

NDB No. 35182
Acorn stew (Apache) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.78		1	A	1				
Energy.....kcal	95		0	NC	4				
Energy.....kj	399		0	NC	4				
Protein (N x 6.25).....g	6.81		1	A	1				
Total lipid (fat).....g	3.47		1	A	1				
Ash.....g	0.72		1	A	1				
Carbohydrate, by difference.....g	9.22		0	NC	4				
Fiber, total dietary.....g	0.7		1	A	1				
Sugars, total.....g	0.34		1	A	1				
Sucrose.....g	0.16		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.19		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.57		1	A	1				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	1.00		1	A	1				
Magnesium, Mg.....mg	12		1	A	1				
Phosphorus, P.....mg	62		1	A	1				
Potassium, K.....mg	110		1	A	1				
Sodium, Na.....mg	130		1	A	1				
Zinc, Zn.....mg	1.60		1	A	1				
Copper, Cu.....mg	0.030		1	A	1				
Manganese, Mn.....mg	0.140		1	A	1				
Selenium, Se.....mcg	8.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.175		1	A	1				
Riboflavin.....mg	0.125		1	A	1				
Niacin.....mg	2.140		1	A	1				
Pantothenic acid.....mg	0.212		1	A	1				
Vitamin B-6.....mg	0.055		1	A	1				
Folate, total.....mcg	33		1	A	1				
Folic acid.....mcg	15		1	A	1				
Folate, food.....mcg	18		0	AS	1				
Folate, DFE.....mcg_DFE	44		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.68		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.30		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.12		1	A	1				
Tocopherol, gamma.....mg	0.23		1	A	1				
Tocopherol, delta.....mg	0.05		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.280		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.090		1	A					
15:0.....g	0.010		1	A					
16:0.....g	0.750		1	A					
17:0.....g	0.040		1	A					
18:0.....g	0.390		1	A					
20:0.....g	0.000		1	A					
22:0.....g	0.000		1	A					
24:0.....g	0.000		1	A					
Fatty acids, total monounsaturated.....g	1.680		0	NC					
14:1.....g	0.020		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.110		1	A					
17:1.....g	0.030		1	A					
18:1 undifferentiated.....g	1.510		1	A					
20:1.....g	0.010		1	A					
22:1 undifferentiated.....g	0.000		1	A					
24:1 c.....g	0.000		1	A					
Fatty acids, total polyunsaturated.....g	0.297		0	NC					
18:2 undifferentiated.....g	0.260		1	A					
18:3 undifferentiated.....g	0.010		1	A					
18:4.....g	0.020		1	A					
20:2 n-6 c,c.....g	0.007		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:4 undifferentiated.....g	0.000		1	A					
20:5 n-3.....g	0.000		1	A					
22:5 n-3.....g	0.000		1	A					
22:6 n-3.....g	0.000		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	20		1	A					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A					
Threonine.....g	0.360		0	A					
Isoleucine.....g	0.350		0	A					
Leucine.....g	0.620		0	A					
Lysine.....g	0.580		0	A					
Methionine.....g	0.160		0	A					
Cystine.....g	0.090		0	A					
Phenylalanine.....g	0.330		0	A					
Tyrosine.....g	0.250		0	A					
Valine.....g	0.390		0	A					
Arginine.....g	0.470		0	A					
Histidine.....g	0.230		0	A					
Alanine.....g	0.450		0	A					
Aspartic acid.....g	0.830		0	A					
Glutamic acid.....g	1.510		0	A					
Glycine.....g	0.420		0	A					
Proline.....g	0.460		0	A					
Serine.....g	0.330		0	A					
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 35182

Acorn stew (Apache) (1)

Common Measures:

Footnotes:

1 Boiled stew made with water, beef or deer, prepared acorns, dumpling strips, salt, and pepper.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35193
 Agave, cooked (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.40		1	A					
Energy.....kcal	135		0	NC					
Energy.....kj	563		0	NC					
Protein (N x 6.25).....g	0.99		0	BFSN					
Total lipid (fat).....g	0.29		0	BFSN					
Ash.....g	1.32		1	A					
Carbohydrate, by difference.....g	32.00		0	NC					
Fiber, total dietary.....g	10.6		1	A					
Sugars, total.....g	20.87		1	A					
Sucrose.....g	1.72		1	A					
Glucose (dextrose).....g	1.58		1	A					
Fructose.....g	17.57		1	A					
Lactose.....g	0.00		1	A					
Maltose.....g	0.00		1	A					
Galactose.....g	0.00		1	A					
Starch.....g	0.24		1	A					
Minerals:									
Calcium, Ca.....mg	460		1	A					
Iron, Fe.....mg	3.55		1	A					
Magnesium, Mg.....mg	39		1	A					
Phosphorus, P.....mg	9		1	A					
Potassium, K.....mg	59		1	A					
Sodium, Na.....mg	13		1	A					
Zinc, Zn.....mg	0.25		1	A					
Copper, Cu.....mg	0.112		1	A					
Manganese, Mn.....mg	0.142		1	A					
Selenium, Se.....mcg	0.2		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A					
Thiamin.....mg	0.012		1	A					
Riboflavin.....mg	0.099		1	A					
Niacin.....mg	0.162		1	A					
Pantothenic acid.....mg	0.041		1	A					
Vitamin B-6.....mg	0.087		1	A					
Folate, total.....mcg	3		1	A					
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	3		1	A					
Folate, DFE.....mcg_DFE	3		0	NC					
Choline, total.....mg	8.8		0	AS					
Betaine.....mg	0.4		1	A					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	6		0	AS					
Retinol.....mcg	0		0	Z					
Carotene, beta.....mcg	68		1	A					
Carotene, alpha.....mcg	0		1	A					
Cryptoxanthin, beta.....mcg	0		1	A					
Vitamin A, IU.....IU	113		0	AS					
Lycopene.....mcg	0		1	A					
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.36		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.00		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU	0		0	Z					
Vitamin K (phylloquinone).....mcg	4.9		1	A					

NDB No. 35193
 Agave, cooked (Southwest)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35194
 Agave, dried (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.64		1	A					
Energy.....kcal	341		0	NC					
Energy.....kj	1427		0	NC					
Protein (N x 6.25).....g	1.71		1	A					
Total lipid (fat).....g	0.69		1	A					
Ash.....g	3.98		1	A					
Carbohydrate, by difference.....g	81.98		0	NC					
Fiber, total dietary.....g	15.6		1	A					
Sugars, total.....g	50.70		1	A					
Sucrose.....g	4.39		1	A					
Glucose (dextrose).....g	3.48		1	A					
Fructose.....g	42.83		1	A					
Lactose.....g	0.00		1	A					
Maltose.....g	0.00		1	A					
Galactose.....g	0.00		1	A					
Starch.....g	0.91		1	A					
Minerals:									
Calcium, Ca.....mg	770		1	A					
Iron, Fe.....mg	3.64		1	A					
Magnesium, Mg.....mg	207		1	A					
Phosphorus, P.....mg	37		1	A					
Potassium, K.....mg	767		1	A					
Sodium, Na.....mg	14		1	A					
Zinc, Zn (1).....mg	12.10		1	A					
Copper, Cu.....mg	0.189		1	A					
Manganese, Mn.....mg	0.337		1	A					
Selenium, Se.....mcg	0.6		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A					
Thiamin.....mg	0.021		1	A					
Riboflavin.....mg	0.644		1	A					
Niacin.....mg	0.870		1	A					
Pantothenic acid.....mg	0.150		1	A					
Vitamin B-6.....mg	0.216		1	A					
Folate, total.....mcg	7		1	A					
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	7		1	A					
Folate, DFE.....mcg_DFE	7		0	NC					
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin B-12, added.....mcg	0.00		0	NR					
Vitamin A, RAE.....mcg_RAE	1		0	AS					
Retinol.....mcg	0		0	Z					
Carotene, beta.....mcg	11		1	A					
Carotene, alpha.....mcg	0		1	A					
Cryptoxanthin, beta.....mcg	0		1	A					
Vitamin A, IU.....IU	18		0	AS					
Lycopene.....mcg	0		1	A					
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.76		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.03		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU	0		0	Z					
Vitamin K (phylloquinone).....mcg	0.5		1	A					

NDB No. 35194
 Agave, dried (Southwest)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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Common Measures:

Footnotes:

1 Dried on galvanized wire.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35192
 Agave, raw (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.83		1	A	1				
Energy.....kcal	68		0	NC	4				
Energy.....kj	286		0	NC	4				
Protein (N x 6.25).....g	0.52		1	A	1				
Total lipid (fat).....g	0.15		1	A	1				
Ash.....g	1.27		1	A	1				
Carbohydrate, by difference.....g	16.23		0	NC	4				
Fiber, total dietary.....g	6.6		1	A	1				
Sugars, total.....g	2.58		1	A	1				
Sucrose.....g	0.41		1	A	1				
Glucose (dextrose).....g	1.19		1	A	1				
Fructose.....g	0.98		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.24		1	A	1				
Minerals:									
Calcium, Ca.....mg	417		1	A	1				
Iron, Fe.....mg	1.80		1	A	1				
Magnesium, Mg.....mg	55		1	A	1				
Phosphorus, P.....mg	7		1	A	1				
Potassium, K.....mg	127		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	0.15		1	A	1				
Copper, Cu.....mg	0.138		1	A	1				
Manganese, Mn.....mg	0.094		1	A	1				
Selenium, Se.....mcg	0.4		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.0		1	A	1				
Thiamin.....mg	0.029		1	A	1				
Riboflavin.....mg	0.039		1	A	1				
Niacin.....mg	0.162		1	A	1				
Pantothenic acid.....mg	0.041		1	A	1				
Vitamin B-6.....mg	0.055		1	A	1				
Folate, total.....mcg	7		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	7		1	A	1				
Folate, DFE.....mcg_DFE	7		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	2		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	22		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Vitamin A, IU.....IU	37		0	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.23		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	5.3		1	A	1				

NDB No. 35192
 Agave, raw (Southwest)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	A		1			
Threonine.....g	0.014		0	A		1			
Isoleucine.....g	0.014		0	A		1			
Leucine.....g	0.025		0	A		1			
Lysine.....g	0.028		0	A		1			
Methionine.....g	0.009		0	A		1			
Cystine.....g	0.008		0	A		1			
Phenylalanine.....g	0.019		0	A		1			
Tyrosine.....g	0.009		0	A		1			
Valine.....g	0.022		0	A		1			
Arginine.....g	0.106		0	A		1			
Histidine.....g	0.008		0	A		1			
Alanine.....g	0.024		0	A		1			
Aspartic acid.....g	0.041		0	A		1			
Glutamic acid.....g	0.052		0	A		1			
Glycine.....g	0.019		0	A		1			
Proline.....g	0.013		0	A		1			
Serine.....g	0.021		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35002

Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	26		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35001

Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35003

Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	89		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35004

Ascidians (tunughnak) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	7		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35007
 Bear, black, meat (Alaska Native)
Ursus americanus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.20		1	AI	13				
Energy.....kcal	155		0	NC	4				
Energy.....kj	649		0	NC	4				
Protein (N x 6.25).....g	20.10		1	AI	13				
Total lipid (fat).....g	8.30		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	7.20		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	162		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.160		1	AI	13				
Riboflavin.....mg	0.680		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	260		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35008

Bear, polar, meat, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35015

Blackberries, wild, raw (Alaska Native) (1)

Rubus spp.

Crowberries

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.05	0.508	3	JO	11				
Energy.....kcal	52		0	NC	4				
Energy.....kj	219		0	NC	4				
Protein (N x 5.3).....g	0.84	0.548	3	JO	11				
Total lipid (fat).....g	1.07	0.295	3	JO	11				
Ash.....g	0.21		2	A	1				
Carbohydrate, by difference.....g	9.84		0	NC	4				
Fiber, total dietary.....g	3.2		2	A	1				
Sugars, total.....g	3.65		2	A	1				
Sucrose.....g	0.01		2	A	1				
Glucose (dextrose).....g	1.69		2	A	1				
Fructose.....g	1.95		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	0.00		2	A	1				
Minerals:									
Calcium, Ca.....mg	5	0.500	3	JO	11				
Iron, Fe.....mg	0.21	0.061	3	JO	11				
Magnesium, Mg.....mg	4	0.275	3	JO	11				
Phosphorus, P.....mg	11	3.375	3	JO	11				
Potassium, K.....mg	75		2	A	1				
Sodium, Na.....mg	6	3.125	3	JO	11				
Zinc, Zn.....mg	0.15	0.048	3	JO	11				
Copper, Cu.....mg	0.222	0.193	3	JO	11				
Manganese, Mn.....mg	0.287	0.078	3	JO	11				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.7		2	A	1				
Thiamin.....mg	0.060		2	A	1				
Riboflavin.....mg	0.144		2	A	1				
Niacin.....mg	0.314		2	A	1				
Pantothenic acid.....mg	1.258		2	A	1				
Vitamin B-6.....mg	0.039		2	A	1				
Folate, total.....mcg	11		2	A	1				
Folic acid.....mcg	0		2	Z	7				
Folate, food.....mcg	11		2	A	1				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	5		0	NC	4				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	27		2	A	1				
Carotene, alpha.....mcg	0		2	A	1				
Cryptoxanthin, beta.....mcg	0		2	A	1				
Vitamin A, IU.....IU	46		0	AS	1				
Lycopene.....mcg	0		2	A	1				
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.91		2	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.02		2	A	1				
Tocopherol, gamma.....mg	0.05		2	A	1				
Tocopherol, delta.....mg	0.02		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		2	A	1				

NDB No. 35015

Blackberries, wild, raw (Alaska Native) (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35017

Blueberries, wild, frozen (Alaska Native)

Vaccinium alaskanese and Ovalifolium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.70		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kj	186		0	NC	4				
Protein (N x 5.3).....g	0.70		1	AI	13				
Total lipid (fat).....g	0.00		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	10.40		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	1.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		1	AI	13				
Thiamin.....mg	0.030		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	163		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35155

Blueberries, wild, raw (Alaska Native) (1)

Vaccinium alaskaense

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.48		2	A		1			
Energy.....kcal	61		0	NC		4			
Energy.....kj	255		0	NC		4			
Protein (N x 5.3).....g	1.22		2	A		1			
Total lipid (fat).....g	0.76		2	A		1			
Ash.....g	0.23		2	A		1			
Carbohydrate, by difference.....g	12.31		0	NC		4			
Fiber, total dietary.....g	2.6		2	A		1			
Sugars, total.....g	6.46		2	A		1			
Sucrose.....g	0.01		2	A		1			
Glucose (dextrose).....g	3.10		2	A		1			
Fructose.....g	3.35		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	0.00		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	0.00		2	A		1			
Minerals:									
Calcium, Ca.....mg	13		2	A		1			
Iron, Fe.....mg	0.37		2	A		1			
Magnesium, Mg.....mg	7		2	A		1			
Phosphorus, P.....mg	29		2	A		1			
Potassium, K.....mg	75		2	A		1			
Sodium, Na.....mg	6		2	A		1			
Zinc, Zn.....mg	0.20		2	A		1			
Copper, Cu.....mg	0.030		2	A		1			
Manganese, Mn.....mg	2.000		2	A		1			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.3		2	A		1			
Thiamin.....mg	0.067		2	A		1			
Riboflavin.....mg	0.414		2	A		1			
Niacin.....mg	0.597		2	A		1			
Pantothenic acid.....mg	0.265		1	A		1			
Vitamin B-6.....mg	0.026		2	A		1			
Folate, total.....mcg	33		2	A		1			
Folic acid.....mcg	0		2	Z		7			
Folate, food.....mcg	33		2	A		1			
Folate, DFE.....mcg_DFE	33		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	6		0	AS		1			
Retinol.....mcg	0		0	Z		7			
Carotene, beta.....mcg	69		2	A		1			
Carotene, alpha.....mcg	0		2	A		1			
Cryptoxanthin, beta.....mcg	0		2	A		1			
Vitamin A, IU.....IU	115		0	AS		1			
Lycopene.....mcg	0		1	A		1			
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.69		2	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.01		2	A		1			
Tocopherol, gamma.....mg	0.19		2	A		1			
Tocopherol, delta.....mg	0.01		2	A		1			
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....mcg	17.2		2	A		1			

Others:

NDB No. 35155

Blueberries, wild, raw (Alaska Native) (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

- 1 The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35140
Bread, kneel down (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.96		1	A	1				
Energy.....kcal	195		0	NC	4				
Energy.....kj	816		0	NC	4				
Protein (N x 6.25).....g	4.29		1	A	1				
Total lipid (fat).....g	2.21		1	A	1				
Ash.....g	1.07		1	A	1				
Carbohydrate, by difference.....g	39.47		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	3.74		1	A	1				
Sucrose.....g	2.22		1	A	1				
Glucose (dextrose).....g	0.82		1	A	1				
Fructose.....g	0.70		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	28.25		1	A	1				
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	1.11		1	A	1				
Magnesium, Mg.....mg	55		1	A	1				
Phosphorus, P.....mg	164		1	A	1				
Potassium, K.....mg	320		1	A	1				
Sodium, Na.....mg	126		1	A	1				
Zinc, Zn.....mg	1.46		1	A	1				
Copper, Cu.....mg	0.095		1	A	1				
Manganese, Mn.....mg	0.303		1	A	1				
Selenium, Se.....mcg	11.9		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		1	A	1				
Riboflavin.....mg	0.132		1	A	1				
Niacin.....mg	2.490		1	A	1				
Pantothenic acid.....mg	0.354		1	A	1				
Vitamin B-6.....mg									
Folate, total.....mcg	98		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	98		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	1.33		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.353		0	NC	4				

NDB No. 35140
Bread, kneel down (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.286		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.048		1	A		1			
20:0.....g	0.012		1	A		1			
22:0.....g	0.007		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.603		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.000		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.595		1	A		1			
20:1.....g	0.008		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.847		0	NC		4			
18:2 undifferentiated.....g	0.816		1	A		1			
18:3 undifferentiated.....g	0.031		0	A		1			
18:3 n-3 c,c,c.....g	0.031		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.018		1	A					1
15:0.....g	0.008		1	A					1
16:0.....g	0.264		1	A					1
17:0.....g	0.023		1	A					1
18:0.....g	0.278		1	A					1
20:0.....g	0.003		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	0.614		0	NC					4
14:1.....g	0.002		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.026		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.582		0	AS					1
18:1 c.....g	0.525		1	A					1
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.057		1	A					1
18:1-11t (18:1t n-7).....g									
20:1.....g	0.004		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0	NC					4
18:2 undifferentiated.....g	0.113		0	AS					1
18:2 n-6 c,c.....g	0.082		1	A					1
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.031		1	A					1
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.029		0	AS					1
18:3 n-3 c,c,c.....g	0.029		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.009		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.020		1	A					1
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.088		0	NC					4
Fatty acids, total trans-monoenoic.....g	0.057		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.031		0	NC					4
Cholesterol.....mg	82		1	A					1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0	A					1
Threonine.....g	1.287		0	A					1
Isoleucine.....g	1.407		0	A					1
Leucine.....g	2.593		0	A					1
Lysine.....g	2.266		0	A					1
Methionine.....g	0.905		0	A					1
Cystine.....g	0.347		0	A					1
Phenylalanine.....g	1.251		0	A					1
Tyrosine.....g	1.093		0	A					1
Valine.....g	1.454		0	A					1
Arginine.....g	1.929		0	A					1

NDB No. 35176

Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Arginine.....g	1.929			A	1				
Histidine.....g	1.068		0	A	1				
Alanine.....g	1.831		0	A	1				
Aspartic acid.....g	2.839		0	A	1				
Glutamic acid.....g	4.645		0	A	1				
Glycine.....g	1.371		0	A	1				
Proline.....g	1.224		0	A	1				
Serine.....g	1.332		0	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.96		1	A	1				
Energy.....kcal	97		0	NC	4				
Energy.....kj	408		0	NC	4				
Protein (N x 6.25).....g	21.44		1	A	1				
Total lipid (fat).....g	1.30		1	A	1				
Ash.....g	0.94		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NR	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1				
Iron, Fe.....mg	2.61		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	200		1	A	1				
Potassium, K.....mg	355		1	A	1				
Sodium, Na.....mg	43		1	A	1				
Zinc, Zn.....mg	3.00		1	A	1				
Copper, Cu.....mg	0.117		1	A	1				
Manganese, Mn.....mg	0.011		1	A	1				
Selenium, Se.....mcg	7.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.153		1	A	1				
Riboflavin.....mg	0.325		1	A	1				
Niacin.....mg	6.920		1	A	1				
Pantothenic acid.....mg	0.760		1	A	1				
Vitamin B-6.....mg	0.780		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.15		1	A	1				
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.418		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.001		1	A	1				
13:0.....g									
14:0.....g	0.013		1	A	1				
15:0.....g	0.006		1	A	1				
16:0.....g	0.187		1	A	1				
17:0.....g	0.016		1	A	1				
18:0.....g	0.192		1	A	1				
20:0.....g	0.003		1	A	1				

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.425		0	NC		4			
14:1.....g	0.001		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.022		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.400		0	AS		1			
18:1 c.....g	0.358		1	A		1			
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.042		1	A		1			
18:1-11t (18:1t n-7).....g									
20:1.....g	0.002		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0	NC		4			
18:2 undifferentiated.....g	0.068		0	AS		1			
18:2 n-6 c,c.....g	0.045		1	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.023		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS		1			
18:3 n-3 c,c,c.....g	0.016		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.004		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.065		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.042		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.023		0	NC		4			
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0	A		1			
Threonine.....g	0.849		0	A		1			
Isoleucine.....g	0.928		0	A		1			
Leucine.....g	1.710		0	A		1			
Lysine.....g	1.494		0	A		1			
Methionine.....g	0.597		0	A		1			
Cystine.....g	0.229		0	A		1			
Phenylalanine.....g	0.825		0	A		1			
Tyrosine.....g	0.721		0	A		1			
Valine.....g	0.959		0	A		1			
Arginine.....g	1.272		0	A		1			
Histidine.....g	0.704		0	A		1			
Alanine.....g	1.207		0	A		1			
Aspartic acid.....g	1.872		0	A		1			
Glutamic acid.....g	3.063		0	A		1			
Glycine.....g	0.904		0	A		1			
Proline.....g	0.807		0	A		1			

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.878		0	A		1			
Hydroxyproline.....g	0.065		1	A		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35021
Caribou, bone marrow, raw (Alaska Native)
Rangifer tarandus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.40		1	AI	13				
Energy.....kcal	786		0	NC	4				
Energy.....kj	3290		0	NC	4				
Protein (N x 6.25).....g	6.70		1	AI	13				
Total lipid (fat).....g	84.40		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	4.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	107		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	240		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35022
 Caribou, eye, raw (Alaska Native)
Rangifer tarandus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.10		1	AI	13				
Energy.....kcal	326		0	NC	4				
Energy.....kj	1365		0	NC	4				
Protein (N x 6.25).....g	10.80		1	AI	13				
Total lipid (fat).....g	31.40		1	AI	13				
Ash.....g	0.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	AI	13				
Iron, Fe.....mg	4.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.050		1	AI	13				
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	400		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35162

Caribou, hind quarter meat, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.60		1	A					
Energy.....kcal	122		0	NC					
Energy.....kj	508		0	NC					
Protein (N x 6.25).....g	22.63		1	A					
Total lipid (fat).....g	3.37		1	A					
Ash.....g	1.23		1	A					
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g	0.0		0	Z					
Sugars, total.....g	0.00		0	Z					
Sucrose.....g	0.00		0	Z					
Glucose (dextrose).....g	0.00		0	Z					
Fructose.....g	0.00		0	Z					
Lactose.....g	0.00		0	Z					
Maltose.....g	0.00		0	Z					
Galactose.....g	0.00		0	Z					
Starch.....g	0.00		0	Z					
Minerals:									
Calcium, Ca.....mg	5		1	A					
Iron, Fe.....mg	4.10		1	A					
Magnesium, Mg.....mg	26		1	A					
Phosphorus, P.....mg	230		1	A					
Potassium, K.....mg	320		1	A					
Sodium, Na.....mg	52		1	A					
Zinc, Zn.....mg	2.10		1	A					
Copper, Cu.....mg	0.270		1	A					
Manganese, Mn.....mg	0.037		1	A					
Selenium, Se.....mcg	12.5		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z					
Thiamin.....mg	0.442		1	A					
Riboflavin.....mg	0.962		1	A					
Niacin.....mg	7.150		1	A					
Pantothenic acid.....mg	2.090		1	A					
Vitamin B-6.....mg	0.351		1	A					
Folate, total.....mcg	4		1	A					
Folic acid.....mcg	0		1	Z					
Folate, food.....mcg	4		1	A					
Folate, DFE.....mcg_DFE	4		0	NC					
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	7.05		1	A					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	94		0	AS					
Retinol.....mcg	94		6	A					
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Vitamin A, IU.....IU	312		0	AS					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	0.69		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.00		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		1	A					

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.270		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.030		1	A					
15:0.....g	0.000		1	A					
16:0.....g	0.610		1	A					
17:0.....g	0.030		1	A					
18:0.....g	0.590		1	A					
20:0.....g	0.010		1	A					
22:0.....g	0.000		1	A					
24:0.....g	0.000		1	A					
Fatty acids, total monounsaturated.....g	0.940		0	NC					
14:1.....g	0.000		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.070		1	A					
17:1.....g	0.000		1	A					
18:1 undifferentiated.....g	0.860		1	A					
20:1.....g	0.010		1	A					
22:1 undifferentiated.....g	0.000		1	A					
24:1 c.....g	0.000		1	A					
Fatty acids, total polyunsaturated.....g	0.560		0	NC					
18:2 undifferentiated.....g	0.260		1	A					
18:3 undifferentiated.....g	0.100		1	A					
18:4.....g	0.000		1	A					
20:2 n-6 c,c.....g	0.000		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:4 undifferentiated.....g	0.100		1	A					
20:5 n-3.....g	0.030		1	A					
22:5 n-3.....g	0.050		1	A					
22:6 n-3.....g	0.020		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	81		1	A					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35023
 Caribou, liver, raw (Alaska Native)
Rangifer tarandus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.40		1	AI	13				
Energy.....kcal	122		0	NC	4				
Energy.....kj	512		0	NC	4				
Protein (N x 6.25).....g	15.00		1	AI	13				
Total lipid (fat).....g	3.90		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	6.80		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1	AI	13				
Iron, Fe.....mg	15.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	282		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35160

Caribou, rump meat, half dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.04		1	A	1				
Energy.....kcal	255		0	NC	4				
Energy.....kj	1068		0	NC	4				
Protein (N x 6.25).....g	52.06		1	A	1				
Total lipid (fat).....g	5.23		1	A	1				
Ash.....g	3.15		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	11.00		1	A	1				
Magnesium, Mg.....mg	60		1	A	1				
Phosphorus, P.....mg	480		1	A	1				
Potassium, K.....mg	710		1	A	1				
Sodium, Na.....mg	390		1	A	1				
Zinc, Zn.....mg	9.40		1	A	1				
Copper, Cu.....mg	0.600		1	A	1				
Manganese, Mn.....mg	0.099		1	A	1				
Selenium, Se.....mcg	30.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.333		1	A	1				
Riboflavin.....mg	1.240		1	A	1				
Niacin.....mg	13.200		1	A	1				
Pantothenic acid.....mg	2.940		1	A	1				
Vitamin B-6.....mg	0.620		1	A	1				
Folate, total.....mcg	3		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	3		1	A	1				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Choline, total.....mg	202.7		0	AS	1				
Betaine.....mg	29.3		1	A	1				
Vitamin B-12.....mcg	7.16		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	52		0	NC	4				
Retinol.....mcg	52		0	O	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	173		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		1	A	1				

