The Nutrient Data Laboratory Web Site Gets a New Look

www.nal.usda.gov/fnic/foodcomp

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Welcome to the Nutrient Data Laboratory Home Page.

**Nutrient Data at your fingertips...**

**Search** online for values in the USDA National Nutrient Database for Standard Reference, Release 16-1

**Download software** to search the SR database on a Windows PC or a handheld personal digital assistant (PDA)
The Henry A. Wallace
Beltville Agricultural Research Center (BARC)

- Animal & Natural Resources
- Human Nutrition
- Plant Sciences
- The U.S. National Arboretum

Spotlights

USDA Beltville Area Distinguished Lecture Series: Dr. Claire Fraser, "Applied Genomics", June 3, 2004

Public Field Day, June 5, 2004

Celebrating over 90 years of scientific excellence in agricultural sciences and human nutrition
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Data sets prepared by USDA-ARS’s Nutrient Data Laboratory:

- **USDA National Nutrient Database for Standard Reference, Release 16-1**
- **Reports by Single Nutrients** containing selected foods from SR16-1
- **Choline**
- **Flavonoids**
- **Isoflavones**
- **Retention Factors**
- **Trans Fatty Acids**
- **Key Foods**
- **Classic USDA Food Composition Publications**
- **Oxalic Acid Content of Selected Vegetables**
USDA National Nutrient Database for Standard Reference
Release 16-1

This page provides access to Release 16-1 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 6,661 different foods directly from this home page.

Note: For those users who have downloaded Release 16 and used it to update their own files and/or database, a patch is available to update your files to the Release 16-1. Updates to earlier releases are also available.

The suggested citation for this database is:


- **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
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Food Composition and Nutrition Links

Food Composition

United States

• Nutrient Data Laboratory
• National Databank Conference
• Information compiled by NAL's Food and Nutrition Information Center

Other Countries

• FAO International Network of Food Data Systems (INFOODS)
• Langua Home Page
• Latinfoods
  • Tabla de Composicion de Alimentos de American Latin
• Swiss Food Composition Database

Analytical Methods

• AOAC International
• USDA Food Composition Laboratory

Food Consumption Surveys - Food Surveys Research Group
Community Food Systems

A food system includes everything from farm to table.
A community food system emphasizes eating seasonally while eating locally grown and produced foods.

General Information

- **Community Food Security Resource Kit: How to Find Money, Technical Assistance, and Other Help to Fight Hunger, and Strengthen Local Food Systems**
  From: United States Department of Agriculture

- **Community Food Systems: Linking Food, Nutrition and Agriculture**
  From: Cornell University

- **Food Circles Networking Project**
  From: University of Missouri–Columbia

- **FoodShare**

- **The Food Trust**
  Serving the greater Philadelphia, PA area

- **Hartford Food System**

- **Just Community Food Systems of Southern Pennsylvania**

- **Just Food**

- **Library of Foodroutes.org**
  Searchable database of materials relating to local food research and promotion
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What's New on the NDL Web site

New and Expanded Features for Online Search Program

NDL has enhanced the online food and nutrient search program to allow users to more easily find the food item of their choice and to tailor the nutrient reports to include portion sizes of their choosing. Searches can now be limited to a particular food group and certain unwanted food items can be excluded by using the word "not" before a keyword. The popular portion modifier, already on our downloadable search applications, is now available on our online search as well.

USDA National Nutrient Database for Standard Reference, Release 16-1

The USDA National Nutrient Database for Standard Reference, Release 16-1 provides data on 6,661 foods for up to 125 nutrients and food components. 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 different foods directly from this home page.
Search the USDA National Nutrient Database for Standard Reference

This interface allows simple searches. Enter up to 5 keywords which best describe your food item. Select a Food Group. Then click on the Submit button. If you don't get a match, check your spelling or try a related keyword. If you get too many food items, try a more specific keyword. If you enter two or more keywords, the program will search for food items which contain all of the keywords. Keywords do not have to be adjacent or in the same order as they appear in the food item. You can exclude food items by placing the word "not" in front of a keyword.

For Example: Entering "apples not canned" will produce a list of food items containing the keyword "apples" but not the keyword "canned".

If you want to view reports on foods by single nutrients, such as calcium or niacin, view our Nutrient Lists.

For more information, including documentation and files for downloading, on SR16-1.

Keyword(s):  
Select Food Group:  
Submit
Search result from the USDA National Nutrient Database for Standard Reference

Click on the round "button" next to the item of interest. Then click on the Submit button. Click here to enter a new query.

Found 4 items about: **Lentil**

- Lentils, mature seeds, cooked, boiled, with salt
- Lentils, mature seeds, cooked, boiled, without salt
- Lentils, mature seeds, raw
- Lentils, pink, raw
**NDB NUMBER: 16070**

Click on the check boxes preceding the weights to be reported. If you select 100 grams, then standard error and number of data points will also be displayed. You may select up to 5 weights. Nutrient values can be calculated for any desired gram weight by clicking on the amount field for the weight to be reported and entering a decimal multiplier to calculate the desired weight. Then click on the Submit button. Click [here](#) to enter a new query.

For example: if the gram weight is 100 and you would like a report of the nutrient values for 75 grams, simply enter .75 in the amount field for 100 grams. For help with the decimal values for some common fractions click here for [tips on Fractions](#).

