TO: Dockets Management Branch
(HFA-305)
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852

FROM: Ketchum
On Behalf of the United States Potato Board*

SUBJECT: Written Comments on: *Food and Drug Administration's proposed rule "Food Labeling: Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Identification of the 20 Most Frequently Consumed Raw Fruits, Vegetables and Fish"* (Docket No. 01N-0458)

DATE: May 20, 2002

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The following comments are submitted in response to the Department of Health and Human Services, Food and Drug Administration's proposed rule "Food Labeling: Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Identification of the 20 Most Frequently Consumed Raw Fruits, Vegetables and Fish" (Docket No. 01N-0458).

Ketchum (the public relations firm for the United States Potato Board) and the United States Potato Board (USPB) oppose the proposed nutrient values for potatoes (Vol. 67, No. 54/Wednesday, March 20, 2002/Proposed Rules -- see page 12924/page 12935 Appendix C to Part 101 – Nutrition Facts for Raw Fruits and Vegetables), based on the following information.

1. According to the Federal Register document on this rule (Vol. 67, No. 54/Wednesday, March 20, 2002/Proposed Rules); the nutrient values listed in the proposed appendix C to part 101 are derived from 2002 market basket data on the composition of potatoes that Ketchum submitted on behalf of the USPB.

2. Since the time that this nutrient data was submitted by Ketchum on behalf of the USPB, it has come to our attention that the nutrient values from this analysis are significantly different from any other existing nutrient data on potatoes, leading us to believe that this data may be inaccurate.

3. The potatoes tested in this nutrient analysis had unusually high moisture content, which consequently affected the values for carbohydrates, calories, etc.

01N-0548

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*Formerly National Potato Promotion Board (NPPB)

4. After discussion with Covance, the laboratory that completed this nutrient analysis, we believe that the discrepancies in nutrient contents are due to the length of time that the potatoes analyzed were stored prior to the nutrient analysis. Covance believes that while the potatoes they tested appeared to be fine, they may have actually been on the verge of spoilage, causing the moisture content to be much higher than that of the "average" potato a consumer would normally eat.

5. Covance maintains that the data is accurate according to the potatoes that were tested. However, both the USPB and Covance are in agreement that what was tested was not the "average" potato that a consumer would eat.

6. USDA has just completed a nutrient analysis on potatoes and the preliminary data shows nutrient values much more in line with the current nutrient values used for potato nutrient labeling, and not in line with the new data recently submitted by Ketchum/USPB. This further implies that the data submitted by Ketchum/USPB is not accurate and should not be used in the final FDA rule.

7. The attached table shows a comparison of:

   A. the nutrient data submitted by Ketchum/NPPB; and
   B. the new preliminary nutrient data from USDA; and
   C. the current values used for potato nutrient labeling

   Please note that the far right hand portion of the attached table shows an average value from each data set (Ketchum/USPB's data from Covance and USDA's preliminary data) listed along side the current label values, for comparison (highlighted in bright blue/light green).

   As you will see, the values from the USDA preliminary data are very similar to the current values used for potato nutrient labeling. The values from the Ketchum/USPB data from Covance show significant differences from the current label values.

   Complete copies of all data are also attached.

Based on the above, we feel that the data submitted by Ketchum on behalf of the USPB is not accurate, and would not provide consumers with accurate nutritional information on potatoes.

The USDA has agreed that their new data could be used for labeling purposes once it is finalized, which may or may not be prior to the FDA's June 3, 2002 closing dates for comments. If this data is not finalized in time for the final published rule, we request that the FDA revert back to the original nutritional labeling values for potatoes, as we feel these are more accurate than the data submitted by Ketchum/USPB.

Thank you in advance for your attention to this matter. Please contact the following if you have any questions or need additional information. We look forward to hearing from you soon.

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Ketchum/NPPB Data (COVANCE Laboratories) - PER 100 Gram edible portion							
	White Sample A	White Sample B	White Sample C	Red Sample A	Red Sample B	Red Sample C	Russet Sampl
Calories	39.6 kcal	23.6 kcal	33.2 kcal	19.2 kcal	34 kcal	39.2 kcal	
Total Fat*	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	
Sat Fat	N/A g	N/A g	N/A g	N/A g	N/A g	N/A g	
Cholesterol	N/A mg	N/A mg	N/A mg	N/A mg	N/A mg	N/A mg	
Sodium	6.09 mg	10.1 mg	5.1 mg	2.5 mg	6.45 mg	5.84 mg	
Total Carb	8.5 g	4.7 g	6.9 g	2.9 g	6.6 g	8.2 g	
Dietary Fiber	2.3 g	2.8 g	2.3 g	3.1 g	2.10 g	3.2 g	
Sugars**	1.4 g	1.4 g	1.5 g	1.6 g	1.2 g	0.8 g	
Protien	1.4 g	1.2 g	1.4 g	1.9 g	1.9 g	1.6 g	
Vit A	N/A IU	N/A IU	N/A IU	N/A IU	N/A IU	N/A IU	
Vit C	14.6 mg	19.7 mg	16.6 mg	13.7 mg	14.9 mg	9.2 mg	
Calcium	6.46 mg	7.19 mg	7.21 mg	5.06 mg	5.44 mg	5.84 mg	
Iron	0.501 mg	0.527 mg	0.506 mg	0.499 mg	0.515 mg	0.576 mg	

***All values are <.**

*** *Total of Fructose, Glucose, Galactose, Sucrose, Maltose and Lactose (by HPLC), all values are <.**

[redacted]					
Calories	77 kcal	82 kcal	72 kcal	70 kcal	
Total Fat	N/A g	N/A g	N/A g	N/A g	
Sat Fat	0.026 g	0.02 g	0.026 g	0.026 g	
Cholesterol	0 mg	0 mg	0 mg	0 mg	
Sodium	6 mg	5 mg	6 mg	6 mg	
Total Carb	17.47 g	18.07 g	15.9 g	15.71 g	
Dietary Fiber	2.2 g	2.1 g	1.7 g	2.4 g	
Sugars	0.78 g	0.62 g	1 g	1.15 g	
Protein	2.02 g	2.14 g	1.89 g	1.68 g	
Vit A	2 IU	1 IU	7 IU	8 IU	
Vit C	19.7 mg	19.7 mg	19.7 mg	19.7 mg	
Calcium	12 mg	13 mg	10 mg	9 mg	
Iron	0.78 mg	0.86 mg	0.73 mg	0.52 mg	

e A	Russet Sample B	Russet Sample C	AVERAGE		Scaled to 148 grams	Percent Daily Value***	Current Label Value
35.2 kcal	22 kcal	24.8 kcal	30.09 kcal	Calories	44.53 kcal		100
0.1 g	0.1 g	0.1 g	0.10 g	Total Fat	0.15 g		0
N/A g	N/A g	N/A g	N/A g	Sat Fat	N/A g		0
N/A mg	N/A mg	N/A mg	N/A mg	Cholesterol	N/A mg		0
7.5 mg	5.19 mg	9.03 mg	6.42 mg	Sodium	9.50 mg		0
6.6 g	3.3 g	4 g	5.74 g	Total Carb	8.50 g		26
2.6 g	2.1 g	2.2 g	2.52 g	Dietary Fiber	3.73 g		3
1 g	1.4 g	0.8 g	1.23 g	Sugars	1.83 g		3
2.2 g	2.2 g	2.2 g	1.78 g	Protein	2.63 g		4
N/A IU	N/A IU	N/A IU	N/A IU	Vit A	N/A IU	N/A %	0%
15.4 mg	18.3 mg	17.1 mg	15.50 mg	Vit C	22.94 mg	38.23 %	45%
16.1 mg	16.4 mg	15.5 mg	9.47 mg	Calcium	14.01 mg	1.40 %	2%
1.43 mg	1.08 mg	1.08 mg	0.75 mg	Iron	1.10 mg	6.13 %	6%

***Based on DV of 5,000 IU Vitamin A, 60 mg Vitamin C, 1000 mg Calcium, and 18 mg Iron

AVERAGE		Scaled to 148 grams	Percent Daily Value***	Current Label Value
75.25 kcal	Calories	111.37 kcal		100
N/A g	Total Fat	N/A g		0
0.02 g	Sat Fat	0.04 g		0
0.00 mg	Cholesterol	0.00 mg		0
5.75 mg	Sodium	8.51 mg		0
16.79 g	Total Carb	24.85 g		26
2.10 g	Dietary Fiber	3.11 g		3
0.89 g	Sugars	1.31 g		3
1.93 g	Protein	2.86 g		4
4.50 IU	Vit A	6.66 IU	0.13 %	0%
19.70 mg	Vit C	29.16 mg	48.59 %	45%
11.00 mg	Calcium	16.28 mg	1.63 %	2%
0.72 mg	Iron	1.07 mg	5.94 %	6%

***Based on DV of 5,000 IU Vitamin A, 60 mg Vitamin C, 1000 mg Calcium, and 18 mg Iron

USDA Preliminary

SR Item Report - Amount in 100 gram Edible Portion

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Food Item ID 64783 **NDB No** 11352 **Approved** Y

