

NDSR 2011 Averaged Nutrient Totals Report

Project Abbreviation: meow (Complete Project)

Comment:

Primary Energy Sources

Energy (kilocalories)	2884 kcal
Energy (kilojoules)	12069 kj
Total Fat	104.238 g
Total Carbohydrate	280.931 g
Available Carbohydrate	240.115 g
Total Protein	230.114 g
Animal Protein	191.974 g
Vegetable Protein	38.141 g
Alcohol	0.000 g
% Calories from Fat	31.564 %
% Calories from Carbohydrate	35.719 %
% Calories from Protein	32.668 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	911 mg
Total Saturated Fatty Acids (SFA)	26.072 g
Total Monounsaturated Fatty Acids (MUFA)	45.667 g
Total Polyunsaturated Fatty Acids (PUFA)	21.751 g
Total Trans-Fatty Acids (TRANS)	1.041 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.113 g
Omega-3 Fatty Acids	1.721 g
% Calories from SFA	7.943 %
% Calories from MUFA	13.815 %
% Calories from PUFA	6.525 %
Polyunsaturated to Saturated Fat Ratio	0.834
Cholesterol to Saturated Fatty Acid Index	71.894

Carbohydrates

Total Sugars	130.814 g
Added Sugars	37.572 g
Fructose	27.995 g
Galactose	0.205 g
Glucose	30.517 g
Lactose	28.093 g
Maltose	2.737 g
Sucrose	41.267 g
Starch	93.251 g

Fiber

Total Dietary Fiber	40.815 g
Soluble Dietary Fiber	12.082 g
Insoluble Dietary Fiber	28.758 g
Pectins	5.635 g

NDSR 2011 Averaged Nutrient Totals Report

Project Abbreviation: meow (Complete Project)

Comment:

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	1452 mcg
Total Vitamin A Activity (International Units)	8133 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	1204 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	2972 mcg
Retinol	956 mcg
Vitamin D (calciferol)	14.385 mcg
Vitamin D2 (ergocalciferol)	0.000 mcg
Vitamin D3 (cholecalciferol)	14.385 mcg
Vitamin E (International Units)	83 IU
Vitamin E (Total Alpha-Tocopherol)	43.646 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	18.500 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	55.880 mg
Total Alpha-Tocopherol Equivalents	75.550 mg
Beta-Tocopherol	0.447 mg
Gamma-Tocopherol	9.848 mg
Delta-Tocopherol	0.676 mg
Vitamin K (phylloquinone)	286.255 mcg
Vitamin C (ascorbic acid)	171.106 mg
Thiamin (vitamin B1)	2.009 mg
Riboflavin (vitamin B2)	4.256 mg
Niacin (vitamin B3)	78.782 mg
Niacin Equivalents	118.177 mg
Pantothenic Acid	19.709 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	6.037 mg
Total Folate	572 mcg
Dietary Folate Equivalents	708 mcg
Natural Folate (food folate)	377 mcg
Synthetic Folate (folic acid)	195 mcg
Vitamin B-12 (cobalamin)	12.911 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	2887 mcg
Alpha-Carotene (provitamin A carotenoid)	125 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	44 mcg
Lutein + Zeaxanthin	5780 mcg
Lycopene	8636 mcg

Minerals

Calcium	1364 mg
Phosphorus	2624 mg
Magnesium	801 mg
Iron	27.918 mg
Zinc	29.679 mg
Copper	2.124 mg

NDSR 2011 Averaged Nutrient Totals Report

Project Abbreviation: meow (Complete Project)

Comment:

Minerals

Manganese	7.660 mg
Selenium	301.442 mcg
Sodium	2663 mg
Potassium	5672 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.120 g
SFA 6:0 (caproic acid)	0.089 g
SFA 8:0 (caprylic acid)	0.069 g
SFA 10:0 (capric acid)	0.154 g
SFA 12:0 (lauric acid)	0.264 g
SFA 14:0 (myristic acid)	1.114 g
SFA 16:0 (palmitic acid)	16.187 g
SFA 17:0 (margaric acid)	0.074 g
SFA 18:0 (stearic acid)	6.274 g
SFA 20:0 (arachidic acid)	0.428 g
SFA 22:0 (behenic acid)	0.856 g
MUFA 14:1 (myristoleic acid)	0.160 g
MUFA 16:1 (palmitoleic acid)	1.626 g
MUFA 18:1 (oleic acid)	43.118 g
MUFA 20:1 (gadoleic acid)	0.653 g
MUFA 22:1 (erucic acid)	0.004 g
PUFA 18:2 (linoleic acid)	19.373 g
PUFA 18:3 (linolenic acid)	1.504 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid)	0.473 g
PUFA 20:5 (eicosapentaenoic acid [EPA])	0.033 g
PUFA 22:5 (docosapentaenoic acid [DPA])	0.053 g
PUFA 22:6 (docosahexaenoic acid [DHA])	0.130 g
TRANS 16:1 (trans-hexadecenoic acid)	0.045 g
TRANS 18:1 (trans-octadecenoic acid [elaidic acid])	0.808 g
TRANS 18:2 (trans-octadecadienoic acid [linolelaidic acid]; incl. c-t, t-c, t-t)	0.132 g
CLA cis-9, trans-11	0.084 g
CLA trans-10, cis-12	0.029 g

Amino Acids

Tryptophan	2.364 g
Threonine	8.846 g
Isoleucine	11.081 g
Leucine	18.167 g
Lysine	17.149 g
Methionine	5.796 g
Cystine	3.622 g
Phenylalanine	10.280 g

NDSR 2011 Averaged Nutrient Totals Report

Project Abbreviation: meow (Complete Project)

Comment:

Amino Acids

Tyrosine	7.795 g	
Valine	11.876 g	
Arginine	14.068 g	
Histidine	6.737 g	
Alanine	12.108 g	
Aspartic Acid	22.006 g	
Glutamic Acid	38.485 g	
Glycine	10.934 g	
Proline	11.511 g	
Serine	10.486 g	

Isoflavones and Similar

Daidzein	0.586 mg	
Genistein	0.517 mg	
Glycitein	0.165 mg	
Coumestrol	0.121 mg	
Biochanin A	0.014 mg	
Formononetin	0.004 mg	

Sugar Alcohols (polyols)

Erythritol	0.000 g	
Inositol	0.040 g	
Isomalt	0.000 g	
Lactitol	0.000 g	
Maltitol	0.000 g	
Mannitol	0.841 g	
Pinitol	0.006 g	
Sorbitol	0.506 g	
Xylitol	0.071 g	

Other

Acesulfame Potassium	325.200 mg	
Aspartame	325.200 mg	
Saccharin	0.000 mg	
Sucralose	0.000 mg	
Tagatose	3.200 mg	
Caffeine	172 mg	
Phytic Acid	1234.611 mg	
Oxalic Acid	660.419 mg	
3-Methylhistidine	68.564 mg	
Sucrose Polyester	0.000 g	
Choline	1006.733 mg	
Betaine	221.635 mg	
Glycemic Index (glucose reference)	54	
Glycemic Index (bread reference)	77	

Main Folder

NDSR 2011 Averaged Nutrient Totals Report

Project Abbreviation: meow (Complete Project)

Comment:

Other

Glycemic Load (glucose reference)	127	
Glycemic Load (bread reference)	182	
Nitrogen	37.261 g	
Ash	26.250 g	
Water	2211.416 g	
Grams	2848.632 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	
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.)