



Nutrients and Nutrient Components in the ESHA Database

BASIC COMPONENTS

Gram Weight
Calories
Calories from Fat
Calories from Sat Fat
Calories from Trans Fat
Protein
Carbohydrates
Carbohydrates (Available)
Starch
Total Dietary Fiber
Total Soluble Fiber
Total Insoluble Fiber
Dietary Fiber (2016)
Soluble Fiber (2016)
Insoluble Fiber (2016)
Other Fiber (2016)
Other Soluble Fiber (2016)
Insoluble Fiber (2016)
Total Sugars
Added Sugars
Monosaccharides
Fructose
Galactose
Glucose
Disaccharides
Lactose
Maltose
Sucrose
Other Carbs
Net Carbs
Fat
Saturated Fat
Mono Fat
Poly Fat
Trans Fatty Acid
Salatrim
Cholesterol
Water
Ash
Kilojoules

VITAMINS

Vitamin A - IU
Vitamin A - RAE
Vitamin A - RE
Carotenoid RE
Retinol RE

Alpha-Carotene
Beta-Carotene
Beta-Carotene Equiv.
Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B3 - Niacin Equiv.
Vitamin B6
Vitamin B12
Biotin
Vitamin C
Vitamin D - IU
Vitamin D - mcg
Vitamin E - Alpha-Toco
Vitamin E - Alpha-Toco Equiv.
Vitamin E - IU
Vitamin E - mg
Folate
Folic Acid
Folate, DFE
Folate, food
Cryptoxanthin
Vitamin K
Pantothenic Acid

MINERALS

Boron
Calcium
Chloride
Chromium
Copper
Fluoride
Iodine
Iron
Magnesium
Manganese
Molybdenum
Phosphorus
Potassium
Selenium
Sodium
Salt
Zinc

SATURATED FATS

4:0-Butyric
6:0-Caprioc

8:0-Caprylic
10:0-Capric
12:0-Lauric
14:0-Myristic
15:0-Pentadec
16:0-Palmitic
17:0-Heptadec
18:0-Stearic
20:0-Arachidic
22:0-Behenic
24:0-Tetracos

MONOUNSATURATED

FATS

14:1-Myristol
15:1-Pentadecenoic
16:1-Palmitoleic
17:1-Heptadecenoic
18:1-Oleic
20:1-Eicosen
22:1-Erucic
24:1-Nervonic

POLYUNSATURATED

FATS

18:2-Linoleic
18:3-Linolenic
18:4-Stearidon
20:3-Eicosatrienoic
20:4-Arachidon
20:5-EPA
22:5-DPA
22:6-DHA
Omega 3 Fatty Acids
Omega 6 Fatty Acids

AMINO ACIDS

Alanine
Arginine
Aspartic Acie
Cystine
Glutamatic Acid
Glycine
Histidine
Isoleucine
Leucine
Lysine
Methionine

Phenylalanine
Proline
Serine
Threonine
Tryptophan
Tyrosine
Valine

OTHER

Alcohol
Caffeine
Artificial Sweetener
Aspartame
Saccharin
Sugar Alcohol
Glycerol
Inositol
Mannitol
Sorbitol
Xylitol
Organic Acids
Acetic Acid
Citric Acid
Lactic Acid
Malic Acid
Choline
Taurine
Lutein & Zeaxanthin
Lycopene
Cost
Glycemic Index
Glycemic Load

EXCHANGES

Exchange - Fat
Exchange - Fruit
Exchange - NonFat Milk
Exchange - Other Carbs
Exchange - Starch
Exchange - Vegetables
Exchange - Lean Meat
Exchange - Alcohol

MYPLATE GROUPS

MyPlate - Grain Total
MyPlate - Vegetable Total
MyPlate - Fruit
MyPlate - Dairy
MyPlate - Protein Total