

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

### Primary Energy Sources

Energy (kilocalories)	371 kcal
Energy (kilojoules)	1551 kj
Total Fat	15.952 g
Total Carbohydrate	44.499 g
Available Carbohydrate	34.089 g
Total Protein	17.665 g
Animal Protein	0.000 g
Vegetable Protein	17.665 g
Gluten	0.000 g
Alcohol	0.000 g
% Calories from Fat	38.148 %
% Calories from Carbohydrate	45.763 %
% Calories from Protein	16.035 %
% Calories from Alcohol	0.000 %

### Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	4.819 g
Total Saturated Fatty Acids (SFA)	5.339 g
Total Monounsaturated Fatty Acids (MUFA)	4.128 g
Total Polyunsaturated Fatty Acids (PUFA)	5.670 g
Total Trans-Fatty Acids (TRANS)	0.041 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids	0.186 g
Omega-6 Fatty Acids	5.250 g
% Calories from SFA	12.892 %
% Calories from MUFA	9.834 %
% Calories from PUFA	13.462 %
Polyunsaturated to Saturated Fat Ratio	1.062
Cholesterol to Saturated Fatty Acid Index	5.393

### Carbohydrates

Total Sugars	6.979 g
Fructose	0.697 g
Galactose	0.005 g
Glucose	0.932 g
Lactose	0.000 g
Maltose	2.480 g
Sucrose	2.869 g
Starch	24.318 g
Added Sugars (by Total Sugars)	0.318 g
Added Sugars (by Available Carbohydrate)	0.327 g

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

### **Fiber**

Total Dietary Fiber	10.410 g
Soluble Dietary Fiber	0.826 g
Insoluble Dietary Fiber	9.584 g
Pectins	1.268 g

### **Vitamins**

Total Vitamin A Activity (Retinol Equivalents)	1152 mcg
Total Vitamin A Activity (International Units)	11516 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	576 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	6910 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)	5.563 IU
Vitamin E (Total Alpha-Tocopherol)	3.730 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	3.730 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	3.958 mg
Beta-Tocopherol	0.177 mg
Gamma-Tocopherol	1.536 mg
Delta-Tocopherol	0.285 mg
Vitamin K (phylloquinone)	5.603 mcg
Vitamin C (ascorbic acid)	7.468 mg
Thiamin (vitamin B1)	15.444 mg
Riboflavin (vitamin B2)	0.317 mg
Niacin (vitamin B3)	1.982 mg
Niacin Equivalents	5.655 mg
Pantothenic Acid	0.712 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.456 mg
Total Folate	163 mcg
Dietary Folate Equivalents	179 mcg
Natural Folate (food folate)	140 mcg
Synthetic Folate (folic acid)	23 mcg
Vitamin B-12 (cobalamin)	1.622 mcg

### **Carotenoids**

Beta-Carotene (provitamin A carotenoid)	6864 mcg
Alpha-Carotene (provitamin A carotenoid)	34 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	56 mcg
Lutein + Zeaxanthin	327 mcg
Lycopene	0 mcg

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

### Minerals

Calcium	157 mg
Phosphorus	248 mg
Magnesium	64 mg
Iron	4.362 mg
Zinc	4.081 mg
Copper	0.449 mg
Manganese	0.948 mg
Selenium	4.497 mcg
Sodium	518 mg
Potassium	892 mg

### Fatty Acids

SFA 4:0 (butyric acid)	0.000 g
SFA 6:0 (caproic acid)	0.023 g
SFA 8:0 (caprylic acid)	0.331 g
SFA 10:0 (capric acid)	0.262 g
SFA 12:0 (lauric acid)	2.036 g
SFA 14:0 (myristic acid)	0.810 g
SFA 16:0 (palmitic acid)	1.328 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.527 g
SFA 20:0 (arachidic acid)	0.018 g
SFA 22:0 (behenic acid)	0.007 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.041 g
MUFA 18:1 (oleic acid)	4.026 g
MUFA 20:1 (gadoleic acid)	0.013 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	5.372 g
PUFA 18:2 n-6 (linoleic acid [LA])	5.250 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.186 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.186 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)	0.001 g
TRANS 18:1 (trans-octadecenoic acid)	0.007 g
TRANS 18:2 (trans-octadecadienoic acid)	0.033 g

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

### Fatty Acids

CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g

### Amino Acids

Tryptophan	0.220 g
Threonine	0.650 g
Isoleucine	0.852 g
Leucine	1.419 g
Lysine	1.070 g
Methionine	0.256 g
Cystine	0.195 g
Phenylalanine	0.951 g
Tyrosine	0.587 g
Valine	0.937 g
Arginine	1.141 g
Histidine	0.448 g
Alanine	0.786 g
Aspartic Acid	2.125 g
Glutamic Acid	3.127 g
Glycine	0.711 g
Proline	0.989 g
Serine	0.960 g

### Isoflavones and Similar

Daidzein	3.583 mg
Genistein	6.710 mg
Glycitein	0.992 mg
Coumestrol	0.000 mg
Biochanin A	0.000 mg
Formononetin	0.000 mg
Total Lignans	58.887 mcg
Secoisolariciresinol	22.666 mcg
Matairesinol	6.632 mcg
Lariciresinol	23.389 mcg
Pinoresinol	6.141 mcg

### Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.080 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.004 g

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

### Sugar Alcohols (polyols)

Pinitol	0.001 g
Sorbitol	0.010 g
Xylitol	0.000 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	299.721 mg
Oxalic Acid	80.089 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	68.662 mg
Betaine	20.878 mg
Glycemic Index (glucose reference)	50
Glycemic Index (bread reference)	71
Glycemic Load (glucose reference)	17
Glycemic Load (bread reference)	24
Nitrogen	2.827 g
Ash	2.748 g
Water	155.163 g
Grams	236.366 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

## NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW B Sk 100s

Date of Intake: 09/21/2021

---

### **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.)*