

NDSR 2021 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: Asian Barbec

Date of Intake: 04/30/2022

Primary Energy Sources

Energy (kilocalories)	204 kcal
Energy (kilojoules)	853 kj
Total Fat	6.124 g
Total Carbohydrate	19.810 g
Available Carbohydrate	14.385 g
Total Protein	18.378 g
Animal Protein	0.000 g
Vegetable Protein	18.378 g
Gluten	0.000 g
Alcohol	0.000 g
% Calories from Fat	26.579 %
% Calories from Carbohydrate	37.585 %
% Calories from Protein	35.828 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	0.000 g
Total Saturated Fatty Acids (SFA)	0.470 g
Total Monounsaturated Fatty Acids (MUFA)	3.640 g
Total Polyunsaturated Fatty Acids (PUFA)	1.767 g
Total Trans-Fatty Acids (TRANS)	0.022 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.003 g
Omega-3 Fatty Acids	0.538 g
Omega-6 Fatty Acids	1.206 g
% Calories from SFA	2.041 %
% Calories from MUFA	15.786 %
% Calories from PUFA	7.674 %
Polyunsaturated to Saturated Fat Ratio	3.757
Cholesterol to Saturated Fatty Acid Index	0.475

Carbohydrates

Total Sugars	9.706 g
Fructose	2.795 g
Galactose	0.013 g
Glucose	3.117 g
Lactose	0.000 g
Maltose	0.210 g
Sucrose	3.572 g
Starch	1.277 g
Added Sugars (by Total Sugars)	5.010 g
Added Sugars (by Available Carbohydrate)	5.913 g

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Fiber

Total Dietary Fiber	5.425 g
Soluble Dietary Fiber	2.388 g
Insoluble Dietary Fiber	3.041 g
Pectins	0.060 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	7 mcg
Total Vitamin A Activity (International Units)	70 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	3 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	42 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)	1.848 IU
Vitamin E (Total Alpha-Tocopherol)	1.238 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	1.238 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	1.431 mg
Beta-Tocopherol	0.016 mg
Gamma-Tocopherol	1.866 mg
Delta-Tocopherol	0.071 mg
Vitamin K (phylloquinone)	8.358 mcg
Vitamin C (ascorbic acid)	2.718 mg
Thiamin (vitamin B1)	0.224 mg
Riboflavin (vitamin B2)	0.131 mg
Niacin (vitamin B3)	0.876 mg
Niacin Equivalents	4.998 mg
Pantothenic Acid	0.717 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.223 mg
Total Folate	110 mcg
Dietary Folate Equivalents	110 mcg
Natural Folate (food folate)	110 mcg
Synthetic Folate (folic acid)	0 mcg
Vitamin B-12 (cobalamin)	0.000 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	40 mcg
Alpha-Carotene (provitamin A carotenoid)	0 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	3 mcg
Lutein + Zeaxanthin	35 mcg
Lycopene	793 mcg

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Minerals

Calcium	101 mg
Phosphorus	266 mg
Magnesium	113 mg
Iron	3.787 mg
Zinc	2.070 mg
Copper	0.546 mg
Manganese	1.554 mg
Selenium	8.176 mcg
Sodium	891 mg
Potassium	960 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)	0.001 g
SFA 16:0 (palmitic acid)	0.279 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.130 g
SFA 20:0 (arachidic acid)	0.037 g
SFA 22:0 (behenic acid)	0.019 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.013 g
MUFA 18:1 (oleic acid)	3.546 g
MUFA 20:1 (gadoleic acid)	0.076 g
MUFA 22:1 (erucic acid)	0.004 g
PUFA 18:2 (linoleic acid, undifferentiated)	1.230 g
PUFA 18:2 n-6 (linoleic acid [LA])	1.206 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.538 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.538 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)	0.002 g
TRANS 18:2 (trans-octadecadienoic acid)	0.021 g
CLA cis-9, trans-11	0.001 g

Main Folder

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Fatty Acids

CLA trans-10, cis-12 0.001 g

Amino Acids

Tryptophan 0.247 g

Threonine 0.757 g

Isoleucine 0.835 g

Leucine 1.386 g

Lysine 1.156 g

Methionine 0.249 g

Cystine 0.210 g

Phenylalanine 0.954 g

Tyrosine 0.666 g

Valine 0.894 g

Arginine 1.459 g

Histidine 0.516 g

Alanine 0.807 g

Aspartic Acid 2.102 g

Glutamic Acid 3.423 g

Glycine 0.764 g

Proline 0.972 g

Serine 0.995 g

Isoflavones and Similar

Daidzein 23.741 mg

Genistein 31.322 mg

Glycitein 7.016 mg

Coumestrol 0.004 mg

Biochanin A 0.000 mg

Formononetin 0.000 mg

Total Lignans 40.536 mcg

Secoisolariciresinol 25.702 mcg

Matairesinol 0.221 mcg

Lariciresinol 12.894 mcg

Pinoresinol 1.718 mcg

Sugar Alcohols (polyols)

Erythritol 0.000 g

Inositol 0.014 g

Isomalt 0.000 g

Lactitol 0.000 g

Maltitol 0.000 g

Mannitol 0.021 g

Pinitol 0.314 g

Sorbitol 0.001 g

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Sugar Alcohols (polyols)

Xylitol	0.000 g
<u>Other</u>	
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	663.377 mg
Oxalic Acid	55.940 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	21.965 mg
Betaine	3.380 mg
Glycemic Index (glucose reference)	45
Glycemic Index (bread reference)	64
Glycemic Load (glucose reference)	6
Glycemic Load (bread reference)	9
Nitrogen	2.940 g
Ash	4.895 g
Water	18.946 g
Grams	69.202 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

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.)