NDB No. 35160

Caribou, rump meat, half dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.550		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.040		1	A					1
15:0.....g	0.010		1	A					1
16:0.....g	0.790		1	A					1
17:0.....g	0.040		1	A					1
18:0.....g	0.670		1	A					1
20:0.....g	0.000		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	1.190		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.080		1	A					1
17:1.....g	0.020		1	A					1
18:1 undifferentiated.....g	1.070		1	A					1
20:1.....g	0.020		1	A					1
22:1 undifferentiated.....g	0.000		1	A					1
24:1 c.....g	0.000		1	A					1
Fatty acids, total polyunsaturated.....g	0.630		0	NC					4
18:2 undifferentiated.....g	0.330		1	A					1
18:3 undifferentiated.....g	0.040		1	A					1
18:4.....g	0.000		1	A					1
20:2 n-6 c,c.....g	0.020		1	A					1
20:3 undifferentiated.....g	0.010		1	A					1
20:4 undifferentiated.....g	0.150		1	A					1
20:5 n-3.....g	0.020		1	A					1
22:5 n-3.....g	0.040		1	A					1
22:6 n-3.....g	0.020		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	141		1	A					1
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z					7
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35161

Caribou, shoulder meat, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.81		1	A	1				
Energy.....kcal	271		0	NC	4				
Energy.....kj	1132		0	NC	4				
Protein (N x 6.25).....g	59.38		1	A	1				
Total lipid (fat).....g	3.67		1	A	1				
Ash.....g	4.68		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	11.00		1	A	1				
Magnesium, Mg.....mg	62		1	A	1				
Phosphorus, P.....mg	550		1	A	1				
Potassium, K.....mg	810		1	A	1				
Sodium, Na.....mg	950		1	A	1				
Zinc, Zn.....mg	9.40		1	A	1				
Copper, Cu.....mg	0.780		1	A	1				
Manganese, Mn.....mg	0.110		1	A	1				
Selenium, Se.....mcg	36.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.312		1	A	1				
Riboflavin.....mg	1.300		1	A	1				
Niacin.....mg	14.800		1	A	1				
Pantothenic acid.....mg	4.150		1	A	1				
Vitamin B-6.....mg	0.499		1	A	1				
Folate, total.....mcg	8		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	8		1	A	1				
Folate, DFE.....mcg_DFE	8		0	NC	4				
Choline, total.....mg	257.7		0	AS	1				
Betaine.....mg	42.8		1	A	1				
Vitamin B-12.....mcg	15.10		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	11		0	NC	4				
Retinol.....mcg	11		0	T	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	37		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	0		0	T	4				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				

NDB No. 35161

Caribou, shoulder meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.586		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.060		1	A					
15:0.....g	0.015		1	A					
16:0.....g	0.861		1	A					
17:0.....g	0.030		1	A					
18:0.....g	0.604		1	A					
20:0.....g	0.008		1	A					
22:0.....g	0.000		1	A					
24:0.....g	0.008		1	A					
Fatty acids, total monounsaturated.....g	1.201		0	NC					
14:1.....g	0.000		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.076		1	A					
17:1.....g	0.015		1	A					
18:1 undifferentiated.....g	1.087		1	A					
20:1.....g	0.023		1	A					
22:1 undifferentiated.....g	0.000		1	A					
24:1 c.....g	0.000		1	A					
Fatty acids, total polyunsaturated.....g	0.370		0	NC					
18:2 undifferentiated.....g	0.211		1	A					
18:3 undifferentiated.....g	0.068		1	A					
18:4.....g	0.000		1	A					
20:2 n-6 c,c.....g	0.000		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:4 undifferentiated.....g	0.045		1	A					
20:5 n-3.....g	0.015		1	A					
22:5 n-3.....g	0.023		1	A					
22:6 n-3.....g	0.008		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	164		1	A					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35025
 Caribou, tongue, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.50		1	AI	13				
Energy.....kcal	260		0	NC	4				
Energy.....kj	1088		0	NC	4				
Protein (N x 6.25).....g	13.70		1	AI	13				
Total lipid (fat).....g	22.80		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		0	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		1	AI	13				
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	190		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35195

Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.65		2	A		1			
Energy.....kcal	25		0	NC		4			
Energy.....kj	106		0	NC		4			
Protein.....g	1.18		2	A		1			
Total lipid (fat).....g	0.00		2	A		1			
Ash.....g	1.03		2	A		1			
Carbohydrate, by difference.....g	5.14		0	NC		4			
Fiber, total dietary.....g	4.5		2	A		1			
Sugars, total.....g	0.22		2	A		1			
Sucrose.....g	0.07		2	A		1			
Glucose (dextrose).....g	0.07		2	A		1			
Fructose.....g	0.07		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	0.00		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	0.00		2	A		1			
Minerals:									
Calcium, Ca.....mg	54		2	A		1			
Iron, Fe.....mg	0.91		2	A		1			
Magnesium, Mg.....mg	63		2	A		1			
Phosphorus, P.....mg	45		2	A		1			
Potassium, K.....mg	309		2	A		1			
Sodium, Na.....mg	109		2	A		1			
Zinc, Zn.....mg	0.24		2	A		1			
Copper, Cu.....mg	0.041		2	A		1			
Manganese, Mn.....mg	0.760		1	A		1			
Selenium, Se.....mcg	0.6		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		2	A		1			
Thiamin.....mg	0.023		2	A		1			
Riboflavin.....mg	0.025		2	A		1			
Niacin.....mg	0.440		2	A		1			
Pantothenic acid.....mg	0.234		2	A		1			
Vitamin B-6.....mg	0.123		2	A		1			
Folate, total (1).....mcg	3		2	A		1			
Folic acid.....mcg									
Folate, food.....mcg	3		2	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg	23.7		0	AS		1			
Betaine.....mg	1.1		1	A		1			
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	1		2	AS		1			
Retinol.....mcg									
Carotene, beta.....mcg	6		2	A		1			
Carotene, alpha.....mcg	0		2	A		1			
Cryptoxanthin, beta.....mcg	0		2	A		1			
Vitamin A, IU.....IU	11		2	AS		1			
Lycopene.....mcg	0		2	A		1			
Lutein + zeaxanthin.....mcg	76		2	A		1			
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	22.8		2	A		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35195

Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35133

Chilchen (Red Berry Beverage) (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.69		1	A	1				
Energy.....kcal	44		0	NC	4				
Energy.....kj	183		0	NC	4				
Protein (N x 6.25).....g	0.81		1	A	1				
Total lipid (fat).....g	0.63		1	A	1				
Ash.....g	0.20		1	A	1				
Carbohydrate, by difference.....g	8.68		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	2.60		1	A	1				
Sucrose.....g	1.15		1	A	1				
Glucose (dextrose).....g	0.60		1	A	1				
Fructose.....g	0.74		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.11		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.33		1	A	1				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	0.95		1	A	1				
Magnesium, Mg.....mg	9		1	A	1				
Phosphorus, P.....mg	23		1	A	1				
Potassium, K.....mg	28		1	A	1				
Sodium, Na.....mg	15		1	A	1				
Zinc, Zn.....mg	0.19		1	A	1				
Copper, Cu.....mg	0.019		1	A	1				
Manganese, Mn.....mg	0.074		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.020		1	A	1				
Riboflavin.....mg	0.015		1	A	1				
Niacin.....mg	0.248		1	A	1				
Pantothenic acid.....mg	0.030		1	A	1				
Vitamin B-6.....mg	0.033		1	A	1				
Folate, total.....mcg	8		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	8		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.075		0	NC	4				

NDB No. 35133
 Chilchen (Red Berry Beverage) (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.061		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.011		1	A		1			
20:0.....g	0.002		1	A		1			
22:0.....g	0.001		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.135		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.002		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.132		1	A		1			
20:1.....g	0.001		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151		0	NC		4			
18:2 undifferentiated.....g	0.144		1	A		1			
18:3 undifferentiated.....g	0.007		0	A		1			
18:3 n-3 c,c,c.....g	0.007		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35026

Chiton, leathery, gumboots (Alaska Native)

Katharina tunicata

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.60		1	AI	13				
Energy.....kcal	83		0	NC	4				
Energy.....kj	346		0	NC	4				
Protein (N x 6.25).....g	17.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		1	AI	13				
Iron, Fe.....mg	16.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.340		1	AI	13				
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1650		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35204
 Chokecherries, raw, pitted (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.72	1.644	3	A	1				
Energy.....kcal	162		0	NC	4				
Energy.....kj	677		0	NC	4				
Protein.....g	3.04	0.724	3	A	1				
Total lipid (fat).....g	1.69	0.225	3	A	1				
Ash.....g	0.93	0.165	3	A	1				
Carbohydrate, by difference.....g	33.62		0	NC	4				
Fiber, total dietary.....g	20.0	0.721	3	A	1				
Sugars, total.....g	9.37	0.555	3	A	1				
Sucrose.....g	0.07	0.000	3	A	1				
Glucose (dextrose).....g	4.95	0.277	3	A	1				
Fructose.....g	4.35	0.357	3	A	1				
Lactose.....g	0.00	0.000	3	A	1				
Maltose.....g	0.00	0.000	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	6.688	3	A	1				
Iron, Fe.....mg	0.69	0.120	3	A	1				
Magnesium, Mg.....mg	27	1.114	3	A	1				
Phosphorus, P.....mg	67	6.334	3	A	1				
Potassium, K.....mg	379	48.347	3	A	1				
Sodium, Na.....mg	5	1.097	3	A	1				
Zinc, Zn.....mg	0.33	0.053	3	A	1				
Copper, Cu.....mg	0.186	0.048	3	A	1				
Manganese, Mn.....mg	0.417	0.033	3	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.5		2	A	1				
Thiamin.....mg	0.034	0.002	3	A	1				
Riboflavin.....mg	0.173	0.037	3	A	1				
Niacin.....mg	0.628	0.053	3	A	1				
Pantothenic acid.....mg	0.398	0.036	3	A	1				
Vitamin B-6.....mg	0.198	0.022	3	A	1				
Folate, total (1).....mcg	2		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	2		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	10.7		0	AS	1				
Betaine.....mg	0.4		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	8		3	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	90	18.290	3	A	1				
Carotene, alpha.....mcg	2	1.090	3	A	1				
Cryptoxanthin, beta.....mcg	19	2.487	3	A	1				
Vitamin A, IU.....IU	168		3	AS	1				
Lycopene.....mcg	0	0.000	3	A	1				
Lutein + zeaxanthin.....mcg	347	27.224	3	A	1				
Vitamin E (alpha-tocopherol).....mg	0.35	0.032	3	A	1				
Tocopherol, beta.....mg	0.03	0.006	3	A	1				
Tocopherol, gamma.....mg	1.06	0.202	3	A	1				
Tocopherol, delta.....mg	0.09	0.024	3	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.1	3.112	3	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35204

Chokecherries, raw, pitted (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35179
 Chokecherries, raw, pitted (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.50		1	A	1				
Energy.....kcal	156		0	NC	4				
Energy.....kj	652		0	NC	4				
Protein (N x 6.25).....g	2.89		1	A	1				
Total lipid (fat).....g	0.98		1	A	1				
Ash.....g	0.75		1	A	1				
Carbohydrate, by difference.....g	33.88		0	NC	4				
Fiber, total dietary.....g	17.0		1	A	1				
Sugars, total.....g	14.22		1	A	1				
Sucrose.....g	0.00		1	A	1				
Glucose (dextrose).....g	8.85		1	A	1				
Fructose.....g	5.38		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.87		1	A	1				
Minerals:									
Calcium, Ca.....mg	40		1	A	1				
Iron, Fe.....mg	0.40		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	45		1	A	1				
Potassium, K.....mg	309		1	A	1				
Sodium, Na.....mg	2		1	A	1				
Zinc, Zn.....mg	0.19		1	A	1				
Copper, Cu.....mg	0.068		1	A	1				
Manganese, Mn.....mg	0.192		1	A	1				
Selenium, Se.....mcg	1.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1				
Thiamin.....mg	0.029		1	A	1				
Riboflavin.....mg	0.058		1	A	1				
Niacin.....mg	0.672		1	A	1				
Pantothenic acid.....mg	0.330		1	A	1				
Vitamin B-6.....mg	0.193		1	A	1				
Folate, total.....mcg	10		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	10		1	A	1				
Folate, DFE.....mcg_DFE	10		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	2		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	26		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Vitamin A, IU.....IU	43		0	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.75		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04		1	A	1				
Tocopherol, gamma.....mg	0.82		1	A	1				
Tocopherol, delta.....mg	0.07		1	A	1				
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....mcg	29.3		1	A	1				

NDB No. 35179
 Chokecherries, raw, pitted (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35027

Cloudberries, raw (Alaska Native)

Rubus chamaemorus L.

baked apple berry, salmonberry, yellowberry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.00		1	AI	13				
Energy.....kcal	51		0	NC	4				
Energy.....kj	214		0	NC	4				
Protein (N x 5.3).....g	2.40		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.20		0	NP	4				
Carbohydrate, by difference.....g	8.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		1	AI	13				
Iron, Fe.....mg	0.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	35		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	158.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	210		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35028
 Cockles, raw (Alaska Native)
Clinocardium nuttallii

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.80		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kj	331		0	NC	4				
Protein (N x 6.25).....g	13.50		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	2.30		0	NP	4				
Carbohydrate, by difference.....g	4.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	16.20		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.200		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35134
 Corn, dried (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.10		1	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kj	1616		0	NC	4				
Protein (N x 6.25).....g	9.88		1	A	1				
Total lipid (fat).....g	5.22		1	A	1				
Ash.....g	1.86		1	A	1				
Carbohydrate, by difference.....g	74.93		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	5.38		1	A	1				
Sucrose.....g	3.38		1	A	1				
Glucose (dextrose).....g	1.00		1	A	1				
Fructose.....g	0.99		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	48.18		1	A	1				
Minerals:									
Calcium, Ca.....mg	15		1	A	1				
Iron, Fe.....mg	1.92		1	A	1				
Magnesium, Mg.....mg	124		1	A	1				
Phosphorus, P.....mg	337		1	A	1				
Potassium, K.....mg	511		1	A	1				
Sodium, Na.....mg	13		1	A	1				
Zinc, Zn.....mg	3.05		1	A	1				
Copper, Cu.....mg	0.195		1	A	1				
Manganese, Mn.....mg	0.848		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.200		1	A	1				
Riboflavin.....mg	0.068		1	A	1				
Niacin.....mg	3.300		1	A	1				
Pantothenic acid.....mg	0.380		1	A	1				
Vitamin B-6.....mg	0.372		1	A	1				
Folate, total.....mcg	77		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	77		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.820		0	NC	4				

NDB No. 35134
Corn, dried (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
4:0.....g							
6:0.....g							
8:0.....g	0.000		1	A	1		
10:0.....g	0.000		1	A	1		
12:0.....g	0.000		1	A	1		
13:0.....g							
14:0.....g	0.000		1	A	1		
15:0.....g	0.000		1	A	1		
16:0.....g	0.655		1	A	1		
17:0.....g	0.005		1	A	1		
18:0.....g	0.122		1	A	1		
20:0.....g	0.028		1	A	1		
22:0.....g	0.010		1	A	1		
24:0.....g							
Fatty acids, total monounsaturated.....g	1.483		0	NC	4		
14:1.....g	0.000		1	A	1		
15:1.....g	0.000		1	A	1		
16:1 undifferentiated.....g	0.007		1	A	1		
17:1.....g	0.000		1	A	1		
18:1 undifferentiated.....g	1.458		1	A	1		
20:1.....g	0.018		1	A	1		
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.900		0	NC	4		
18:2 undifferentiated.....g	1.831		1	A	1		
18:3 undifferentiated.....g	0.069		0	A	1		
18:3 n-3 c,c,c.....g	0.069		1	A	1		
18:3 n-6 c,c,c.....g	0.000		1	A	1		
18:3i.....g							
18:4.....g							
20:2 n-6 c,c.....g	0.000		1	A	1		
20:3 undifferentiated.....g	0.000		1	A	1		
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		1	A	1		
20:4 n-3.....g							
20:4 n-6.....g							
20:5 n-3.....g							
21:5.....g							
22:4.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg							
Phytosterols.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35183

Corn, dried, yellow (Northern Plains Indians)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.974		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	1.599		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.297		1	A		1			
20:0.....g	0.058		1	A		1			
22:0.....g	0.020		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	3.750		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.021		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	3.692		1	A		1			
20:1.....g	0.037		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.543		0	NC		4			
18:2 undifferentiated.....g	4.419		1	A		1			
18:3 undifferentiated.....g	0.124		0	AS		1			
18:3 n-3 c,c,c.....g	0.124		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.094		0	A		1			
Threonine.....g	0.431		0	A		1			
Isoleucine.....g	0.485		0	A		1			
Leucine.....g	1.468		0	A		1			
Lysine.....g	0.498		0	A		1			
Methionine.....g	0.293		0	A		1			
Cystine.....g	0.200		0	A		1			
Phenylalanine.....g	0.642		0	A		1			
Tyrosine.....g	0.465		0	A		1			
Valine.....g	0.655		0	A		1			
Arginine.....g	0.581		0	A		1			
Histidine.....g	0.313		0	A		1			
Alanine.....g	1.156		0	A		1			
Aspartic acid.....g	1.013		0	A		1			
Glutamic acid.....g	2.358		0	A		1			

NDB No. 35183

Corn, dried, yellow (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.539		0	A		1			
Proline.....g	1.047		0	A		1			
Serine.....g	0.732		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35135
 Corn, white, steamed (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.09	0.436	3	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kj	1616		0	NC	4				
Protein.....g	9.72	0.227	3	A	1				
Total lipid (fat).....g	5.18	0.374	3	A	1				
Ash.....g	1.81	0.143	3	A	1				
Carbohydrate, by difference.....g	75.20		0	NC	4				
Fiber, total dietary.....g	16.6	0.948	3	A	1				
Sugars, total.....g	6.47	0.937	3	A	1				
Sucrose.....g	4.35	0.524	3	A	1				
Glucose (dextrose).....g	1.09	0.238	3	A	1				
Fructose.....g	1.04	0.238	3	A	1				
Lactose.....g	0.00	0.000	3	A	1				
Maltose.....g	0.00	0.000	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	45.78	2.529	3	A	1				
Minerals:									
Calcium, Ca.....mg	14	2.770	3	A	1				
Iron, Fe.....mg	2.29	0.167	3	A	1				
Magnesium, Mg.....mg	123	3.480	3	A	1				
Phosphorus, P.....mg	312	22.898	3	A	1				
Potassium, K.....mg	532	39.859	3	A	1				
Sodium, Na.....mg	4	0.000	3	A	1				
Zinc, Zn.....mg	3.15	0.274	3	A	1				
Copper, Cu.....mg	0.231	0.014	3	A	1				
Manganese, Mn.....mg	0.926	0.062	3	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.080		1	A	1				
Riboflavin.....mg	0.067		1	A	1				
Niacin.....mg	3.310		1	A	1				
Pantothenic acid.....mg	0.300		1	A	1				
Vitamin B-6.....mg	0.289		1	A	1				
Folate, total.....mcg	100		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	100		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.830		0	NC	4				

NDB No. 35135
 Corn, white, steamed (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35186

Corned beef and potatoes in tortilla (Apache)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.51		2	A		1			
Energy.....kcal	224		0	NC		4			
Energy.....kj	936		0	NC		4			
Protein.....g	7.91		2	A		1			
Total lipid (fat).....g	8.31		2	A		1			
Ash.....g	1.92		2	A		1			
Carbohydrate, by difference.....g	29.35		0	NC		4			
Fiber, total dietary.....g	1.5		2	A		1			
Sugars, total.....g	1.79		2	A		1			
Sucrose.....g	0.37		2	A		1			
Glucose (dextrose).....g	0.21		2	A		1			
Fructose.....g	0.25		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	0.97		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	25.99		2	A		1			
Minerals:									
Calcium, Ca.....mg	27		2	A		1			
Iron, Fe.....mg	1.80		2	A		1			
Magnesium, Mg.....mg	22		2	A		1			
Phosphorus, P.....mg	82		2	A		1			
Potassium, K.....mg	275		2	A		1			
Sodium, Na.....mg	511		2	A		1			
Zinc, Zn.....mg	0.88		2	A		1			
Copper, Cu.....mg	0.066		2	A		1			
Manganese, Mn.....mg	0.310		2	A		1			
Selenium, Se.....mcg	11.3		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.277		2	A		1			
Riboflavin.....mg	0.135		2	A		1			
Niacin.....mg	2.545		2	A		1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.214		2	A		1			
Folate, total.....mcg	70		2	A		1			
Folic acid.....mcg									
Folate, food.....mcg	70		2	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.23		2	A		1			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.20		2	A		1			
Tocopherol, beta.....mg	0.01		2	A		1			
Tocopherol, gamma.....mg	0.26		2	A		1			
Tocopherol, delta.....mg	0.08		2	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		2	A		1			
Lipids:									
Fatty acids, total saturated.....g	3.366		0	NC		4			

NDB No. 35186

Corned beef and potatoes in tortilla (Apache)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.086		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35131
 Cornmeal, blue (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		2	A		1			
Energy.....kcal	398		0	NC		4			
Energy.....kj	1666		0	NC		4			
Protein.....g	10.40		2	A		1			
Total lipid (fat).....g	5.44		2	A		1			
Ash.....g	1.54		2	A		1			
Carbohydrate, by difference.....g	76.93		0	NC		4			
Fiber, total dietary.....g	8.7		2	A		1			
Sugars, total.....g	1.81		2	A		1			
Sucrose.....g	1.53		2	A		1			
Glucose (dextrose).....g	0.16		2	A		1			
Fructose.....g	0.12		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	0.00		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	63.62		2	A		1			
Minerals:									
Calcium, Ca.....mg	5		2	A		1			
Iron, Fe.....mg	2.91		2	A		1			
Magnesium, Mg.....mg	133		2	A		1			
Phosphorus, P.....mg	354		2	A		1			
Potassium, K.....mg	393		2	A		1			
Sodium, Na.....mg	7		2	A		1			
Zinc, Zn.....mg	2.91		2	A		1			
Copper, Cu.....mg	0.218		2	A		1			
Manganese, Mn.....mg	0.758		2	A		1			
Selenium, Se.....mcg	11.8		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A		1			
Thiamin.....mg	0.285		2	A		1			
Riboflavin.....mg	0.107		2	A		1			
Niacin.....mg	2.020		2	A		1			
Pantothenic acid.....mg	0.353		2	A		1			
Vitamin B-6.....mg	0.593		2	A		1			
Folate, total.....mcg	58		2	A		1			
Folic acid.....mcg									
Folate, food.....mcg	58		2	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.73		2	A		1			
Tocopherol, beta.....mg	0.00		2	A		1			
Tocopherol, gamma.....mg	3.21		2	A		1			
Tocopherol, delta.....mg	0.37		2	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A		1			
Lipids:									
Fatty acids, total saturated.....g	0.886		0	NC		4			

NDB No. 35131
 Cornmeal, blue (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.000		2	A		1			
15:0.....g	0.000		2	A		1			
16:0.....g	0.713		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.132		2	A		1			
20:0.....g	0.025		2	A		1			
22:0.....g	0.016		2	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.679		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.003		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	1.661		2	A		1			
20:1.....g	0.015		2	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.465		0	NC		4			
18:2 undifferentiated.....g	2.404		2	A		1			
18:3 undifferentiated.....g	0.000		2	A		1			
18:3 n-3 c,c,c.....g	0.061		2	A		1			
18:3 n-6 c,c,c.....g	0.000		2	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35136
 Cornmeal, white (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.42		1	A	1				
Energy.....kcal	398		0	NC	4				
Energy.....kj	1665		0	NC	4				
Protein (N x 6.25).....g	10.99		1	A	1				
Total lipid (fat).....g	5.04		1	A	1				
Ash.....g	1.40		1	A	1				
Carbohydrate, by difference.....g	77.14		0	NC	4				
Fiber, total dietary.....g	10.4		1	A	1				
Sugars, total.....g	1.46		1	A	1				
Sucrose.....g	1.16		1	A	1				
Glucose (dextrose).....g	0.18		1	A	1				
Fructose.....g	0.11		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	60.46		1	A	1				
Minerals:									
Calcium, Ca.....mg	11		1	A	1				
Iron, Fe.....mg	3.79		1	A	1				
Magnesium, Mg.....mg	125		1	A	1				
Phosphorus, P.....mg	280		1	A	1				
Potassium, K.....mg	443		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	3.24		1	A	1				
Copper, Cu.....mg	0.219		1	A	1				
Manganese, Mn.....mg	0.646		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.310		1	A	1				
Riboflavin.....mg	0.137		1	A	1				
Niacin.....mg	2.800		1	A	1				
Pantothenic acid.....mg	2.490		1	A	1				
Vitamin B-6.....mg	0.583		1	A	1				
Folate, total.....mcg	32		1	A	1				
Folic acid.....mcg	6		1	A	1				
Folate, food.....mcg	26		1	AS	1				
Folate, DFE.....mcg_DFE	36		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	5.06		1	A	1				
Tocopherol, delta.....mg	0.52		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.853		0	NC	4				

NDB No. 35136
 Cornmeal, white (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.671		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.133		1	A		1			
20:0.....g	0.029		1	A		1			
22:0.....g	0.020		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.532		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.000		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	1.515		1	A		1			
20:1.....g	0.017		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.078		0	NC		4			
18:2 undifferentiated.....g	2.024		1	A		1			
18:3 undifferentiated.....g	0.054		0	A		1			
18:3 n-3 c,c,c.....g	0.054		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		1	A		1			
Threonine.....g	0.345		1	A		1			
Isoleucine.....g	0.404		1	A		1			
Leucine.....g	1.375		1	A		1			
Lysine.....g	0.319		1	A		1			
Methionine.....g	0.258		1	A		1			
Cystine.....g	0.217		1	A		1			
Phenylalanine.....g	0.543		1	A		1			
Tyrosine.....g	0.412		1	A		1			
Valine.....g	0.554		1	A		1			
Arginine.....g	0.474		1	A		1			
Histidine.....g	0.292		1	A		1			
Alanine.....g	0.836		1	A		1			
Aspartic acid.....g	0.724		1	A		1			
Glutamic acid.....g	2.043		1	A		1			
Glycine.....g	0.399		1	A		1			
Proline.....g	0.906		1	A		1			