Edited Name
Potato, flesh and skin, raw

Scientific Name
Solanum tuberosum

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
255	Water	79.34	g	11	0.368	1	2.1	77.808	80.876	2	77.70	83.92	A		2
208	Energy	77	kcal	0		4							NC		
268	Energy	321	kj	0		4							NC		
203	Protein	2.02	g	11	0.034	1	2.2	1.884	2.155	2	1.44	2.22	A		2
204	Total lipid (fat)	0.09	g	11	0.009	1	1.9	0.050	0.131	2	0.08	0.20	A		1 2
207	Ash	1.08	g	11	0.097	1	1.3	0.396	1.770	2	0.70	1.38	A		2
205	Carbohydrate, by difference	17.47	g	0		4							NC		
291	Fiber, total dietary	2.2	g	5		1				1	1.6	2.4	A		2
269	Sugars, total	0.78	g	0		4				1	0.50	1.60	NC		2
210	Sucrose	0.17	g	11	0.021	1	1	- 0.080	0.427	2	0.08	0.33	A		1 2
211	Glucose (dextrose)	0.33	g	11	0.047	1	1.6	0.062	0.607	2	0.16	0.84	A		1 2
212	Fructose	0.27	g	11	0.029	1	2.8	0.173	0.367	2	0.16	0.54	A		1 2
213	Lactose	0.00	g	11	0.000	1				2	0.00	0.00	A		1 2
214	Maltose	0.00	g	11	0.000	1				2	0.00	0.00	A		1 2
287	Galactose	0.00	g	5		1				1	0.00	0.00	A		1 2
209	Starch	15.44	g	11	1.448	1	1.3	4.107	26.780	2	10.54	18.10	A		2
301	Calcium, Ca	12	mg	11	1.368	1	1.7	5.021	18.652	2	6	16	A		2
303	Iron, Fe	0.78	mg	11	0.040	1	2.1	0.615	0.948	2	0.47	1.24	A		2
304	Magnesium, Mg	23	mg	11	0.452	1	1.8	20.753	25.038	2	19	25	A		2
305	Phosphorus, P	57	mg	11	0.880	1	2.2	53.364	60.432	2	48	75	A		2
306	Potassium, K	421	mg	11	11.942	1	1.9	365.497	476.623	2	368	506	A		2
307	Sodium, Na	6	mg	73	0.760	1									
309	Zinc, Zn	0.29	mg	11	0.003	1	2.1	0.281	0.307	2	0.27	0.35	A		2
312	Copper, Cu	0.108	mg	11	0.016	1	1.1	- 0.062	0.278	2	0.077	0.185	A		1 2
315	Manganese, Mn	0.153	mg	11	0.026	1	1	- 0.172	0.479	2	0.116	0.241	A		2
317	Selenium, Se	0.3	mcg	299	0.031	1							A		
401	Vitamin C, total ascorbic acid	19.7	mg	141	0.769	1									

SR Item Report - Amount in 100 gram Edible Portion

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Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
404	Thiamin	0.080	mg	11	0.006	1	1.3	0.037	0.122	2	0.060	0.095	A		2
405	Riboflavin	0.032	mg	11	0.013	1	1.1	- 0.093	0.157	2	0.016	0.053	A		1 2
406	Niacin	1.054	mg	10	0.040	1	1.9	0.876	1.232	2	0.932	1.300	A		2
410	Pantothenic acid	0.296	mg	11	0.036	1	1	- 0.116	0.709	2	0.250	0.368	A		2
415	Vitamin B-6	0.295	mg	11	0.148	1	1	- 1.529	2.118	2	0.110	0.604	A		2
417	Folate, total	16	mcg	11	3.324	1	2.2	2.520	28.875	2	9	34	A		1 2
431	Folic acid	0	mcg			7							Z		
432	Folate, food	16	mcg	11	3.324	1	2.2	2.520	28.875	2	9	34	A		
435	Folate, DFE	16	mcg_DFE	0		4							NC		
418	Vitamin B-12	0.00	mcg	0		7							Z		
318	Vitamin A, IU	2	IU	11		4							NC		
320	Vitamin A, RAE	0	mcg_RAE	11		4							NC		
392	Vitamin A, RE	0	mcg_RE	11		4							NC		
394	Vitamin E	0.010	mg_ATE	0		4							NC		
323	Tocopherol, alpha	0.01	mg	2		1				1	0.00	0.01	A		1 2
341	Tocopherol, beta	0.00	mg	2		1				1	0.00	0.00	A		1 2
342	Tocopherol, gamma	0.00	mg	2		1				1	0.00	0.00	A		1 2
343	Tocopherol, delta	0.00	mg	2		1				1	0.00	0.00	A		1 2
430	Vitamin K (phylloquinone)	1.9	mcg	11	0.660	1	1.1	- 5.177	9.015	2	0.8	3.6	A		2
606	Fatty acids, total saturated	0.026	g	0		1									
607	4:0	0.000	g	0		1									
608	6:0	0.000	g	0		1									
609	8:0	0.000	g	0		1									
610	10:0	0.001	g	6		1									
611	12:0	0.003	g	6		1									
612	14:0	0.001	g	18		1									
613	16:0	0.016	g	59		1									
614	18:0	0.004	g	59		1									
645	Fatty acids, total monounsaturated	0.002	g	0		1									
626	16:1 undifferentiated	0.001	g	37		1									
617	18:1 undifferentiated	0.001	g	59		1									
628	20:1	0.000	g	0		1									
630	22:1 undifferentiated	0.000	g	0		1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 64783 **NDB No** 11352 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
646	Fatty acids, total polyunsaturated	0.043	g	0		1									
618	18:2 undifferentiated	0.032	g	59		1									
619	18:3 undifferentiated	0.010	g	59		1									
627	18:4	0.000	g	0		1									
620	20:4 undifferentiated	0.000	g	0		1									
629	20:5 n-3	0.000	g	0		1									
631	22:5 n-3	0.000	g	0		1									
621	22:6 n-3	0.000	g	0		1									
601	Cholesterol	0	mg	0		7							Z		
636	Phytosterols	5	mg	0		1									
501	Tryptophan	0.032	g	6		1									
502	Threonine	0.075	g	7		1									
503	Isoleucine	0.084	g	7		1									
504	Leucine	0.124	g	7		1									
505	Lysine	0.126	g	7		1									
506	Methionine	0.033	g	7		1									
507	Cystine	0.026	g	6		1									
508	Phenylalanine	0.092	g	7		1									
509	Tyrosine	0.077	g	6		1									
510	Valine	0.117	g	7		1									
511	Arginine	0.095	g	9		1									
512	Histidine	0.045	g	9		1									
513	Alanine	0.064	g	6		1									
514	Aspartic acid	0.506	g	6		1									
515	Glutamic acid	0.347	g	8		1									
516	Glycine	0.062	g	6		1									
517	Proline	0.074	g	8		1									
518	Serine	0.090	g	6		1									
221	Alcohol, ethyl	0.0	g	0		7									
262	Caffeine	0	mg			7							Z		
263	Theobromine	0	mg			7							Z		
321	Carotene, beta	1	mcg	11	0.570	11	2.4	- 0.666	3.534	2	0	6	JO		1 2
322	Carotene, alpha	0	mcg	11	0.000	11				2	0	0	JO		2

SR Item Report - Amount in 100 gram Edible Portion

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Food Item ID 64783 **NDB No** 11352 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
334	Cryptoxanthin, beta	0	mcg	11	0.000	11				2	0	0	JO		2
337	Lycopene	0	mcg	11	0.000	11				2	0	0	JO		2
338	Lutein + zeaxanthin	8	mcg	10	2.357		2.5	- 0.213	16.630	2	1	29			1 2

Refuse Percent	Refuse Dissemination Text
0.00	

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	Potato large (3" to 4-1/4" dai)	369.000		
2	1.00	Potato medium (2-1/4" to 3-1/4" dia)	213.000		
3	1.00	Potato small (1-3/4" to 2-1/2" dia)	170.000		
4	1.00	cup diced	75.000		

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent
4.0300	8.3700	2.7800				6.2500	

SR	Survey	Food Supply
Y	Y	Y

Number	Footnotes

USDA Preliminary

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Edited Name
Potatoes, russet, flesh and skin, raw

