

NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: SW Bre Skill

Date of Intake: 09/21/2021

Primary Energy Sources

Energy (kilocalories)	192 kcal
Energy (kilojoules)	802 kj
Total Fat	7.321 g
Total Carbohydrate	26.359 g
Available Carbohydrate	20.345 g
Total Protein	8.152 g
Animal Protein	0.000 g
Vegetable Protein	8.152 g
Gluten	0.000 g
Alcohol	0.000 g
% Calories from Fat	33.778 %
% Calories from Carbohydrate	52.416 %
% Calories from Protein	13.791 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	1.881 g
Total Saturated Fatty Acids (SFA)	2.284 g
Total Monounsaturated Fatty Acids (MUFA)	1.245 g
Total Polyunsaturated Fatty Acids (PUFA)	3.387 g
Total Trans-Fatty Acids (TRANS)	0.025 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids	0.208 g
Omega-6 Fatty Acids	2.998 g
% Calories from SFA	10.639 %
% Calories from MUFA	5.728 %
% Calories from PUFA	15.538 %
Polyunsaturated to Saturated Fat Ratio	1.483
Cholesterol to Saturated Fatty Acid Index	2.307

Carbohydrates

Total Sugars	6.006 g
Fructose	1.485 g
Galactose	0.009 g
Glucose	1.544 g
Lactose	0.000 g
Maltose	1.408 g
Sucrose	1.680 g
Starch	11.536 g
Added Sugars (by Total Sugars)	0.124 g
Added Sugars (by Available Carbohydrate)	0.128 g

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Fiber

Total Dietary Fiber	6.013 g
Soluble Dietary Fiber	0.890 g
Insoluble Dietary Fiber	5.123 g
Pectins	0.987 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	912 mcg
Total Vitamin A Activity (International Units)	9118 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	456 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	5470 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)	3.011 IU
Vitamin E (Total Alpha-Tocopherol)	2.019 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	2.019 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	2.258 mg
Beta-Tocopherol	0.093 mg
Gamma-Tocopherol	1.964 mg
Delta-Tocopherol	0.550 mg
Vitamin K (phylloquinone)	9.088 mcg
Vitamin C (ascorbic acid)	51.185 mg
Thiamin (vitamin B1)	6.101 mg
Riboflavin (vitamin B2)	0.180 mg
Niacin (vitamin B3)	1.686 mg
Niacin Equivalents	3.496 mg
Pantothenic Acid	0.623 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.406 mg
Total Folate	74 mcg
Dietary Folate Equivalents	80 mcg
Natural Folate (food folate)	65 mcg
Synthetic Folate (folic acid)	9 mcg
Vitamin B-12 (cobalamin)	0.633 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	5409 mcg
Alpha-Carotene (provitamin A carotenoid)	30 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	92 mcg
Lutein + Zeaxanthin	272 mcg
Lycopene	459 mcg

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Minerals

Calcium	78 mg
Phosphorus	130 mg
Magnesium	40 mg
Iron	2.190 mg
Zinc	1.786 mg
Copper	0.257 mg
Manganese	0.541 mg
Selenium	2.927 mcg
Sodium	143 mg
Potassium	603 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.000 g
SFA 6:0 (caproic acid)	0.009 g
SFA 8:0 (caprylic acid)	0.129 g
SFA 10:0 (capric acid)	0.102 g
SFA 12:0 (lauric acid)	0.794 g
SFA 14:0 (myristic acid)	0.316 g
SFA 16:0 (palmitic acid)	0.636 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.278 g
SFA 20:0 (arachidic acid)	0.010 g
SFA 22:0 (behenic acid)	0.009 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.002 g
MUFA 18:1 (oleic acid)	1.221 g
MUFA 20:1 (gadoleic acid)	0.006 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	3.137 g
PUFA 18:2 n-6 (linoleic acid [LA])	2.998 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.209 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.208 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)	0.024 g

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Fatty Acids

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

Amino Acids

Tryptophan	0.109 g
Threonine	0.307 g
Isoleucine	0.369 g
Leucine	0.615 g
Lysine	0.470 g
Methionine	0.117 g
Cystine	0.098 g
Phenylalanine	0.421 g
Tyrosine	0.251 g
Valine	0.417 g
Arginine	0.507 g
Histidine	0.199 g
Alanine	0.359 g
Aspartic Acid	1.068 g
Glutamic Acid	1.418 g
Glycine	0.323 g
Proline	0.428 g
Serine	0.432 g

Isoflavones and Similar

Daidzein	1.399 mg
Genistein	2.619 mg
Glycitein	0.387 mg
Coumestrol	0.000 mg
Biochanin A	0.000 mg
Formononetin	0.000 mg
Total Lignans	114.266 mcg
Secoisolariciresinol	16.895 mcg
Matairesinol	10.909 mcg
Lariciresinol	84.814 mcg
Pinoresinol	1.723 mcg

Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.089 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.033 g

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Sugar Alcohols (polyols)

Pinitol	0.000 g
Sorbitol	0.005 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	129.922 mg
Oxalic Acid	59.776 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	34.233 mg
Betaine	15.454 mg
Glycemic Index (glucose reference)	67
Glycemic Index (bread reference)	95
Glycemic Load (glucose reference)	14
Glycemic Load (bread reference)	19
Nitrogen	1.305 g
Ash	1.655 g
Water	139.487 g
Grams	183.104 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.)