NDB No. 35136
 Cornmeal, white (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.510		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35137
 Cornmeal, yellow (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.15		1	A	1				
Energy.....kcal	384		0	NC	4				
Energy.....kj	1606		0	NC	4				
Protein (N x 6.25).....g	9.85		1	A	1				
Total lipid (fat).....g	5.88		1	A	1				
Ash.....g	1.22		1	A	1				
Carbohydrate, by difference.....g	72.90		0	NC	4				
Fiber, total dietary.....g	9.4		1	A	1				
Sugars, total.....g	1.56		1	A	1				
Sucrose.....g	1.20		1	A	1				
Glucose (dextrose).....g	0.22		1	A	1				
Fructose.....g	0.15		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	61.94		1	A	1				
Minerals:									
Calcium, Ca.....mg	6		1	A	1				
Iron, Fe.....mg	2.99		1	A	1				
Magnesium, Mg.....mg	107		1	A	1				
Phosphorus, P.....mg	225		1	A	1				
Potassium, K.....mg	322		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	3.10		1	A	1				
Copper, Cu.....mg	0.242		1	A	1				
Manganese, Mn.....mg	0.641		1	A	1				
Selenium, Se.....mcg	6.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.300		1	A	1				
Riboflavin.....mg	0.093		1	A	1				
Niacin.....mg	2.470		1	A	1				
Pantothenic acid.....mg	0.595		1	A	1				
Vitamin B-6.....mg	0.590		1	A	1				
Folate, total.....mcg	34		1	A	1				
Folic acid.....mcg	7		1	A	1				
Folate, food.....mcg	27		1	AS	1				
Folate, DFE.....mcg_DFE	39		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	4.86		1	A	1				
Tocopherol, delta.....mg	0.37		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.043		0	NC	4				

NDB No. 35137
 Cornmeal, yellow (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.778		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.219		1	A		1			
20:0.....g	0.033		1	A		1			
22:0.....g	0.013		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	2.143		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.000		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	2.126		1	A		1			
20:1.....g	0.017		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.352		0	NC		4			
18:2 undifferentiated.....g	2.292		1	A		1			
18:3 undifferentiated.....g	0.060		0	A		1			
18:3 n-3 c,c,c.....g	0.060		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.050		1	A		1			
Threonine.....g	0.307		1	A		1			
Isoleucine.....g	0.370		1	A		1			
Leucine.....g	1.275		1	A		1			
Lysine.....g	0.301		1	A		1			
Methionine.....g	0.230		1	A		1			
Cystine.....g	0.184		1	A		1			
Phenylalanine.....g	0.499		1	A		1			
Tyrosine.....g	0.294		1	A		1			
Valine.....g	0.494		1	A		1			
Arginine.....g	0.421		1	A		1			
Histidine.....g	0.265		1	A		1			
Alanine.....g	0.769		1	A		1			
Aspartic acid.....g	0.662		1	A		1			
Glutamic acid.....g	1.875		1	A		1			
Glycine.....g	0.360		1	A		1			
Proline.....g	0.854		1	A		1			

NDB No. 35137
 Cornmeal, yellow (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.471		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35029

Cranberries, wild, bush, raw (Alaska Native)

Viburnum edule

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.00		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kj	232		0	NC	4				
Protein (N x 5.3).....g	1.10		1	AI	13				
Total lipid (fat).....g	0.20		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	12.30		0	NC	4				
Fiber, total dietary.....g	6.7		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	15		1	AI	13				
Potassium, K.....mg	140		1	AI	13				
Sodium, Na.....mg	26		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.0		1	AI	13				
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.010		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1060		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35030

Cranberry, low bush or lingenberry, raw (Alaska Native)

Vaccinium vitis-idaea

lingenberry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.70		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kj	230		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	12.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	21		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		1	AI	13				
Thiamin.....mg	0.020		1	AI	13				
Riboflavin.....mg	0.080		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	90		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35080

Deer (venison), sitka, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	18		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35069

Duck, scoter, white-winged, meat (Alaska Native)

Melanitta fusca

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.00		1	AI	13				
Energy.....kcal	84		0	NC	4				
Energy.....kj	353		0	NC	4				
Protein (N x 5.3).....g	20.20		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35172

Elk, free range, ground, cooked patties (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	1.138		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.003		1	A		1			
13:0.....g									
14:0.....g	0.093		1	A		1			
15:0.....g	0.016		1	A		1			
16:0.....g	0.712		1	A		1			
17:0.....g	0.019		1	A		1			
18:0.....g	0.292		1	A		1			
20:0.....g	0.003		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.952		0	NC		4			
14:1.....g	0.037		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.286		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.623		0	AS		1			
18:1 c.....g	0.589		1	A		1			
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.034		1	A		1			
18:1-11t (18:1t n-7).....g									
20:1.....g	0.006		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0	NC		4			
18:2 undifferentiated.....g	0.151		0	AS		1			
18:2 n-6 c,c.....g	0.120		1	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.031		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.048		0	AS		1			
18:3 n-3 c,c,c.....g	0.048		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.008		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.032		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.065		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.034		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.031		0	NC		4			
Cholesterol.....mg	70		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0	A		1			
Threonine.....g	1.206		0	A		1			

NDB No. 35172

Elk, free range, ground, cooked patties (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Isoleucine.....g	1.380		0	A		1			
Leucine.....g	2.647		0	A		1			
Lysine.....g	2.288		0	A		1			
Methionine.....g	0.911		0	A		1			
Cystine.....g	0.365		0	A		1			
Phenylalanine.....g	1.285		0	A		1			
Tyrosine.....g	1.099		0	A		1			
Valine.....g	1.493		0	A		1			
Arginine.....g	1.990		0	A		1			
Histidine.....g	0.999		0	A		1			
Alanine.....g	1.883		0	A		1			
Aspartic acid.....g	2.903		0	A		1			
Glutamic acid.....g	4.884		0	A		1			
Glycine.....g	1.481		0	A		1			
Proline.....g	1.298		0	A		1			
Serine.....g	1.440		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35173

Elk, free range, ground, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.059		1	A					1
15:0.....g	0.010		1	A					1
16:0.....g	0.440		1	A					1
17:0.....g	0.012		1	A					1
18:0.....g	0.182		1	A					1
20:0.....g	0.001		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	0.574		0	NC					4
14:1.....g	0.022		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.171		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.377		0	AS					1
18:1 c.....g	0.356		1	A					1
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.021		1	A					1
18:1-11t (18:1t n-7).....g									
20:1.....g	0.004		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0	NC					4
18:2 undifferentiated.....g	0.086		0	AS					1
18:2 n-6 c,c.....g	0.068		1	A					1
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.018		1	A					1
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	AS					1
18:3 n-3 c,c,c.....g	0.024		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.004		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.016		1	A					1
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.039		0	NC					4
Fatty acids, total trans-monoenoic.....g	0.021		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.018		0	NC					4
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A					1
Threonine.....g	0.825		0	A					1
Isoleucine.....g	0.944		0	A					1
Leucine.....g	1.811		0	A					1
Lysine.....g	1.565		0	A					1
Methionine.....g	0.623		0	A					1
Cystine.....g	0.250		0	A					1
Phenylalanine.....g	0.879		0	A					1
Tyrosine.....g	0.752		0	A					1
Valine.....g	1.021		0	A					1
Arginine.....g	1.361		0	A					1

NDB No. 35173

Elk, free range, ground, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.683		0	A					
Alanine.....g	1.288		0	A					
Aspartic acid.....g	1.986		0	A					
Glutamic acid.....g	3.341		0	A					
Glycine.....g	1.013		0	A					
Proline.....g	0.888		0	A					
Serine.....g	0.985		0	A					
Hydroxyproline.....g	0.094		1	A					
Others:									
Alcohol, ethyl.....g	0.0		0	Z					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35178

Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	1.125		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.003		1	A		1			
13:0.....g									
14:0.....g	0.105		1	A		1			
15:0.....g	0.013		1	A		1			
16:0.....g	0.821		1	A		1			
17:0.....g	0.014		1	A		1			
18:0.....g	0.166		1	A		1			
20:0.....g	0.003		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.353		0	NC		4			
14:1.....g	0.063		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.496		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.786		0	AS		1			
18:1 c.....g	0.767		1	A		1			
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.019		1	A		1			
18:1-11t (18:1t n-7).....g									
20:1.....g	0.008		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0	NC		4			
18:2 undifferentiated.....g	0.092		0	AS		1			
18:2 n-6 c,c.....g	0.071		1	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.021		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.025		0	AS		1			
18:3 n-3 c,c,c.....g	0.025		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.005		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.040		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.019		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.021		0	NC		4			
Cholesterol.....mg	63		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.353		0	A		1			
Threonine.....g	1.154		0	A		1			

NDB No. 35178

Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	1.476		0	A		1			
Leucine.....g	2.724		0	A		1			
Lysine.....g	2.390		0	A		1			
Methionine.....g	0.998		0	A		1			
Cystine.....g	0.390		0	A		1			
Phenylalanine.....g	1.322		0	A		1			
Tyrosine.....g	1.162		0	A		1			
Valine.....g	2.368		0	A		1			
Arginine.....g	2.041		0	A		1			
Histidine.....g	1.114		0	A		1			
Alanine.....g	1.910		0	A		1			
Aspartic acid.....g	3.009		0	A		1			
Glutamic acid.....g	5.005		0	A		1			
Glycine.....g	1.407		0	A		1			
Proline.....g	1.268		0	A		1			
Serine.....g	1.557		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.072		1	A					1
15:0.....g	0.010		1	A					1
16:0.....g	0.584		1	A					1
17:0.....g	0.011		1	A					1
18:0.....g	0.147		1	A					1
20:0.....g	0.002		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0	NC					4
14:1.....g	0.038		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.309		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.545		0	AS					1
18:1 c.....g	0.529		1	A					1
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.016		1	A					1
18:1-11t (18:1t n-7).....g									
20:1.....g	0.005		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	NC					4
18:2 undifferentiated.....g	0.082		0	AS					1
18:2 n-6 c,c.....g	0.066		1	A					1
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.016		1	A					1
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.021		0	AS					1
18:3 n-3 c,c,c.....g	0.021		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.004		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A					1
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.032		0	NC					4
Fatty acids, total trans-monoenoic.....g	0.016		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.016		0	NC					4
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	A					1
Threonine.....g	0.746		0	A					1
Isoleucine.....g	0.954		0	A					1
Leucine.....g	1.760		0	A					1
Lysine.....g	1.544		0	A					1
Methionine.....g	0.645		0	A					1
Cystine.....g	0.252		0	A					1
Phenylalanine.....g	0.854		0	A					1
Tyrosine.....g	0.751		0	A					1
Valine.....g	1.530		0	A					1
Arginine.....g	1.319		0	A					1

NDB No. 35177

Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.720		0	A					
Alanine.....g	1.234		0	A					
Aspartic acid.....g	1.944		0	A					
Glutamic acid.....g	3.234		0	A					
Glycine.....g	0.909		0	A					
Proline.....g	0.819		0	A					
Serine.....g	1.006		0	A					
Hydroxyproline.....g	0.046		1	A					
Others:									
Alcohol, ethyl.....g	0.0		0	Z					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35038
 Fireweed, young leaves, raw (Alaska Native)
Chamerion angustifolium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.20		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kj	186		0	NC	4				
Protein (N x 5.3).....g	3.00		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	6.30		0	NC	4				
Fiber, total dietary.....g	6.0		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	166		1	AI	13				
Potassium, K.....mg	251		1	AI	13				
Sodium, Na.....mg	50		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	99.0		1	AI	13				
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg	0.860		1	AI	13				
Niacin.....mg	1.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	5720		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35152

Fish, Salmon, Chum, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.34		1	A					
Energy.....kcal	124		0	NC					
Energy.....kj	484		0	NC					
Protein (N x 6.25).....g	20.69		1	A					
Total lipid (fat).....g	3.67		1	A					
Ash.....g	1.27		1	A					
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g	0.0		0	Z					
Sugars, total.....g	0.00		0	Z					
Sucrose.....g	0.00		0	Z					
Glucose (dextrose).....g	0.00		0	Z					
Fructose.....g	0.00		0	Z					
Lactose.....g	0.00		0	Z					
Maltose.....g	0.00		0	Z					
Galactose.....g	0.00		0	Z					
Starch.....g	0.00		0	Z					
Minerals:									
Calcium, Ca.....mg	7		1	A					
Iron, Fe.....mg	0.56		1	A					
Magnesium, Mg.....mg	26		1	A					
Phosphorus, P.....mg	230		1	A					
Potassium, K.....mg	370		1	A					
Sodium, Na.....mg	59		1	A					
Zinc, Zn.....mg	0.54		1	A					
Copper, Cu.....mg	0.137		0	BFSN					
Manganese, Mn.....mg	0.030		0	BFSN					
Selenium, Se.....mcg	39.7		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.156		1	A					
Riboflavin.....mg	0.217		1	A					
Niacin.....mg	8.790		1	A					
Pantothenic acid.....mg	1.020		1	A					
Vitamin B-6.....mg	0.189		1	A					
Folate, total.....mcg	18		1	A					
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	18		0	BFSN					
Folate, DFE.....mcg_DFE	18		0	NC					
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	8.08		1	A					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	32		0	NC					
Retinol.....mcg	32		0	T					
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Vitamin A, IU.....IU	105		0	NC					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	0.49		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.00		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A					

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.547		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.140		1	A		1			
15:0.....g	0.010		1	A		1			
16:0.....g	0.300		1	A		1			
17:0.....g	0.010		1	A		1			
18:0.....g	0.080		1	A		1			
20:0.....g	0.007		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	0.940		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.110		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.470		1	A		1			
20:1.....g	0.170		1	A		1			
22:1 undifferentiated.....g	0.170		1	A		1			
24:1 c.....g	0.020		1	A		1			
Fatty acids, total polyunsaturated.....g	0.770		0	NC		4			
18:2 undifferentiated.....g	0.030		1	A		1			
18:3 undifferentiated.....g	0.040		1	A		1			
18:4.....g	0.040		1	A		1			
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:4 undifferentiated.....g	0.030		1	A		1			
20:5 n-3.....g	0.170		1	A		1			
22:5 n-3.....g	0.050		1	A		1			
22:6 n-3.....g	0.410		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.320		0	A		1			
Threonine.....g	0.920		0	A		1			
Isoleucine.....g	0.920		0	A		1			
Leucine.....g	1.520		0	A		1			
Lysine.....g	1.730		0	A		1			
Methionine.....g	0.770		0	A		1			
Cystine.....g	0.300		0	A		1			
Phenylalanine.....g	0.840		0	A		1			
Tyrosine.....g	1.100		0	A		1			
Valine.....g	1.030		0	A		1			
Arginine.....g	1.150		0	A		1			
Histidine.....g	0.510		0	A		1			
Alanine.....g	1.190		0	A		1			
Aspartic acid.....g	2.490		0	A		1			
Glutamic acid.....g	2.890		0	A		1			
Glycine.....g	0.900		0	A		1			
Proline.....g	0.690		0	A		1			
Serine.....g	0.780		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35152

Fish, Salmon, Chum, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35016
Fish, blackfish, whole (Alaska Native)
Dallia pectoralis

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.10		1	AI	13				
Energy.....kcal	82		0	NC	4				
Energy.....kj	342		0	NC	4				
Protein (N x 6.25).....g	15.50		1	AI	13				
Total lipid (fat).....g	1.75		1	AI	13				
Ash.....g	1.65		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	236		1	AI	13				
Iron, Fe.....mg	4.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	287		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.370		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1202		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35034

Fish, devilfish, meat (Alaska Native)

Myoxocephalus

Gray Whale

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.80		1	AI	13				
Energy.....kcal	97		0	NC	4				
Energy.....kj	407		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	5.30		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	3		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1020		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35188

Fish, halibut, cooked, with skin (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	72.82	1.866	3	A		1			
Energy.....kcal	113		0	NC		4			
Energy.....kj	473		0	NC		4			
Protein.....g	22.13	1.977	3	A		1			
Total lipid (fat).....g	2.73	1.407	3	A		1			
Ash.....g	1.39	0.031	3	A		1			
Carbohydrate, by difference.....g	0.00		0	Z		7			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	33	5.476	3	A		1			
Iron, Fe.....mg	0.36	0.064	3	A		1			
Magnesium, Mg.....mg	29	0.731	3	A		1			
Phosphorus, P.....mg	275	8.686	3	A		1			
Potassium, K.....mg	501	0.882	3	A		1			
Sodium, Na.....mg	86	5.622	3	A		1			
Zinc, Zn.....mg	0.75	0.086	3	A		1			
Copper, Cu.....mg	0.041	0.000	3	A		1			
Manganese, Mn.....mg	0.011	0.000	3	A		1			
Selenium, Se.....mcg	60.6	6.673	3	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.083	0.009	3	A		1			
Riboflavin.....mg	0.176	0.009	3	A		1			
Niacin.....mg	6.247	0.424	3	A		1			
Pantothenic acid.....mg	0.486	0.046	3	A		1			
Vitamin B-6.....mg	0.266	0.020	3	A		1			
Folate, total.....mcg	22	3.684	3	A		1			
Folic acid.....mcg									
Folate, food.....mcg	22	3.684	3	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.55	0.212	3	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	48		0	NC		4			
Retinol.....mcg	48		0	BFSN		4			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	160		0	NC		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	1.05	0.054	3	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.01	0.007	3	A		1			
Tocopherol, gamma.....mg	0.00	0.000	3	A		1			
Tocopherol, delta.....mg	0.00	0.000	3	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A		1			

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Fish, halibut, cooked, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.498		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A		1			
10:0.....g	0.000	0.000	3	A		1			
12:0.....g	0.000	0.000	3	A		1			
13:0.....g									
14:0.....g	0.078	0.031	3	A		1			
15:0.....g	0.007	0.002	3	A		1			
16:0.....g	0.333	0.116	3	A		1			
17:0.....g	0.004	0.001	3	A		1			
18:0.....g	0.074	0.022	3	A		1			
20:0.....g	0.003	0.001	3	A		1			
22:0.....g	0.000	0.000	3	A		1			
24:0.....g	0.000	0.000	3	A		1			
Fatty acids, total monounsaturated.....g	0.842		0	NC		4			
14:1.....g	0.004	0.002	3	A		1			
15:1.....g	0.000	0.000	3	A		1			
16:1 undifferentiated.....g	0.211	0.085	3	A		1			
17:1.....g	0.000	0.000	3	A		1			
18:1 undifferentiated.....g	0.541	0.214	3	A		1			
20:1.....g	0.085	0.033	3	A		1			
22:1 undifferentiated.....g	0.000	0.000	3	AS		1			
22:1 c.....g	0.000	0.000	3	A		1			
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.731		0	NC		4			
18:2 undifferentiated.....g	0.018	0.006	3	A		1			
18:3 undifferentiated.....g	0.009	0.004	3	AS		1			
18:3 n-3 c,c,c.....g	0.009	0.004	3	A		1			
18:3 n-6 c,c,c.....g	0.000	0.000	3	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.008	0.003	3	A		1			
20:3 undifferentiated.....g	0.003	0.001	3	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.036	0.008	3	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.243	0.099	3	A		1			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.052	0.022	3	A		1			
22:6 n-3.....g	0.363	0.113	3	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	75		4.351	3	A	1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.335		0	A		1			
Threonine.....g	1.029		0	A		1			
Isoleucine.....g	1.017		0	A		1			
Leucine.....g	1.723		0	A		1			
Lysine.....g	1.962		0	A		1			
Methionine.....g	0.861		0	A		1			
Cystine.....g	0.383		0	A		1			
Phenylalanine.....g	0.885		0	A		1			
Tyrosine.....g	0.754		0	A		1			
Valine.....g	1.113		0	A		1			
Arginine.....g	1.304		0	A		1			
Histidine.....g	0.538		0	A		1			
Alanine.....g	1.280		0	A		1			

NDB No. 35188

Fish, halibut, cooked, with skin (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	3.014		0	A	1			
Glutamic acid.....g	3.421		0	A	1			
Glycine.....g	1.005		0	A	1			
Proline.....g	0.790		0	A	1			
Serine.....g	0.981		0	A	1			
Hydroxyproline.....g	0.107	0.003	3	A	1			
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.44	1.584	4	A	1				
Energy.....kcal	108		0	NC	4				
Energy.....kj	454		0	NC	4				
Protein.....g	20.53	0.539	4	A	1				
Total lipid (fat).....g	2.92	0.964	4	A	1				
Ash.....g	1.30	0.004	4	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	20	1.099	4	A	1				
Iron, Fe.....mg	0.27	0.021	4	A	1				
Magnesium, Mg.....mg	26	0.498	4	A	1				
Phosphorus, P.....mg	244	4.023	4	A	1				
Potassium, K.....mg	449	12.127	4	A	1				
Sodium, Na.....mg	79	3.888	4	A	1				
Zinc, Zn.....mg	0.61	0.045	4	A	1				
Copper, Cu.....mg	0.042	0.002	3	A	1				
Manganese, Mn.....mg	0.011	0.000	3	A	1				
Selenium, Se.....mcg	51.1	2.841	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.066	0.005	4	A	1				
Riboflavin.....mg	0.072	0.003	4	A	1				
Niacin.....mg	5.762	0.815	4	A	1				
Pantothenic acid.....mg	0.377	0.047	4	A	1				
Vitamin B-6.....mg	0.390	0.006	4	A	1				
Folate, total.....mcg	15	2.315	4	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	15		1	A	1				
Folate, DFE.....mcg_DFE	15		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.78	0.115	4	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	47		0	NC	4				
Retinol.....mcg	47		0	T	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	157		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.90	0.989	4	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.03	0.020	4	A	1				
Tocopherol, gamma.....mg	0.00	0.000	4	A	1				
Tocopherol, delta.....mg	0.00	0.000	4	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1				

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.726		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A		1			
10:0.....g	0.000	0.000	4	A		1			
12:0.....g	0.000	0.000	4	A		1			
13:0.....g									
14:0.....g	0.088	0.027	4	A		1			
15:0.....g	0.008	0.002	4	A		1			
16:0.....g	0.383	0.097	4	A		1			
17:0.....g	0.004	0.001	4	A		1			
18:0.....g	0.088	0.018	4	A		1			
20:0.....g	0.005	0.001	4	A		1			
22:0.....g	0.000	0.000	4	A		1			
24:0.....g	0.000	0.000	4	A		1			
Fatty acids, total monounsaturated.....g	1.195		0	NC		4			
14:1.....g	0.004	0.001	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.231	0.075	4	A		1			
17:1.....g	0.000	0.000	4	A		1			
18:1 undifferentiated.....g	0.591	0.190	4	A		1			
20:1.....g	0.106	0.035	4	A		1			
22:1 undifferentiated.....g	0.002	0.000	4	JA		6			
22:1 c.....g	0.000	0.000	3	A		1			
22:1 t.....g									
24:1 c.....g	0.010		1	A		1			
Fatty acids, total polyunsaturated.....g	0.912		0	NC		4			
18:2 undifferentiated.....g	0.018	0.006	4	A		1			
18:3 undifferentiated.....g	0.009	0.003	4	JA		6			
18:3 n-3 c,c,c.....g	0.012	0.004	3	A		1			
18:3 n-6 c,c,c.....g	0.000	0.000	3	A		1			
18:3i.....g									
18:4.....g	0.000		1	A		1			
20:2 n-6 c,c.....g	0.010	0.003	4	A		1			
20:3 undifferentiated.....g	0.003	0.001	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.028	0.009	4	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.217	0.091	4	A		1			
21:5.....g	0.000		1	A		1			
22:4.....g	0.000		1	A		1			
22:5 n-3.....g	0.059	0.020	4	A		1			
22:6 n-3.....g	0.393	0.091	4	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	72	0.344	4	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0	A		1			
Threonine.....g	0.954		0	A		1			
Isoleucine.....g	0.943		0	A		1			
Leucine.....g	1.598		0	A		1			
Lysine.....g	1.820		0	A		1			
Methionine.....g	0.799		0	A		1			
Cystine.....g	0.355		0	A		1			
Phenylalanine.....g	0.821		0	A		1			
Tyrosine.....g	0.699		0	A		1			
Valine.....g	1.032		0	A		1			
Arginine.....g	1.210		0	A		1			
Histidine.....g	0.499		0	A		1			
Alanine.....g	1.187		0	A		1			

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	2.796		0	A	1			
Glutamic acid.....g	3.174		0	A	1			
Glycine.....g	0.932		0	A	1			
Proline.....g	0.732		0	A	1			
Serine.....g	0.910		0	A	1			
Hydroxyproline.....g	0.183	0.066	3	A	1			
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35039

Fish, herring eggs on giant kelp, Pacific (Alaska Native)

Clupea harengus pallasi Valenciennes & Macrocystis integrifolia

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.80		1	AI	13				
Energy.....kcal	63		0	NC	4				
Energy.....kj	263		0	NC	4				
Protein (N x 6.25).....g	11.30		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	3.50		0	NP	4				
Carbohydrate, by difference.....g	2.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	161		1	AI	13				
Iron, Fe.....mg	3.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	61		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.130		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	89		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35040

Fish, herring eggs, Pacific, dry (Alaska Native)

Clupea harengus pallasi Valenciennes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.30		1	AI	13				
Energy.....kcal	312		0	NC	4				
Energy.....kj	1306		0	NC	4				
Protein (N x 6.25).....g	60.40		1	AI	13				
Total lipid (fat).....g	6.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	2.80		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	808		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.170		1	AI	13				
Niacin.....mg	4.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35041

Fish, herring eggs, Pacific, plain (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	40		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35042

Fish, herring, Pacific, flesh, air-dried, packed in oil (Alaska Native)

Clupea harengus pallasi Valenciennes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	18.20		1	AI	13				
Energy.....kcal	489		0	NC	4				
Energy.....kj	2048		0	NC	4				
Protein (N x 6.25).....g	44.50		1	AI	13				
Total lipid (fat).....g	34.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	684		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	2.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1300		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35047
 Fish, lingcod, liver (Alaska Native)
Ophiodon elongatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.90		1	AI	13				
Energy.....kcal	424		0	NC	4				
Energy.....kj	1776		0	NC	4				
Protein (N x 6.25).....g	5.60		1	AI	13				
Total lipid (fat).....g	42.00		1	AI	13				
Ash.....g	0.50		0	NP	4				
Carbohydrate, by difference.....g	6.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.220		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	9100		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35046
 Fish, lingcod, meat, raw (Alaska Native)
Ophiodon elongatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.00		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kj	330		0	NC	4				
Protein (N x 6.25).....g	17.90		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	433		1	AI	13				
Sodium, Na.....mg	59		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.110		1	AI	13				
Riboflavin.....mg	0.360		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	230		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35060

Fish, pike, northern, liver (Alaska Native)

Esox lucius

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kj	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	860		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35171

Fish, salmon, chum, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.79		2	A		1			
Energy.....kcal	378		0	NC		4			
Energy.....kj	1581		0	NC		4			
Protein (N x 6.25).....g	62.09		2	A		1			
Total lipid (fat).....g	14.38		2	A		1			
Ash.....g	3.69		2	A		1			
Carbohydrate, by difference.....g	0.00		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	155		2	A		1			
Iron, Fe.....mg	2.20		2	A		1			
Magnesium, Mg.....mg	68		2	A		1			
Phosphorus, P.....mg	650		2	A		1			
Potassium, K.....mg	910		2	A		1			
Sodium, Na.....mg	190		2	A		1			
Zinc, Zn.....mg	1.40		2	A		1			
Copper, Cu.....mg	0.254		2	A		1			
Manganese, Mn.....mg	0.071		2	A		1			
Selenium, Se.....mcg	103.8		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.356		2	A		1			
Riboflavin.....mg	0.463		2	A		1			
Niacin.....mg	14.650		2	A		1			
Pantothenic acid.....mg	2.760		2	A		1			
Vitamin B-6.....mg	0.681		2	A		1			
Folate, total.....mcg	12		2	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	12		2	A		1			
Folate, DFE.....mcg_DFE	12		0	NC		4			
Choline, total.....mg	231.2		0	AS		1			
Betaine.....mg	10.6		2	A		1			
Vitamin B-12.....mcg	28.60		2	A		1			
Vitamin A, RAE.....mcg_RAE	16		0	AS		1			
Retinol.....mcg	16		1	A		1			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	53		0	AS		1			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	0.82		2	A		1			
Tocopherol, beta.....mg	0.00		2	A		1			
Tocopherol, gamma.....mg	0.05		2	A		1			
Tocopherol, delta.....mg	0.00		2	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A		1			
Lipids:									
Fatty acids, total saturated.....g	2.395		0	NC		4			