Scientific Name
Solanum tuberosum

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
255	Water	78.58	g	4	0.438	1	1.7	76.285	80.873	2	77.70	79.74	A		2 3
208	Energy	82	kcal	0		4							NC		
268	Energy	341	kj	0		4							NC		
203	Protein	2.14	g	4	0.034	1	1.2	1.852	2.424	2	2.09	2.22	A		2 3
204	Total lipid (fat)	0.08	g	4	0.000	1				2	0.08	0.08	A		1 2 3
207	Ash	1.13	g	4	0.034	1	1	0.739	1.525	2	0.94	1.27	A		2 3
205	Carbohydrate, by difference	18.07	g	0		4							NC		
291	Fiber, total dietary	2.1	g	2		1	1			1	1.3	1.4	A		2 3
269	Sugars, total	0.62	g	2		1	1			1	0.50	0.73	A		2 3
210	Sucrose	0.13	g	4	0.009	1	1	0.007	0.247	2	0.08	0.16	A		1 2 3
211	Glucose (dextrose)	0.25	g	4	0.032	1	2	0.115	0.394	2	0.20	0.31	A		2 3
212	Fructose	0.23	g	4	0.037	1	1.9	0.071	0.399	2	0.16	0.30	A		1 2 3
213	Lactose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
214	Maltose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
287	Galactose	0.00	g	2		1				1	0.00	0.00	A		1 2 3
209	Starch	15.86	g	4	0.318	1	1.5	13.996	17.714	2	13.35	18.10	A		2 3
301	Calcium, Ca	13	mg	4	0.503	1	1.5	9.961	16.189	2	11	15	A		2 3
303	Iron, Fe	0.86	mg	4	0.173	1	1.1	- 0.864	2.585	2	0.57	1.24	A		2 3
304	Magnesium, Mg	23	mg	4	1.080	1	2	18.736	28.113	2	21	25	A		2 3
305	Phosphorus, P	55	mg	4	3.466	1	1.4	32.502	76.848	2	48	60	A		2 3
306	Potassium, K	417	mg	4	21.950	1	1.9	315.824	518.676	2	368	458	A		2 3
307	Sodium, Na	5	mg	2		1	1			1	4	5	A		2 3
309	Zinc, Zn	0.29	mg	4	0.006	1	1.3	0.239	0.339	2	0.27	0.30	A		2 3
312	Copper, Cu	0.103	mg	4	0.003	1	2	0.092	0.115	2	0.077	0.130	A		2 3
315	Manganese, Mn	0.157	mg	4	0.023	1	1	- 0.133	0.447	2	0.117	0.241	A		2 3
317	Selenium, Se	0.4	mcg	2		1	1			1	0.2	0.5	A		2 3
401	Vitamin C, total ascorbic acid	19.7	mg	141	0.769	1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
404	Thiamin	0.082	mg	4	0.008	1	1.2	0.018	0.147	2	0.060	0.095	A		2 3
405	Riboflavin	0.033	mg	4	0.001	1	1	0.017	0.049	2	0.016	0.053	A		1 2 3
406	Niacin	1.035	mg	4	0.051	1	1.1	0.494	1.575	2	0.969	1.180	A		2 3
410	Pantothenic acid	0.301	mg	4	0.008	1	1	0.196	0.406	2	0.250	0.368	A		2 3
415	Vitamin B-6	0.345	mg	4	0.024	1	1	0.052	0.638	2	0.130	0.604	A		2 3
417	Folate, total	14	mcg	4	0.799	1	1.3	7.334	19.915	2	9	18	A		1 2 3
431	Folic acid	0	mcg			7							Z		
432	Folate, food	14	mcg	4	0.799	1	1.3	7.334	19.915	2	9	18	A		
435	Folate, DFE	14	mcg_DFE	0		4							NC		
418	Vitamin B-12	0.00	mcg	0		7							Z		
318	Vitamin A, IU	1	IU	4		4							NC		
320	Vitamin A, RAE	0	mcg_RAE	4		4							NC		
392	Vitamin A, RE	0	mcg_RE	4		4							NC		
394	Vitamin E	0.007	mg_ATE	2		4	1			1	0.000	0.015	NC		2 3
323	Tocopherol, alpha	0.01	mg	2		1	1			1	0.00	0.01	A		1 2 3
341	Tocopherol, beta	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
342	Tocopherol, gamma	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
343	Tocopherol, delta	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
430	Vitamin K (phylloquinone)	1.8	mcg	4	0.025	1	1	1.458	2.092	2	0.8	2.7	A		2 3
606	Fatty acids, total saturated	0.020	g	0		4							BFFN		
607	4:0	0.000	g	0		1									
608	6:0	0.000	g	0		1									
609	8:0	0.000	g	0		1									
610	10:0	0.001	g	0		4							BFFN		
611	12:0	0.002	g	0		4							BFFN		
612	14:0	0.001	g	0		4							BFFN		
613	16:0	0.012	g	0		4							BFFN		
645	Fatty acids, total monounsaturated	0.002	g	0		4							BFFN		
626	16:1 undifferentiated	0.001	g	0		4							BFFN		
617	18:1 undifferentiated	0.001	g	0		4							BFFN		
646	Fatty acids, total polyunsaturated	0.034	g	0		4							BFFN		
618	18:2 undifferentiated	0.025	g	0		4							BFFN		

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
619	18:3 undifferentiated	0.010	g	59		1									
627	18:4	0.000	g	0		1									
620	20:4 undifferentiated	0.000	g	0		1									
629	20:5 n-3	0.000	g	0		1									
631	22:5 n-3	0.000	g	0		1									
621	22:6 n-3	0.000	g	0		1									
601	Cholesterol	0	mg	0		7							Z		
636	Phytosterols	5	mg	0		1									
501	Tryptophan	0.018	g	2		1				2	0.016	0.020	A		2 3
502	Threonine	0.055	g	2		1				2	0.051	0.060	A		2 3
503	Isoleucine	0.058	g	2		1				2	0.057	0.060	A		2 3
504	Leucine	0.086	g	2		1				2	0.083	0.090	A		2 3
505	Lysine	0.101	g	2		1				2	0.093	0.110	A		2 3
506	Methionine	0.031	g	2		1				2	0.030	0.032	A		2 3
507	Cystine	0.021	g	2		1				2	0.020	0.022	A		2 3
508	Phenylalanine	0.180	g	2		1				2	0.070	0.290	A		2 3
509	Tyrosine	0.035	g	2		1				2	0.030	0.040	A		2 3
510	Valine	0.097	g	2		1				2	0.094	0.100	A		2 3
511	Arginine	0.090	g	2		1				2	0.089	0.090	A		2 3
512	Histidine	0.035	g	2		1				2	0.030	0.040	A		2 3
513	Alanine	0.051	g	2		1				2	0.050	0.053	A		2 3
514	Aspartic acid	0.502	g	2		1				2	0.490	0.513	A		2 3
515	Glutamic acid	0.374	g	2		1				2	0.340	0.408	A		2 3
516	Glycine	0.048	g	2		1				2	0.045	0.050	A		2 3
517	Proline	0.057	g	2		1				2	0.055	0.060	A		2 3
518	Serine	0.069	g	2		1				2	0.069	0.070	A		2 3
221	Alcohol, ethyl	0.0	g	0		7									
262	Caffeine	0	mg			7							Z		
263	Theobromine	0	mg			7							Z		
321	Carotene, beta	0	mcg	4	0.369	11	1	- 4.321	5.059	2	0	1	JO		1 2 3
322	Carotene, alpha	0	mcg	4	0.000	11				2	0	0	JO		2 3
334	Cryptoxanthin, beta	0	mcg	4	0.000	11				2	0	0	JO		2 3
337	Lycopene	0	mcg	4	0.000	11				2	0	0	JO		2 3

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
338	Lutein + zeaxanthin	5	mcg	4	2.578		1.1	- 20.343	30.081	2	1	12			1 2 3

Refuse Percent **Refuse Dissemination Text**

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	Potato large (3" to 4-1/4" dia, raw)	369.000		
2	1.00	Potato medium (2-1/4" to 3-1/4" dia)	213.000		
3	1.00	potato small	170.000		
4	0.50	cup, diced	75.000		

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent

SR	Survey	Food Supply
Y		

Number **Footnotes**

USDA Preliminary

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Edited Name
Potatoes, russet, flesh and skin, raw

Scientific Name
Solanum tuberosum

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
255	Water	78.58	g	4	0.438	1	1.7	76.285	80.873	2	77.70	79.74	A		2 3
208	Energy	82	kcal	0		4							NC		
268	Energy	341	kj	0		4							NC		
203	Protein	2.14	g	4	0.034	1	1.2	1.852	2.424	2	2.09	2.22	A		2 3
204	Total lipid (fat)	0.08	g	4	0.000	1				2	0.08	0.08	A		1 2 3
207	Ash	1.13	g	4	0.034	1	1	0.739	1.525	2	0.94	1.27	A		2 3
205	Carbohydrate, by difference	18.07	g	0		4							NC		
291	Fiber, total dietary	2.1	g	2		1	1			1	1.3	1.4	A		2 3
269	Sugars, total	0.62	g	2		1	1			1	0.50	0.73	A		2 3
210	Sucrose	0.13	g	4	0.009	1	1	0.007	0.247	2	0.08	0.16	A		1 2 3
211	Glucose (dextrose)	0.25	g	4	0.032	1	2	0.115	0.394	2	0.20	0.31	A		2 3
212	Fructose	0.23	g	4	0.037	1	1.9	0.071	0.399	2	0.16	0.30	A		1 2 3
213	Lactose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
214	Maltose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
287	Galactose	0.00	g	2		1				1	0.00	0.00	A		1 2 3
209	Starch	15.86	g	4	0.318	1	1.5	13.996	17.714	2	13.35	18.10	A		2 3
301	Calcium, Ca	13	mg	4	0.503	1	1.5	9.961	16.189	2	11	15	A		2 3
303	Iron, Fe	0.86	mg	4	0.173	1	1.1	- 0.864	2.585	2	0.57	1.24	A		2 3
304	Magnesium, Mg	23	mg	4	1.080	1	2	18.736	28.113	2	21	25	A		2 3
305	Phosphorus, P	55	mg	4	3.466	1	1.4	32.502	76.848	2	48	60	A		2 3
306	Potassium, K	417	mg	4	21.950	1	1.9	315.824	518.676	2	368	458	A		2 3
307	Sodium, Na	5	mg	2		1	1			1	4	5	A		2 3
309	Zinc, Zn	0.29	mg	4	0.006	1	1.3	0.239	0.339	2	0.27	0.30	A		2 3
312	Copper, Cu	0.103	mg	4	0.003	1	2	0.092	0.115	2	0.077	0.130	A		2 3
315	Manganese, Mn	0.157	mg	4	0.023	1	1	- 0.133	0.447	2	0.117	0.241	A		2 3
317	Selenium, Se	0.4	mcg	2		1	1			1	0.2	0.5	A		2 3
401	Vitamin C, total ascorbic acid	19.7	mg	141	0.769	1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
404	Thiamin	0.082	mg	4	0.008	1	1.2	0.018	0.147	2	0.060	0.095	A		2 3
405	Riboflavin	0.033	mg	4	0.001	1	1	0.017	0.049	2	0.016	0.053	A		1 2 3
406	Niacin	1.035	mg	4	0.051	1	1.1	0.494	1.575	2	0.969	1.180	A		2 3
410	Pantothenic acid	0.301	mg	4	0.008	1	1	0.196	0.406	2	0.250	0.368	A		2 3
415	Vitamin B-6	0.345	mg	4	0.024	1	1	0.052	0.638	2	0.130	0.604	A		2 3
417	Folate, total	14	mcg	4	0.799	1	1.3	7.334	19.915	2	9	18	A		1 2 3
431	Folic acid	0	mcg			7							Z		
432	Folate, food	14	mcg	4	0.799	1	1.3	7.334	19.915	2	9	18	A		
435	Folate, DFE	14	mcg_DFE	0		4							NC		
418	Vitamin B-12	0.00	mcg	0		7							Z		
318	Vitamin A, IU	1	IU	4		4							NC		
320	Vitamin A, RAE	0	mcg_RAE	4		4							NC		
392	Vitamin A, RE	0	mcg_RE	4		4							NC		
394	Vitamin E	0.007	mg_ATE	2		4	1			1	0.000	0.015	NC		2 3
323	Tocopherol, alpha	0.01	mg	2		1	1			1	0.00	0.01	A		1 2 3
341	Tocopherol, beta	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
342	Tocopherol, gamma	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
343	Tocopherol, delta	0.00	mg	2		1				1	0.00	0.00	A		1 2 3
430	Vitamin K (phylloquinone)	1.8	mcg	4	0.025	1	1	1.458	2.092	2	0.8	2.7	A		2 3
606	Fatty acids, total saturated	0.020	g	0		4							BFFN		
607	4:0	0.000	g	0		1									
608	6:0	0.000	g	0		1									
609	8:0	0.000	g	0		1									
610	10:0	0.001	g	0		4							BFFN		
611	12:0	0.002	g	0		4							BFFN		
612	14:0	0.001	g	0		4							BFFN		
613	16:0	0.012	g	0		4							BFFN		
645	Fatty acids, total monounsaturated	0.002	g	0		4							BFFN		
626	16:1 undifferentiated	0.001	g	0		4							BFFN		
617	18:1 undifferentiated	0.001	g	0		4							BFFN		
646	Fatty acids, total polyunsaturated	0.034	g	0		4							BFFN		
618	18:2 undifferentiated	0.025	g	0		4							BFFN		

