



**NUTRIENT DATA
LABORATORY**



USDA National Nutrient Database for Standard Reference Release 17

This page provides access to Release 17 of the USDA National Nutrient Database for Standard Reference. You can either view the data here or download the data files and documentation in several different formats for use later on your computer. A search tool is also provided so you can look up the nutrient content of 6839 different foods directly from this home page.

The suggested citation for this database is:

U.S. Department of Agriculture, Agricultural Research Service. 2004. USDA National Nutrient Database for Standard Reference, Release 17. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>

- **Search** the database online
- **Download software** to search the SR database.
- **Display:**
 - **Reports** of all the foods in the database.
 - **Nutrient lists** for selected foods and nutrients. These lists are sorted either by food description or in descending order by nutrient content in terms of common household measures.

You will need the **Adobe® Reader®** viewer to view these reports. These reports can also be downloaded to your PC and/or printed on your printer.

- **Download** the database for use on your computer with various software packages.
- **SR17 documentation** describing all the files, their fields and relationships accompanies the database and can be viewed online. The **ASCII files** can also be viewed online.

The USDA National Nutrient Database for Standard Reference, Release 17 is being prepared for distribution on CD-ROM from the **Government Printing Office**. Information will be posted here when available.

SR17 Data Files (ASCII)

Food Description File (969Kb)

Food Group File (0.6Kb)

Nutrient Data File (21,538 Kb)

Nutrient Definition File (4Kb)

Source Code File (0.5Kb)

Derivation Code File (4Kb)

Weight File (423Kb)

Footnote File (11Kb)

Sources of Data File (9.8Kb) - Also available as report using PDF.

Data Source Link File (1,186 Kb)

Updates to Earlier Releases

These files are for those users who have built their own database and wish to perform their own updates:

- From SR16-1 to SR17
 - From SR16 to SR16-1
 - From SR15 to SR16
 - From SR14 to SR15
 - From SR13 to SR14
 - From SR12 to SR13
 - ASCII
 - DBF
 - From SR11-1 to SR12
 - ASCII (980 Kb)
 - DBF (980 Kb)
 - From SR11 to SR11-1
 - ASCII (300 Kb)
 - DBF (289 Kb)
 - From SR10 to SR11
 - ASCII (415 Kb)
 - DBF (418 Kb)
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Last updated: September 14, 2004

Milk, human, mature, fluid

NDB No: 01107

Measure: 100 gram

Gram weight (edible portion): 100.00 g

Refuse: 0%

Date: 6/23/2005 13:

Nutrient	Units	Value
Water	g	87.50
Energy	kcal	70
Energy	kJ	291
Protein	g	1.03
Total lipid (fat)	g	4.38
Ash	g	0.20
Carbohydrate, by difference	g	6.89
Fiber, total dietary	g	0.0
Sugars, total	g	6.89
Calcium, Ca	mg	32
Iron, Fe	mg	0.03
Magnesium, Mg	mg	3
Phosphorus, P	mg	14
Potassium, K	mg	51
Sodium, Na	mg	17
Zinc, Zn	mg	0.17
Copper, Cu	mg	0.052
Manganese, Mn	mg	0.026
Selenium, Se	mcg	1.8
Vitamin C, total ascorbic acid	mg	5.0
Thiamin	mg	0.014
Riboflavin	mg	0.036
Niacin	mg	0.177
Pantothenic acid	mg	0.223
Vitamin B-6	mg	0.011
Folate, total	mcg	5
Folic acid	mcg	0
Folate, food	mcg	5
Folate, DFE	mcg_DFE	5
Vitamin B-12	mcg	0.05
Vitamin A, IU	IU	212
Vitamin A, RAE	mcg_RAE	61
Retinol	mcg	60
Vitamin E (alpha-tocopherol)	mg	0.08
Vitamin D	IU	4.000
Vitamin K (phylloquinone)	mcg	0.3
Fatty acids, total saturated	g	2.009
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.063
12:0	g	0.256
14:0	g	0.321
16:0	g	0.919
18:0	g	0.293
Fatty acids, total monounsaturated	g	1.658
16:1 undifferentiated	g	0.129
18:1 undifferentiated	g	1.475
20:1	g	0.040
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.497
18:2 undifferentiated	g	0.374
18:3 undifferentiated	g	0.052
18:4	g	0.000
20:4 undifferentiated	g	0.026
20:5 n-3	g	0.000
22:5 n-3	g	0.000
22:6 n-3	g	0.000
Cholesterol	mg	14
Tryptophan	g	0.017
Threonine	g	0.046
Isoleucine	g	0.056
Leucine	g	0.095
Lysine	g	0.068

Nutrient	Units	Value
Methionine	g	0.021
Cystine	g	0.019
Phenylalanine	g	0.046
Tyrosine	g	0.053
Valine	g	0.063
Arginine	g	0.043
Histidine	g	0.023
Alanine	g	0.036
Aspartic acid	g	0.082
Glutamic acid	g	0.168
Glycine	g	0.026
Proline	g	0.082
Serine	g	0.043
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0
Carotene, beta	mcg	7
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0