NDB No. 35171

Fish, salmon, chum, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.040		2	A		1			
13:0.....g									
14:0.....g	0.675		2	A		1			
15:0.....g	0.040		2	A		1			
16:0.....g	1.185		2	A		1			
17:0.....g	0.110		2	A		1			
18:0.....g	0.345		2	A		1			
20:0.....g	0.000		2	A		1			
22:0.....g	0.000		2	A		1			
24:0.....g	0.000		2	A		1			
Fatty acids, total monounsaturated.....g	5.139		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.480		2	A		1			
17:1.....g	0.004		2	A		1			
18:1 undifferentiated.....g	1.990		2	A		1			
20:1.....g	1.405		2	A		1			
22:1 undifferentiated.....g	1.230		2	A		1			
24:1 c.....g	0.030		2	A		1			
Fatty acids, total polyunsaturated.....g	2.323		0	NC		4			
18:2 undifferentiated.....g	0.125		2	A		1			
18:3 undifferentiated.....g	0.115		2	A		1			
18:4.....g	0.135		2	A		1			
20:2 n-6 c,c.....g	0.025		2	A		1			
20:3 undifferentiated.....g	0.010		2	A		1			
20:4 undifferentiated.....g	0.115		2	A		1			
20:5 n-3.....g	0.610		2	A		1			
22:5 n-3.....g	0.215		2	A		1			
22:6 n-3.....g	0.950		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	214		2	A		1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.38		1	A	1				
Energy.....kcal	140		0	NC	4				
Energy.....kj	587		0	NC	4				
Protein (N x 6.25).....g	22.56		1	A	1				
Total lipid (fat).....g	5.57		1	A	1				
Ash.....g	1.24		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	0.55		1	A	1				
Magnesium, Mg.....mg	28		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	380		1	A	1				
Sodium, Na.....mg	58		1	A	1				
Zinc, Zn.....mg	0.41		0	O	4				
Copper, Cu.....mg	0.051		0	O	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	27.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.152		1	A	1				
Riboflavin.....mg	0.189		1	A	1				
Niacin.....mg	7.930		1	A	1				
Pantothenic acid.....mg	1.230		1	A	1				
Vitamin B-6.....mg	0.225		1	A	1				
Folate, total.....mcg	13		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	13		0	NR	4				
Folate, DFE.....mcg_DFE	13		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	8.52		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	30		0	NC	4				
Retinol.....mcg	30		0	O	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	100		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.81		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.01		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1				

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.904		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.157		1	A					1
15:0.....g	0.012		1	A					1
16:0.....g	0.605		1	A					1
17:0.....g	0.012		1	A					1
18:0.....g	0.109		1	A					1
20:0.....g	0.009		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	1.790		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.169		1	A					1
17:1.....g	0.012		1	A					1
18:1 undifferentiated.....g	0.629		1	A					1
20:1.....g	0.581		1	A					1
22:1 undifferentiated.....g	0.363		1	A					1
24:1 c.....g	0.036		1	A					1
Fatty acids, total polyunsaturated.....g	2.410		0	T					4
18:2 undifferentiated.....g	0.089		1	A					1
18:2 n-6 c,c.....g	0.089		0	AI					13
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.089		1	A					1
18:3 n-3 c,c,c.....g	0.089		0	AI					13
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.089		1	A					1
20:2 n-6 c,c.....g	0.022		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.067		1	A					1
20:4 n-3.....g									
20:4 n-6.....g	0.670		0	AI					13
20:5 n-3.....g	0.491		1	A					1
21:5.....g	0.022		1	A					1
22:4.....g	0.000		1	A					1
22:5 n-3.....g	0.178		1	A					1
22:6 n-3.....g	1.385		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	58		1	A					1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.330		0	A					1
Threonine.....g	0.970		0	A					1
Isoleucine.....g	0.900		0	A					1
Leucine.....g	1.610		0	A					1
Lysine.....g	1.810		0	A					1
Methionine.....g	0.710		0	A					1
Cystine.....g	0.250		0	A					1
Phenylalanine.....g	0.910		0	A					1

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tyrosine.....g	0.720		0	A		1			
Valine.....g	1.030		0	A		1			
Arginine.....g	1.140		0	A		1			
Histidine.....g	0.490		0	A		1			
Alanine.....g	1.290		0	A		1			
Aspartic acid.....g	2.650		0	A		1			
Glutamic acid.....g	3.100		0	A		1			
Glycine.....g	0.970		0	A		1			
Proline.....g	0.780		0	A		1			
Serine.....g	0.840		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35153

Fish, salmon, king (chinook), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.96		2	JO					
Energy.....kcal	187		0	NC					
Energy.....kj	781		0	NC					
Protein (N x 6.25).....g	20.25		2	JO					
Total lipid (fat).....g	11.73		2	JO					
Ash.....g	1.25		1	A					
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g	0.0		0	Z					
Sugars, total.....g	0.00		0	Z					
Sucrose.....g	0.00		0	Z					
Glucose (dextrose).....g	0.00		0	Z					
Fructose.....g	0.00		0	Z					
Lactose.....g	0.00		0	Z					
Maltose.....g	0.00		0	Z					
Galactose.....g	0.00		0	Z					
Starch.....g	0.00		0	Z					
Minerals:									
Calcium, Ca.....mg	42		2	JO					
Iron, Fe.....mg	0.79		2	JO					
Magnesium, Mg.....mg	24		1	A					
Phosphorus, P.....mg	208		2	JO					
Potassium, K.....mg	370		1	A					
Sodium, Na.....mg	48		1	A					
Zinc, Zn.....mg	0.52		1	A					
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	31.0		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.161		1	A					
Riboflavin.....mg	0.169		2	JO					
Niacin.....mg	8.415		2	JO					
Pantothenic acid.....mg	0.987		1	A					
Vitamin B-6.....mg	0.271		1	A					
Folate, total.....mcg	15		1	A					
Folic acid.....mcg									
Folate, food.....mcg	15		1	A					
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	7.38		1	A					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	136		0	NC					
Retinol.....mcg	136		0	T					
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Vitamin A, IU.....IU	453		0	NC					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	1.49		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.01		1	A					
Tocopherol, gamma.....mg	0.03		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A					

NDB No. 35153
Fish, salmon, king (chinook), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.870		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.300		1	A					
15:0.....g	0.020		1	A					
16:0.....g	1.230		1	A					
17:0.....g	0.020		1	A					
18:0.....g	0.290		1	A					
20:0.....g	0.010		1	A					
22:0.....g	0.000		1	A					
24:0.....g	0.000		1	A					
Fatty acids, total monounsaturated.....g	4.090		0	NC					
14:1.....g	0.010		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.550		1	A					
17:1.....g	0.020		1	A					
18:1 undifferentiated.....g	2.100		1	A					
20:1.....g	0.760		1	A					
22:1 undifferentiated.....g	0.580		1	A					
24:1 c.....g	0.070		1	A					
Fatty acids, total polyunsaturated.....g	1.599		0	NC					
18:2 undifferentiated.....g	0.090		1	A					
18:3 undifferentiated.....g	0.070		1	A					
18:4.....g	0.050		1	A					
20:2 n-6 c,c.....g	0.020		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:4 undifferentiated.....g	0.080		1	A					
20:5 n-3.....g	0.440		1	A					
22:5 n-3.....g	0.120		1	A					
22:6 n-3.....g	0.710		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	61		1	A					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35065
Fish, salmon, king, chinook, kippered, canned (Alaska Native)
Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.20		1	AI	13				
Energy.....kcal	266		0	NC	4				
Energy.....kj	1113		0	NC	4				
Protein (N x 6.25).....g	30.70		1	AI	13				
Total lipid (fat).....g	15.90		1	AI	13				
Ash.....g	2.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		1	AI	13				
Iron, Fe.....mg	1.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.140		1	AI	13				
Niacin.....mg	10.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	50		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35068
Fish, salmon, king, chinook, liver (Alaska Native)
Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kj	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	3140		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35066
Fish, salmon, king, chinook, smoked and canned (Alaska Native)
Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.70		1	AI	13				
Energy.....kcal	150		0	NC	4				
Energy.....kj	627		0	NC	4				
Protein (N x 6.25).....g	23.20		1	AI	13				
Total lipid (fat).....g	5.90		1	AI	13				
Ash.....g	3.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		1	AI	13				
Iron, Fe.....mg	1.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	8.500		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	319		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35067

Fish, salmon, king, chinook, smoked, brined (Alaska Native)

Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.60		1	AI	13				
Energy.....kcal	430		0	NC	4				
Energy.....kj	1797		0	NC	4				
Protein (N x 6.25).....g	39.90		1	AI	13				
Total lipid (fat).....g	30.00		1	AI	13				
Ash.....g	3.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		1	AI	13				
Iron, Fe.....mg	4.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	700		1	AI	13				
Sodium, Na.....mg	693		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		1	AI	13				
Riboflavin.....mg	0.280		1	AI	13				
Niacin.....mg	11.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	527		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.970		1	AI	13				
Fatty acids, total monounsaturated.....g	16.900		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.350		0	NC	4				
18:2 undifferentiated.....g	0.350		0	AI	13				
18:3 undifferentiated.....g	0.000		0	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	107		1	AI	13				

NDB No. 35067

Fish, salmon, king, chinook, smoked, brined (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	107			AI		13			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.52		1	A	1				
Energy.....kcal	209		0	NC	4				
Energy.....kj	876		0	NC	4				
Protein (N x 6.25).....g	23.19		1	A	1				
Total lipid (fat).....g	12.95		1	A	1				
Ash.....g	3.21		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	55		1	A	1				
Iron, Fe.....mg	0.55		1	A	1				
Magnesium, Mg.....mg	29		1	A	1				
Phosphorus, P.....mg	270		1	A	1				
Potassium, K.....mg	390		1	A	1				
Sodium, Na.....mg	870		1	A	1				
Zinc, Zn.....mg	0.77		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....mcg	30.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.043		1	A	1				
Riboflavin.....mg	0.201		1	A	1				
Niacin.....mg	8.610		1	A	1				
Pantothenic acid.....mg	0.822		1	A	1				
Vitamin B-6.....mg	0.378		1	A	1				
Folate, total.....mcg	3		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	3		1	A	1				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Choline, total.....mg	98.9		0	AS	1				
Betaine.....mg	3.6		1	A	1				
Vitamin B-12.....mcg	3.65		1	A	1				
Vitamin A, RAE.....mcg_RAE	12		0	NC	4				
Retinol.....mcg									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	41		0	BFFN	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.42		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	46		1	A	1				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Fatty acids, total saturated.....g	2.440		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.490		1	A		1			
15:0.....g	0.040		1	A		1			
16:0.....g	1.520		1	A		1			
17:0.....g	0.060		1	A		1			
18:0.....g	0.330		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	5.860		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.680		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	2.440		1	A		1			
20:1.....g	1.530		1	A		1			
22:1 undifferentiated.....g	1.100		1	A		1			
24:1 c.....g	0.110		1	A		1			
Fatty acids, total polyunsaturated.....g	2.090		0	NC		4			
18:2 undifferentiated.....g	0.160		1	A		1			
18:3 undifferentiated.....g	0.170		1	A		1			
18:4.....g	0.160		1	A		1			
20:2 n-6 c.c.....g	0.030		1	A		1			
20:3 undifferentiated.....g	0.030		1	A		1			
20:4 undifferentiated.....g	0.140		1	A		1			
20:5 n-3.....g	0.460		1	A		1			
22:5 n-3.....g	0.110		1	A		1			
22:6 n-3.....g	0.790		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	67		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0	A		1			
Threonine.....g	1.022		0	A		1			
Isoleucine.....g	0.909		0	A		1			
Leucine.....g	1.656		0	A		1			
Lysine.....g	1.902		0	A		1			
Methionine.....g	0.625		0	A		1			
Cystine.....g	0.199		0	A		1			
Phenylalanine.....g	0.899		0	A		1			
Tyrosine.....g	0.757		0	A		1			
Valine.....g	1.117		0	A		1			
Arginine.....g	1.363		0	A		1			
Histidine.....g	0.549		0	A		1			
Alanine.....g	1.476		0	A		1			
Aspartic acid.....g	2.205		0	A		1			
Glutamic acid.....g	3.048		0	A		1			
Glycine.....g	1.230		0	A		1			
Proline.....g	1.079		0	A		1			
Serine.....g	0.909		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.49		1	A	1				
Energy.....kcal	206		0	NC	4				
Energy.....kj	862		0	NC	4				
Protein (N x 6.25).....g	35.19		1	A	1				
Total lipid (fat).....g	7.26		1	A	1				
Ash.....g	2.75		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	69		1	A	1				
Iron, Fe.....mg	1.50		1	A	1				
Magnesium, Mg.....mg	39		1	A	1				
Phosphorus, P.....mg	350		1	A	1				
Potassium, K.....mg	470		1	A	1				
Sodium, Na.....mg	600		1	A	1				
Zinc, Zn.....mg	1.10		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.051		1	A	1				
Selenium, Se.....mcg	44.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.021		1	A	1				
Riboflavin.....mg	0.358		1	A	1				
Niacin.....mg	13.100		1	A	1				
Pantothenic acid.....mg	0.656		1	A	1				
Vitamin B-6.....mg	0.182		1	A	1				
Folate, total.....mcg	4		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	4		1	A	1				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Choline, total.....mg	106.9		0	AS	1				
Betaine.....mg	5.0		1	A	1				
Vitamin B-12.....mcg	7.43		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	19		0	NC	4				
Retinol.....mcg	19		0	BFSN	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	63		0	BFSN	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.45		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	1.480		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.210		1	A		1			
15:0.....g	0.030		1	A		1			
16:0.....g	1.060		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.180		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	2.290		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.250		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	1.250		1	A		1			
20:1.....g	0.460		1	A		1			
22:1 undifferentiated.....g	0.300		1	A		1			
24:1 c.....g	0.030		1	A		1			
Fatty acids, total polyunsaturated.....g	2.210		0	NC		4			
18:2 undifferentiated.....g	0.100		1	A		1			
18:3 undifferentiated.....g	0.100		1	A		1			
18:4.....g	0.100		1	A		1			
20:2 n-6 c,c.....g	0.020		1	A		1			
20:3 undifferentiated.....g	0.020		1	A		1			
20:4 undifferentiated.....g	0.110		1	A		1			
20:5 n-3.....g	0.600		1	A		1			
22:5 n-3.....g	0.170		1	A		1			
22:6 n-3.....g	0.970		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.350		0	A		1			
Threonine.....g	1.530		0	A		1			
Isoleucine.....g	1.450		0	A		1			
Leucine.....g	2.510		0	A		1			
Lysine.....g	2.740		0	A		1			
Methionine.....g	0.910		0	A		1			
Cystine.....g	0.250		0	A		1			
Phenylalanine.....g	1.390		0	A		1			
Tyrosine.....g	1.150		0	A		1			
Valine.....g	1.720		0	A		1			
Arginine.....g	2.010		0	A		1			
Histidine.....g	0.820		0	A		1			
Alanine.....g	2.110		0	A		1			
Aspartic acid.....g	3.260		0	A		1			
Glutamic acid.....g	4.510		0	A		1			
Glycine.....g	1.870		0	A		1			
Proline.....g	1.700		0	A		1			
Serine.....g	1.320		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35167

Fish, salmon, red, (sockeye), kippered (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.41		1	A	1				
Energy.....kcal	141		0	NC	4				
Energy.....kj	589		0	NC	4				
Protein (N x 6.25).....g	24.50		1	A	1				
Total lipid (fat).....g	4.75		1	A	1				
Ash.....g	2.25		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	54		1	A	1				
Iron, Fe.....mg	0.49		1	A	1				
Magnesium, Mg.....mg	31		1	A	1				
Phosphorus, P.....mg	280		1	A	1				
Potassium, K.....mg	400		1	A	1				
Sodium, Na.....mg	460		1	A	1				
Zinc, Zn.....mg	0.75		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....mcg	33.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.094		1	A	1				
Riboflavin.....mg	0.230		1	A	1				
Niacin.....mg	8.520		1	A	1				
Pantothenic acid.....mg	0.917		1	A	1				
Vitamin B-6.....mg	0.287		1	A	1				
Folate, total.....mcg	6		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	6		1	A	1				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Choline, total.....mg	88.2		0	AS	1				
Betaine.....mg	4.2		1	A	1				
Vitamin B-12.....mcg	4.98		1	A	1				
Vitamin A, RAE.....mcg_RAE	15		0	NC	4				
Retinol.....mcg	14		0	BFFN	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	50		0	T	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.44		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	80		1	A	1				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.800		0	NC	4				

NDB No. 35167

Fish, salmon, red, (sockeye), kippered (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.120		1	A		1			
15:0.....g	0.020		1	A		1			
16:0.....g	0.570		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.090		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	1.830		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.150		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.670		1	A		1			
20:1.....g	0.580		1	A		1			
22:1 undifferentiated.....g	0.400		1	A		1			
24:1 c.....g	0.030		1	A		1			
Fatty acids, total polyunsaturated.....g	1.130		0	NC		4			
18:2 undifferentiated.....g	0.060		1	A		1			
18:3 undifferentiated.....g	0.060		1	A		1			
18:4.....g	0.060		1	A		1			
20:2 n-6 c,c.....g	0.010		1	A		1			
20:3 undifferentiated.....g	0.010		1	A		1			
20:4 undifferentiated.....g	0.060		1	A		1			
20:5 n-3.....g	0.260		1	A		1			
22:5 n-3.....g	0.070		1	A		1			
22:6 n-3.....g	0.540		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	68		1	A		1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.82		1	A		1			
Energy.....kcal	161		0	NC		4			
Energy.....kj	674		0	NC		4			
Protein (N x 6.25).....g	27.31		1	A		1			
Total lipid (fat).....g	5.76		1	A		1			
Ash.....g	1.96		1	A		1			
Carbohydrate, by difference.....g	0.00		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	28		1	A		1			
Iron, Fe.....mg	1.90		1	A		1			
Magnesium, Mg.....mg	32		1	A		1			
Phosphorus, P.....mg	260		1	A		1			
Potassium, K.....mg	370		1	A		1			
Sodium, Na.....mg	390		1	A		1			
Zinc, Zn.....mg	0.66		1	A		1			
Copper, Cu.....mg	0.148		1	A		1			
Manganese, Mn.....mg	0.037		1	A		1			
Selenium, Se.....mcg	40.3		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.015		1	A		1			
Riboflavin.....mg	0.206		1	A		1			
Niacin.....mg	10.100		1	A		1			
Pantothenic acid.....mg	0.725		1	A		1			
Vitamin B-6.....mg	0.103		1	A		1			
Folate, total.....mcg	7		1	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	7		1	A		1			
Folate, DFE.....mcg_DFE	7		0	NC		4			
Choline, total.....mg	82.0		0	AS		1			
Betaine.....mg	3.3		1	A		1			
Vitamin B-12.....mcg	4.91		1	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	65		0	NC		4			
Retinol.....mcg	65		0	NR		4			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	216		0	O		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	0.61		1	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.00		1	A		1			
Tocopherol, gamma.....mg	0.03		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A		1			

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.920		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.170		1	A		1			
15:0.....g	0.030		1	A		1			
16:0.....g	0.590		1	A		1			
17:0.....g	0.020		1	A		1			
18:0.....g	0.110		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	2.290		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.150		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.660		1	A		1			
20:1.....g	0.750		1	A		1			
22:1 undifferentiated.....g	0.690		1	A		1			
24:1 c.....g	0.040		1	A		1			
Fatty acids, total polyunsaturated.....g	1.610		0	NC		4			
18:2 undifferentiated.....g	0.080		1	A		1			
18:3 undifferentiated.....g	0.080		1	A		1			
18:4.....g	0.120		1	A		1			
20:2 n-6 c,c.....g	0.020		1	A		1			
20:3 undifferentiated.....g	0.010		1	A		1			
20:4 undifferentiated.....g	0.090		1	A		1			
20:5 n-3.....g	0.330		1	A		1			
22:5 n-3.....g	0.110		1	A		1			
22:6 n-3.....g	0.750		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	69		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.350		0	A		1			
Threonine.....g	1.250		0	A		1			
Isoleucine.....g	1.220		0	A		1			
Leucine.....g	2.040		0	A		1			
Lysine.....g	2.310		0	A		1			
Methionine.....g	0.750		0	A		1			
Cystine.....g	0.200		0	A		1			
Phenylalanine.....g	1.140		0	A		1			
Tyrosine.....g	0.940		0	A		1			
Valine.....g	1.450		0	A		1			
Arginine.....g	1.640		0	A		1			
Histidine.....g	0.690		0	A		1			
Alanine.....g	1.690		0	A		1			
Aspartic acid.....g	2.680		0	A		1			
Glutamic acid.....g	3.640		0	A		1			
Glycine.....g	1.430		0	A		1			
Proline.....g	1.220		0	A		1			
Serine.....g	1.040		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.64		1	A	1				
Energy.....kcal	153		0	NC	4				
Energy.....kj	641		0	NC	4				
Protein (N x 6.25).....g	21.94		1	A	1				
Total lipid (fat).....g	7.28		1	A	1				
Ash.....g	1.29		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	0.53		1	A	1				
Magnesium, Mg.....mg	27		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	360		1	A	1				
Sodium, Na.....mg	60		1	A	1				
Zinc, Zn.....mg	0.52		1	A	1				
Copper, Cu.....mg	0.052		0	O	4				
Manganese, Mn.....mg	0.014		0	O	4				
Selenium, Se.....mcg	29.9		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.253		1	A	1				
Riboflavin.....mg	0.297		1	A	1				
Niacin.....mg	8.040		1	A	1				
Pantothenic acid.....mg	1.140		1	A	1				
Vitamin B-6.....mg	0.282		1	A	1				
Folate, total.....mcg	11		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	11		1	A	1				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	7.82		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	58		0	NC	4				
Retinol.....mcg	58		0	O	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	192		0	O	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.25		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.04		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1				

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	1.007		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.170		1	A		1			
15:0.....g	0.020		1	A		1			
16:0.....g	0.670		1	A		1			
17:0.....g	0.010		1	A		1			
18:0.....g	0.130		1	A		1			
20:0.....g	0.007		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	2.200		0	NC		4			
14:1.....g	0.010		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.200		1	A		1			
17:1.....g	0.010		1	A		1			
18:1 undifferentiated.....g	0.880		1	A		1			
20:1.....g	0.610		1	A		1			
22:1 undifferentiated.....g	0.450		1	A		1			
24:1 c.....g	0.040		1	A		1			
Fatty acids, total polyunsaturated.....g	1.370		0	NC		4			
18:2 undifferentiated.....g	0.070		1	A		1			
18:3 undifferentiated.....g	0.070		1	A		1			
18:4.....g	0.070		1	A		1			
20:2 n-6 c,c.....g	0.010		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:4 undifferentiated.....g	0.080		1	A		1			
20:5 n-3.....g	0.330		1	A		1			
22:5 n-3.....g	0.100		1	A		1			
22:6 n-3.....g	0.630		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0	A		1			
Threonine.....g	0.990		0	A		1			
Isoleucine.....g	0.970		0	A		1			
Leucine.....g	1.520		0	A		1			
Lysine.....g	1.760		0	A		1			
Methionine.....g	0.780		0	A		1			
Cystine.....g	0.310		0	A		1			
Phenylalanine.....g	0.820		0	A		1			
Tyrosine.....g	0.660		0	A		1			
Valine.....g	1.120		0	A		1			
Arginine.....g	1.120		0	A		1			
Histidine.....g	0.500		0	A		1			
Alanine.....g	1.350		0	A		1			
Aspartic acid.....g	2.790		0	A		1			
Glutamic acid.....g	3.030		0	A		1			
Glycine.....g	0.940		0	A		1			
Proline.....g	0.650		0	A		1			
Serine.....g	0.840		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35064

Fish, salmon, tipnuk, fermented (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.80		1	AI	13				
Energy.....kcal	159		0	NC	4				
Energy.....kj	665		0	NC	4				
Protein (N x 6.25).....g	15.90		1	AI	13				
Total lipid (fat).....g	10.60		1	AI	13				
Ash.....g	2.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	46		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.150		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	780		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35169

Fish, sheefish, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.62		1	A					
Energy.....kcal	115		0	NC					
Energy.....kj	479		0	NC					
Protein (N x 6.25).....g	22.25		1	A					
Total lipid (fat).....g	2.84		1	A					
Ash.....g	1.58		1	A					
Carbohydrate, by difference.....g	0.00		0	NC					
Fiber, total dietary.....g	0.0		0	Z					
Sugars, total.....g	0.00		0	Z					
Sucrose.....g	0.00		0	Z					
Glucose (dextrose).....g	0.00		0	Z					
Fructose.....g	0.00		0	Z					
Lactose.....g	0.00		0	Z					
Maltose.....g	0.00		0	Z					
Galactose.....g	0.00		0	Z					
Starch.....g	0.00		0	Z					
Minerals:									
Calcium, Ca.....mg	140		1	A					
Iron, Fe.....mg	0.50		1	A					
Magnesium, Mg.....mg	25		1	A					
Phosphorus, P.....mg	300		1	A					
Potassium, K.....mg	390		1	A					
Sodium, Na.....mg	52		1	A					
Zinc, Zn.....mg	0.60		1	A					
Copper, Cu.....mg	0.148		1	A					
Manganese, Mn.....mg	0.037		1	A					
Selenium, Se.....mcg	42.3		1	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.041		1	A					
Riboflavin.....mg	0.126		1	A					
Niacin.....mg	2.120		1	A					
Pantothenic acid.....mg	0.648		1	A					
Vitamin B-6.....mg	0.162		1	A					
Folate, total.....mcg	9		1	A					
Folic acid.....mcg	0		1	Z					
Folate, food.....mcg	9		1	A					
Folate, DFE.....mcg_DFE	9		0	NC					
Choline, total.....mg	108.9		0	AS					
Betaine.....mg	123.7		1	A					
Vitamin B-12.....mcg	5.90		1	A					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	0		0	AS					
Retinol.....mcg									
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Vitamin A, IU.....IU	0		0	AS					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	0.44		1	A					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.01		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A					