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
619	18:3 undifferentiated	0.010	g	59		1									
627	18:4	0.000	g	0		1									
620	20:4 undifferentiated	0.000	g	0		1									
629	20:5 n-3	0.000	g	0		1									
631	22:5 n-3	0.000	g	0		1									
621	22:6 n-3	0.000	g	0		1									
601	Cholesterol	0	mg	0		7							Z		
636	Phytosterols	5	mg	0		1									
501	Tryptophan	0.018	g	2		1				2	0.016	0.020	A		2 3
502	Threonine	0.055	g	2		1				2	0.051	0.060	A		2 3
503	Isoleucine	0.058	g	2		1				2	0.057	0.060	A		2 3
504	Leucine	0.086	g	2		1				2	0.083	0.090	A		2 3
505	Lysine	0.101	g	2		1				2	0.093	0.110	A		2 3
506	Methionine	0.031	g	2		1				2	0.030	0.032	A		2 3
507	Cystine	0.021	g	2		1				2	0.020	0.022	A		2 3
508	Phenylalanine	0.180	g	2		1				2	0.070	0.290	A		2 3
509	Tyrosine	0.035	g	2		1				2	0.030	0.040	A		2 3
510	Valine	0.097	g	2		1				2	0.094	0.100	A		2 3
511	Arginine	0.090	g	2		1				2	0.089	0.090	A		2 3
512	Histidine	0.035	g	2		1				2	0.030	0.040	A		2 3
513	Alanine	0.051	g	2		1				2	0.050	0.053	A		2 3
514	Aspartic acid	0.502	g	2		1				2	0.490	0.513	A		2 3
515	Glutamic acid	0.374	g	2		1				2	0.340	0.408	A		2 3
516	Glycine	0.048	g	2		1				2	0.045	0.050	A		2 3
517	Proline	0.057	g	2		1				2	0.055	0.060	A		2 3
518	Serine	0.069	g	2		1				2	0.069	0.070	A		2 3
221	Alcohol, ethyl	0.0	g	0		7									
262	Caffeine	0	mg			7							Z		
263	Theobromine	0	mg			7							Z		
321	Carotene, beta	0	mcg	4	0.369	11	1	- 4.321	5.059	2	0	1	JO		1 2 3
322	Carotene, alpha	0	mcg	4	0.000	11				2	0	0	JO		2 3
334	Cryptoxanthin, beta	0	mcg	4	0.000	11				2	0	0	JO		2 3
337	Lycopene	0	mcg	4	0.000	11				2	0	0	JO		2 3

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125959 **NDB No** 11353 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
338	Lutein + zeaxanthin	5	mcg	4	2.578		1.1	- 20.343	30.081	2	1	12			1 2 3

Refuse Percent	Refuse Dissemination Text

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	Potato large (3" to 4-1/4" dia, raw)	369.000		
2	1.00	Potato medium (2-1/4" to 3-1/4" dia)	213.000		
3	1.00	potato small	170.000		
4	0.50	cup, diced	75.000		

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent

SR	Survey	Food Supply
Y		

Number	Footnotes

USDA Preliminary

SR Item Report - Amount in 100 gram Edible Portion

MAY-15-02 09:44 AM

Food Item ID 125967 **NDB No** 11355 **Approved** Y

Edited Name
Potatoes, red, flesh and skin, raw

Scientific Name

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
255	Water	80.96	g	4	0.633	1	1	73.508	88.417	2	78.73	82.10	A		2 3
208	Energy	72	kcal	0		4							NC		
268	Energy	303	kj	0		4							NC		
203	Protein	1.89	g	4	0.118	1	1.2	0.806	2.981	2	1.44	2.18	A		2 3
204	Total lipid (fat)	0.14	g	4	0.004	1	1	0.089	0.184	2	0.08	0.20	A		1 2 3
207	Ash	1.10	g	4	0.081	1	1.7	0.698	1.508	2	0.87	1.38	A		2 3
205	Carbohydrate, by difference	15.90	g	0		4							NC		
291	Fiber, total dietary	1.7	g	2		1	1			1	1.6	1.9	A		2 3
269	Sugars, total	1.00	g	0		4							NC		
210	Sucrose	0.29	g	4	0.015	1	1.1	0.134	0.437	2	0.26	0.33	A		2 3
211	Glucose (dextrose)	0.40	g	4	0.057	1	1.7	0.102	0.692	2	0.16	0.67	A		1 2 3
212	Fructose	0.31	g	4	0.049	1	1.2	- 0.139	0.769	2	0.16	0.54	A		1 2 3
213	Lactose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
214	Maltose	0.00	g	4	0.000	1				2	0.00	0.00	A		1 2 3
287	Galactose	0.00	g	2		1				1	0.00	0.00	A		1 2 3
209	Starch	13.35	g	4	0.092	1	1.8	12.906	13.789	2	10.54	16.20	A		2 3
301	Calcium, Ca	10	mg	4	1.100	1	1	- 4.082	23.857	2	6	16	A		2 3
303	Iron, Fe	0.73	mg	4	0.092	1	1.1	- 0.162	1.624	2	0.47	1.12	A		2 3
304	Magnesium, Mg	22	mg	4	0.799	1	1.3	15.988	28.562	2	19	25	A		2 3
305	Phosphorus, P	61	mg	4	4.008	1	1.1	20.864	101.386	2	54	75	A		2 3
306	Potassium, K	455	mg	4	18.173	1	1	243.402	666.598	2	373	506	A		2 3
307	Sodium, Na	6	mg	73	0.760	1									
309	Zinc, Zn	0.33	mg	4	0.009	1	1.1	0.245	0.421	2	0.31	0.35	A		2 3
312	Copper, Cu	0.134	mg	4	0.027	1	1	- 0.205	0.473	2	0.078	0.185	A		1 2 3
315	Manganese, Mn	0.141	mg	4	0.015	1	1	- 0.050	0.331	2	0.119	0.179	A		2 3
317	Selenium, Se	0.5	mcg	0		4							BFSN		
401	Vitamin C, total ascorbic acid	19.7	mg	141	0.769	1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125967 **NDB No** 11355 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
404	Thiamin	0.081	mg	4	0.005	1	1	0.022	0.140	2	0.060	0.094	A		2 3
405	Riboflavin	0.031	mg	4	0.002	1	1.6	0.020	0.042	2	0.016	0.048	A		1 2 3
406	Niacin	1.149	mg	4	0.086	1	1.9	0.754	1.544	2	0.967	1.300	A		2 3
410	Pantothenic acid	0.279	mg	4	0.013	1	1.9	0.221	0.336	2	0.250	0.304	A		2 3
415	Vitamin B-6	0.170	mg	4	0.015	1	1.6	0.088	0.252	2	0.110	0.219	A		2 3
417	Folate, total	18	mcg	4	1.532	1	1.5	8.676	27.923	2	9	27	A		1 2 3
431	Folic acid	0	mcg			7							Z		
432	Folate, food	18	mcg	4	1.532	1	1.5	8.676	27.923	2	9	27	A		
435	Folate, DFE	18	mcg_DFE	0		4							NC		
418	Vitamin B-12	0.00	mcg	0		7							Z		
318	Vitamin A, IU	7	IU	4		4							NC		
320	Vitamin A, RAE	0	mcg_RAE	4		4							NC		
392	Vitamin A, RE	1	mcg_RE	4		4							NC		
394	Vitamin E	0.007	mg_ATE	0		4							NC		
323	Tocopherol, alpha	0.01	mg	0		4							BFSN		
341	Tocopherol, beta	0.00	mg	0		4							BFSN		
342	Tocopherol, gamma	0.00	mg	0		4							BFSN		
343	Tocopherol, delta	0.00	mg	0		4							BFSN		
430	Vitamin K (phylloquinone)	2.9	mcg	4	0.538	1	1.3	- 1.077	6.877	2	1.6	3.6	A		2 3
606	Fatty acids, total saturated	0.026	g	0		1									
607	4:0	0.000	g	0		1									
608	6:0	0.000	g	0		1									
609	8:0	0.000	g	0		1									
610	10:0	0.001	g	0		4							BFFN		
611	12:0	0.004	g	0		4							BFFN		
612	14:0	0.001	g	0		4							BFFN		
613	16:0	0.022	g	0		4							BFFN		
614	18:0	0.005	g	0		4							BFFN		
645	Fatty acids, total monounsaturated	0.003	g	0		4							BFFN		
626	16:1 undifferentiated	0.001	g	0		4							BFFN		
617	18:1 undifferentiated	0.001	g	0		4							BFFN		
628	20:1	0.000	g	0		1									
630	22:1 undifferentiated	0.000	g	0		1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125967 **NDB No** 11355 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
646	Fatty acids, total polyunsaturated	0.043	g	0		1									
618	18:2 undifferentiated	0.044	g	0		4							BFFN		
619	18:3 undifferentiated	0.014	g	0		4							BFFN		
627	18:4	0.000	g	0		1									
620	20:4 undifferentiated	0.000	g	0		1									
629	20:5 n-3	0.000	g	0		1									
631	22:5 n-3	0.000	g	0		1									
621	22:6 n-3	0.000	g	0		1									
601	Cholesterol	0	mg	0		7							Z		
501	Tryptophan	0.032	g	6		1									
502	Threonine	0.075	g	7		1									
503	Isoleucine	0.084	g	7		1									
504	Leucine	0.124	g	7		1									
505	Lysine	0.126	g	7		1									
506	Methionine	0.033	g	7		1									
507	Cystine	0.026	g	6		1									
508	Phenylalanine	0.092	g	7		1									
509	Tyrosine	0.077	g	6		1									
510	Valine	0.117	g	7		1									
511	Arginine	0.095	g	9		1									
512	Histidine	0.045	g	9		1									
513	Alanine	0.064	g	6		1									
514	Aspartic acid	0.506	g	6		1									
515	Glutamic acid	0.347	g	8		1									
516	Glycine	0.062	g	6		1									
517	Proline	0.074	g	8		1									
518	Serine	0.090	g	6		1									
221	Alcohol, ethyl	0.0	g	0		7									
262	Caffeine	0	mg			7							Z		
263	Theobromine	0	mg			7							Z		
321	Carotene, beta	4	mcg	4	0.131	11	1	2.333	5.659	2	1	6	JO		1 2 3
322	Carotene, alpha	0	mcg	4	0.000	11				2	0	0	JO		2 3
334	Cryptoxanthin, beta	0	mcg	4	0.000	11				2	0	0	JO		2 3

