

Nutrients and Nutrient Components

BASIC COMPONENTS

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

VITAMINS

Vitamin A (IU)
Vitamin A (RE)
Vitamin A (RAE)
Retinol RE
Carotenoid RE

Alpha Carotene
Beta Carotene
Beta Carotene Equiv.
Vitamin B1 Thiamin
Vitamin B2 Riboflavin
Vitamin B3 Niacin
Vitamin B3 Niacin Equivalents
Vitamin B6
Vitamin B12
Biotin
Vitamin C
Vitamin D (IU)
Vitamin D (mcg)
Vitamin E (IU)
Vitamin E (α -toco)
Vitamin E (α -toco equiv)
Vitamin E (mg)
Folate (Total)
Folic Acid
Folate (DFE)
Folate (Food)
Pantothenic Acid
Cryptoxanthin
Vitamin K

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-Pentadecanoic
16:0-Palmitic
17:0-Heptadecanoic
18:0-Stearic
20:0-Arachidic
22:0-Behenic
24:0-Tetracosanoic

MONOUNSATURATED FATS

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

POLYUNSATURATED FATS

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

AMINO ACIDS

Alanine
Arginine
Aspartic Acid
Cystine
Glutamic Acid
Glycine
Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine

Proline
Serine
Threonine
Tryptophan
Tyrosine
Valine

OTHER

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

EXCHANGES

Ex-Starch
Ex-Other Carb
Ex-Vegetable
Ex-Fruit
Ex-Nonfat Milk
Ex-Lean Meat
Ex-Alcohol
Ex-Fat

MYPLATE GROUPS

Grains
Vegetable
Fruit
Dairy
Protein foods