NDB No. 35169

Fish, sheefish, raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.490		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.080		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.350		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.060		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	1.080		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.260		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.540		1	A		1			
20:1.....g	0.190		1	A		1			
22:1 undifferentiated.....g	0.080		1	A		1			
24:1 c.....g	0.010		1	A		1			
Fatty acids, total polyunsaturated.....g	0.700		0	NC		4			
18:2 undifferentiated.....g	0.030		1	A		1			
18:3 undifferentiated.....g	0.040		1	A		1			
18:4.....g	0.010		1	A		1			
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:4 undifferentiated.....g	0.050		1	A		1			
20:5 n-3.....g	0.170		1	A		1			
22:5 n-3.....g	0.080		1	A		1			
22:6 n-3.....g	0.320		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	56		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0	A		1			
Threonine.....g	0.940		0	A		1			
Isoleucine.....g	0.860		0	A		1			
Leucine.....g	1.520		0	A		1			
Lysine.....g	1.820		0	A		1			
Methionine.....g	0.630		0	A		1			
Cystine.....g	0.200		0	A		1			
Phenylalanine.....g	0.850		0	A		1			
Tyrosine.....g	0.680		0	A		1			
Valine.....g	1.000		0	A		1			
Arginine.....g	1.310		0	A		1			
Histidine.....g	0.520		0	A		1			
Alanine.....g	1.400		0	A		1			
Aspartic acid.....g	2.070		0	A		1			
Glutamic acid.....g	2.950		0	A		1			
Glycine.....g	1.500		0	A		1			
Proline.....g	1.150		0	A		1			
Serine.....g	0.850		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35169

Fish, sheefish, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35091

Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Coregonus nasus

sheefish

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.30		1	AI	13				
Energy.....kcal	107		0	NC	4				
Energy.....kj	447		0	NC	4				
Protein (N x 6.25).....g	18.60		1	AI	13				
Total lipid (fat).....g	3.60		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	242		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35088

Fish, whitefish, broad, liver (Alaska Native)

Coregonus nasus

sheefish

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.10		1	AI	13				
Energy.....kcal	104		0	NC	4				
Energy.....kj	435		0	NC	4				
Protein (N x 6.25).....g	11.00		1	AI	13				
Total lipid (fat).....g	4.40		1	AI	13				
Ash.....g	3.40		0	NP	4				
Carbohydrate, by difference.....g	5.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	8.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	297		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1510		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35165

Fish, whitefish, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.59		1	A		1			
Energy.....kcal	371		0	NC		4			
Energy.....kj	1551		0	NC		4			
Protein (N x 6.25).....g	62.44		1	A		1			
Total lipid (fat).....g	13.44		1	A		1			
Ash.....g	5.57		1	A		1			
Carbohydrate, by difference.....g	0.00		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	NR		4			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	810		1	A		1			
Iron, Fe.....mg	4.10		1	A		1			
Magnesium, Mg.....mg	85		1	A		1			
Phosphorus, P.....mg	1040		1	A		1			
Potassium, K.....mg	1080		1	A		1			
Sodium, Na.....mg	200		1	A		1			
Zinc, Zn.....mg	5.00		1	A		1			
Copper, Cu.....mg	0.180		1	A		1			
Manganese, Mn.....mg	0.230		1	A		1			
Selenium, Se.....mcg	113.0		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.053		1	A		1			
Riboflavin.....mg	0.438		1	A		1			
Niacin.....mg	11.200		1	A		1			
Pantothenic acid.....mg	2.570		1	A		1			
Vitamin B-6.....mg	0.365		1	A		1			
Folate, total.....mcg	11		1	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	11		1	A		1			
Folate, DFE.....mcg_DFE	11		0	NC		4			
Choline, total.....mg	205.6		0	AS		1			
Betaine.....mg	88.3		1	A		1			
Vitamin B-12.....mcg	18.40		1	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	39		0	NC		4			
Retinol.....mcg	39		0	T		4			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	131		0	NC		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	0.66		1	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.00		1	A		1			
Tocopherol, gamma.....mg	0.00		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		1	A		1			

NDB No. 35165

Fish, w whitefish, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	2.850		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.060		1	A		1			
13:0.....g									
14:0.....g	0.320		1	A		1			
15:0.....g	0.090		1	A		1			
16:0.....g	1.900		1	A		1			
17:0.....g	0.080		1	A		1			
18:0.....g	0.400		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	4.380		0	NC		4			
14:1.....g	0.010		1	A		1			
15:1.....g	0.020		1	A		1			
16:1 undifferentiated.....g	1.420		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	2.450		1	A		1			
20:1.....g	0.390		1	A		1			
22:1 undifferentiated.....g	0.070		1	A		1			
24:1 c.....g	0.020		1	A		1			
Fatty acids, total polyunsaturated.....g	2.160		0	NC		4			
18:2 undifferentiated.....g	0.260		1	A		1			
18:3 undifferentiated.....g	0.280		1	A		1			
18:4.....g	0.060		1	A		1			
20:2 n-6 c,c.....g	0.050		1	A		1			
20:3 undifferentiated.....g	0.050		1	A		1			
20:4 undifferentiated.....g	0.170		1	A		1			
20:5 n-3.....g	0.420		1	A		1			
22:5 n-3.....g	0.180		1	A		1			
22:6 n-3.....g	0.650		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	266		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.580		0	A		1			
Threonine.....g	2.470		0	A		1			
Isoleucine.....g	2.260		0	A		1			
Leucine.....g	4.110		0	A		1			
Lysine.....g	4.770		0	A		1			
Methionine.....g	1.740		0	A		1			
Cystine.....g	0.500		0	A		1			
Phenylalanine.....g	2.340		0	A		1			
Tyrosine.....g	1.740		0	A		1			
Valine.....g	2.610		0	A		1			
Arginine.....g	3.610		0	A		1			
Histidine.....g	1.300		0	A		1			
Alanine.....g	3.780		0	A		1			
Aspartic acid.....g	5.670		0	A		1			
Glutamic acid.....g	8.100		0	A		1			
Glycine.....g	4.370		0	A		1			
Proline.....g	2.980		0	A		1			
Serine.....g	2.340		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35165

Fish, whitefish, dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35158

Fish, whitefish, eggs (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.24		2	JA		6			
Energy.....kcal	104		0	NC		4			
Energy.....kj	436		0	NC		4			
Protein (N x 6.25).....g	14.66		2	JA		6			
Total lipid (fat).....g	2.88		2	JA		6			
Ash.....g	1.33		1	A		1			
Carbohydrate, by difference.....g	4.89		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	46		2	JA		6			
Iron, Fe.....mg	5.95		2	JA		6			
Magnesium, Mg.....mg	30		1	A		1			
Phosphorus, P.....mg	306		2	JA		6			
Potassium, K.....mg	190		1	A		1			
Sodium, Na.....mg	160		1	A		1			
Zinc, Zn.....mg	2.10		1	A		1			
Copper, Cu.....mg	0.220		1	A		1			
Manganese, Mn.....mg	0.220		1	A		1			
Selenium, Se.....mcg	92.8		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0	O		4			
Thiamin.....mg	0.088		2	JA		6			
Riboflavin.....mg	0.403		1	A		1			
Niacin.....mg	0.956		2	JA		6			
Pantothenic acid.....mg	1.060		1	A		1			
Vitamin B-6.....mg	0.159		1	A		1			
Folate, total.....mcg	53		1	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	53		1	A		1			
Folate, DFE.....mcg_DFE	53		0	NC		4			
Choline, total.....mg	247.5		0	AS		1			
Betaine.....mg	8.2		1	A		1			
Vitamin B-12.....mcg	56.40		1	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	91		0	NC		4			
Retinol.....mcg	91		0	T		4			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	305		0	NC		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	2.68		1	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.01		1	A		1			
Tocopherol, gamma.....mg	0.02		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A		1			

NDB No. 35158

Fish, w whitefish, eggs (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.496		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.045		1	A		1			
15:0.....g	0.009		1	A		1			
16:0.....g	0.361		1	A		1			
17:0.....g	0.018		1	A		1			
18:0.....g	0.063		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	1.046		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.254		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.742		1	A		1			
20:1.....g	0.045		1	A		1			
22:1 undifferentiated.....g	0.000		1	A		1			
24:1 c.....g	0.005		1	A		1			
Fatty acids, total polyunsaturated.....g	1.073		0	NC		4			
18:2 undifferentiated.....g	0.073		1	A		1			
18:3 undifferentiated.....g	0.073		1	A		1			
18:4.....g	0.037		1	A		1			
20:2 n-6 c,c.....g	0.018		1	A		1			
20:3 undifferentiated.....g	0.028		1	A		1			
20:4 undifferentiated.....g	0.124		1	A		1			
20:5 n-3.....g	0.225		1	A		1			
22:5 n-3.....g	0.133		1	A		1			
22:6 n-3.....g	0.330		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	439		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0	A		1			
Threonine.....g	1.010		0	A		1			
Isoleucine.....g	1.070		0	A		1			
Leucine.....g	1.640		0	A		1			
Lysine.....g	1.600		0	A		1			
Methionine.....g	0.560		0	A		1			
Cystine.....g	0.230		0	A		1			
Phenylalanine.....g	0.900		0	A		1			
Tyrosine.....g	0.760		0	A		1			
Valine.....g	1.280		0	A		1			
Arginine.....g	1.060		0	A		1			
Histidine.....g	0.530		0	A		1			
Alanine.....g	1.640		0	A		1			
Aspartic acid.....g	1.580		0	A		1			
Glutamic acid.....g	2.180		0	A		1			
Glycine.....g	0.500		0	A		1			
Proline.....g	1.100		0	A		1			
Serine.....g	1.180		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35158

Fish, w whitefish, eggs (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35089

Fish, whitefish, mixed species, raw (Alaska Native)

Coregonus spp.

sheefish

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.80		1	AI	13				
Energy.....kcal	131		0	NC	4				
Energy.....kj	546		0	NC	4				
Protein (N x 6.25).....g	18.90		1	AI	13				
Total lipid (fat).....g	6.10		1	AI	13				
Ash.....g	2.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.29		1	AI	13				
Magnesium, Mg.....mg	33		1	AI	13				
Phosphorus, P.....mg	280		1	AI	13				
Potassium, K.....mg	317		1	AI	13				
Sodium, Na.....mg	51		1	AI	13				
Zinc, Zn.....mg	0.99		1	AI	13				
Copper, Cu.....mg	0.072		1	AI	13				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.130		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	540		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.370		1	AI	13				
Fatty acids, total monounsaturated.....g	2.560		1	AI	13				
Fatty acids, total polyunsaturated.....g	1.820		1	AI	13				
18:2 undifferentiated.....g	0.290		1	AI	13				
18:3 undifferentiated.....g	0.240		1	AI	13				
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1	AI	13				

NDB No. 35089

Fish, whitefish, mixed species, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35185
 Frybread, made with lard (Apache)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.11		2	A		1			
Energy.....kcal	309		0	NC		4			
Energy.....kj	1292		0	NC		4			
Protein.....g	8.38		2	A		1			
Total lipid (fat).....g	10.14		2	A		1			
Ash.....g	2.36		2	A		1			
Carbohydrate, by difference.....g	46.01		0	NC		4			
Fiber, total dietary.....g	1.7		2	A		1			
Sugars, total.....g	1.54		2	A		1			
Sucrose.....g	0.22		2	A		1			
Glucose (dextrose).....g	0.09		2	A		1			
Fructose.....g	0.00		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	1.22		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	43.29		2	A		1			
Minerals:									
Calcium, Ca.....mg	52		2	A		1			
Iron, Fe.....mg	3.43		2	A		1			
Magnesium, Mg.....mg	19		2	A		1			
Phosphorus, P.....mg	112		2	A		1			
Potassium, K.....mg	75		2	A		1			
Sodium, Na.....mg	671		2	A		1			
Zinc, Zn.....mg	0.47		2	A		1			
Copper, Cu.....mg	0.096		2	A		1			
Manganese, Mn.....mg	0.405		2	A		1			
Selenium, Se.....mcg	6.5		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.531		2	A		1			
Riboflavin.....mg	0.264		2	A		1			
Niacin.....mg	4.335		2	A		1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.068		2	A		1			
Folate, total.....mcg	112		2	A		1			
Folic acid.....mcg	93		0	O		4			
Folate, food.....mcg	19		0	O		4			
Folate, DFE.....mcg_DFE	177		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		2	A		1			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.09		2	A		1			
Tocopherol, beta.....mg	0.03		2	A		1			
Tocopherol, gamma.....mg	0.59		2	A		1			
Tocopherol, delta.....mg	0.12		2	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A		1			
Lipids:									
Fatty acids, total saturated.....g	3.631		0	NC		4			

NDB No. 35185
 Frybread, made with lard (Apache)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		2	A	1			
12:0.....g	0.000		2	A	1			
13:0.....g								
14:0.....g	0.165		2	A	1			
15:0.....g	0.020		2	A	1			
16:0.....g	2.105		2	A	1			
17:0.....g	0.061		2	A	1			
18:0.....g	1.250		2	A	1			
20:0.....g	0.019		2	A	1			
22:0.....g	0.010		2	A	1			
24:0.....g								
Fatty acids, total monounsaturated.....g	3.500		0	NC	4			
14:1.....g	0.021		2	A	1			
15:1.....g	0.000		2	A	1			
16:1 undifferentiated.....g	0.165		2	A	1			
17:1.....g	0.000		2	A	1			
18:1 undifferentiated.....g	3.258		2	A	1			
20:1.....g	0.056		2	A	1			
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.306		0	NC	4			
18:2 undifferentiated.....g	1.211		2	A	1			
18:3 undifferentiated.....g	0.075		0	AS	1			
18:3 n-3 c,c,c.....g	0.075		2	A	1			
18:3 n-6 c,c,c.....g	0.000		2	A	1			
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.020		2	A	1			
20:3 undifferentiated.....g	0.000		2	A	1			
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		2	A	1			
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g								
21:5.....g								
22:4.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	4		2	A	1			
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35142
 Frybread, made with lard (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.57	2.012	3	A	1				
Energy.....kcal	330		0	NC	4				
Energy.....kj	1380		0	NC	4				
Protein.....g	6.69	0.048	3	A	1				
Total lipid (fat).....g	12.22	1.766	3	A	1				
Ash.....g	1.25	0.297	3	A	1				
Carbohydrate, by difference.....g	48.26		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	2.03	0.085	3	A	1				
Sucrose.....g	0.17	0.024	3	A	1				
Glucose (dextrose).....g	0.10	0.012	3	A	1				
Fructose.....g	0.00	0.000	3	A	1				
Lactose.....g	0.00	0.000	3	A	1				
Maltose.....g	1.76	0.051	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	42.85	0.243	3	A	1				
Minerals:									
Calcium, Ca.....mg	57	16.459	3	A	1				
Iron, Fe.....mg	4.04	0.285	3	A	1				
Magnesium, Mg.....mg	18	1.717	3	A	1				
Phosphorus, P.....mg	123	20.444	3	A	1				
Potassium, K.....mg	77	4.218	3	A	1				
Sodium, Na.....mg	329	84.143	3	A	1				
Zinc, Zn.....mg	0.35	0.085	3	A	1				
Copper, Cu.....mg	0.091	0.006	3	A	1				
Manganese, Mn.....mg	0.297	0.071	3	A	1				
Selenium, Se.....mcg	18.6	6.600	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.430	0.069	3	A	1				
Riboflavin.....mg	0.217	0.048	3	A	1				
Niacin.....mg	4.603	0.381	3	A	1				
Pantothenic acid.....mg	0.164	0.015	3	A	1				
Vitamin B-6.....mg	0.038	0.006	3	A	1				
Folate, total.....mcg	122	12.197	3	A	1				
Folic acid.....mcg	105		1	A	1				
Folate, food.....mcg	17		1	AS	1				
Folate, DFE.....mcg_DFE	196		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00	0.000	3	A	1				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1				
Tocopherol, beta.....mg	0.00	0.000	3	A	1				
Tocopherol, gamma.....mg	0.54	0.164	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	4.621		0	NC	4				

NDB No. 35142
 Frybread, made with lard (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
4:0.....g										
6:0.....g										
8:0.....g	0.000	0.000	3	A						1
10:0.....g	0.000	0.000	3	A						1
12:0.....g	0.004	0.004	3	A						1
13:0.....g										
14:0.....g	0.238	0.071	3	A						1
15:0.....g	0.032	0.017	3	A						1
16:0.....g	2.548	0.298	3	A						1
17:0.....g	0.101	0.038	3	A						1
18:0.....g	1.676	0.281	3	A						1
20:0.....g	0.022	0.002	3	A						1
22:0.....g	0.000	0.000	3	A						1
24:0.....g										
Fatty acids, total monounsaturated.....g	4.411		0	NC						4
14:1.....g	0.032	0.017	3	A						1
15:1.....g	0.000	0.000	3	A						1
16:1 undifferentiated.....g	0.234	0.038	3	A						1
17:1.....g	0.058	0.019	3	A						1
18:1 undifferentiated.....g	4.024	0.623	3	A						1
20:1.....g	0.063	0.003	3	A						1
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.055		0	NC						4
18:2 undifferentiated.....g	0.978	0.042	3	A						1
18:3 undifferentiated.....g	0.004		3	A						1
18:3 n-3 c,c,c.....g	0.051	0.007	3	A						1
18:3 n-6 c,c,c.....g	0.004	0.004	3	A						1
18:3i.....g										
18:4.....g										
20:2 n-6 c,c.....g	0.018	0.005	3	A						1
20:3 undifferentiated.....g	0.000	0.000	3	A						1
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.000	0.000	3	A						1
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g										
21:5.....g										
22:4.....g										
22:5 n-3.....g										
22:6 n-3.....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	7	1.250	3	A						1
Phytosterols.....mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35043
Huckleberries, raw (Alaska Native)
Vaccinium alaskaense

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.70		1	AI	13				
Energy.....kcal	37		0	NC	4				
Energy.....kj	156		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.10		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	8.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	0.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	10		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.8		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.030		1	AI	13				
Niacin.....mg	0.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	79		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35196
Lambsquarters, raw (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.23		1	A	1				
Energy.....kcal	47		0	NC	4				
Energy.....kj	197		0	NC	4				
Protein (N x 6.25).....g	4.21		1	A	1				
Total lipid (fat).....g	0.28		1	A	1				
Ash.....g	3.32		1	A	1				
Carbohydrate, by difference.....g	6.96		0	NC	4				
Fiber, total dietary.....g	6.3		1	A	1				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	366		1	A	1				
Iron, Fe.....mg	1.16		1	A	1				
Magnesium, Mg.....mg	163		1	A	1				
Phosphorus, P.....mg	63		1	A	1				
Potassium, K.....mg	1270		1	A	1				
Sodium, Na.....mg	7		1	A	1				
Zinc, Zn.....mg	0.72		1	A	1				
Copper, Cu.....mg	0.120		1	A	1				
Manganese, Mn.....mg	1.490		1	A	1				
Selenium, Se.....mcg	1.1		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.029		1	A	1				
Riboflavin.....mg	0.300		1	A	1				
Niacin.....mg	0.790		1	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.184		1	A	1				
Folate, total (1).....mcg	48		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	48		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	20.0		0	AS	1				
Betaine.....mg	331.7		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	98		1	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	1171		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Vitamin A, IU.....IU	1952		1	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	3616		1	A	1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	346.6		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35196

Lambsquarters, raw (Northern Plains Indians)

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35197

Lambsquarters, steamed (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.02		1	A	1				
Energy.....kcal	48		0	NC	4				
Energy.....kj	199		0	NC	4				
Protein (N x 6.25).....g	4.06		1	A	1				
Total lipid (fat).....g	0.16		1	A	1				
Ash.....g	3.30		1	A	1				
Carbohydrate, by difference.....g	7.47		0	NC	4				
Fiber, total dietary.....g	5.2		1	A	1				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	349		1	A	1				
Iron, Fe.....mg	1.15		1	A	1				
Magnesium, Mg.....mg	164		1	A	1				
Phosphorus, P.....mg	56		1	A	1				
Potassium, K.....mg	1070		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	0.61		1	A	1				
Copper, Cu.....mg	0.100		1	A	1				
Manganese, Mn.....mg	1.560		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1				
Thiamin.....mg	0.047		1	A	1				
Riboflavin.....mg	0.270		1	A	1				
Niacin.....mg	0.623		1	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.232		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	194		1	AS	1				
Vitamin A, IU.....IU	3882		1	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	6162		1	A	1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35050
 Mashu roots, raw (Alaska Native)
Hedysarum alpinum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.80		1	AI	13				
Energy.....kcal	135		0	NC	4				
Energy.....kj	566		0	NC	4				
Protein (N x 5.3).....g	5.80		1	AI	13				
Total lipid (fat).....g	2.40		1	AI	13				
Ash.....g	1.40		0	NP	4				
Carbohydrate, by difference.....g	22.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	1.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	16		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35132
Melon, banana (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					
Threonine.....g										
Isoleucine.....g										
Leucine.....g										
Lysine.....g										
Methionine.....g										
Cystine.....g										
Phenylalanine.....g										
Tyrosine.....g										
Valine.....g										
Arginine.....g										
Histidine.....g										
Alanine.....g										
Aspartic acid.....g										
Glutamic acid.....g										
Glycine.....g										
Proline.....g										
Serine.....g										
Hydroxyproline.....g										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35051

Moose, liver, braised (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	389		1	AI	13			
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35049
 Moose, meat, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	54		1	AI		13			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35052
Mouse nuts, roots (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.20		1	AI	13				
Energy.....kcal	81		0	NC	4				
Energy.....kj	338		0	NC	4				
Protein (N x 6.25).....g	3.90		1	AI	13				
Total lipid (fat).....g	0.10		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	16.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	175		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	16.0		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.040		1	AI	13				
Niacin.....mg	0.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35053
Mouse nuts, seedlings (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		1	AI	13				
Energy.....kcal	104		0	NC	4				
Energy.....kj	436		0	NC	4				
Protein (N x 6.25).....g	7.30		1	AI	13				
Total lipid (fat).....g	1.10		1	AI	13				
Ash.....g	2.30		0	NP	4				
Carbohydrate, by difference.....g	16.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.140		1	AI	13				
Niacin.....mg	1.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35130

Mush, blue corn with ash (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.67		1	A		1			
Energy.....kcal	54		0	NC		4			
Energy.....kj	226		0	NC		4			
Protein.....g	0.66		2	A		1			
Total lipid (fat).....g	0.49		2	A		1			
Ash.....g	0.44		2	A		1			
Carbohydrate, by difference.....g	11.74		0	NC		4			
Fiber, total dietary.....g	1.1		2	A		1			
Sugars, total.....g	0.19		1	A		1			
Sucrose.....g	0.19		1	A		1			
Glucose (dextrose).....g	0.00		1	A		1			
Fructose.....g	0.00		1	A		1			
Lactose.....g	0.00		1	A		1			
Maltose.....g	0.00		1	A		1			
Galactose.....g	0.00		1	A		1			
Starch.....g	8.08		2	A		1			
Minerals:									
Calcium, Ca.....mg	96		2	A		1			
Iron, Fe.....mg	2.92		2	A		1			
Magnesium, Mg.....mg	20		2	A		1			
Phosphorus, P.....mg	39		2	A		1			
Potassium, K.....mg	58		2	A		1			
Sodium, Na.....mg	8		2	A		1			
Zinc, Zn.....mg	0.76		2	A		1			
Copper, Cu.....mg	0.048		2	A		1			
Manganese, Mn.....mg	0.305		2	A		1			
Selenium, Se.....mcg	0.9		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A		1			
Thiamin.....mg	0.020		1	A		1			
Riboflavin.....mg	0.015		1	A		1			
Niacin.....mg	0.283		1	A		1			
Pantothenic acid.....mg	0.078		1	A		1			
Vitamin B-6.....mg	0.049		1	A		1			
Folate, total.....mcg	4		1	A		1			
Folic acid.....mcg									
Folate, food.....mcg	4		1	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A		1			
Tocopherol, beta.....mg	0.00		1	A		1			
Tocopherol, gamma.....mg	0.00		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A		1			
Lipids:									
Fatty acids, total saturated.....g	0.074		0	NC		4			

NDB No. 35130
 Mush, blue corn with ash (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35141
Mutton, cooked, roasted (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			Deriv Code	Points						
14:0.....g	0.258		1	A						
15:0.....g	0.063		1	A						
16:0.....g	2.474		1	A						
17:0.....g	0.158		1	A						
18:0.....g	2.145		1	A						
20:0.....g	0.022		1	A						
22:0.....g	0.000		1	A						
24:0.....g										
Fatty acids, total monounsaturated.....g	4.459		0	NC					4	
14:1.....g	0.012		1	A					1	
15:1.....g	0.000		1	A					1	
16:1 undifferentiated.....g	0.206		1	A					1	
17:1.....g	0.085		1	A					1	
18:1 undifferentiated.....g	4.149		1	A					1	
20:1.....g	0.007		1	A					1	
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.814		0	NC					4	
18:2 undifferentiated.....g	0.396		1	A					1	
18:3 undifferentiated.....g	0.172		0	A					1	
18:3 n-3 c,c,c.....g	0.147		1	A					1	
18:3 n-6 c,c,c.....g	0.025		1	A					1	
18:3i.....g										
18:4.....g										
20:2 n-6 c,c.....g	0.000		1	A					1	
20:3 undifferentiated.....g	0.000		1	A					1	
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.074		1	A					1	
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g										
21:5.....g										
22:4.....g										
22:5 n-3.....g										
22:6 n-3.....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	109		1	A					1	
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.257		1	A					1	
Threonine.....g	1.403		1	A					1	
Isoleucine.....g	1.588		1	A					1	
Leucine.....g	2.764		1	A					1	
Lysine.....g	2.999		1	A					1	
Methionine.....g	0.918		1	A					1	
Cystine.....g	0.348		1	A					1	
Phenylalanine.....g	1.399		1	A					1	
Tyrosine.....g	1.162		1	A					1	
Valine.....g	1.678		1	A					1	
Arginine.....g	2.178		1	A					1	
Histidine.....g	0.975		1	A					1	
Alanine.....g	1.964		1	A					1	
Aspartic acid.....g	3.122		1	A					1	
Glutamic acid.....g	5.167		1	A					1	
Glycine.....g	1.651		1	A					1	
Proline.....g	1.411		1	A					1	
Serine.....g	1.332		1	A					1	
Hydroxyproline.....g	0.244		1	A					1	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 35141

Mutton, cooked, roasted (Navajo)

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35054
 Octopus (Alaska Native)
Octopus dofleini

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.00		1	AI	13				
Energy.....kcal	56		0	NC	4				
Energy.....kj	236		0	NC	4				
Protein (N x 6.25).....g	12.30		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1	AI	13				
Iron, Fe.....mg	4.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	158		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg	1.43		1	AI	13				
Copper, Cu.....mg	0.370		1	AI	13				
Manganese, Mn.....mg	0.021		1	AI	13				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.030		1	AI	13				
Riboflavin.....mg	0.040		1	AI	13				
Niacin.....mg	2.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	0		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		1	AI	13				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g	0.200		1	AI	13				
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35054
Octopus (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35057