<table>
<thead>
<tr>
<th>Select</th>
<th>Amount</th>
<th>Description</th>
<th>Gram Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.00</td>
<td>100 grams</td>
<td>100</td>
</tr>
<tr>
<td>✔</td>
<td>0.75</td>
<td>1 cup</td>
<td>198</td>
</tr>
<tr>
<td></td>
<td>1.00</td>
<td>1 tbsp</td>
<td>12.3</td>
</tr>
</tbody>
</table>

[Submit](#)
### Lentils, mature seeds, cooked, boiled, without salt

**NDB No:** 16070

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Units</th>
<th>Value per 100 grams of edible portion</th>
<th>Number of Data Points</th>
<th>Std. Error</th>
<th>0.75 X 1 cup ----- 148.5g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proximates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>g</td>
<td>69.64</td>
<td>23</td>
<td>0.753</td>
<td>103.42</td>
</tr>
<tr>
<td>Energy</td>
<td>kcal</td>
<td>116</td>
<td>0</td>
<td>0</td>
<td>172</td>
</tr>
<tr>
<td>Energy</td>
<td>kj</td>
<td>487</td>
<td>0</td>
<td>0</td>
<td>723</td>
</tr>
<tr>
<td>Protein</td>
<td>g</td>
<td>9.02</td>
<td>23</td>
<td>0.191</td>
<td>13.39</td>
</tr>
<tr>
<td>Total lipid (fat)</td>
<td>g</td>
<td>0.38</td>
<td>22</td>
<td>0.014</td>
<td>0.56</td>
</tr>
<tr>
<td>Ash</td>
<td>g</td>
<td>0.83</td>
<td>22</td>
<td>0.04</td>
<td>1.23</td>
</tr>
<tr>
<td>Carbohydrate, by difference</td>
<td>g</td>
<td>20.13</td>
<td>0</td>
<td>0</td>
<td>29.89</td>
</tr>
<tr>
<td>Fiber, total dietary</td>
<td>g</td>
<td>7.9</td>
<td>0</td>
<td>0</td>
<td>11.7</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>g</td>
<td>1.80</td>
<td>0</td>
<td>0</td>
<td>2.67</td>
</tr>
<tr>
<td><strong>Minerals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium, Ca</td>
<td>mg</td>
<td>19</td>
<td>20</td>
<td>0.369</td>
<td>28</td>
</tr>
<tr>
<td>Iron, Fe</td>
<td>mg</td>
<td>3.33</td>
<td>20</td>
<td>0.239</td>
<td>4.95</td>
</tr>
<tr>
<td>Magnesium, Mg</td>
<td>mg</td>
<td>36</td>
<td>20</td>
<td>1.85</td>
<td>53</td>
</tr>
<tr>
<td>Phosphorus, P</td>
<td>mg</td>
<td>180</td>
<td>20</td>
<td>11.314</td>
<td>267</td>
</tr>
<tr>
<td>Potassium, K</td>
<td>mg</td>
<td>369</td>
<td>20</td>
<td>25.073</td>
<td>548</td>
</tr>
<tr>
<td>Sodium, Na</td>
<td>mg</td>
<td>2</td>
<td>16</td>
<td>0.153</td>
<td>3</td>
</tr>
<tr>
<td>Zinc, Zn</td>
<td>mg</td>
<td>1.27</td>
<td>21</td>
<td>0.057</td>
<td>1.89</td>
</tr>
</tbody>
</table>
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Download our search program to access the USDA National Nutrient Database for Standard Reference (SR), Release 16-1 without being connected to the Internet.

Downloads for the USDA National Nutrient Database for use on Windows 98SE® and above, download - Now available for SR16-1:

- **User's guide** - guide to downloading and using the Windows® program
- **pcs16-1.exe** - click link to begin download
  (Note: File is ~10Mb and will take about 1 minutes to download using a broadband connection and about 20 minutes using a 56Kb Modem with a dial-up connection. Windows 2000 and XP users must have administrator rights to install the application.)

Downloads for the USDA National Nutrient Database for use on Palm OS® personal digital assistants (PDAs) - Now available for SR16-1:

- **User's guide** - guide to downloading and using the PDA program
  Click link to begin download
- **pda16-1.exe** - (for Windows PC's)
- **pda16-1.sit** - (For Mac users)
- **pda16-1.zip** - (compressed file)
Web Site Statistics…
Helping Us Better Understand the Needs and Interests of Our Customers
Most Accessed Pages

- SR Search Page
- NDL Homepage
- Reports by Single Nutrient
- SR Files and Documentation
- Food Composition and Nutrition Links
- How to Get Information from NDL
- Download Search Files for PC and PDA
- Home and Garden Bulletin 72
- Frequently Asked Questions
Relative Percentages of the 10 Most Frequent International Visitors

- Canada: 30.3%
- Australia: 21.4%
- Brazil: 11.4%
- United Kingdom: 8.7%
- Mexico: 8.4%
- Netherlands: 4.5%
- New Zealand: 4.1%
- Indonesia: 3.7%
- Italy: 3.3%
- France: 2.1%
Increase in Web Site Visitors

Average Number Per Month

1998: 9,234
1999: 16,472
2000: 24,434
2001: 32,055
2002: 54,219
2003: 73,814
2004: 84,303

* Projected from 1st quarter data
Electronic Access to Nutrient Data: A Timeline

- USDA creates first food composition data tables: 1896
- 1950 USDA Agriculture Handbook No. 8 printed
- Home and Garden Bulletin No. 72: 1960
- First individual food sections printed: 1976
- NDL Web site goes online: 1992
- Online search of SR 1996
- AH-8 becomes SR: 1980
- Carotenoid Database: 1993
- HG-72, Revised 2002
- 2001Reports by Single Nutrients
- 2002, 2003 Search applications for PDA and PC
- Enhanced online search: 2004
- Choline database: 2004
- 2005…