

A-Z of Food

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A-Z of Food

	Food A	Food B	Food Y	Food Z
Energy	100%	100%	100%	100%
Nutrition	100%	B%	Y%	Z%
Food	Beef	Fish	Bread	Sugar
Weight (g)	746	1680	752	514
Calories (kcal)	1999	1999	2000	1999
Fat (g)	127.6	58.1	25.0	0.0
Protein (g)	213.7	344.1	66.6	0.0
Carbohydrates (g)	0.0	0.0	371.6	512.8
Sugar (g)	0.0	0.0	42.6	502.7
Fiber (g)	0.0	0.0	20.3	0.0
Cholesterol (mg)	738.5	991.2	0.0	0.0
Saturated Fats (g)	45.7	12.1	5.2	0.0
Net Carbs (g)	0.0	0.0	351.3	512.8
Trans Fats (g)	5.5	0.0	0.2	0.0
Minerals	Beef	Fish	Bread	Sugar
Calcium (mg)	59.7	1125.6	1082.9	5.1
Iron (mg)	40.7	11.8	27.1	0.3
Potassium (mg)	2118.6	8080.8	947.5	10.3
Magnesium (mg)	194.0	520.8	173.0	0.0
Phosphorus (mg)	1469.6	4552.8	737.0	0.0
Sodium (mg)	522.2	520.8	3684.8	10.3
Zinc (mg)	55.1	18.1	5.6	0.1
Copper (mg)	1.6	1.8	0.8	0.0
Manganese (mg)	1.6	2.7	4.0	0.0
Selenium (µg)	268.6	211.7	165.4	3.1
Fluoride (µg)	0.0	0.0	367.7	0.0
Vitamins	Beef	Fish	Bread	Sugar
Vitamin A, RAE (µg)	22.4	319.2	0.0	0.0
Vitamin C (mg)	0.0	40.3	0.0	0.0
Vitamin B12 (µg)	56.2	74.8	0.0	0.0
Thiamin (B1) (mg)	0.9	2.1	4.0	0.0
Riboflavin (B2) (mg)	6.4	1.8	1.8	0.1
Niacin (B3) (mg)	41.8	90.5	35.9	0.0
Pantothenic acid (B5) (mg)	9.9	15.6	4.0	0.0
Vitamin B6 (mg)	3.6	6.8	0.7	0.0

Folate (B9) (µg)	52.2	201.6	834.7	0.0
Folic acid (µg)	0.0	0.0	646.7	0.0
Food Folate (µg)	52.2	201.6	188.0	0.0
Folate (Dietary Folate Equivalents) (µg)	52.2	201.6	1285.9	0.0
Choline (mg)	580.4	0.0	109.8	0.0
Vitamin A (IU)	67.1	1041.6	7.5	0.0
Retinol (µg)	22.4	319.2	0.0	0.0
Beta Carotene (µg)	0.0	0.0	0.0	0.0
Alpha Carotene (µg)	0.0	0.0	0.0	0.0
Beta Cryptoxanthin (µg)	0.0	0.0	0.0	0.0
Lycopene (µg)	0.0	0.0	0.0	0.0
Lutein + Zeaxanthin (µg)	0.0	0.0	330.9	0.0
Vitamin E (mg)	0.5	0.0	1.7	0.0
Vitamin D (µg)	1.5	0.0	0.0	0.0
Vitamin D2 (Ergocalciferol) (µg)	0.0	0.0	0.0	0.0
Vitamin D3 (Cholecalciferol) (µg)	1.5	0.0	0.0	0.0
Vitamin D (IU) (IU)	59.7	0.0	0.0	0.0
Vitamin K (µg)	11.9	0.0	1.5	0.0
Vitamin K1 (Dihydrophyloquinone) (µg)	0.0	0.0	0.0	0.0
Menaquinone-4 (µg)	0.0	0.0	0.0	0.0
Other				
Water (g)	397.7	1207.4	273.9	1.2
Ash (g)	10.0	22.0	15.0	0.0
Alcohol (g)	0.0	0.0	0.0	0.0
Caffeine (mg)	0.0	0.0	0.0	0.0
Theobromine (mg)	0.0	0.0	0.0	0.0
Carbohydrates				
Sucrose (g)	0.0	0.0	0.0	0.0
Glucose (g)	0.0	0.0	11.8	0.0
Fructose (g)	0.0	0.0	18.3	0.0
Lactose (g)	0.0	0.0	0.0	0.0
Maltose (g)	0.0	0.0	12.6	0.0
Galactose (g)	0.0	0.0	0.0	0.0
Starch (g)	0.0	0.0	279.5	6.5
Fats				
Omega 3s (mg)	455.0	12751.0	1256.0	0.0
Omega 6s (mg)	5968.0	4015.0	60.0	0.0
Omega 3 to Omega 6 Ratio	0.1	3.2	20.9	0.0
Omega 6 to Omega 3 Ratio	13.1	0.3	0.1	0.0
4:0 (mg)	0.0	0.0	23.0	0.0
6:0 (mg)	0.0	0.0	0.0	0.0
8:0 (mg)	0.0	0.0	38.0	0.0

