0.001 g

Amino Acids

Tryptophan	0.444 g
Threonine	1.287 g
Isoleucine	1.595 g
Leucine	2.638 g
Lysine	1.952 g
Methionine	0.456 g
Cystine	0.499 g
Phenylalanine	1.768 g
Tyrosine	1.199 g
Valine	1.668 g
Arginine	2.367 g
Histidine	0.854 g
Alanine	1.417 g
Aspartic Acid	3.618 g
Glutamic Acid	7.352 g
Glycine	1.423 g
Proline	2.082 g
Serine	1.810 g

Isoflavones and Similar

Daidzein	4.442 mg
Genistein	6.314 mg
Glycitein	1.215 mg
Coumestrol	0.001 mg
Biochanin A	1.280 mg
Formononetin	0.000 mg
Total Lignans	111.148 mcg
Secoisolariciresinol	14.674 mcg
Matairesinol	0.576 mcg
Lariciresinol	65.834 mcg
Pinoresinol	29.872 mcg

Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.013 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.025 g

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Sugar Alcohols (polyols)

Pinitol	0.037 g
Sorbitol	0.000 g
Xylitol	0.001 g

Other

Acesulfame Potassium	0.000 mg
Aspartame	0.000 mg
Saccharin	0.000 mg
Sucralose	0.000 mg
Tagatose	0.000 mg
Caffeine	0 mg
Phytic Acid	1187.739 mg
Oxalic Acid	73.828 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	58.349 mg
Betaine	26.307 mg
Glycemic Index (glucose reference)	37
Glycemic Index (bread reference)	53
Glycemic Load (glucose reference)	11
Glycemic Load (bread reference)	16
Nitrogen	5.641 g
Ash	3.726 g
Water	202.175 g
Grams	287.908 g

User Nutrients

User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg

Main Folder

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User Nutrients

User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.)