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125967 **NDB No** 11355 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
337	Lycopene	0	mcg	4	0.000	11				2	0	0	JO		2 3
338	Lutein + zeaxanthin	21	mcg	4	1.061		2	15.936	25.064	2	12	29			2 3

Refuse Percent	Refuse Dissemination Text
0.00	

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	potato large (3" to 4-1/4" dia)	369.000		
2	1.00	potato medium (2-1/4" to 3-1/4" dia)	213.000		
3	1.00	potato small (1-3/4" to 2-1/4" dia)	170.000		
4	0.50	cup diced	75.000		

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent

SR	Survey	Food Supply
Y		

Number	Footnotes

USDA Preliminary

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125963 **NDB No** 11354 **Approved** Y

Edited Name
Potatoes, white, flesh and skin, raw

Scientific Name
Solanum tuberosum

Common Name

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
255	Water	81.58	g	3	1.097	1	1	67.643	95.512	2	80.18	83.92	A		2 3
208	Energy	70	kcal	0		4							NC		
268	Energy	295	kj	0		4							NC		
203	Protein	1.68	g	3	0.077	1	1	0.702	2.650	2	1.54	1.86	A		2 3
204	Total lipid (fat)	0.10	g	3	0.000	1				2	0.08	0.14	A		1 2 3
207	Ash	0.94	g	3	0.010	1	1	0.814	1.069	2	0.70	1.08	A		2 3
205	Carbohydrate, by difference	15.71	g	0		4							NC		
291	Fiber, total dietary	2.4	g	1		1							A		
269	Sugars, total	1.15	g	0		4							NC		
210	Sucrose	0.28	g	3	0.023	1	1	- 0.015	0.577	2	0.25	0.32	A		2 3
211	Glucose (dextrose)	0.53	g	3	0.017	1	1	0.317	0.742	2	0.35	0.84	A		2 3
212	Fructose	0.34	g	3	0.013	1	1	0.174	0.512	2	0.25	0.49	A		2 3
213	Lactose	0.00	g	3	0.000	1				2	0.00	0.00	A		1 2 3
214	Maltose	0.00	g	3	0.000	1				2	0.00	0.00	A		1 2 3
287	Galactose	0.00	g	1		1							A		1
209	Starch	13.49	g	0		4							BFSN		
301	Calcium, Ca	9	mg	3	0.100	1	1	7.959	10.501	2	6	11	A		2 3
303	Iron, Fe	0.52	mg	3	0.039	1	1	0.027	1.017	2	0.47	0.61	A		2 3
304	Magnesium, Mg	21	mg	3	0.667	1	1	12.729	29.671	2	20	22	A		2 3
305	Phosphorus, P	62	mg	3	0.500	1	1	55.780	68.486	2	60	65	A		2 3
306	Potassium, K	407	mg	3	9.667	1	1	283.840	529.493	2	379	433	A		2 3
307	Sodium, Na	6	mg	73	0.760	1									
309	Zinc, Zn	0.29	mg	3	0.009	1	1	0.181	0.401	2	0.27	0.31	A		2 3
312	Copper, Cu	0.116	mg	3	0.003	1	1	0.082	0.150	2	0.091	0.133	A		2 3
315	Manganese, Mn	0.145	mg	3	0.016	1	1	- 0.055	0.344	2	0.116	0.163	A		2 3
317	Selenium, Se	0.3	mcg	299	0.031	1							A		
401	Vitamin C, total ascorbic acid	19.7	mg	141	0.769	1									

SR Item Report - Amount in 100 gram Edible Portion

Food Item ID 125963 **NDB No** 11354 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
404	Thiamin	0.071	mg	3	0.002	1	1	0.045	0.097	2	0.060	0.079	A		2 3
405	Riboflavin	0.034	mg	3	0.002	1	1	0.005	0.062	2	0.016	0.046	A		1 2 3
406	Niacin	1.066	mg	2		1				2	0.932	1.200	A		2 3
410	Pantothenic acid	0.281	mg	3	0.007	1	1	0.188	0.375	2	0.251	0.320	A		2 3
415	Vitamin B-6	0.203	mg	3	0.021	1	1	- 0.064	0.469	2	0.115	0.278	A		2 3
417	Folate, total	18	mcg	3	1.300	1	1	1.677	34.722	2	9	34	A		1 2 3
431	Folic acid	0	mcg			7							Z		
432	Folate, food	18	mcg	3	1.300	1	1	1.677	34.722	2	9	34	A		
435	Folate, DFE	18	mcg_DFE	0		4							NC		
418	Vitamin B-12	0.00	mcg	0		7							Z		
318	Vitamin A, IU	8	IU	3		4							NC		
320	Vitamin A, RAE	0	mcg_RAE	3		4							NC		
392	Vitamin A, RE	1	mcg_RE	3		4							NC		
394	Vitamin E	0.006	mg_ATE	0		4							NC		
323	Tocopherol, alpha	0.01	mg	0		4							BFSN		
341	Tocopherol, beta	0.00	mg	0		4							BFSN		
342	Tocopherol, gamma	0.00	mg	0		4							BFSN		
343	Tocopherol, delta	0.00	mg	0		4							BFSN		
430	Vitamin K (phylloquinone)	1.6	mcg	3	0.100	1	1	0.330	2.870	2	1.0	2.5	A		2 3
606	Fatty acids, total saturated	0.026	g	0		4							BFFN		
607	4:0	0.000	g	0		4							BFFN		
608	6:0	0.000	g	0		4							BFFN		
609	8:0	0.000	g	0		4							BFFN		
610	10:0	0.001	g	0		4							BFFN		
611	12:0	0.003	g	0		4							BFFN		
612	14:0	0.001	g	0		4							BFFN		
613	16:0	0.016	g	0		4							BFFN		
614	18:0	0.004	g	0		4							BFFN		
645	Fatty acids, total monounsaturated	0.002	g	0		4							BFFN		
626	16:1 undifferentiated	0.001	g	0		4							BFFN		
617	18:1 undifferentiated	0.001	g	0		4							BFFN		
628	20:1	0.000	g	0		4							BFFN		
630	22:1 undifferentiated	0.000	g	0		4							BFFN		