10:0 (mg)	60.0	0.0	38.0	0.0
12:0 (mg)	67.0	185.0	98.0	0.0
13:0 (mg)	0.0	0.0	0.0	0.0
14:0 (mg)	2678.0	1327.0	68.0	0.0
15:0 (mg)	433.0	0.0	23.0	0.0
16:0 (mg)	23686.0	7073.0	3151.0	0.0
17:0 (mg)	1246.0	0.0	30.0	0.0
18:0 (mg)	17389.0	2335.0	1639.0	0.0
20:0 (mg)	60.0	0.0	60.0	0.0
22:0 (mg)	0.0	0.0	60.0	0.0
24:0 (mg)	134.0	0.0	30.0	0.0
Monosaturated Fats (mg)	49527.0	18967.0	4504.0	0.0
14:1 (mg)	522.0	0.0	0.0	0.0
15:1 (mg)	776.0	0.0	0.0	0.0
16:1 undifferentiated (mg)	2820.0	3410.0	135.0	0.0
16:1 c (mg)	2745.0	0.0	135.0	0.0
16:1 t (mg)	75.0	0.0	0.0	0.0
17:1 (mg)	806.0	0.0	15.0	0.0
18:1 undifferentiated (mg)	44499.0	10315.0	4279.0	0.0
18:1 c (mg)	39150.0	0.0	4113.0	0.0
18:1 t (mg)	5349.0	0.0	165.0	0.0
18:1-11 t (18:1t n-7) (mg)	0.0	0.0	0.0	0.0
20:1 (mg)	112.0	1882.0	75.0	0.0
22:1 undifferentiated (mg)	0.0	2318.0	0.0	0.0
22:1 c (mg)	0.0	0.0	0.0	0.0
22:1 t (mg)	0.0	0.0	0.0	0.0
24:1 c (mg)	0.0	0.0	0.0	0.0
Polyunsaturated Fats (mg)	7482.0	20782.0	12047.0	0.0
18:2 undifferentiated (mg)	5759.0	4015.0	10716.0	0.0
18:2 n-6 c,c (mg)	5274.0	0.0	0.0	0.0
18:2 CLAs (mg)	395.0	0.0	8.0	0.0
18:2 t,t (mg)	0.0	0.0	0.0	0.0
18:2 i (mg)	0.0	0.0	0.0	0.0
18:2 t not further defined (mg)	97.0	0.0	38.0	0.0
18:3 undifferentiated (mg)	209.0	1999.0	1248.0	0.0
Alpha Linolenic Acid (ALA) (mg)	209.0	0.0	1248.0	0.0
18:3 n-6 c,c,c (mg)	0.0	0.0	0.0	0.0
18:3i (mg)	0.0	0.0	0.0	0.0
18:4 (mg)	0.0	1109.0	0.0	0.0
20:2 n-6 c,c (mg)	0.0	0.0	15.0	0.0
20:3 undifferentiated (mg)	298.0	0.0	0.0	0.0
20:3 n-3 (mg)	0.0	0.0	0.0	0.0
20:3 n-6 (mg)	298.0	0.0	0.0	0.0
20:4 undifferentiated (mg)	970.0	1831.0	15.0	0.0
20:4 n-6 (mg)	0.0	0.0	0.0	0.0
Eicosapentaenoic Acid (EPA) (mg)	75.0	2806.0	8.0	0.0
21:5 (mg)	0.0	0.0	0.0	0.0

22:4 (mg)	0.0	0.0	38.0	0.0
Docosapentaenoic Acid (DPA) (mg)	172.0	1781.0	0.0	0.0
Docosahexaenoic Acid (DHA) (mg)	0.0	7056.0	0.0	0.0
Fatty acids, total trans-monoenoic (mg)	5423.0	0.0	165.0	0.0
Fatty acids, total trans-polyenoic (mg)	97.0	0.0	38.0	0.0
Phytosterols (mg)	0.0	0.0	0.0	0.0
Stigmasterol (mg)	0.0	0.0	0.0	0.0
Campesterol (mg)	0.0	0.0	0.0	0.0
Beta-sitosterol (mg)	0.0	0.0	0.0	0.0
Amino Acids	Beef	Fish	Bread	Sugar
Betaine (mg)	110.0	0.0	766.0	0.0
Tryptophan (mg)	2790.0	3847.0	0.0	0.0
Threonine (mg)	11899.0	15086.0	0.0	0.0
Isoleucine (mg)	11787.0	15859.0	0.0	0.0
Leucine (mg)	21970.0	27955.0	0.0	0.0
Lysine (mg)	24655.0	31601.0	0.0	0.0
Methionine (mg)	6751.0	10181.0	0.0	0.0
Cystine (mg)	2574.0	3696.0	0.0	0.0
Phenylalanine (mg)	10078.0	13423.0	0.0	0.0
Tyrosine (mg)	9541.0	11609.0	0.0	0.0
Valine (mg)	12436.0	17724.0	0.0	0.0
Arginine (mg)	17151.0	20580.0	0.0	0.0
Histidine (mg)	9646.0	10130.0	0.0	0.0
Alanine (mg)	15114.0	20815.0	0.0	0.0
Aspartic acid (mg)	24655.0	35230.0	0.0	0.0
Glutamic acid (mg)	41373.0	51358.0	0.0	0.0
Glycine (mg)	10929.0	16514.0	0.0	0.0
Proline (mg)	10824.0	12163.0	0.0	0.0
Serine (mg)	10399.0	14045.0	0.0	0.0
Hydroxyproline (mg)	1082.0	0.0	0.0	0.0