

**Full Report (All Nutrients) 08120, Cereals, oats, regular and quick, not fortified, dry**

Report Date: July 19, 2019 06:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Breakfast Cereals

Common Name: oatmeal, old-fashioned oats, rolled oats

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 81g	0.33 cup 27g
<b>Proximates</b>						
Water <a href="#">1</a>	g	10.84	4	0.300	8.78	2.93
Energy	kcal	379	--	--	307	102
Energy	kJ	1586	--	--	1285	428
Protein <a href="#">1</a>	g	13.15	4	0.050	10.65	3.55
Total lipid (fat) <a href="#">1</a>	g	6.52	4	0.180	5.28	1.76
Ash <a href="#">1</a>	g	1.77	4	0.010	1.43	0.48
Carbohydrate, by difference	g	67.70	--	--	54.84	18.28
Fiber, total dietary <a href="#">1</a>	g	10.1	4	0.400	8.2	2.7
Sugars, total <a href="#">1</a>	g	0.99	4	0.020	0.80	0.27
Sucrose <a href="#">1</a>	g	0.99	4	0.020	0.80	0.27
Glucose (dextrose) <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00
Fructose <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00
Lactose <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	4	0.000	0.00	0.00
Starch <a href="#">1</a>	g	57.92	4	0.180	46.92	15.64
<b>Minerals</b>						
Calcium, Ca	mg	52	33	0.000	42	14
Iron, Fe <a href="#">1</a>	mg	4.25	4	0.060	3.44	1.15
Magnesium, Mg <a href="#">1</a>	mg	138	4	1.000	112	37

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 81g	0.33 cup 27g
Phosphorus, P <a href="#">1</a>	mg	410	4	10.000	332	111
Potassium, K <a href="#">1</a>	mg	362	4	4.000	293	98
Sodium, Na <a href="#">1</a>	mg	6	4	0.000	5	2
Zinc, Zn <a href="#">1</a>	mg	3.64	4	0.090	2.95	0.98
Copper, Cu <a href="#">1</a>	mg	0.391	4	0.008	0.317	0.106
Manganese, Mn	mg	3.630	5	0.001	2.940	0.980
Selenium, Se <a href="#">1</a>	µg	28.9	4	1.700	23.4	7.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	4	0.000	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.460	4	0.034	0.373	0.124
Riboflavin <a href="#">1</a>	mg	0.155	4	0.058	0.126	0.042
Niacin <a href="#">1</a>	mg	1.125	4	0.048	0.911	0.304
Pantothenic acid <a href="#">1</a>	mg	1.120	4	0.066	0.907	0.302
Vitamin B-6 <a href="#">1</a>	mg	0.100	4	0.004	0.081	0.027
Folate, total	µg	32	24	3.000	26	9
Folic acid	µg	0	--	--	0	0
Folate, food	µg	32	--	--	26	9
Folate, DFE	µg	32	--	--	26	9
Choline, total	mg	40.4	--	--	32.7	10.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	1	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">2</a>	µg	0	1	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU <a href="#">2</a>	IU	0	1	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin <a href="#">2</a>	µg	180	1	--	146	49
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.42	4	0.030	0.34	0.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.03	4	0.004	0.02	0.01
Tocopherol, gamma <a href="#">1</a>	mg	0.12	4	0.004	0.10	0.03

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Tocopherol, delta <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	2.0	4	0.100	1.6	0.5
<b>Lipids</b>						
Fatty acids, total saturated	g	1.110	--	--	0.899	0.300
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.020	238	--	0.016	0.005
14:0	g	0.010	238	--	0.008	0.003
16:0	g	0.940	238	--	0.761	0.254
18:0	g	0.060	238	--	0.049	0.016
Fatty acids, total monounsaturated	g	1.980	--	--	1.604	0.535
16:1 undifferentiated	g	0.010	238	--	0.008	0.003
18:1 undifferentiated	g	1.970	238	--	1.596	0.532
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.300	--	--	1.863	0.621
18:2 undifferentiated	g	2.200	238	--	1.782	0.594
18:3 undifferentiated	g	0.100	238	--	0.081	0.027
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan <a href="#">1</a>	g	0.182	--	--	0.147	0.049
Threonine <a href="#">1</a>	g	0.382	--	--	0.309	0.103
Isoleucine <a href="#">1</a>	g	0.503	--	--	0.407	0.136
Leucine <a href="#">1</a>	g	0.980	--	--	0.794	0.265

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 81g	0.33 cup 27g
Lysine <sup>1</sup>	g	0.637	--	--	0.516	0.172
Methionine <sup>1</sup>	g	0.207	--	--	0.168	0.056
Cystine <sup>1</sup>	g	0.455	--	--	0.369	0.123
Phenylalanine <sup>1</sup>	g	0.665	--	--	0.539	0.180
Tyrosine <sup>1</sup>	g	0.395	--	--	0.320	0.107
Valine <sup>1</sup>	g	0.688	--	--	0.557	0.186
Arginine <sup>1</sup>	g	0.850	--	--	0.688	0.229
Histidine <sup>1</sup>	g	0.275	--	--	0.223	0.074
Alanine <sup>1</sup>	g	0.563	--	--	0.456	0.152
Aspartic acid <sup>1</sup>	g	1.217	--	--	0.986	0.329
Glutamic acid <sup>1</sup>	g	2.830	--	--	2.292	0.764
Glycine <sup>1</sup>	g	0.642	--	--	0.520	0.173
Proline <sup>1</sup>	g	0.451	--	--	0.365	0.122
Serine <sup>1</sup>	g	0.705	--	--	0.571	0.190
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6I, 2002 Beltsville MD

<sup>2</sup>I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids and Retinoids in Finnish Foods: Cereal and Bakery Products, 1989 Cereal Chemistry 66 4 pp.270-273