SR Item Report - Amount in 100 gram Edible Portion

MAY-15-02 09:45 AM

Food Item ID 125963 **NDB No** 11354 **Approved** Y

Nutr No.	Name	Value	Units	Number Datapts	Std Error	Source Code	df	Lower EB	Upper EB	Num Studies	Min	Max	Deriv Code	CC	Statistical Comments
646	Fatty acids, total polyunsaturated	0.042	g	0		4							BFFN		
618	18:2 undifferentiated	0.032	g	0		4							BFFN		
619	18:3 undifferentiated	0.010	g	0		4							BFFN		
620	20:4 undifferentiated	0.000	g	0		4							BFFN		
601	Cholesterol	0	mg	0		7							Z		
636	Phytosterols	4	mg	0		4							BFSN		
501	Tryptophan	0.016	g	2		1				2	0.013	0.020	A		2 3
502	Threonine	0.055	g	2		1				2	0.050	0.060	A		2 3
503	Isoleucine	0.053	g	2		1				2	0.050	0.056	A		2 3
504	Leucine	0.078	g	2		1				2	0.077	0.080	A		2 3
505	Lysine	0.085	g	2		1				2	0.080	0.091	A		2 3
506	Methionine	0.027	g	2		1				2	0.025	0.030	A		2 3
507	Cystine	0.021	g	2		1				2	0.020	0.023	A		2 3
508	Phenylalanine	0.150	g	2		1				2	0.060	0.240	A		2 3
509	Tyrosine	0.029	g	2		1				2	0.020	0.039	A		2 3
510	Valine	0.084	g	2		1				2	0.080	0.088	A		2 3
511	Arginine	0.083	g	2		1				2	0.070	0.096	A		2 3
512	Histidine	0.028	g	2		1				2	0.026	0.030	A		2 3
513	Alanine	0.055	g	2		1				2	0.050	0.060	A		2 3
514	Aspartic acid	0.362	g	2		1				2	0.355	0.370	A		2 3
515	Glutamic acid	0.256	g	2		1				2	0.230	0.283	A		2 3
516	Glycine	0.049	g	2		1				2	0.048	0.050	A		2 3
517	Proline	0.048	g	2		1				2	0.046	0.050	A		2 3
518	Serine	0.061	g	2		1				2	0.060	0.062	A		2 3
262	Caffeine	0	mg			7							Z		
263	Theobromine	0	mg			7							Z		
321	Carotene, beta	5	mcg	3	0.000	11				2	1	6	JO		1 2 3
322	Carotene, alpha	0	mcg	3	0.000	11				2	0	0	JO		2 3
334	Cryptoxanthin, beta	0	mcg	3	0.000	11				2	0	0	JO		2 3
337	Lycopene	0	mcg	3	0.000	11				2	0	0	JO		2 3
338	Lutein + zeaxanthin	13	mcg	2						2	4	22			2 3

SR Item Report - Amount in 100 gram Edible Portion

MAY-15-02 09:45 AM

Food Item ID 125963 **NDB No** 11354 **Approved** Y

Refuse Percent	Refuse Dissemination Text

Weights

Rank	Amount	Description	Gram Weight	n	STD
1	1.00	potato large (3" to 4-1/4" dia)	369.000		
2	1.00	potato medium (2-1/4" to 3-1/4" dia)	213.000		
3	1.00	potato small (1-3/4 to 2-1/2" dia)	170.000		
4	0.50	cup, diced	75.000		

Factors

Carbohydrate Calorie	Fat Calorie	Protein Calorie	Food Degree Brix	Lipid Conversion	Alternate Nitrogen	Nitrogen to Protein Conversion	Retinol Equivalent

SR	Survey	Food Supply
Y		

Number	Footnotes

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805880

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

WHITE POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.4	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	89.4	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.7	GM/100 G
DIETARY FIBER	2.3	GM/100 G
TOTAL CARBOHYDRATE	8.5	GM/100 G
CALORIES	39.6	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.3	GM/100 G
GLUCOSE BY HPLC	.4	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.4	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	14.6	MG/100 G
THIAMIN HYDROCHLORIDE	.04	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805880

WHITE POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.131	MG/100 G
FOLIC ACID	.0231	MG/100 G
RIBOFLAVIN	< .020	MG/100 G
NIACIN	1.54	MG/100 G
PANTOTHENIC ACID	.37	MG/100 G
CALCIUM	6.46	MG/100 G
COPPER	.077	MG/100 G
IRON	.501	MG/100 G
MAGNESIUM	19.5	MG/100 G
MANGANESE	.163	MG/100 G
PHOSPHORUS	43.3	MG/100 G
POTASSIUM	377.0	MG/100 G
SODIUM	6.09	MG/100 G
ZINC	.364	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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WHITE POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
Official Methods of Analysis of AOAC INTERNATIONAL, 17th Ed., Method 954.02, AOAC INTERNATIONAL: Gaithersburg, Maryland, (2000), modified.

ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

CALORIES
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

SUGAR PROFILE
Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805880

WHITE POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

ICP EMISSION SPECTROMETRY
Inductively Coupled Plasma-Atomic Emission Spectrometry Analysis of Biological Materials and Soils for Major, Trace, and Ultra-Trace Elements, Applied Spectroscopy (modified), Volume 32, PP 1-29 (1978).
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 50.1.15 and 3.2.06, AOAC, Arlington, VA (1995).

SELENIUM
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 3.4.13 and 9.2.30, AOAC, Arlington, VA (1995).
J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805881

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

WHITE POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.2	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	93.2	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.9	GM/100 G
DIETARY FIBER	2.8	GM/100 G
TOTAL CARBOHYDRATE	4.7	GM/100 G
CALORIES	23.6	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.3	GM/100 G
GLUCOSE BY HPLC	.3	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.5	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	19.7	MG/100 G
THIAMIN HYDROCHLORIDE	.04	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805881

WHITE POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.118	MG/100 G
FOLIC ACID	.0217	MG/100 G
RIBOFLAVIN	.021	MG/100 G
NIACIN	1.22	MG/100 G
PANTOTHENIC ACID	.39	MG/100 G
CALCIUM	7.19	MG/100 G
COPPER	.175	MG/100 G
IRON	.527	MG/100 G
MAGNESIUM	19.2	MG/100 G
MANGANESE	.184	MG/100 G
PHOSPHORUS	49.6	MG/100 G
POTASSIUM	427.0	MG/100 G
SODIUM	10.1	MG/100 G
ZINC	.405	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

WHITE POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
Official Methods of Analysis of AOAC INTERNATIONAL, 17th Ed., Method 954.02, AOAC INTERNATIONAL: Gaithersburg, Maryland, (2000), modified.

ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

CALORIES
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

SUGAR PROFILE
Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

WHITE POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

ICP EMISSION SPECTROMETRY
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SELENIUM
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 3.4.13 and 9.2.30, AOAC, Arlington, VA (1995).
J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805882

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

WHITE POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.4	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	91.0	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.7	GM/100 G
DIETARY FIBER	2.3	GM/100 G
TOTAL CARBOHYDRATE	6.9	GM/100 G
CALORIES	33.2	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.3	GM/100 G
GLUCOSE BY HPLC	.4	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.5	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	16.6	MG/100 G
THIAMIN HYDROCHLORIDE	.04	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805882

WHITE POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.133	MG/100 G
FOLIC ACID	.0322	MG/100 G
RIBOFLAVIN	.021	MG/100 G
NIACIN	1.58	MG/100 G
PANTOTHENIC ACID	.34	MG/100 G
CALCIUM	7.21	MG/100 G
COPPER	.091	MG/100 G
IRON	.506	MG/100 G
MAGNESIUM	17.9	MG/100 G
MANGANESE	.165	MG/100 G
PHOSPHORUS	46.7	MG/100 G
POTASSIUM	407.0	MG/100 G
SODIUM	5.10	MG/100 G
ZINC	.345	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805882

WHITE POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

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COVANCE
THE DEVELOPMENT SERVICES COMPAN

SAMPLE NUMBER: 00805882

WHITE POTATO - SAMPLE C
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RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
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AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

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J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805883

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RED POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.9	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	94.6	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.6	GM/100 G
DIETARY FIBER	3.1	GM/100 G
TOTAL CARBOHYDRATE	2.9	GM/100 G
CALORIES	19.2	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.3	GM/100 G
GLUCOSE BY HPLC	.4	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.6	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	13.7	MG/100 G
THIAMIN HYDROCHLORIDE	.05	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805883

RED POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.115	MG/100 G
FOLIC ACID	.0216	MG/100 G
RIBOFLAVIN	< .020	MG/100 G
NIACIN	1.89	MG/100 G
PANTOTHENIC ACID	.38	MG/100 G
CALCIUM	5.06	MG/100 G
COPPER	.130	MG/100 G
IRON	.499	MG/100 G
MAGNESIUM	19.3	MG/100 G
MANGANESE	.132	MG/100 G
PHOSPHORUS	49.5	MG/100 G
POTASSIUM	395.0	MG/100 G
SODIUM	< 2.50	MG/100 G
ZINC	.387	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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RED POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

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TOTAL FAT, ACID HYDROLYSIS
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AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

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RED POTATO - SAMPLE A
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METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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REPORT OF ANALYSIS

COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805884

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RED POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.9	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	90.7	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.8	GM/100 G
DIETARY FIBER	2.1	GM/100 G
TOTAL CARBOHYDRATE	6.6	GM/100 G
CALORIES	34.	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.3	GM/100 G
GLUCOSE BY HPLC	.3	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.3	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	14.9	MG/100 G
THIAMIN HYDROCHLORIDE	.05	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805884

RED POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.170	MG/100 G
FOLIC ACID	.0102	MG/100 G
RIBOFLAVIN	< .020	MG/100 G
NIACIN	1.85	MG/100 G
PANTOTHENIC ACID	.35	MG/100 G
CALCIUM	5.44	MG/100 G
COPPER	.113	MG/100 G
IRON	.515	MG/100 G
MAGNESIUM	19.3	MG/100 G
MANGANESE	.142	MG/100 G
PHOSPHORUS	52.7	MG/100 G
POTASSIUM	427.0	MG/100 G
SODIUM	6.45	MG/100 G
ZINC	.386	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805884

RED POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
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COVANCE
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RED POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805885

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RED POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	1.6	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	89.5	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.7	GM/100 G
DIETARY FIBER	3.2	GM/100 G
TOTAL CARBOHYDRATE	8.2	GM/100 G
CALORIES	39.2	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.1	GM/100 G
GLUCOSE BY HPLC	.1	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.3	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	9.2	MG/100 G
THIAMIN HYDROCHLORIDE	.05	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805885

RED POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.147	MG/100 G
FOLIC ACID	.0165	MG/100 G
RIBOFLAVIN	.02	MG/100 G
NIACIN	1.85	MG/100 G
PANTOTHENIC ACID	.35	MG/100 G
CALCIUM	5.84	MG/100 G
COPPER	.103	MG/100 G
IRON	.576	MG/100 G
MAGNESIUM	20.8	MG/100 G
MANGANESE	.173	MG/100 G
PHOSPHORUS	52.3	MG/100 G
POTASSIUM	426.0	MG/100 G
SODIUM	5.84	MG/100 G
ZINC	.425	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

RED POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
Official Methods of Analysis of AOAC INTERNATIONAL, 17th Ed., Method 954.02, AOAC INTERNATIONAL: Gaithersburg, Maryland, (2000), modified.

ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

CALORIES
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

SUGAR PROFILE
Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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THE DEVELOPMENT SERVICES COMPAN'

SAMPLE NUMBER: 00805885

RED POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

ICP EMISSION SPECTROMETRY
Inductively Coupled Plasma-Atomic Emission Spectrometry Analysis of Biological Materials and Soils for Major, Trace, and Ultra-Trace Elements, Applied Spectroscopy (modified), Volume 32, PP 1-29 (1978).
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 50.1.15 and 3.2.06, AOAC, Arlington, VA (1995).

SELENIUM
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 3.4.13 and 9.2.30, AOAC, Arlington, VA (1995).
J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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REPORT OF ANALYSIS

COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805886

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RUSSET POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	2.2	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	90.4	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.8	GM/100 G
DIETARY FIBER	2.6	GM/100 G
TOTAL CARBOHYDRATE	6.6	GM/100 G
CALORIES	35.2	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.2	GM/100 G
GLUCOSE BY HPLC	.2	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.3	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	15.4	MG/100 G
THIAMIN HYDROCHLORIDE	.07	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805886

RUSSET POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.185	MG/100 G
FOLIC ACID	.0171	MG/100 G
RIBOFLAVIN	.021	MG/100 G
NIACIN	1.20	MG/100 G
PANTOTHENIC ACID	.39	MG/100 G
CALCIUM	16.1	MG/100 G
COPPER	.123	MG/100 G
IRON	1.43	MG/100 G
MAGNESIUM	23.2	MG/100 G
MANGANESE	.187	MG/100 G
PHOSPHORUS	57.1	MG/100 G
POTASSIUM	447.0	MG/100 G
SODIUM	7.50	MG/100 G
ZINC	.295	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805886

RUSSET POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
Official Methods of Analysis of AOAC INTERNATIONAL, 17th Ed., Method 954.02, AOAC INTERNATIONAL: Gaithersburg, Maryland, (2000), modified.

ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

CALORIES
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

SUGAR PROFILE
Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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RUSSET POTATO - SAMPLE A
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

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AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 50.1.15 and 3.2.06, AOAC, Arlington, VA (1995).

SELENIUM
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 3.4.13 and 9.2.30, AOAC, Arlington, VA (1995).
J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00805887

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RUSSET POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	2.2	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	93.5	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	1.0	GM/100 G
DIETARY FIBER	2.1	GM/100 G
TOTAL CARBOHYDRATE	3.3	GM/100 G
CALORIES	22.	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.2	GM/100 G
GLUCOSE BY HPLC	.3	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.6	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	18.3	MG/100 G
THIAMIN HYDROCHLORIDE	.07	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805887

RUSSET POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.197	MG/100 G
FOLIC ACID	.0239	MG/100 G
RIBOFLAVIN	.027	MG/100 G
NIACIN	1.18	MG/100 G
PANTOTHENIC ACID	.35	MG/100 G
CALCIUM	16.4	MG/100 G
COPPER	.106	MG/100 G
IRON	1.08	MG/100 G
MAGNESIUM	25.6	MG/100 G
MANGANESE	.177	MG/100 G
PHOSPHORUS	55.9	MG/100 G
POTASSIUM	455.0	MG/100 G
SODIUM	5.19	MG/100 G
ZINC	.313	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

RUSSET POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
Official Methods of Analysis of AOAC INTERNATIONAL, 17th Ed., Method 954.02, AOAC INTERNATIONAL: Gaithersburg, Maryland, (2000), modified.

ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

CALORIES
United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

SUGAR PROFILE
Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805887

RUSSET POTATO - SAMPLE B
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

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AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 50.1.15 and 3.2.06, AOAC, Arlington, VA (1995).

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REPORT OF ANALYSIS

COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805888

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

RUSSET POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PROTEIN(N X 6.25)DUMAS METHOD	2.2	GM/100 G
MOISTURE, 70 DEGREE VAC. OVEN	93.0	GM/100 G
TOTAL FAT, ACID HYDROLYSIS	< .1	GM/100 G
ASH	.8	GM/100 G
DIETARY FIBER	2.2	GM/100 G
TOTAL CARBOHYDRATE	4.	GM/100 G
CALORIES	24.8	CALORIES/100 G
SUGAR PROFILE		
FRUCTOSE BY HPLC	.1	GM/100 G
GLUCOSE BY HPLC	.2	GM/100 G
GALACTOSE BY HPLC	< .1	GM/100 G
SUCROSE BY HPLC	.2	GM/100 G
MALTOSE BY HPLC	< .1	GM/100 G
LACTOSE BY HPLC	< .1	GM/100 G
VITAMIN C	17.1	MG/100 G
THIAMIN HYDROCHLORIDE	.08	MG/100 G

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805888

RUSSET POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
PYRIDOXINE HYDROCHLORIDE	.203	MG/100 G
FOLIC ACID	.0515	MG/100 G
RIBOFLAVIN	.025	MG/100 G
NIACIN	1.72	MG/100 G
PANTOTHENIC ACID	.37	MG/100 G
CALCIUM	15.5	MG/100 G
COPPER	.087	MG/100 G
IRON	1.08	MG/100 G
MAGNESIUM	23.5	MG/100 G
MANGANESE	.228	MG/100 G
PHOSPHORUS	61.2	MG/100 G
POTASSIUM	447.0	MG/100 G
SODIUM	9.03	MG/100 G
ZINC	.304	MG/100 G
SELENIUM	< .005	MG/100 G

METHOD REFERENCES

PROTEIN(N X 6.25)DUMAS METHOD
AOAC International, '968.06 Protein (Crude) in Animal Feed' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 1, AOAC International, Gaithersburg, MD (1995).

MOISTURE, 70 DEGREE VAC. OVEN
AOAC International, '934.06 Moisture in Dried Fruits' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaitersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00805888

RUSSET POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

TOTAL FAT, ACID HYDROLYSIS
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ASH
AOAC International, '923.03 Ash of Flour' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International, Gaithersburg, MD (1995).

DIETARY FIBER
Official Methods of Analysis, 'Total Dietary Fiber in Foods' (modified), Method 985.29, Sixteenth Ed., Chapter 45, AOAC, Arlington, VA (1995).

TOTAL CARBOHYDRATE
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United States Department of Agriculture, 'Composition of Foods', Agriculture Handbook #8, pp. 159-160, United States Department of Agriculture, Washington, D.C. (1963).

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Official Methods of Analysis (1995), 16th Edition, Method 982.14, 'Glucose, Fructose, Sucrose and Maltose in Presweetened Cereal' (modified), Chapter 32, AOAC, Arlington, VA.

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

THIAMIN HYDROCHLORIDE
Official Methods of Analysis, 16th Edition, Method 942.23, 'Thiamine (Vitamin B1) in Foods', 953.17, 'Thiamine (Vitamin B1) in Grain Products', and 95.7.17, 'Thiamine (Vitamin B1) In Bread' (modified), Chapter 45, AOAC, Gaithersburg, MD (1995).

PYRIDOXINE HYDROCHLORIDE
AOAC International, '961.15 Vitamin B6 (Pyridoxine, Pyridoxal, Pyridoxamine) in Food Extracts' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

RUSSET POTATO - SAMPLE C
(COMPOSITE OF 12 LOCATIONS)

METHOD REFERENCES (CONTINUED)

FOLIC ACID
AOAC International, '992.05 Folic Acid (Pteroylglutamic Acid) in Infant Formula' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

RIBOFLAVIN
AOAC International, '940.33 Riboflavin (Vitamin B2) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

NIACIN
AOAC International, '944.13 Niacin and Niacinamide (Nicotinic Acid and Nicotinamide) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

PANTOTHENIC ACID
AOAC International, '992.07 Pantothenic Acid in Milk-Based Infant Formula' (modified) Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, Supplement March 1996, AOAC International: Gaithersburg, MD (1995).

ICP EMISSION SPECTROMETRY
Inductively Coupled Plasma-Atomic Emission Spectrometry Analysis of Biological Materials and Soils for Major, Trace, and Ultra-Trace Elements, Applied Spectroscopy (modified), Volume 32, PP 1-29 (1978).
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SELENIUM
AOAC International, Official Methods of Analysis (modified), 16th Edition, Methods 3.4.13 and 9.2.30, AOAC, Arlington, VA (1995).
J. H. Watkinson, "Fluorometric Determination of Selenium in Biological Material with 2,3-Diaminonapthalene" (modified), Analytical Chemistry, Vol. 38, Number 1, (January 1966).