Oil, bearded seal (Oogruk) (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	2.520	0.057	3	A					1
15:0.....g	0.310	0.065	3	A					1
16:0.....g	6.903	0.295	3	A					1
17:0.....g	0.157	0.037	3	A					1
18:0.....g	0.940	0.131	3	A					1
20:0.....g	0.017	0.009	3	A					1
22:0.....g	0.000	0.000	3	A					1
24:0.....g	0.000	0.000	3	A					1
Fatty acids, total monounsaturated.....g	47.080		0	NC					4
14:1.....g	0.750	0.092	3	A					1
15:1.....g	0.107	0.071	3	A					1
16:1 undifferentiated.....g	18.883	3.038	3	A					1
17:1.....g	0.287	0.143	3	A					1
18:1 undifferentiated.....g	21.487	2.328	3	A					1
20:1.....g	4.847	0.369	3	A					1
22:1 undifferentiated.....g	0.640	0.154	3	A					1
24:1 c.....g	0.080	0.046	3	A					1
Fatty acids, total polyunsaturated.....g	33.001		0	NC					4
18:2 undifferentiated.....g	0.873	0.075	4	JA					6
18:3 undifferentiated.....g	0.855	0.065	4	JA					6
18:4.....g	1.217	0.192	3	A					1
20:2 n-6 c,c.....g	0.240	0.021	3	A					1
20:3 undifferentiated.....g	0.183	0.026	3	A					1
20:4 undifferentiated.....g	1.343	0.200	3	A					1
20:5 n-3.....g	9.710	0.066	3	A					1
22:5 n-3.....g	5.613	0.087	3	A					1
22:6 n-3.....g	12.377	3.118	3	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	52	0.285	3	A					1
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35014

Oil, beluga, whale (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein.....g	0.00		1	A	1				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	NR	4				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	0		1	A	1				
Iron, Fe.....mg	0.00		1	A	1				
Magnesium, Mg.....mg	0		1	A	1				
Phosphorus, P.....mg	0		1	A	1				
Potassium, K.....mg	0		1	A	1				
Sodium, Na.....mg	0		1	A	1				
Zinc, Zn.....mg	0.00		1	A	1				
Copper, Cu.....mg	0.000		1	A	1				
Manganese, Mn.....mg	0.000		1	A	1				
Selenium, Se.....mcg	3.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	694		0	NC	4				
Retinol.....mcg									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	2310		0	T	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	8.27		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	228		1	A	1				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				

NDB No. 35014
 Oil, beluga, whale (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	14.490		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.120		1	A		1			
12:0.....g	0.980		1	A		1			
13:0.....g									
14:0.....g	5.940		1	A		1			
15:0.....g	0.230		1	A		1			
16:0.....g	6.570		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.650		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	54.190		0	NC		4			
14:1.....g	1.430		1	A		1			
15:1.....g	0.090		1	A		1			
16:1 undifferentiated.....g	20.330		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	19.160		1	A		1			
20:1.....g	9.560		1	A		1			
22:1 undifferentiated.....g	3.520		1	A		1			
24:1 c.....g	0.100		1	A		1			
Fatty acids, total polyunsaturated.....g	10.800		0	NC		4			
18:2 undifferentiated.....g	0.710		1	A		1			
18:3 undifferentiated.....g	0.470		1	A		1			
18:4.....g	0.360		1	A		1			
20:2 n-6 c,c.....g	0.110		1	A		1			
20:3 undifferentiated.....g	0.050		1	A		1			
20:4 undifferentiated.....g	0.490		1	A		1			
20:5 n-3.....g	2.800		1	A		1			
22:5 n-3.....g	1.590		1	A		1			
22:6 n-3.....g	3.940		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35156
 Oil, spotted seal (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.25		1	A	1				
Energy.....kcal	894		0	NC	4				
Energy.....kj	3740		0	NC	4				
Protein (N x 6.25).....g	0.00		1	A	1				
Total lipid (fat).....g	99.32		1	A	1				
Ash.....g	0.00		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	0		1	A	1				
Iron, Fe.....mg	0.00		1	A	1				
Magnesium, Mg.....mg	0		1	A	1				
Phosphorus, P.....mg	0		1	A	1				
Potassium, K.....mg	0		1	A	1				
Sodium, Na.....mg	0		1	A	1				
Zinc, Zn.....mg	0.00		1	A	1				
Copper, Cu.....mg	0.000		1	A	1				
Manganese, Mn.....mg	0.000		1	A	1				
Selenium, Se.....mcg	2.2		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.000		0	Z	7				
Riboflavin.....mg	0.000		0	Z	7				
Niacin.....mg	0.000		0	Z	7				
Pantothenic acid.....mg	0.000		0	Z	7				
Vitamin B-6.....mg	0.000		0	Z	7				
Folate, total.....mcg	0		0	Z	7				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	0		0	Z	7				
Folate, DFE.....mcg_DFE	0		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	1044		0	AS	1				
Retinol.....mcg	1044		1	A	1				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	3480		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	6.28		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	30		1	A	1				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				

NDB No. 35156
 Oil, spotted seal (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	14.740		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.100		1	A		1			
13:0.....g									
14:0.....g	4.880		1	A		1			
15:0.....g	0.280		1	A		1			
16:0.....g	8.810		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.670		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	54.520		0	NC		4			
14:1.....g	0.560		1	A		1			
15:1.....g	0.060		1	A		1			
16:1 undifferentiated.....g	10.960		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	21.940		1	A		1			
20:1.....g	15.020		1	A		1			
22:1 undifferentiated.....g	5.850		1	A		1			
24:1 c.....g	0.130		1	A		1			
Fatty acids, total polyunsaturated.....g	18.060		0	NC		4			
18:2 undifferentiated.....g	0.950		1	A		1			
18:3 undifferentiated.....g	0.790		1	A		1			
18:4.....g	0.970		1	A		1			
20:2 n-6 c,c.....g	0.200		1	A		1			
20:3 undifferentiated.....g	0.100		1	A		1			
20:4 undifferentiated.....g	0.720		1	A		1			
20:5 n-3.....g	3.930		1	A		1			
22:5 n-3.....g	3.440		1	A		1			
22:6 n-3.....g	6.520		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35084
Oil, walrus (Alaska Native)
Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2600		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	120		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35084
Oil, walrus (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35087
Oil, whale, bow head (Alaska Native)
Balaena mysticetus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg	0.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2810		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35058
 Oopah (tunicate), whole animal (Alaska Native)
 Tunicata

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.20		1	AI	13				
Energy.....kcal	67		0	NC	4				
Energy.....kj	279		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	2.20		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	20.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	103		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35059

Owl, horned, flesh, raw (Alaska Native)

Bubo virginianus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.30		1	AI	13				
Energy.....kcal	136		0	NC	4				
Energy.....kj	568		0	NC	4				
Protein (N x 6.25).....g	22.70		1	AI	13				
Total lipid (fat).....g	5.00		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1	AI	13				
Iron, Fe.....mg	4.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	218		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35207

Pinon Nuts, roasted (Navajo)

Pinus spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		1	A	1				
Energy.....kcal	541		0	NC	4				
Energy.....kj	2262		0	NC	4				
Protein (N x 5.3).....g	7.41		1	A	1				
Total lipid (fat).....g	34.08		1	A	1				
Ash.....g	2.45		1	A	1				
Carbohydrate, by difference.....g	51.06		0	NC	4				
Fiber, total dietary.....g	43.4		1	A	1				
Sugars, total.....g									
Sucrose.....g	3.45		1	A	1				
Glucose (dextrose).....g	0.15		1	A	1				
Fructose.....g	0.30		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g									
Starch.....g	5.50		1	A	1				
Minerals:									
Calcium, Ca.....mg	18		1	A	1				
Iron, Fe.....mg	3.53		1	A	1				
Magnesium, Mg.....mg	152		1	A	1				
Phosphorus, P.....mg	345		1	A	1				
Potassium, K.....mg	458		1	A	1				
Sodium, Na.....mg	310		1	A	1				
Zinc, Zn.....mg	2.89		1	A	1				
Copper, Cu.....mg	0.654		1	A	1				
Manganese, Mn.....mg	1.740		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.212		1	A	1				
Riboflavin.....mg	0.222		1	A	1				
Niacin.....mg	1.630		1	A	1				
Pantothenic acid.....mg	0.791		1	A	1				
Vitamin B-6.....mg	0.116		1	A	1				
Folate, total.....mcg	7		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	7		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	11.30		0	A	1				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.210		0	NC	4				

NDB No. 35207
 Pinon Nuts, roasted (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	2.290		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.750		1	A		1			
20:0.....g	0.130		1	A		1			
22:0.....g	0.040		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	15.570		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.060		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	15.300		1	A		1			
20:1.....g	0.210		1	A		1			
22:1 undifferentiated.....g	0.000		1	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.420		0	NC		4			
18:2 undifferentiated.....g	14.200		1	A		1			
18:3 undifferentiated.....g	0.070		0	AS		1			
18:3 n-3 c,c,c.....g	0.070		1	A		1			
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A		1			
20:2 n-6 c,c,c.....g	0.080		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A		1			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		1	A		1			
22:6 n-3.....g	0.000		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35199
Plains Pricklypear, broiled (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.83		1	A		1			
Energy.....kcal	91		0	NC		4			
Energy.....kj	379		0	NC		4			
Protein (N x 6.25).....g	0.39		1	A		1			
Total lipid (fat).....g	0.31		1	A		1			
Ash.....g	1.90		1	A		1			
Carbohydrate, by difference.....g	21.57		0	NC		4			
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.2		1	A		1			
Thiamin.....mg	0.018		1	A		1			
Riboflavin.....mg	0.044		1	A		1			
Niacin.....mg	1.000		1	A		1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.146		1	A		1			
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35198
 Plains Pricklypear, raw (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.22		1	A	1				
Energy.....kcal	42		0	NC	4				
Energy.....kj	176		0	NC	4				
Protein (N x 6.25).....g	0.12		1	A	1				
Total lipid (fat).....g	0.11		1	A	1				
Ash.....g	0.38		1	A	1				
Carbohydrate, by difference.....g	10.17		0	NC	4				
Fiber, total dietary.....g	5.3		1	A	1				
Sugars, total.....g	1.02		1	A	1				
Sucrose.....g	0.38		1	A	1				
Glucose (dextrose).....g	0.44		1	A	1				
Fructose.....g	0.21		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	180		1	A	1				
Iron, Fe.....mg	0.20		1	A	1				
Magnesium, Mg.....mg	69		1	A	1				
Phosphorus, P.....mg	11		1	A	1				
Potassium, K.....mg	130		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	0.14		1	A	1				
Copper, Cu.....mg	0.019		1	A	1				
Manganese, Mn.....mg	0.583		1	A	1				
Selenium, Se.....mcg	0.1		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.0		1	A	1				
Thiamin.....mg	0.008		1	A	1				
Riboflavin.....mg	0.032		1	A	1				
Niacin.....mg	0.293		1	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.079		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg	4.3		0	AS	1				
Betaine.....mg	0.3		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35198

Plains Pricklypear, raw (Northern Plains Indians)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35206

Plums, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.68		1	A	1				
Energy.....kcal	91		0	NC	4				
Energy.....kj	381		0	NC	4				
Protein (N x 6.25).....g	0.43		1	A	1				
Total lipid (fat).....g	0.17		1	A	1				
Ash.....g	0.77		1	A	1				
Carbohydrate, by difference.....g	21.95		0	NC	4				
Fiber, total dietary.....g	6.0		1	A	1				
Sugars, total.....g	10.61		1	A	1				
Sucrose.....g	0.07		1	A	1				
Glucose (dextrose).....g	5.07		1	A	1				
Fructose.....g	5.47		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1				
Iron, Fe.....mg	0.17		1	A	1				
Magnesium, Mg.....mg	8		1	A	1				
Phosphorus, P.....mg	30		1	A	1				
Potassium, K.....mg	364		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	0.09		1	A	1				
Copper, Cu.....mg	0.035		1	A	1				
Manganese, Mn.....mg	0.076		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.3		1	A	1				
Thiamin.....mg	0.005		1	A	1				
Riboflavin.....mg	0.042		1	A	1				
Niacin.....mg	0.367		1	A	1				
Pantothenic acid.....mg	0.301		1	A	1				
Vitamin B-6.....mg	0.093		1	A	1				
Folate, total (1).....mcg	1		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	1		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	5.2		0	AS	1				
Betaine.....mg	0.2		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	173		1	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	1930		1	A	1				
Carotene, alpha.....mcg	140		1	A	1				
Cryptoxanthin, beta.....mcg	157		1	A	1				
Vitamin A, IU.....IU	3464		1	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	920		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.53		1	A	1				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.41		1	A	1				
Tocopherol, delta.....mg	0.05		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.2		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35206

Plums, wild (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35201
Prairie Turnips, boiled (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.68		2	A		1			
Energy.....kcal	129		0	NC		4			
Energy.....kj	541		0	NC		4			
Protein.....g	1.64		2	A		1			
Total lipid (fat).....g	0.32		2	A		1			
Ash.....g	0.36		2	A		1			
Carbohydrate, by difference.....g	29.99		0	NC		4			
Fiber, total dietary.....g	7.2		1	A		1			
Sugars, total.....g	4.74		2	A		1			
Sucrose.....g	0.75		2	A		1			
Glucose (dextrose).....g	0.38		2	A		1			
Fructose.....g	0.07		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	3.53		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	15.80		2	A		1			
Minerals:									
Calcium, Ca.....mg	103		2	A		1			
Iron, Fe.....mg	0.95		2	A		1			
Magnesium, Mg.....mg	49		2	A		1			
Phosphorus, P.....mg	20		2	A		1			
Potassium, K.....mg	108		2	A		1			
Sodium, Na.....mg	4		2	A		1			
Zinc, Zn.....mg	0.28		2	A		1			
Copper, Cu.....mg	0.038		2	A		1			
Manganese, Mn.....mg	0.209		2	A		1			
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		2	A		1			
Thiamin.....mg	0.126		2	A		1			
Riboflavin.....mg	0.039		2	A		1			
Niacin.....mg	0.708		2	A		1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.379		2	A		1			
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35201

Prairie Turnips, boiled (Northern Plains Indians)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35200

Prairie Turnips, raw (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.69		2	A		1			
Energy.....kcal	156		0	NC		4			
Energy.....kj	654		0	NC		4			
Protein.....g	2.62		2	A		1			
Total lipid (fat).....g	0.36		2	A		1			
Ash.....g	0.65		1	A		1			
Carbohydrate, by difference.....g	35.67		0	NC		4			
Fiber, total dietary.....g	8.0		2	A		1			
Sugars, total.....g	0.82		2	A		1			
Sucrose.....g	0.16		2	A		1			
Glucose (dextrose).....g	0.42		2	A		1			
Fructose.....g	0.17		2	A		1			
Lactose.....g	0.00		2	A		1			
Maltose.....g	0.07		2	A		1			
Galactose.....g	0.00		2	A		1			
Starch.....g	23.47		2	A		1			
Minerals:									
Calcium, Ca.....mg	130		2	A		1			
Iron, Fe.....mg	1.27		2	A		1			
Magnesium, Mg.....mg	63		2	A		1			
Phosphorus, P.....mg	31		2	A		1			
Potassium, K.....mg	156		2	A		1			
Sodium, Na.....mg	5		2	A		1			
Zinc, Zn.....mg	0.37		2	A		1			
Copper, Cu.....mg	0.053		2	A		1			
Manganese, Mn.....mg	0.266		2	A		1			
Selenium, Se.....mcg	14.7		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.5		2	A		1			
Thiamin.....mg	0.178		2	A		1			
Riboflavin.....mg	0.090		2	A		1			
Niacin.....mg	1.071		2	A		1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.470		2	A		1			
Folate, total (1).....mcg	10		1	A		1			
Folic acid.....mcg									
Folate, food.....mcg	10		1	A		1			
Folate, DFE.....mcg_DFE									
Choline, total.....mg	4.8		0	AS		1			
Betaine.....mg	0.1		2	A		1			
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35200

Prairie Turnips, raw (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35202

Raspberries, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.48		1	A	1				
Energy.....kcal	62		0	NC	4				
Energy.....kj	261		0	NC	4				
Protein (N x 6.25).....g	1.12		1	A	1				
Total lipid (fat).....g	0.28		1	A	1				
Ash.....g	0.28		1	A	1				
Carbohydrate, by difference.....g	13.85		0	NC	4				
Fiber, total dietary.....g	7.5		1	A	1				
Sugars, total.....g	5.54		1	A	1				
Sucrose.....g	0.07		1	A	1				
Glucose (dextrose).....g	2.43		1	A	1				
Fructose.....g	3.04		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1	A	1				
Iron, Fe.....mg	0.64		1	A	1				
Magnesium, Mg.....mg	26		1	A	1				
Phosphorus, P.....mg	41		1	A	1				
Potassium, K.....mg	175		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	0.47		1	A	1				
Copper, Cu.....mg	0.097		1	A	1				
Manganese, Mn.....mg	0.368		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.4		1	A	1				
Thiamin.....mg	0.018		1	A	1				
Riboflavin.....mg	0.080		1	A	1				
Niacin.....mg	1.030		1	A	1				
Pantothenic acid.....mg	0.300		1	A	1				
Vitamin B-6.....mg	0.104		1	A	1				
Folate, total (1).....mcg	5		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	5		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	9.5		0	AS	1				
Betaine.....mg	0.5		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	2		1	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	13		1	A	1				
Carotene, alpha.....mcg	2		1	A	1				
Cryptoxanthin, beta.....mcg	31		1	A	1				
Vitamin A, IU.....IU	50		1	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	130		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.57		1	A	1				
Tocopherol, beta.....mg	0.04		1	A	1				
Tocopherol, gamma.....mg	2.22		1	A	1				
Tocopherol, delta.....mg	2.40		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.6		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35202

Raspberries, wild (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35063
 Rhubarb, wild, leaves (Alaska Native)
Polygenum alaskanum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.50		1	AI	13				
Energy.....kcal	61		0	NC	4				
Energy.....kj	255		0	NC	4				
Protein (N x 5.3).....g	4.20		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	1.90		0	NP	4				
Carbohydrate, by difference.....g	9.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		0	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	4480		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35203

Rose Hips, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.66		1	A	1				
Energy.....kcal	162		0	NC	4				
Energy.....kj	679		0	NC	4				
Protein (N x 6.25).....g	1.60		1	A	1				
Total lipid (fat).....g	0.34		1	A	1				
Ash.....g	1.18		1	A	1				
Carbohydrate, by difference.....g	38.22		0	NC	4				
Fiber, total dietary.....g	24.1		1	A	1				
Sugars, total.....g	2.58		1	A	1				
Sucrose.....g	0.07		1	A	1				
Glucose (dextrose).....g	1.34		1	A	1				
Fructose.....g	1.16		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	169		1	A	1				
Iron, Fe.....mg	1.06		1	A	1				
Magnesium, Mg.....mg	69		1	A	1				
Phosphorus, P.....mg	61		1	A	1				
Potassium, K.....mg	429		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	0.25		1	A	1				
Copper, Cu.....mg	0.113		1	A	1				
Manganese, Mn.....mg	1.020		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	426.0		1	A	1				
Thiamin.....mg	0.016		1	A	1				
Riboflavin.....mg	0.166		1	A	1				
Niacin.....mg	1.300		1	A	1				
Pantothenic acid.....mg	0.800		1	A	1				
Vitamin B-6.....mg	0.076		1	A	1				
Folate, total (1).....mcg	3		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	3		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	12.0		0	AS	1				
Betaine.....mg	2.9		1	A	1				
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	217		1	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	2350		1	A	1				
Carotene, alpha.....mcg	31		1	A	1				
Cryptoxanthin, beta.....mcg	483		1	A	1				
Vitamin A, IU.....IU	4345		1	AS	1				
Lycopene.....mcg	6800		1	A	1				
Lutein + zeaxanthin.....mcg	2001		1	A	1				
Vitamin E (alpha-tocopherol).....mg	5.84		1	A	1				
Tocopherol, beta.....mg	0.05		1	A	1				
Tocopherol, gamma.....mg	1.34		1	A	1				
Tocopherol, delta.....mg	0.14		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.9		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35203

Rose Hips, wild (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35190

Salmon, red (sockeye), filets with skin, smoked (Alaska Native) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.93		2	A		1			
Energy.....kcal	345		0	NC		4			
Energy.....kj	1445		0	NC		4			
Protein (N x 6.25).....g	60.62		2	A		1			
Total lipid (fat).....g	11.43		2	A		1			
Ash.....g	6.19		2	A		1			
Carbohydrate, by difference.....g	0.00		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	58		2	A		1			
Iron, Fe.....mg	1.06		2	A		1			
Magnesium, Mg.....mg	58		2	A		1			
Phosphorus, P.....mg	650		2	A		1			
Potassium, K.....mg	960		2	A		1			
Sodium, Na.....mg	51		1	A		1			
Zinc, Zn.....mg	1.14		2	A		1			
Copper, Cu.....mg	0.148		2	A		1			
Manganese, Mn.....mg	0.051		2	A		1			
Selenium, Se.....mcg	76.0		2	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.494		2	A		1			
Riboflavin.....mg	0.543		2	A		1			
Niacin.....mg	22.750		2	A		1			
Pantothenic acid.....mg	2.745		2	A		1			
Vitamin B-6.....mg	0.816		2	A		1			
Folate, total.....mcg	9		2	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	9		2	A		1			
Folate, DFE.....mcg_DFE	9		0	NC		4			
Choline, total.....mg	223.8		0	AS		1			
Betaine.....mg	6.8		2	A		1			
Vitamin B-12.....mcg	18.10		2	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	31		0	AS		1			
Retinol.....mcg	31		2	A		1			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	103		0	AS		1			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	1.20		2	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.03		2	A		1			
Tocopherol, gamma.....mg	0.03		2	A		1			
Tocopherol, delta.....mg	0.03		2	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A		1			

NDB No. 35190

Salmon, red (sockeye), filets with skin, smoked (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.593		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A					1
10:0.....g	0.000		2	A					1
12:0.....g	0.004		2	A					1
13:0.....g									
14:0.....g	0.375		2	A					1
15:0.....g	0.050		2	A					1
16:0.....g	1.760		2	A					1
17:0.....g	0.070		2	A					1
18:0.....g	0.330		2	A					1
20:0.....g	0.005		2	A					1
22:0.....g	0.000		2	A					1
24:0.....g	0.000		2	A					1
Fatty acids, total monounsaturated.....g	4.025		0	NC					4
14:1.....g	0.000		2	A					1
15:1.....g	0.000		2	A					1
16:1 undifferentiated.....g	0.370		2	A					1
17:1.....g	0.045		2	A					1
18:1 undifferentiated.....g	2.175		2	A					1
20:1.....g	0.860		2	A					1
22:1 undifferentiated.....g	0.540		2	A					1
24:1 c.....g	0.035		2	A					1
Fatty acids, total polyunsaturated.....g	3.469		0	NC					4
18:2 undifferentiated.....g	0.185		2	A					1
18:3 undifferentiated.....g	0.130		2	A					1
18:4.....g	0.145		2	A					1
20:2 n-6 c,c.....g	0.030		2	A					1
20:3 undifferentiated.....g	0.030		2	A					1
20:4 undifferentiated.....g	0.185		2	A					1
20:5 n-3.....g	0.905		2	A					1
22:5 n-3.....g	0.310		2	A					1
22:6 n-3.....g	1.520		2	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	155		2	A					1
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 If no salt added during smoking process, sodium = 51 mg/100 g edible portion.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35154

Salmonberries, raw (Alaska Native)

Rubus spectabilis

akpiks

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.21		1	A	1				
Energy.....kcal	47		0	NC	4				
Energy.....kj	195		0	NC	4				
Protein (N x 5.3).....g	0.85		1	A	1				
Total lipid (fat).....g	0.33		1	A	1				
Ash.....g	0.56		1	A	1				
Carbohydrate, by difference.....g	10.05		0	NC	4				
Fiber, total dietary.....g	1.9		1	A	1				
Sugars, total.....g	3.66		1	A	1				
Sucrose.....g	0.02		1	A	1				
Glucose (dextrose).....g	1.90		1	A	1				
Fructose.....g	1.75		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.00		1	A	1				
Minerals:									
Calcium, Ca.....mg	13		1	A	1				
Iron, Fe.....mg	0.40		1	A	1				
Magnesium, Mg.....mg	15		1	A	1				
Phosphorus, P.....mg	27		1	A	1				
Potassium, K.....mg	110		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	0.28		1	A	1				
Copper, Cu.....mg	0.030		1	A	1				
Manganese, Mn.....mg	1.100		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.2		1	A	1				
Thiamin.....mg	0.041		1	A	1				
Riboflavin.....mg	0.062		1	A	1				
Niacin.....mg	0.466		1	A	1				
Pantothenic acid.....mg	0.167		1	A	1				
Vitamin B-6.....mg	0.078		1	A	1				
Folate, total.....mcg	17		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	17		1	A	1				
Folate, DFE.....mcg_DFE	17		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	50		0	NC	4				
Retinol.....mcg									
Carotene, beta.....mcg	277		1	A	1				
Carotene, alpha.....mcg	41		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Vitamin A, IU.....IU	496		1	AS	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.61		1	A	1				
Tocopherol, beta.....mg	0.06		1	A	1				
Tocopherol, gamma.....mg	0.37		1	A	1				
Tocopherol, delta.....mg	0.09		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.8		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35154
Salmonberries, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>			<u>Amount in edible portion of common</u>			<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35070
 Sea cucumber, yane (Alaska Native)
Stichopus californicus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.70		1	AI	13				
Energy.....kcal	56		0	NC	4				
Energy.....kj	233		0	NC	4				
Protein (N x 6.25).....g	13.00		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	0.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.940		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	310		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35231

Sea lion, stellar, fat (Alaska Native) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.70		1	A					
Energy.....kcal	850		0	NC					
Energy.....kj	3555		0	NC					
Protein (N x 6.25).....g	0.90		1	A					
Total lipid (fat).....g	94.00		2	A					
Ash (2).....g	0.20		1	BFZY					
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	97		1	AS					
Vitamin A, IU.....IU	323		1	AS					
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.200		1	A					
Cholesterol.....mg	95		2	A					
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35231

Sea lion, stellar, fat (Alaska Native) (1)

Footnotes:

- 1 Nutrient values vary, depending on proportion of fat to meat.
- 2 If salted fat, ash could be higher and fat lower on a 100-gram basis.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35228

Sea lion, stellar, heart (Alaska Native)

Eumetopias jubatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.20		0	O					
Energy.....kcal	102		0	NC					
Energy.....kj	426		0	NC					
Protein (N x 6.25).....g	17.00		0	O					
Total lipid (fat).....g	3.30		1	A					
Ash.....g	1.00		0	O					
Carbohydrate, by difference.....g	1.00		0	O					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A					
Iron, Fe.....mg	6.70		1	A					
Magnesium, Mg.....mg	22		1	A					
Phosphorus, P.....mg	263		1	A					
Potassium, K.....mg	319		1	A					
Sodium, Na.....mg	115		1	A					
Zinc, Zn.....mg	2.24		1	A					
Copper, Cu.....mg	0.306		1	A					
Manganese, Mn.....mg	0.037		1	A					
Selenium, Se.....mcg	122.0		1	A					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35227

Sea lion, stellar, kidney (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine.....g	0.100		1	A		1			
Phenylalanine.....g	0.100		1	A		1			
Tyrosine.....g	0.100		1	A		1			
Valine.....g	0.100		1	A		1			
Arginine.....g	0.100		1	A		1			
Histidine.....g	0.200		1	A		1			
Alanine.....g	0.100		1	A		1			
Aspartic acid.....g	0.000		1	A		1			
Glutamic acid.....g	0.100		1	A		1			
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35226

