

NDSR 2021 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: Stacked Ench

Date of Intake: 03/17/2022

Primary Energy Sources

Energy (kilocalories)	256 kcal
Energy (kilojoules)	1070 kj
Total Fat	3.035 g
Total Carbohydrate	44.213 g
Available Carbohydrate	33.253 g
Total Protein	17.197 g
Animal Protein	0.000 g
Vegetable Protein	17.197 g
Gluten	2.324 g
Alcohol	0.000 g
% Calories from Fat	10.297 %
% Calories from Carbohydrate	66.118 %
% Calories from Protein	23.605 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	0.000 g
Total Saturated Fatty Acids (SFA)	0.405 g
Total Monounsaturated Fatty Acids (MUFA)	0.779 g
Total Polyunsaturated Fatty Acids (PUFA)	1.299 g
Total Trans-Fatty Acids (TRANS)	0.007 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids	0.221 g
Omega-6 Fatty Acids	0.925 g
% Calories from SFA	1.369 %
% Calories from MUFA	2.636 %
% Calories from PUFA	4.372 %
Polyunsaturated to Saturated Fat Ratio	3.205
Cholesterol to Saturated Fatty Acid Index	0.409

Carbohydrates

Total Sugars	5.275 g
Fructose	1.118 g
Galactose	0.000 g
Glucose	0.856 g
Lactose	0.000 g
Maltose	0.316 g
Sucrose	2.894 g
Starch	27.638 g
Added Sugars (by Total Sugars)	0.212 g
Added Sugars (by Available Carbohydrate)	0.362 g

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Fiber

Total Dietary Fiber	10.960 g
Soluble Dietary Fiber	3.134 g
Insoluble Dietary Fiber	7.880 g
Pectins	0.895 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	78 mcg
Total Vitamin A Activity (International Units)	781 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	39 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	468 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)	1.367 IU
Vitamin E (Total Alpha-Tocopherol)	0.921 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	0.921 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	1.107 mg
Beta-Tocopherol	0.005 mg
Gamma-Tocopherol	1.821 mg
Delta-Tocopherol	0.214 mg
Vitamin K (phylloquinone)	4.138 mcg
Vitamin C (ascorbic acid)	2.075 mg
Thiamin (vitamin B1)	0.225 mg
Riboflavin (vitamin B2)	0.142 mg
Niacin (vitamin B3)	1.736 mg
Niacin Equivalents	5.130 mg
Pantothenic Acid	0.344 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.261 mg
Total Folate	129 mcg
Dietary Folate Equivalents	129 mcg
Natural Folate (food folate)	129 mcg
Synthetic Folate (folic acid)	0 mcg
Vitamin B-12 (cobalamin)	0.028 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	378 mcg
Alpha-Carotene (provitamin A carotenoid)	79 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	101 mcg
Lutein + Zeaxanthin	321 mcg
Lycopene	994 mcg

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Minerals

Calcium	121 mg
Phosphorus	312 mg
Magnesium	87 mg
Iron	3.859 mg
Zinc	1.758 mg
Copper	0.335 mg
Manganese	0.919 mg
Selenium	6.989 mcg
Sodium	936 mg
Potassium	563 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)	0.000 g
SFA 14:0 (myristic acid)	0.005 g
SFA 16:0 (palmitic acid)	0.311 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.067 g
SFA 20:0 (arachidic acid)	0.009 g
SFA 22:0 (behenic acid)	0.004 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.003 g
MUFA 18:1 (oleic acid)	0.733 g
MUFA 20:1 (gadoleic acid)	0.010 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	0.996 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.923 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.223 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.221 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.002 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)	0.000 g
TRANS 18:2 (trans-octadecadienoic acid)	0.006 g
CLA cis-9, trans-11	0.000 g

Main Folder

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Fatty Acids

CLA trans-10, cis-12 0.000 g

Amino Acids

Tryptophan 0.204 g

Threonine 0.615 g

Isoleucine 0.738 g

Leucine 1.412 g

Lysine 0.884 g

Methionine 0.260 g

Cystine 0.242 g

Phenylalanine 0.899 g

Tyrosine 0.540 g

Valine 0.871 g

Arginine 0.968 g

Histidine 0.432 g

Alanine 0.778 g

Aspartic Acid 1.730 g

Glutamic Acid 3.651 g

Glycine 0.677 g

Proline 1.172 g

Serine 0.925 g

Isoflavones and Similar

Daidzein 0.533 mg

Genistein 0.521 mg

Glycitein 0.143 mg

Coumestrol 0.000 mg

Biochanin A 0.000 mg

Formononetin 0.000 mg

Total Lignans 64.932 mcg

Secoisolariciresinol 37.493 mcg

Matairesinol 3.776 mcg

Lariciresinol 16.732 mcg

Pinoresinol 6.931 mcg

Sugar Alcohols (polyols)

Erythritol 0.000 g

Inositol 0.048 g

Isomalt 0.000 g

Lactitol 0.000 g

Maltitol 0.000 g

Mannitol 0.059 g

Pinitol 0.007 g

Sorbitol 0.011 g

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Sugar Alcohols (polyols)

Xylitol	0.000 g
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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	424.021 mg
Oxalic Acid	53.368 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	45.779 mg
Betaine	0.661 mg
Glycemic Index (glucose reference)	46
Glycemic Index (bread reference)	65
Glycemic Load (glucose reference)	15
Glycemic Load (bread reference)	22
Nitrogen	2.790 g
Ash	4.136 g
Water	211.749 g
Grams	280.115 g

User Nutrients

User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg

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User Nutrients

User Nutrient 19	0.000000 mg
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User Nutrient 20	0.000000 mg
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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.)