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COVANCE
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REPORT OF ANALYSIS

SAMPLE NUMBER: 00805889

BATCH NUMBER: 00805880

DATE ENTERED: 08/23/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

YUKON GOLD POTATO
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
BETA CAROTENE BY HPLC	< .02	MG/100 G
VITAMIN A FROM CAROTENE	< 35.	IU/100 G

METHOD REFERENCES

BETA CAROTENE BY HPLC
AOAC International, Official Methods of Analysis (modified), 16th Edition, Volume 2, Method 45.1.03, AOAC, Arlington, VA (1995).
Quackenbush, F. W., Journal of Liquid Chromatography (modified), 10: 643-653 (1987).

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REPORT OF ANALYSIS

COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00806996

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#1 RUSSET PEELED A - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	8.4	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00806997

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#2 RUSSET PEELED B - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	11.4	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00806998

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#3 RUSSET PEELED C - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	8.2	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00806999

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#4 RUSSET UNPEELED A - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	8.2	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
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REPORT OF ANALYSIS

SAMPLE NUMBER: 00807000

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#5 RUSSET UNPEELED B - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	14.7	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00807001

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#6 RUSSET UNPEELED C - REGULAR COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	14.6	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00807002

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#7 RUSSET PEELED A - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	11.0	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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COVANCE
THE DEVELOPMENT SERVICES COMPANY

REPORT OF ANALYSIS

SAMPLE NUMBER: 00807003

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
SAN FRANSISCO, CA 94111

#8 RUSSET PEELED B - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	5.6	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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REPORT OF ANALYSIS

COVANCE
THE DEVELOPMENT SERVICES COMPANY

SAMPLE NUMBER: 00807004

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
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#9 RUSSET PEELED C - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	11.1	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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REPORT OF ANALYSIS

SAMPLE NUMBER: 00807005

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
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#10 RUSSET UNPEELED A - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	4.1	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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REPORT OF ANALYSIS

SAMPLE NUMBER: 00807006

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

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#11 RUSSET UNPEELED B - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	12.1	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

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REPORT OF ANALYSIS

SAMPLE NUMBER: 00807007

BATCH NUMBER: 00806996

DATE ENTERED: 08/29/00

REPORT PRINTED: 11/28/01

KETCHUM
JENNIFER STIMSON
1050 BATTERY STREET
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#12 RUSSET UNPEELED C - *LOW MOISTURE COOK METHOD
(COMPOSITE OF 12 LOCATIONS)

ASSAY	ANALYSIS	UNITS
VITAMIN C	7.0	MG/100 G

METHOD REFERENCES

VITAMIN C
AOAC International, '967.22 Vitamin C (Total) in Vitamin Preparations' (modified), Official Methods of Analysis, (ed.) Patricia Cunniff, Sixteenth Ed., Vol. 2, AOAC International: Gaithersburg, MD (1995).

the POWER of POTATOES

POSITIVELY NUTRITIOUS!

America's favorite vegetable is not only fat- and cholesterol-free, it is also high in vitamin C and potassium, and is a good source of fiber.

In addition to being nutritious and delicious, potatoes are versatile. Potatoes can star at the center of the plate with beef, chicken or fish, or on their own as an easy vegetarian meal. Or, mash, bake or microwave potatoes for a tasty side dish. Leave the skins on your spuds for an extra nutritional boost since a wealth of vitamins, minerals and fiber are found in the peel.

POTASSIUM

Potatoes with skin are an excellent source of potassium, which is great for cardiovascular health. In fact, potatoes qualify for a health claim approved by the U.S. Food and Drug Administration, which states: Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Just one potato offers 21 percent of the Daily Value for potassium.

Potassium also helps retain calcium, which is important to build strong bones.

Nutrition Facts
Serving Size 1 medium (148g)

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 4g	

Vitamin A 0% • Vitamin C 45%
Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

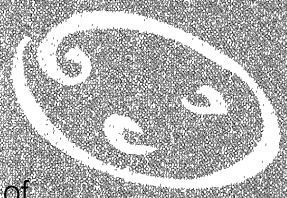
VITAMIN C

For vitamin C, don't just think oranges – think potatoes! Potatoes are one of the leading sources of vitamin C in the American diet[1]. This vitamin is a potent antioxidant that stabilizes free radicals, thus preventing cellular damage. Vitamin C also produces the collagen that helps hold bone tissue together.

FIBER

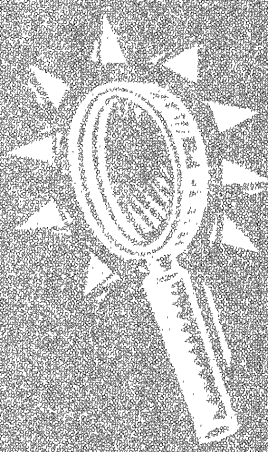
One medium potato (5.3 ounces) with skin contains three grams, or 12 percent of the recommended daily intake for fiber. Preliminary studies show that fiber is beneficial for a healthy digestive system and may help reduce the risk of some cancers and possibly heart disease. According to researchers at Pennsylvania State University[2], consuming adequate fiber and water helps increase satiety between meals.

ANTIOXIDANTS



Antioxidants protect key cell components by neutralizing the damaging effects of "free radicals," natural byproducts of cell metabolism. Free radicals travel through cells, disrupting the structure of other molecules, causing cellular damage. Such cell damage is believed to contribute to aging and various health problems[3].

- Potatoes contain glutathione, an antioxidant that may possibly help protect against some cancers. Per serving, potatoes, along with avocadoes, asparagus, squash, okra, cauliflower, broccoli and raw tomatoes, have the highest glutathione content compared to other vegetables[4].



- In a study comparing the overall antioxidant activity of potatoes, bell peppers, carrots, onions and broccoli, potatoes ranked second highest after broccoli[5].

potatohelp.com

For quick and easy meal solutions

CARBOHYDRATES: the meat and POTATOES of healthful eating

Foods that contain complex carbohydrates are the main source of energy for the body. Although some advocates of high-protein, low-carbohydrate diets recommend cutting back on or eliminating carbohydrate-containing foods such as potatoes, carrots and dried fruit, many nutrition experts believe that high-protein, low-carbohydrate diets are potentially unhealthy and are not beneficial for maintaining long-term weight loss[6,7]. Because these diets tend to be high in saturated fats and low in fruits, vegetables and grains, they may increase the risk for heart disease and some cancers.

THE GLYCEMIC INDEX (GI)

The Glycemic Index (GI) is a system that assigns a number to foods, particularly carbohydrates such as bread, pasta and potatoes, based on their ability to increase blood glucose. Much has been written about use of the GI as a tool for weight loss, but to date there have been no well-controlled, long-term human studies to examine the effects of GI on body weight regulation[8]. In addition, there is no conclusive evidence that eating high GI foods will lead to obesity[9].

The practicality of the GI of individual foods in diet planning is controversial because combinations of foods can alter the total GI of a meal. In the case of potatoes, for example, common toppings such as cheese, broccoli, butter, salsa or vinegar may lower the combined GI. Furthermore, some of the foods that score high on the GI, such as potatoes, also score high on the satiety index (SI)[10]. The higher the SI of a food, the more satisfied a person is between meals.

More research is needed before health and nutrition professionals will recommend using the GI as a tool to help plan meals and snacks[11]. In fact, the American Diabetes Association does not recommend that people with diabetes follow the GI eating pattern, based on the current level of scientific knowledge.

As always, it is recommended that you talk with your doctor before starting any new diet or meal plan. For further information about the Glycemic Index, contact the American Diabetes Association.

tips for HEALTHY LIVING

To stay healthy, be sure to exercise, control meal portions and eat well. The best guide for eating well is the United States Department of Agriculture's (USDA) Food Guide Pyramid. Make sure to eat plenty of fruits and vegetables – a minimum of five servings of fruits and vegetables per day. Here are some tips on how America's favorite vegetable, the potato, can help.

MEXICAN FIESTA

Top a split baked potato with canned black beans, cooked frozen corn, nonfat sour cream and your favorite salsa.

VEGGIE STIR-FRY

Use a potato as a base for simple stir-fried vegetables. Stir-fry cut-up zucchini, carrots, green or red bell pepper and broccoli. Season with low-sodium soy sauce; spoon over a split baked potato.

CHILI POTATO

Spoon prepared chili over a split baked potato. Top with green onions, low fat shredded Cheddar cheese and nonfat sour cream.

Sources:

1. Sheldon M. The Wellness Encyclopedia of Food and Nutrition, Rebus, 1992.
2. Rolls and Barnett. Volumetrics: Feel Full on Fewer Calories, HarperCollins Publishers Inc., 2000.
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4. Jones DP et al. Glutathione in Foods Listed in the National Cancer Institute's Health Habits and History Food Frequency Questionnaire. Nutrition and Cancer. 1992;17(1): 57-75.
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6. Berkeley Wellness Letter, Volume 16, Issue 7, April 2000.
7. Stein K. High-Protein, low-carbohydrate diets: Do they work? Journal of the American Dietetic Association. 2000;100(7): 760-761.
8. Ludwig DS. Dietary Glycemic Index and Obesity. Journal of Nutrition. 2000;130(2S Suppl): 280S-283S.
9. Rolls and Barnett, Ibid.
10. Letter to the Editor. The Low Glycemic Index Diet: Not Yet Ready for Prime Time. Nutrition Reviews. 1999;57: 297.
11. Holt et al. A Satiety Index of Common Foods. European Journal of Clinical Nutrition. 1995; 49(9): 675-690.

For more potato nutrition information, recipes and tips, check out: www.potatohelp.com or write to:

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Denver, Colorado 80231