Sea lion, stellar, liver (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.27		0	NC	4				
Energy.....kcal	137		0	NC	4				
Energy.....kj	572		0	NC	4				
Protein (N x 6.25).....g	22.90		1	A	1				
Total lipid (fat).....g	5.00		1	A	1				
Ash.....g	0.83		1	A	1				
Carbohydrate, by difference.....g	0.00		1	A	1				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1				
Iron, Fe.....mg	9.00		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	396		1	A	1				
Potassium, K.....mg	291		1	A	1				
Sodium, Na.....mg	88		1	A	1				
Zinc, Zn.....mg	4.10		1	A	1				
Copper, Cu.....mg	1.890		1	A	1				
Manganese, Mn.....mg	0.700		1	A	1				
Selenium, Se.....mcg	693.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.300		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g	0.700		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.900		1	A	1				
Fatty acids, total polyunsaturated.....g	0.200		1	A	1				
Fatty acids, total trans.....g	0.000		1	A	1				
Cholesterol.....mg	359		1	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.400		0	A	1				
Threonine.....g	1.300		0	A	1				
Isoleucine.....g	1.400		0	A	1				
Leucine.....g									
Lysine.....g									
Methionine.....g	0.300		0	A	1				
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.100		0	A	1				
Arginine.....g	3.400		0	A	1				
Histidine.....g	0.500		0	A	1				
Alanine.....g	0.100		0	A	1				
Aspartic acid.....g	0.200		0	A	1				

NDB No. 35226

Sea lion, stellar, liver (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g									
Glycine.....g									
Proline.....g	0.100		0	A	1				
Serine.....g	0.300		0	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35229

Sea lion, stellar, meat (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		1	A	1				
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		2	A	1				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35230

Sea lion, stellar, meat with fat (Alaska Native) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.80		1	A	1				
Energy.....kcal	242		0	NC	4				
Energy.....kj	1014		0	NC	4				
Protein (N x 6.25).....g	22.10		1	A	1				
Total lipid (fat).....g	14.65		2	A	1				
Ash.....g	0.90		1	A	1				
Carbohydrate, by difference.....g	5.55		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		2	A	1				
Iron, Fe.....mg	9.55		2	A	1				
Magnesium, Mg.....mg	19		2	A	1				
Phosphorus, P.....mg	214		2	A	1				
Potassium, K.....mg	346		2	A	1				
Sodium, Na.....mg	80		2	A	1				
Zinc, Zn.....mg	4.26		2	A	1				
Copper, Cu.....mg	0.116		2	A	1				
Manganese, Mn.....mg	0.006		2	A	1				
Selenium, Se.....mcg	119.0		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	89		1	A	1				
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	O	4				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.900		1	A	1				
Fatty acids, total monounsaturated.....g	3.300		1	A	1				
Fatty acids, total polyunsaturated.....g	3.000		1	A	1				
Fatty acids, total trans.....g	0.000		1	A	1				
Cholesterol.....mg	66		1	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.600		1	A	1				
Threonine.....g									
Isoleucine.....g									
Leucine.....g	0.100		1	A	1				
Lysine.....g									
Methionine.....g	0.000		1	A	1				

NDB No. 35230

Sea lion, stellar, meat with fat (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine.....g	0.100		1	A	1				
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g	0.200		1	A	1				
Alanine.....g									
Aspartic acid.....g	0.100		1	A	1				
Glutamic acid.....g	0.000		1	A	1				
Glycine.....g	0.000		1	A	1				
Proline.....g	0.100		1	A	1				
Serine.....g	0.000		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Based on limited sampling. Nutrient values, particularly fat and protein, vary widely with variations in proportion of meat to fat.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35055

Seal, bearded (Oogruk), meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.795		0	A		1			
Threonine.....g	3.228		0	A		1			
Isoleucine.....g	3.134		0	A		1			
Leucine.....g	6.386		0	A		1			
Lysine.....g	6.690		0	A		1			
Methionine.....g	1.684		0	A		1			
Cystine.....g	0.444		0	A		1			
Phenylalanine.....g	3.275		0	A		1			
Tyrosine.....g	2.152		0	A		1			
Valine.....g	3.228		0	A		1			
Arginine.....g	4.655		0	A		1			
Histidine.....g	2.947		0	A		1			
Alanine.....g	4.725		0	A		1			
Aspartic acid.....g	6.877		0	A		1			
Glutamic acid.....g	11.041		0	A		1			
Glycine.....g	4.351		0	A		1			
Proline.....g	3.789		0	A		1			
Serine.....g	2.994		0	A		1			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35164

Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.48		1	A	1				
Energy.....kcal	367		0	NC	4				
Energy.....kj	1535		0	NC	4				
Protein (N x 6.25).....g	35.31		1	A	1				
Total lipid (fat).....g	25.08		1	A	1				
Ash.....g	1.42		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	17.00		1	A	1				
Magnesium, Mg.....mg	29		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	400		1	A	1				
Sodium, Na.....mg	120		1	A	1				
Zinc, Zn.....mg	3.10		1	A	1				
Copper, Cu.....mg	0.270		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....mcg	90.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.011		1	A	1				
Riboflavin.....mg	0.364		1	A	1				
Niacin.....mg	6.520		1	A	1				
Pantothenic acid.....mg	0.727		1	A	1				
Vitamin B-6.....mg	0.091		1	A	1				
Folate, total.....mcg	11		1	A	1				
Folic acid.....mcg	0		1	Z	7				
Folate, food.....mcg	11		1	A	1				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Choline, total.....mg	68.1		0	AS	1				
Betaine.....mg	60.9		1	A	1				
Vitamin B-12.....mcg	5.85		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	1947		0	O	4				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.55		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	3.920		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				

NDB No. 35164

Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.030		1	A	1				
13:0.....g									
14:0.....g	0.690		1	A	1				
15:0.....g	0.110		1	A	1				
16:0.....g	2.450		1	A	1				
17:0.....g	0.100		1	A	1				
18:0.....g	0.540		1	A	1				
20:0.....g	0.000		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g	0.000		1	A	1				
Fatty acids, total monounsaturated.....g	11.160		0	NC	4				
14:1.....g	0.090		1	A	1				
15:1.....g	0.030		1	A	1				
16:1 undifferentiated.....g	3.900		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	5.320		1	A	1				
20:1.....g	1.700		1	A	1				
22:1 undifferentiated.....g	0.120		1	A	1				
24:1 c.....g	0.000		1	A	1				
Fatty acids, total polyunsaturated.....g	1.180		0	NC	4				
18:2 undifferentiated.....g	0.190		1	A	1				
18:3 undifferentiated.....g	0.130		1	A	1				
18:4.....g	0.050		1	A	1				
20:2 n-6 c,c.....g	0.050		1	A	1				
20:3 undifferentiated.....g	0.020		1	A	1				
20:4 undifferentiated.....g	0.080		1	A	1				
20:5 n-3.....g	0.280		1	A	1				
22:5 n-3.....g	0.150		1	A	1				
22:6 n-3.....g	0.190		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0	A	1				
Threonine.....g	1.380		0	A	1				
Isoleucine.....g	1.340		0	A	1				
Leucine.....g	2.730		0	A	1				
Lysine.....g	2.860		0	A	1				
Methionine.....g	0.720		0	A	1				
Cystine.....g	0.190		0	A	1				
Phenylalanine.....g	1.400		0	A	1				
Tyrosine.....g	0.920		0	A	1				
Valine.....g	1.380		0	A	1				
Arginine.....g	1.990		0	A	1				
Histidine.....g	1.260		0	A	1				
Alanine.....g	2.020		0	A	1				
Aspartic acid.....g	2.940		0	A	1				
Glutamic acid.....g	4.720		0	A	1				
Glycine.....g	1.860		0	A	1				
Proline.....g	1.620		0	A	1				
Serine.....g	1.280		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35164

Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35170

Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.35		1	A		1			
Energy.....kcal	186		0	NC		4			
Energy.....kj	778		0	NC		4			
Protein (N x 6.25).....g	23.63		1	A		1			
Total lipid (fat).....g	10.17		1	A		1			
Ash.....g	0.80		1	A		1			
Carbohydrate, by difference.....g	0.00		0	Z		7			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	4		1	A		1			
Iron, Fe.....mg	17.00		1	A		1			
Magnesium, Mg.....mg	17		1	A		1			
Phosphorus, P.....mg	140		1	A		1			
Potassium, K.....mg	210		1	A		1			
Sodium, Na.....mg	57		1	A		1			
Zinc, Zn.....mg	2.60		1	A		1			
Copper, Cu.....mg	0.148		1	A		1			
Manganese, Mn.....mg	0.037		1	A		1			
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	121		0	BFSN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0	A		1			
Threonine.....g	0.923		0	A		1			
Isoleucine.....g	0.896		0	A		1			
Leucine.....g	1.826		0	A		1			
Lysine.....g	1.913		0	A		1			
Methionine.....g	0.482		0	A		1			
Cystine.....g	0.127		0	A		1			
Phenylalanine.....g	0.937		0	A		1			
Tyrosine.....g	0.616		0	A		1			
Valine.....g	0.923		0	A		1			
Arginine.....g	1.331		0	A		1			
Histidine.....g	0.843		0	A		1			
Alanine.....g	1.351		0	A		1			
Aspartic acid.....g	1.967		0	A		1			
Glutamic acid.....g	3.158		0	A		1			
Glycine.....g	1.244		0	A		1			
Proline.....g	1.084		0	A		1			
Serine.....g	0.856		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			

NDB No. 35170

Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35175

Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	34.92		1	A	1				
Energy.....kcal	270		0	NC	4				
Energy.....kj	1131		0	NC	4				
Protein (N x 6.25).....g	62.38		1	A	1				
Total lipid (fat).....g	2.31		1	A	1				
Ash.....g	2.78		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	9		1	A	1				
Iron, Fe.....mg	33.00		1	A	1				
Magnesium, Mg.....mg	62		1	A	1				
Phosphorus, P.....mg	510		1	A	1				
Potassium, K.....mg	960		1	A	1				
Sodium, Na.....mg	130		1	A	1				
Zinc, Zn.....mg	5.00		1	A	1				
Copper, Cu.....mg	0.310		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	0		0	Z	7				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	0		0	Z	7				
Folate, DFE.....mcg_DFE	0		0	NC	4				
Choline, total.....mg	103.0		0	AS	1				
Betaine.....mg	26.3		1	A	1				
Vitamin B-12.....mcg									
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Amino Acids:									

NDB No. 35175

Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.601		0	A		1			
Threonine.....g	2.438		0	A		1			
Isoleucine.....g	2.367		0	A		1			
Leucine.....g	4.822		0	A		1			
Lysine.....g	5.052		0	A		1			
Methionine.....g	1.272		0	A		1			
Cystine.....g	0.336		0	A		1			
Phenylalanine.....g	2.473		0	A		1			
Tyrosine.....g	1.625		0	A		1			
Valine.....g	2.438		0	A		1			
Arginine.....g	3.515		0	A		1			
Histidine.....g	2.226		0	A		1			
Alanine.....g	3.568		0	A		1			
Aspartic acid.....g	5.193		0	A		1			
Glutamic acid.....g	8.337		0	A		1			
Glycine.....g	3.285		0	A		1			
Proline.....g	2.862		0	A		1			
Serine.....g	2.261		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35056

Seal, bearded (Oogruk), meat, raw (Alaska Native)

Erignathus barbatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.60		1	AI	13				
Energy.....kcal	110		0	NC	4				
Energy.....kj	462		0	NC	4				
Protein (N x 6.25).....g	26.70		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	3.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1	AI	13				
Iron, Fe.....mg	12.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	198		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.200		1	AI	13				
Riboflavin.....mg	0.260		1	AI	13				
Niacin.....mg	5.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	1400		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	100		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35056

Seal, bearded (Oogruk), meat, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35071
Seal, ringed, meat (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	90		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35184
Smelt, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.92		1	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kj	1614		0	NC	4				
Protein (N x 6.25).....g	56.19		1	A	1				
Total lipid (fat).....g	17.90		1	A	1				
Ash.....g	8.25		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	1600		1	A	1				
Iron, Fe.....mg	5.40		1	A	1				
Magnesium, Mg.....mg	89		1	A	1				
Phosphorus, P.....mg	1400		1	A	1				
Potassium, K.....mg	1000		1	A	1				
Sodium, Na.....mg	420		1	A	1				
Zinc, Zn.....mg	6.70		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.720		1	A	1				
Selenium, Se.....mcg	194.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.073		1	A	1				
Riboflavin.....mg	0.262		1	A	1				
Niacin.....mg	5.970		1	A	1				
Pantothenic acid.....mg	2.290		1	A	1				
Vitamin B-6.....mg	0.176		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	19.10		1	A	1				
Vitamin A, RAE.....mcg_RAE	139		0	AS	1				
Vitamin A, IU.....IU	463		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	4.51		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.08		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	3.590		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.010		1	A	1				

NDB No. 35184
Smelt, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.760		1	A		1			
15:0.....g	0.060		1	A		1			
16:0.....g	2.250		1	A		1			
17:0.....g	0.190		1	A		1			
18:0.....g	0.320		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	6.860		0	NC		4			
14:1.....g	0.030		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	2.060		1	A		1			
17:1.....g	0.090		1	A		1			
18:1 undifferentiated.....g	3.650		1	A		1			
20:1.....g	0.780		1	A		1			
22:1 undifferentiated.....g	0.250		1	A		1			
24:1 c.....g	0.000		1	A		1			
Fatty acids, total polyunsaturated.....g	2.884		0	NC		4			
18:2 undifferentiated.....g	0.190		1	A		1			
18:3 undifferentiated.....g	0.100		1	A		1			
18:4.....g	0.130		1	A		1			
20:2 n-6 c.c.....g	0.020		1	A		1			
20:3 undifferentiated.....g	0.007		1	A		1			
20:4 undifferentiated.....g	0.150		1	A		1			
20:5 n-3.....g	0.910		1	A		1			
22:5 n-3.....g	0.140		1	A		1			
22:6 n-3.....g	1.220		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	249		0	O		4			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.510		0	A		1			
Threonine.....g	2.390		0	A		1			
Isoleucine.....g	2.150		0	A		1			
Leucine.....g	3.820		0	A		1			
Lysine.....g	3.690		0	A		1			
Methionine.....g	1.240		0	A		1			
Cystine.....g	0.460		0	A		1			
Phenylalanine.....g	2.010		0	A		1			
Tyrosine.....g	1.570		0	A		1			
Valine.....g	2.660		0	A		1			
Arginine.....g	3.100		0	A		1			
Histidine.....g	1.010		0	A		1			
Alanine.....g	3.520		0	A		1			
Aspartic acid.....g	4.810		0	A		1			
Glutamic acid.....g	6.660		0	A		1			
Glycine.....g	3.280		0	A		1			
Proline.....g	2.360		0	A		1			
Serine.....g	2.450		0	A		1			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 35184
Smelt, dried (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35073

Soup, fish, homemade (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35074
 Sourdock, young leaves (Alaska Native)
Rumex articus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.70		1	AI	13				
Energy.....kcal	42		0	NC	4				
Energy.....kj	174		0	NC	4				
Protein (N x 6.25).....g	2.30		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	6.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	AI	13				
Iron, Fe.....mg	0.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	55		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	68.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	11900		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35139
Squash, Indian, cooked, boiled (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	96.21		1	A	1				
Energy.....kcal	16		0	NC	4				
Energy.....kj	65		0	NC	4				
Protein (N x 6.25).....g	0.31		1	A	1				
Total lipid (fat).....g	0.15		1	A	1				
Ash.....g	0.10		1	A	1				
Carbohydrate, by difference.....g	3.22		0	NC	4				
Fiber, total dietary.....g	1.5		1	A	1				
Sugars, total.....g	2.02		1	A	1				
Sucrose.....g	0.44		1	A	1				
Glucose (dextrose).....g	0.69		1	A	1				
Fructose.....g	0.89		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.00		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	A	1				
Riboflavin.....mg	0.015		1	A	1				
Niacin.....mg	0.102		1	A	1				
Pantothenic acid.....mg	0.060		1	A	1				
Vitamin B-6.....mg	0.033		1	A	1				
Folate, total.....mcg	7		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	7		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35138
Squash, Indian, raw (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	93.35		1	A	1				
Energy.....kcal	26		0	NC	4				
Energy.....kj	111		0	NC	4				
Protein (N x 6.25).....g	0.52		1	A	1				
Total lipid (fat).....g	0.20		1	A	1				
Ash.....g	0.29		1	A	1				
Carbohydrate, by difference.....g	5.64		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	3.54		0	NC	4				
Sucrose.....g	0.77		0	O	4				
Glucose (dextrose).....g	1.21		0	O	4				
Fructose.....g	1.56		0	O	4				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.00		1	A	1				
Minerals:									
Calcium, Ca.....mg	9		1	A	1				
Iron, Fe.....mg	0.17		1	A	1				
Magnesium, Mg.....mg	10		1	A	1				
Phosphorus, P.....mg	12		1	A	1				
Potassium, K.....mg	205		1	A	1				
Sodium, Na.....mg	20		1	A	1				
Zinc, Zn.....mg	0.07		1	A	1				
Copper, Cu.....mg	0.017		1	A	1				
Manganese, Mn.....mg	0.027		1	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.5		1	A	1				
Thiamin.....mg	0.020		1	A	1				
Riboflavin.....mg	0.020		1	A	1				
Niacin.....mg	0.170		1	A	1				
Pantothenic acid.....mg	0.110		1	A	1				
Vitamin B-6.....mg	0.058		1	A	1				
Folate, total.....mcg	22		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	22		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35138
Squash, Indian, raw (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35075

Squirrel, ground, meat (Alaska Native)

Citellus undulatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.40		1	AI	13				
Energy.....kcal	111		0	NC	4				
Energy.....kj	466		0	NC	4				
Protein (N x 5.3).....g	19.30		1	AI	13				
Total lipid (fat).....g	3.80		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	4.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	175		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35181

Steelhead trout, boiled, canned (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.59		1	A	1				
Energy.....kcal	159		0	NC	4				
Energy.....kj	664		0	NC	4				
Protein (N x 6.25).....g	21.11		1	A	1				
Total lipid (fat).....g	8.26		1	A	1				
Ash.....g	1.24		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	30		1	A	1				
Iron, Fe.....mg	0.64		1	A	1				
Magnesium, Mg.....mg	25		1	A	1				
Phosphorus, P.....mg	249		1	A	1				
Potassium, K.....mg	365		1	A	1				
Sodium, Na.....mg	118		1	A	1				
Zinc, Zn.....mg	0.57		1	A	1				
Copper, Cu.....mg	0.058		1	A	1				
Manganese, Mn.....mg	0.011		1	A	1				
Selenium, Se.....mcg	26.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	5.79		1	A	1				
Vitamin A, RAE.....mcg_RAE	20		0	NC	4				
Vitamin A, IU.....IU	65		0	O	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	2.15		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.01		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	604		1	A	1				
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.530		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				

NDB No. 35181

Steelhead trout, boiled, canned (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
13:0.....g									
14:0.....g	0.358		1	A		1			
15:0.....g	0.019		1	A		1			
16:0.....g	0.921		1	A		1			
17:0.....g	0.011		1	A		1			
18:0.....g	0.209		1	A		1			
20:0.....g	0.012		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	2.223		0	NC		4			
14:1.....g	0.007		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.492		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	1.496		1	A		1			
20:1.....g	0.228		1	A		1			
22:1 undifferentiated.....g	0.000		0	AS		1			
22:1 c.....g	0.000		1	A		1			
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0	NC		4			
18:2 undifferentiated.....g	0.077		1	A		1			
18:3 undifferentiated.....g	0.051		0	AS		1			
18:3 n-3 c,c,c.....g	0.051		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.014		1	A		1			
20:3 undifferentiated.....g	0.007		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.030		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.376		1	A		1			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.130		1	A		1			
22:6 n-3.....g	0.540		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1	A		1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35180
Steelhead trout, dried, flesh (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.091		1	A					
15:0.....g	0.014		1	A					
16:0.....g	0.547		1	A					
17:0.....g	0.016		1	A					
18:0.....g	0.154		1	A					
20:0.....g	0.007		1	A					
22:0.....g	0.000		1	A					
24:0.....g	0.000		1	A					
Fatty acids, total monounsaturated.....g	1.228		0	NC				4	
14:1.....g	0.007		1	A				1	
15:1.....g	0.000		1	A				1	
16:1 undifferentiated.....g	0.159		1	A				1	
17:1.....g	0.000		1	A				1	
18:1 undifferentiated.....g	0.858		1	A				1	
20:1.....g	0.204		1	A				1	
22:1 undifferentiated.....g	0.000		0	AS				1	
22:1 c.....g	0.000		1	A				1	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.739		0	NC				4	
18:2 undifferentiated.....g	0.060		1	A				1	
18:3 undifferentiated.....g	0.037		0	AS				1	
18:3 n-3 c,c,c.....g	0.037		1	A				1	
18:3 n-6 c,c,c.....g	0.000		1	A				1	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.029		1	A				1	
20:3 undifferentiated.....g	0.012		1	A				1	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		1	A				1	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.266		1	A				1	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.208		1	A				1	
22:6 n-3.....g	1.080		1	A				1	
Fatty acids, total trans.....g									
Cholesterol.....mg	227		1	A				1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z				7	
Caffeine.....mg	0		0	Z				7	
Theobromine.....mg	0		0	Z				7	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35144

Stew, dumpling with mutton (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.21		2	A	1				
Energy.....kcal	101		0	NC	4				
Energy.....kj	422		0	NC	4				
Protein.....g	8.71		2	A	1				
Total lipid (fat).....g	3.78		2	A	1				
Ash.....g	0.27		2	A	1				
Carbohydrate, by difference.....g	8.03		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	0.21		2	A	1				
Sucrose.....g	0.00		2	A	1				
Glucose (dextrose).....g	0.00		2	A	1				
Fructose.....g	0.00		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.21		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	7.77		2	A	1				
Minerals:									
Calcium, Ca.....mg	14		2	A	1				
Iron, Fe.....mg	1.79		2	A	1				
Magnesium, Mg.....mg	8		2	A	1				
Phosphorus, P.....mg	63		2	A	1				
Potassium, K.....mg	82		2	A	1				
Sodium, Na.....mg	46		2	A	1				
Zinc, Zn.....mg	1.85		2	A	1				
Copper, Cu.....mg	0.053		2	A	1				
Manganese, Mn.....mg	0.064		2	A	1				
Selenium, Se.....mcg	10.2		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1				
Thiamin.....mg	0.065		2	A	1				
Riboflavin.....mg	0.091		2	A	1				
Niacin.....mg	2.005		2	A	1				
Pantothenic acid.....mg	0.162		2	A	1				
Vitamin B-6.....mg	0.041		2	A	1				
Folate, total.....mcg	41		2	A	1				
Folic acid.....mcg									
Folate, food.....mcg	41		2	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.82		2	A	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		2	A	1				
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		2	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.00		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.709		0	NC	4				

Stew, dumpling with mutton (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.082		2	A		1			
15:0.....g	0.021		2	A		1			
16:0.....g	0.808		2	A		1			
17:0.....g	0.056		2	A		1			
18:0.....g	0.736		2	A		1			
20:0.....g	0.006		2	A		1			
22:0.....g	0.000		2	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.533		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.061		2	A		1			
17:1.....g	0.027		2	A		1			
18:1 undifferentiated.....g	1.438		2	A		1			
20:1.....g	0.007		2	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.274		0	NC		4			
18:2 undifferentiated.....g	0.193		2	A		1			
18:3 undifferentiated.....g	0.007		0	A		1			
18:3 n-3 c,c,c.....g	0.053		2	A		1			
18:3 n-6 c,c,c.....g	0.007		2	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.002		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		2	A		1			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35145

Stew, hominy with mutton (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.58		1	A	1				
Energy.....kcal	83		0	NC	4				
Energy.....kj	347		0	NC	4				
Protein (N x 6.25).....g	6.71		1	A	1				
Total lipid (fat).....g	2.06		1	A	1				
Ash.....g	0.26		1	A	1				
Carbohydrate, by difference.....g	9.38		0	NC	4				
Fiber, total dietary.....g	2.0		1	A	1				
Sugars, total.....g	0.11		1	A	1				
Sucrose.....g	0.11		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.15		1	A	1				
Minerals:									
Calcium, Ca.....mg	8		1	A	1				
Iron, Fe.....mg	0.81		1	A	1				
Magnesium, Mg.....mg	20		1	A	1				
Phosphorus, P.....mg	82		1	A	1				
Potassium, K.....mg	118		1	A	1				
Sodium, Na.....mg	45		1	A	1				
Zinc, Zn.....mg	1.19		1	A	1				
Copper, Cu.....mg	0.047		1	A	1				
Manganese, Mn.....mg	0.089		1	A	1				
Selenium, Se.....mcg	4.1		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.030		1	A	1				
Riboflavin.....mg	0.070		1	A	1				
Niacin.....mg	1.500		1	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.091		1	A	1				
Folate, total.....mcg	0		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.64		1	A	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.76		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.733		0	NC	4				

Stew, hominy with mutton (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.034		1	A		1			
15:0.....g	0.008		1	A		1			
16:0.....g	0.392		1	A		1			
17:0.....g	0.024		1	A		1			
18:0.....g	0.271		1	A		1			
20:0.....g	0.004		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0	NC		4			
14:1.....g	0.003		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.038		1	A		1			
17:1.....g	0.016		1	A		1			
18:1 undifferentiated.....g	0.835		1	A		1			
20:1.....g	0.004		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.287		0	NC		4			
18:2 undifferentiated.....g	0.232		1	A		1			
18:3 undifferentiated.....g	0.023		0	A		1			
18:3 n-3 c,c,c.....g	0.021		1	A		1			
18:3 n-6 c,c,c.....g	0.002		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.008		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		1	A		1			
Threonine.....g	0.238		1	A		1			
Isoleucine.....g	0.252		1	A		1			
Leucine.....g	0.536		1	A		1			
Lysine.....g	0.435		1	A		1			
Methionine.....g	0.157		1	A		1			
Cystine.....g	0.074		1	A		1			
Phenylalanine.....g	0.257		1	A		1			
Tyrosine.....g	0.183		1	A		1			
Valine.....g	0.294		1	A		1			
Arginine.....g	0.390		1	A		1			
Histidine.....g	0.164		1	A		1			
Alanine.....g	0.423		1	A		1			
Aspartic acid.....g	0.526		1	A		1			
Glutamic acid.....g	0.986		1	A		1			
Glycine.....g	0.447		1	A		1			
Proline.....g	0.385		1	A		1			

NDB No. 35145

Stew, hominy with mutton (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.251		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35048
 Stew, moose (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35146

