

NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: Sl Joe Bun-G

Date of Intake: 08/18/2021

Primary Energy Sources

Energy (kilocalories)	260 kcal
Energy (kilojoules)	1088 kj
Total Fat	3.737 g
Total Carbohydrate	42.672 g
Available Carbohydrate	34.650 g
Total Protein	18.420 g
Animal Protein	0.000 g
Vegetable Protein	18.420 g
Gluten	4.218 g
Alcohol	0.000 g
% Calories from Fat	12.757 %
% Calories from Carbohydrate	61.504 %
% Calories from Protein	25.698 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	0.000 g
Total Saturated Fatty Acids (SFA)	0.552 g
Total Monounsaturated Fatty Acids (MUFA)	1.759 g
Total Polyunsaturated Fatty Acids (PUFA)	1.279 g
Total Trans-Fatty Acids (TRANS)	0.027 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.001 g
Omega-3 Fatty Acids	0.273 g
Omega-6 Fatty Acids	0.979 g
% Calories from SFA	1.895 %
% Calories from MUFA	5.987 %
% Calories from PUFA	4.373 %
Polyunsaturated to Saturated Fat Ratio	2.319
Cholesterol to Saturated Fatty Acid Index	0.557

Carbohydrates

Total Sugars	15.670 g
Fructose	3.983 g
Galactose	0.000 g
Glucose	3.580 g
Lactose	0.000 g
Maltose	0.456 g
Sucrose	7.507 g
Starch	15.961 g
Added Sugars (by Total Sugars)	12.006 g
Added Sugars (by Available Carbohydrate)	12.921 g

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Fiber

Total Dietary Fiber	8.022 g
Soluble Dietary Fiber	1.320 g
Insoluble Dietary Fiber	6.704 g
Pectins	0.152 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	14 mcg
Total Vitamin A Activity (International Units)	142 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	7 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	85 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)	1.481 IU
Vitamin E (Total Alpha-Tocopherol)	0.991 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	0.991 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	1.158 mg
Beta-Tocopherol	0.054 mg
Gamma-Tocopherol	1.428 mg
Delta-Tocopherol	0.194 mg
Vitamin K (phylloquinone)	6.870 mcg
Vitamin C (ascorbic acid)	1.168 mg
Thiamin (vitamin B1)	0.348 mg
Riboflavin (vitamin B2)	0.211 mg
Niacin (vitamin B3)	3.051 mg
Niacin Equivalents	6.983 mg
Pantothenic Acid	0.296 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.116 mg
Total Folate	130 mcg
Dietary Folate Equivalents	149 mcg
Natural Folate (food folate)	102 mcg
Synthetic Folate (folic acid)	28 mcg
Vitamin B-12 (cobalamin)	0.000 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	83 mcg
Alpha-Carotene (provitamin A carotenoid)	4 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg
Lutein + Zeaxanthin	53 mcg
Lycopene	2895 mcg

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Minerals

Calcium	457 mg
Phosphorus	213 mg
Magnesium	41 mg
Iron	5.143 mg
Zinc	1.360 mg
Copper	0.305 mg
Manganese	1.045 mg
Selenium	9.612 mcg
Sodium	736 mg
Potassium	552 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.001 g
SFA 6:0 (caproic acid)	0.000 g
SFA 8:0 (caprylic acid)	0.004 g
SFA 10:0 (capric acid)	0.002 g
SFA 12:0 (lauric acid)	0.007 g
SFA 14:0 (myristic acid)	0.004 g
SFA 16:0 (palmitic acid)	0.299 g
SFA 17:0 (margaric acid)	0.002 g
SFA 18:0 (stearic acid)	0.197 g
SFA 20:0 (arachidic acid)	0.018 g
SFA 22:0 (behenic acid)	0.011 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.015 g
MUFA 18:1 (oleic acid)	1.706 g
MUFA 20:1 (gadoleic acid)	0.037 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	1.002 g
PUFA 18:2 n-6 (linoleic acid [LA])	0.979 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.271 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.271 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)	0.001 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.002 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)	0.016 g
TRANS 18:2 (trans-octadecadienoic acid)	0.011 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	0.236 g
Threonine	0.653 g
Isoleucine	0.780 g
Leucine	1.358 g
Lysine	0.945 g
Methionine	0.275 g
Cystine	0.282 g
Phenylalanine	0.897 g
Tyrosine	0.615 g
Valine	0.844 g
Arginine	1.211 g
Histidine	0.451 g
Alanine	0.745 g
Aspartic Acid	1.747 g
Glutamic Acid	4.150 g
Glycine	0.751 g
Proline	1.346 g
Serine	0.935 g

Isoflavones and Similar

Daidzein	1.832 mg
Genistein	2.621 mg
Glycitein	0.503 mg
Coumestrol	0.000 mg
Biochanin A	0.000 mg
Formononetin	0.000 mg
Total Lignans	11.310 mcg
Secoisolariciresinol	4.316 mcg
Matairesinol	0.405 mcg
Lariciresinol	5.423 mcg
Pinoresinol	1.225 mcg

Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.091 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.005 g
Mannitol	0.032 g

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Sugar Alcohols (polyols)

Pinitol	0.012 g
Sorbitol	0.001 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	398.562 mg
Oxalic Acid	39.416 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	26.680 mg
Betaine	0.120 mg
Glycemic Index (glucose reference)	54
Glycemic Index (bread reference)	77
Glycemic Load (glucose reference)	19
Glycemic Load (bread reference)	27
Nitrogen	2.951 g
Ash	3.931 g
Water	84.127 g
Grams	152.654 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.)