Stew, mutton, corn, squash (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.13		1	A	1				
Energy.....kcal	103		0	NC	4				
Energy.....kj	430		0	NC	4				
Protein (N x 6.25).....g	8.62		1	A	1				
Total lipid (fat).....g	4.34		1	A	1				
Ash.....g	3.63		1	A	1				
Carbohydrate, by difference.....g	7.27		0	NC	4				
Fiber, total dietary.....g	1.7		1	A	1				
Sugars, total.....g	0.61		1	A	1				
Sucrose.....g	0.25		1	A	1				
Glucose (dextrose).....g	0.18		1	A	1				
Fructose.....g	0.18		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		1	A	1				
Iron, Fe.....mg	1.21		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	111		1	A	1				
Potassium, K.....mg	199		1	A	1				
Sodium, Na.....mg	49		1	A	1				
Zinc, Zn.....mg	1.87		1	A	1				
Copper, Cu.....mg	0.063		1	A	1				
Manganese, Mn.....mg	0.087		1	A	1				
Selenium, Se.....mcg	8.4		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.030		1	A	1				
Riboflavin.....mg	0.110		1	A	1				
Niacin.....mg	2.000		1	A	1				
Pantothenic acid.....mg	0.270		1	A	1				
Vitamin B-6.....mg	0.108		1	A	1				
Folate, total.....mcg	18		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	18		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.16		1	A	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.735		0	NC	4				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.083		1	A		1			
15:0.....g	0.017		1	A		1			
16:0.....g	0.869		1	A		1			
17:0.....g	0.059		1	A		1			
18:0.....g	0.694		1	A		1			
20:0.....g	0.007		1	A		1			
22:0.....g	0.006		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.748		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.068		1	A		1			
17:1.....g	0.029		1	A		1			
18:1 undifferentiated.....g	1.640		1	A		1			
20:1.....g	0.011		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	NC		4			
18:2 undifferentiated.....g	0.310		1	A		1			
18:3 undifferentiated.....g	0.062		0	A		1			
18:3 n-3 c,c,c.....g	0.054		1	A		1			
18:3 n-6 c,c,c.....g	0.008		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		1	A		1			
Threonine.....g	0.306		1	A		1			
Isoleucine.....g	0.336		1	A		1			
Leucine.....g	0.678		1	A		1			
Lysine.....g	0.560		1	A		1			
Methionine.....g	0.211		1	A		1			
Cystine.....g	0.090		1	A		1			
Phenylalanine.....g	0.330		1	A		1			
Tyrosine.....g	0.233		1	A		1			
Valine.....g	0.385		1	A		1			
Arginine.....g	0.470		1	A		1			
Histidine.....g	0.217		1	A		1			
Alanine.....g	0.550		1	A		1			
Aspartic acid.....g	0.679		1	A		1			
Glutamic acid.....g	1.241		1	A		1			
Glycine.....g	0.553		1	A		1			
Proline.....g	0.474		1	A		1			

NDB No. 35146

Stew, mutton, corn, squash (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.314		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35148
 Stew, steamed corn (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.03		2	A	1				
Energy.....kcal	112		0	NC	4				
Energy.....kj	470		0	NC	4				
Protein.....g	8.82		2	A	1				
Total lipid (fat).....g	3.75		2	A	1				
Ash.....g	0.60		2	A	1				
Carbohydrate, by difference.....g	10.80		0	NC	4				
Fiber, total dietary.....g	2.3		2	A	1				
Sugars, total.....g	0.51		2	A	1				
Sucrose.....g	0.34		2	A	1				
Glucose (dextrose).....g	0.09		2	A	1				
Fructose.....g	0.07		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	6.55		2	A	1				
Minerals:									
Calcium, Ca.....mg	22		2	A	1				
Iron, Fe.....mg	1.10		2	A	1				
Magnesium, Mg.....mg	24		2	A	1				
Phosphorus, P.....mg	107		2	A	1				
Potassium, K.....mg	177		2	A	1				
Sodium, Na.....mg	104		2	A	1				
Zinc, Zn.....mg	1.55		2	A	1				
Copper, Cu.....mg	0.075		2	A	1				
Manganese, Mn.....mg	0.102		2	A	1				
Selenium, Se.....mcg	5.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.030		1	A	1				
Riboflavin.....mg	0.110		1	A	1				
Niacin.....mg	3.020		1	A	1				
Pantothenic acid.....mg	0.400		1	A	1				
Vitamin B-6.....mg	0.120		1	A	1				
Folate, total.....mcg	9		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	9		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.603		0	NC	4				

NDB No. 35148
Stew, steamed corn (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.083		1	A		1			
15:0.....g	0.021		1	A		1			
16:0.....g	0.834		1	A		1			
17:0.....g	0.048		1	A		1			
18:0.....g	0.609		1	A		1			
20:0.....g	0.007		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.497		0	NC		4			
14:1.....g	0.004		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.069		1	A		1			
17:1.....g	0.025		1	A		1			
18:1 undifferentiated.....g	1.391		1	A		1			
20:1.....g	0.008		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.392		0	NC		4			
18:2 undifferentiated.....g	0.272		1	A		1			
18:3 undifferentiated.....g	0.052		0	A		1			
18:3 n-3 c,c,c.....g	0.045		1	A		1			
18:3 n-6 c,c,c.....g	0.007		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35024

Stew/soup, caribou (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35147
Tamales (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.10		1	A	1				
Energy.....kcal	153		0	NC	4				
Energy.....kj	639		0	NC	4				
Protein (N x 6.25).....g	6.28		1	A	1				
Total lipid (fat).....g	6.12		1	A	1				
Ash.....g	1.37		1	A	1				
Carbohydrate, by difference.....g	18.12		0	NC	4				
Fiber, total dietary.....g	3.1		1	A	1				
Sugars, total.....g	0.99		1	A	1				
Sucrose.....g	0.40		1	A	1				
Glucose (dextrose).....g	0.21		1	A	1				
Fructose.....g	0.17		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.22		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	12.27		1	A	1				
Minerals:									
Calcium, Ca.....mg	29		1	A	1				
Iron, Fe.....mg	1.22		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	99		1	A	1				
Potassium, K.....mg	131		1	A	1				
Sodium, Na.....mg	427		1	A	1				
Zinc, Zn.....mg	1.48		1	A	1				
Copper, Cu.....mg	0.063		1	A	1				
Manganese, Mn.....mg	0.174		1	A	1				
Selenium, Se.....mcg	6.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1				
Thiamin.....mg	0.050		1	A	1				
Riboflavin.....mg	0.080		1	A	1				
Niacin.....mg	1.590		1	A	1				
Pantothenic acid.....mg	0.205		1	A	1				
Vitamin B-6.....mg	0.143		1	A	1				
Folate, total.....mcg	15		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	15		1	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.54		1	A	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.396		0	NC	4				

NDB No. 35147
Tamales (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.165		1	A		1			
15:0.....g	0.024		1	A		1			
16:0.....g	1.395		1	A		1			
17:0.....g	0.059		1	A		1			
18:0.....g	0.743		1	A		1			
20:0.....g	0.010		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	2.739		0	NC		4			
14:1.....g	0.039		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.188		1	A		1			
17:1.....g	0.046		1	A		1			
18:1 undifferentiated.....g	2.439		1	A		1			
20:1.....g	0.027		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.688		0	NC		4			
18:2 undifferentiated.....g	0.646		1	A		1			
18:3 undifferentiated.....g	0.029		0	A		1			
18:3 n-3 c,c,c.....g	0.029		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		1	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.052		1	A		1			
Threonine.....g	0.239		1	A		1			
Isoleucine.....g	0.271		1	A		1			
Leucine.....g	0.568		1	A		1			
Lysine.....g	0.427		1	A		1			
Methionine.....g	0.150		1	A		1			
Cystine.....g	0.083		1	A		1			
Phenylalanine.....g	0.275		1	A		1			
Tyrosine.....g	0.204		1	A		1			
Valine.....g	0.318		1	A		1			
Arginine.....g	0.391		1	A		1			
Histidine.....g	0.196		1	A		1			
Alanine.....g	0.422		1	A		1			
Aspartic acid.....g	0.556		1	A		1			
Glutamic acid.....g	1.029		1	A		1			
Glycine.....g	0.384		1	A		1			
Proline.....g	0.382		1	A		1			

NDB No. 35147
Tamales (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.273		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35078

Tea, tundra, herb and laborador combination (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	AI		13			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35187
Tennis Bread, plain (Apache)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.77		1	A	1				
Energy.....kcal	258		0	NC	4				
Energy.....kj	1082		0	NC	4				
Protein (N x 6.25).....g	9.00		1	A	1				
Total lipid (fat).....g	1.05		1	A	1				
Ash.....g	2.92		1	A	1				
Carbohydrate, by difference.....g	53.26		0	NC	4				
Fiber, total dietary.....g	2.6		1	A	1				
Sugars, total.....g	3.01		1	A	1				
Sucrose.....g	0.37		1	A	1				
Glucose (dextrose).....g	0.17		1	A	1				
Fructose.....g	0.13		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	2.35		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	45.14		1	A	1				
Minerals:									
Calcium, Ca.....mg	67		1	A	1				
Iron, Fe.....mg	3.40		1	A	1				
Magnesium, Mg.....mg	28		1	A	1				
Phosphorus, P.....mg	160		1	A	1				
Potassium, K.....mg	100		1	A	1				
Sodium, Na.....mg	810		1	A	1				
Zinc, Zn.....mg	0.53		1	A	1				
Copper, Cu.....mg	0.030		1	A	1				
Manganese, Mn.....mg	0.480		1	A	1				
Selenium, Se.....mcg	15.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.690		1	A	1				
Riboflavin.....mg	0.291		1	A	1				
Niacin.....mg	3.410		1	A	1				
Pantothenic acid.....mg	0.390		1	A	1				
Vitamin B-6.....mg	0.059		1	A	1				
Folate, total.....mcg	162		1	A	1				
Folic acid.....mcg	128		1	A	1				
Folate, food.....mcg	34		0	AS	1				
Folate, DFE.....mcg_DFE	252		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1				
Tocopherol, beta.....mg	0.04		1	A	1				
Tocopherol, gamma.....mg	0.50		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.270		0	NC	4				

NDB No. 35187
Tennis Bread, plain (Apache)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A			1		
10:0.....g	0.000		1	A			1		
12:0.....g	0.000		1	A			1		
13:0.....g									
14:0.....g	0.000		1	A			1		
15:0.....g	0.000		1	A			1		
16:0.....g	0.250		1	A			1		
17:0.....g	0.000		1	A			1		
18:0.....g	0.020		1	A			1		
20:0.....g	0.000		1	A			1		
22:0.....g	0.000		1	A			1		
24:0.....g	0.000		1	A			1		
Fatty acids, total monounsaturated.....g	0.120		0	NC			4		
14:1.....g	0.000		1	A			1		
15:1.....g	0.000		1	A			1		
16:1 undifferentiated.....g	0.000		1	A			1		
17:1.....g	0.000		1	A			1		
18:1 undifferentiated.....g	0.120		1	A			1		
20:1.....g	0.000		1	A			1		
22:1 undifferentiated.....g	0.000		1	A			1		
24:1 c.....g	0.000		1	A			1		
Fatty acids, total polyunsaturated.....g	0.590		0	NC			4		
18:2 undifferentiated.....g	0.560		1	A			1		
18:3 undifferentiated.....g	0.030		1	A			1		
18:4.....g	0.000		1	A			1		
20:2 n-6 c,c.....g	0.000		1	A			1		
20:3 undifferentiated.....g	0.000		1	A			1		
20:4 undifferentiated.....g	0.000		1	A			1		
20:5 n-3.....g	0.000		1	A			1		
22:5 n-3.....g	0.000		1	A			1		
22:6 n-3.....g	0.000		1	A			1		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.96		2	A	1				
Energy.....kcal	237		0	NC	4				
Energy.....kj	993		0	NC	4				
Protein.....g	7.28		2	A	1				
Total lipid (fat).....g	0.95		2	A	1				
Ash.....g	1.87		2	A	1				
Carbohydrate, by difference.....g	49.94		0	NC	4				
Fiber, total dietary.....g	2.4		2	A	1				
Sugars, total.....g	2.75		2	A	1				
Sucrose.....g	0.22		2	A	1				
Glucose (dextrose).....g	0.15		2	A	1				
Fructose.....g	0.00		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	2.37		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	43.02		2	A	1				
Minerals:									
Calcium, Ca.....mg	70		2	A	1				
Iron, Fe.....mg	3.81		2	A	1				
Magnesium, Mg.....mg	19		2	A	1				
Phosphorus, P.....mg	146		2	A	1				
Potassium, K.....mg	105		2	A	1				
Sodium, Na.....mg	482		2	A	1				
Zinc, Zn.....mg	0.32		2	A	1				
Copper, Cu.....mg	0.102		2	A	1				
Manganese, Mn.....mg	0.268		2	A	1				
Selenium, Se.....mcg	16.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.370		2	A	1				
Riboflavin.....mg	0.114		2	A	1				
Niacin.....mg	4.125		2	A	1				
Pantothenic acid.....mg	0.170		1	A	1				
Vitamin B-6.....mg	0.060		2	A	1				
Folate, total.....mcg	98		1	A	1				
Folic acid.....mcg	87		1	A	1				
Folate, food.....mcg	11		1	AS	1				
Folate, DFE.....mcg_DFE	159		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.19		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.00		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.296		0	NC	4				

Tortilla, includes plain and from mutton sandwich (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.008		2	A		1			
15:0.....g	0.002		2	A		1			
16:0.....g	0.211		2	A		1			
17:0.....g	0.005		2	A		1			
18:0.....g	0.066		2	A		1			
20:0.....g	0.002		2	A		1			
22:0.....g	0.004		2	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.185		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.004		2	A		1			
17:1.....g	0.002		2	A		1			
18:1 undifferentiated.....g	0.175		2	A		1			
20:1.....g	0.004		2	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	NC		4			
18:2 undifferentiated.....g	0.372		2	A		1			
18:3 undifferentiated.....g	0.000		0	A		1			
18:3 n-3 c,c,c.....g	0.019		2	A		1			
18:3 n-6 c,c,c.....g	0.000		2	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.060		1	A		1			
Threonine.....g	0.182		1	A		1			
Isoleucine.....g	0.286		1	A		1			
Leucine.....g	0.530		1	A		1			
Lysine.....g	0.157		1	A		1			
Methionine.....g	0.122		1	A		1			
Cystine.....g	0.166		1	A		1			
Phenylalanine.....g	0.375		1	A		1			
Tyrosine.....g	0.204		1	A		1			
Valine.....g	0.326		1	A		1			
Arginine.....g	0.283		1	A		1			
Histidine.....g	0.165		1	A		1			
Alanine.....g	0.227		1	A		1			
Aspartic acid.....g	0.296		1	A		1			
Glutamic acid.....g	2.613		1	A		1			
Glycine.....g	0.268		1	A		1			
Proline.....g	0.878		1	A		1			

NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.351		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35083
 Walrus, liver, raw (Alaska Native)
Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.50		1	AI	13				
Energy.....kcal	125		0	NC	4				
Energy.....kj	523		0	NC	4				
Protein (N x 6.25).....g	21.00		1	AI	13				
Total lipid (fat).....g	3.00		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	3.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	14.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	208		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	1.910		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	81200		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35082

Walrus, meat and subcutaneous fat raw (Alaska Native)

Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.90		1	AI	13				
Energy.....kcal	282		0	NC	4				
Energy.....kj	1180		0	NC	4				
Protein (N x 6.25).....g	16.30		1	AI	13				
Total lipid (fat).....g	24.10		1	AI	13				
Ash.....g	0.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	9.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	125		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	0.320		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	550		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35079
 Walrus, meat, dried (Alaska Native)
Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.80		1	AI	13				
Energy.....kcal	251		0	NC	4				
Energy.....kj	1052		0	NC	4				
Protein (N x 6.25).....g	57.00		1	AI	13				
Total lipid (fat).....g	2.60		1	AI	13				
Ash.....g	1.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	43.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	415		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.210		1	AI	13				
Riboflavin.....mg	0.790		1	AI	13				
Niacin.....mg	10.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	410		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35081
 Walrus, meat, raw (Alaska Native)
Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.10		1	AI	13				
Energy.....kcal	199		0	NC	4				
Energy.....kj	833		0	NC	4				
Protein (N x 6.25).....g	19.20		1	AI	13				
Total lipid (fat).....g	13.60		1	AI	13				
Ash.....g	2.10		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		1	AI	13				
Iron, Fe.....mg	9.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	122		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.240		1	AI	13				
Niacin.....mg	4.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	170		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.570		1	AI	13				
Fatty acids, total monounsaturated.....g	8.420		1	AI	13				
Fatty acids, total polyunsaturated.....g	2.600		1	AI	13				
18:2 undifferentiated.....g	0.100		0	AI	13				
18:3 undifferentiated.....g	0.050		0	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	AI	13				

NDB No. 35081
Walrus, meat, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	80			AI		13			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35010

Whale, beluga, eyes (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.10		1	AI	13				
Energy.....kcal	291		0	NC	4				
Energy.....kj	1217		0	NC	4				
Protein (N x 6.25).....g	19.60		1	AI	13				
Total lipid (fat).....g	23.30		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	187		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	561		0	NC	4				
Vitamin A, IU.....IU	1870		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 35010

Whale, beluga, eyes (Alaska Native)

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35012

Whale, beluga, flipper, raw (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50		1	AI	13				
Energy.....kcal	271		0	NC	4				
Energy.....kj	1135		0	NC	4				
Protein (N x 6.25).....g	19.00		1	AI	13				
Total lipid (fat).....g	21.70		1	AI	13				
Ash.....g	1.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	11		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	153		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	279		0	NC	4				
Vitamin A, IU.....IU	930		0	NC	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 35012

Whale, beluga, flipper, raw (Alaska Native)

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35013

Whale, beluga, liver, raw (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.60		1	AI	13				
Energy.....kcal	117		0	NC	4				
Energy.....kj	488		0	NC	4				
Protein (N x 6.25).....g	18.40		1	AI	13				
Total lipid (fat).....g	3.90		1	AI	13				
Ash.....g	1.10		0	NP	4				
Carbohydrate, by difference.....g	2.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	230		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.39		2	JA		6			
Energy.....kcal	327		0	NC		4			
Energy.....kj	1370		0	NC		4			
Protein (N x 6.25).....g	69.86		2	JA		6			
Total lipid (fat).....g	5.34		2	JA		6			
Ash.....g	2.69		1	A		1			
Carbohydrate, by difference.....g	0.00		0	NC		4			
Fiber, total dietary.....g	0.0		0	Z		7			
Sugars, total.....g	0.00		0	Z		7			
Sucrose.....g	0.00		0	Z		7			
Glucose (dextrose).....g	0.00		0	Z		7			
Fructose.....g	0.00		0	Z		7			
Lactose.....g	0.00		0	Z		7			
Maltose.....g	0.00		0	Z		7			
Galactose.....g	0.00		0	Z		7			
Starch.....g	0.00		0	Z		7			
Minerals:									
Calcium, Ca.....mg	22		2	JA		6			
Iron, Fe.....mg	72.35		2	JA		6			
Magnesium, Mg.....mg	63		1	A		1			
Phosphorus, P.....mg	549		2	JA		6			
Potassium, K.....mg	800		1	A		1			
Sodium, Na.....mg	220		1	A		1			
Zinc, Zn.....mg	7.80		1	A		1			
Copper, Cu.....mg	0.320		1	A		1			
Manganese, Mn.....mg	0.130		1	A		1			
Selenium, Se.....mcg	103.0		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A		1			
Thiamin.....mg	0.039		1	A		1			
Riboflavin.....mg	0.519		1	A		1			
Niacin.....mg	15.200		1	A		1			
Pantothenic acid.....mg	1.680		1	A		1			
Vitamin B-6.....mg	0.131		1	A		1			
Folate, total.....mcg	10		1	A		1			
Folic acid.....mcg	0		1	Z		7			
Folate, food.....mcg	10		1	A		1			
Folate, DFE.....mcg_DFE	10		0	NC		4			
Choline, total.....mg	131.7		0	AS		1			
Betaine.....mg	23.8		1	A		1			
Vitamin B-12.....mcg	7.31		1	A		1			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg									
Carotene, beta.....mcg	0		0	O		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	0		0	NC		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	0.27		0	NR		4			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.00		1	A		1			
Tocopherol, gamma.....mg	0.00		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A		1			

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	1.204		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.007		1	A		1			
13:0.....g									
14:0.....g	0.246		1	A		1			
15:0.....g	0.027		1	A		1			
16:0.....g	0.698		1	A		1			
17:0.....g	0.027		1	A		1			
18:0.....g	0.200		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	3.345		0	NC		4			
14:1.....g	0.033		1	A		1			
15:1.....g	0.013		1	A		1			
16:1 undifferentiated.....g	1.091		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	1.330		1	A		1			
20:1.....g	0.638		1	A		1			
22:1 undifferentiated.....g	0.239		1	A		1			
24:1 c.....g	0.000		1	A		1			
Fatty acids, total polyunsaturated.....g	0.319		0	NC		4			
18:2 undifferentiated.....g	0.047		1	A		1			
18:3 undifferentiated.....g	0.027		1	A		1			
18:4.....g	0.013		1	A		1			
20:2 n-6 c,c.....g	0.013		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:4 undifferentiated.....g	0.033		1	A		1			
20:5 n-3.....g	0.060		1	A		1			
22:5 n-3.....g	0.040		1	A		1			
22:6 n-3.....g	0.086		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	122		1	A		1			
Phytosterols.....mg	0		0	Z		7			
Amino Acids:									
Tryptophan.....g	0.797		0	JA		6			
Threonine.....g	2.726		0	JA		6			
Isoleucine.....g	2.684		0	JA		6			
Leucine.....g	5.778		0	JA		6			
Lysine.....g	6.313		0	JA		6			
Methionine.....g	1.353		0	JA		6			
Cystine.....g	0.419		0	JA		6			
Phenylalanine.....g	2.947		0	JA		6			
Tyrosine.....g	1.887		0	JA		6			
Valine.....g	2.810		0	JA		6			
Arginine.....g	3.838		0	JA		6			
Histidine.....g	2.999		0	JA		6			
Alanine.....g	4.268		0	JA		6			
Aspartic acid.....g	5.841		0	JA		6			
Glutamic acid.....g	9.595		0	JA		6			
Glycine.....g	4.079		0	JA		6			
Proline.....g	3.481		0	JA		6			
Serine.....g	2.422		0	JA		6			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35011

Whale, beluga, meat, raw (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.50		1	MA	12				
Energy.....kcal	111		0	NC	4				
Energy.....kj	462		0	NC	4				
Protein (N x 6.25).....g	26.50		1	MA	12				
Total lipid (fat).....g	0.50		1	MA	12				
Ash.....g	0.60		0	NR	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	MA	12				
Iron, Fe.....mg	25.90		1	MA	12				
Magnesium, Mg.....mg	22		0	BFSN	4				
Phosphorus, P.....mg	239		1	MA	12				
Potassium, K.....mg	283		0	BFSN	4				
Sodium, Na.....mg	78		0	BFSN	4				
Zinc, Zn.....mg	2.76		0	BFSN	4				
Copper, Cu.....mg	0.113		0	BFSN	4				
Manganese, Mn.....mg	0.046		0	BFSN	4				
Selenium, Se.....mcg	36.5		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFSN	4				
Thiamin.....mg	0.014		0	BFSN	4				
Riboflavin.....mg	0.184		0	BFSN	4				
Niacin.....mg	5.386		0	BFSN	4				
Pantothenic acid.....mg	0.595		0	BFSN	4				
Vitamin B-6.....mg	0.046		0	BFSN	4				
Folate, total.....mcg	4		0	BFSN	4				
Folic acid.....mcg	0		0	BFSN	4				
Folate, food.....mcg	4		0	BFSN	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Choline, total.....mg	35.1		0	BFSN	4				
Betaine.....mg	13.8		0	BFSN	4				
Vitamin B-12.....mcg	2.59		0	BFSN	4				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	102		0	NC	4				
Retinol.....mcg	102		0	T	4				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	340		0	T	4				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg	0.00		0	BFSN	4				
Tocopherol, gamma.....mg	0.00		0	BFSN	4				
Tocopherol, delta.....mg	0.00		0	BFSN	4				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4				
Lipids:									

NDB No. 35011

Whale, beluga, meat, raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.092		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	BFSN	4				
10:0.....g	0.000		0	BFSN	4				
12:0.....g	0.001		0	BFSN	4				
13:0.....g									
14:0.....g	0.018		0	BFSN	4				
15:0.....g	0.003		0	BFSN	4				
16:0.....g	0.052		0	BFSN	4				
17:0.....g	0.003		0	BFSN	4				
18:0.....g	0.015		0	BFSN	4				
20:0.....g	0.000		0	BFSN	4				
22:0.....g	0.000		0	BFSN	4				
24:0.....g	0.000		0	BFSN	4				
Fatty acids, total monounsaturated.....g	0.337		0	NC	4				
14:1.....g	0.004		0	BFSN	4				
15:1.....g	0.001		0	BFSN	4				
16:1 undifferentiated.....g	0.120		0	BFSN	4				
17:1.....g	0.000		0	BFSN	4				
18:1 undifferentiated.....g	0.147		0	BFSN	4				
20:1.....g	0.048		0	BFSN	4				
22:1 undifferentiated.....g	0.018		0	BFSN	4				
24:1 c.....g	0.000		0	BFSN	4				
Fatty acids, total polyunsaturated.....g	0.025		0	NC	4				
18:2 undifferentiated.....g	0.003		0	BFSN	4				
18:3 undifferentiated.....g	0.002		0	BFSN	4				
18:4.....g	0.001		0	BFSN	4				
20:2 n-6 c,c.....g	0.001		0	BFSN	4				
20:3 undifferentiated.....g	0.000		0	BFSN	4				
20:4 undifferentiated.....g	0.004		0	BFSN	4				
20:5 n-3.....g	0.004		0	BFSN	4				
22:5 n-3.....g	0.003		0	BFSN	4				
22:6 n-3.....g	0.006		0	BFSN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	MA	12				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35086

Whale, bow head, skin and subcutaneous fat (muktuk) (Alaska Native)

Balaena mysticetus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	40.00		1	AI	13				
Energy.....kcal	465		0	NC	4				
Energy.....kj	1947		0	NC	4				
Protein (N x 6.25).....g	12.60		1	AI	13				
Total lipid (fat).....g	46.10		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	0.020		1	AI	13				
Niacin.....mg	0.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	750		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.560		1	AI	13				
Fatty acids, total monounsaturated.....g	28.120		1	AI	13				
Fatty acids, total polyunsaturated.....g	7.970		1	AI	13				
18:2 undifferentiated.....g	0.120		1	AI	13				
18:3 undifferentiated.....g	0.450		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	54		1	AI	13				

NDB No. 35086

Whale, bow head, skin and subcutaneous fat (muktuk) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	54			AI		13			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35085

Whale, bow head, subcutaneous fat (blubber) (Alaska Native)

Balaena mysticetus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.90		1	AI	13				
Energy.....kcal	870		0	NC	4				
Energy.....kj	3640		0	NC	4				
Protein (N x 6.25).....g	0.40		1	AI	13				
Total lipid (fat).....g	96.50		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	5		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	150		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35092

Willow, leaves in oil (Alaska Native)

Salix pulchra Cham.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.00		1	AI	13				
Energy.....kcal	592		0	NC	4				
Energy.....kj	2476		0	NC	4				
Protein (N x 6.25).....g	2.60		1	AI	13				
Total lipid (fat).....g	61.00		1	AI	13				
Ash.....g	0.30		0	NP	4				
Carbohydrate, by difference.....g	8.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 35093

Willow, young leaves, chopped (Alaska Native)

Salix pulchra Cham.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.70		1	AI	13				
Energy.....kcal	122		0	NC	4				
Energy.....kj	509		0	NC	4				
Protein (N x 5.3).....g	6.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	20.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	126		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	190.0		1	AI	13				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	2.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	18700		1	AI	13				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 21 (2008)