

Full Report (All Nutrients) 20038, Oats (Includes foods for USDA's Food Distribution Program)

Report Date: September 17, 2019 07:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

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 156g |
|--------------------------------|------|------------------------|-------------|------------|---------------|
| Proximates | | | | | |
| Water | g | 8.22 | 17 | 0.380 | 12.82 |
| Energy | kcal | 389 | -- | -- | 607 |
| Energy | kJ | 1628 | -- | -- | 2540 |
| Protein | g | 16.89 | 50 | 0.320 | 26.35 |
| Total lipid (fat) | g | 6.90 | 14 | 0.700 | 10.76 |
| Ash | g | 1.72 | 2 | -- | 2.68 |
| Carbohydrate, by difference | g | 66.27 | -- | -- | 103.38 |
| Fiber, total dietary | g | 10.6 | -- | -- | 16.5 |
| Minerals | | | | | |
| Calcium, Ca | mg | 54 | 8 | 2.000 | 84 |
| Iron, Fe | mg | 4.72 | 37 | 0.130 | 7.36 |
| Magnesium, Mg | mg | 177 | 14 | 7.000 | 276 |
| Phosphorus, P | mg | 523 | 14 | 18.000 | 816 |
| Potassium, K | mg | 429 | 14 | 21.000 | 669 |
| Sodium, Na | mg | 2 | 2 | -- | 3 |
| Zinc, Zn | mg | 3.97 | 37 | 0.180 | 6.19 |
| Copper, Cu | mg | 0.626 | 32 | 0.024 | 0.977 |
| Manganese, Mn | mg | 4.916 | 18 | 0.420 | 7.669 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin | mg | 0.763 | -- | -- | 1.190 |
| Riboflavin | mg | 0.139 | -- | -- | 0.217 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 156g |
|------------------------------------|-------------|---------------------------------|--------------------|-------------------|-----------------------|
| Niacin | mg | 0.961 | -- | -- | 1.499 |
| Pantothenic acid | mg | 1.349 | -- | -- | 2.104 |
| Vitamin B-6 | mg | 0.119 | -- | -- | 0.186 |
| Folate, total | µg | 56 | -- | -- | 87 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 56 | -- | -- | 87 |
| Folate, DFE | µg | 56 | -- | -- | 87 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 |
| Retinol | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 1.217 | -- | -- | 1.899 |
| 12:0 | g | 0.024 | 238 | -- | 0.037 |
| 14:0 | g | 0.015 | 238 | -- | 0.023 |
| 16:0 | g | 1.034 | 238 | -- | 1.613 |
| 18:0 | g | 0.065 | 238 | -- | 0.101 |
| Fatty acids, total monounsaturated | g | 2.178 | -- | -- | 3.398 |
| 16:1 undifferentiated | g | 0.013 | 238 | -- | 0.020 |
| 18:1 undifferentiated | g | 2.165 | 238 | -- | 3.377 |
| Fatty acids, total polyunsaturated | g | 2.535 | -- | -- | 3.955 |
| 18:2 undifferentiated | g | 2.424 | 238 | -- | 3.781 |
| 18:3 undifferentiated | g | 0.111 | 238 | -- | 0.173 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.234 | 21 | -- | 0.365 |
| Threonine | g | 0.575 | 59 | -- | 0.897 |
| Isoleucine | g | 0.694 | 59 | -- | 1.083 |
| Leucine | g | 1.284 | 59 | -- | 2.003 |
| Lysine | g | 0.701 | 59 | -- | 1.094 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 156g |
|--|------|------------------------|-------------|------------|---------------|
| Methionine | g | 0.312 | 60 | -- | 0.487 |
| Cystine | g | 0.408 | 48 | -- | 0.636 |
| Phenylalanine | g | 0.895 | 58 | -- | 1.396 |
| Tyrosine | g | 0.573 | 43 | -- | 0.894 |
| Valine | g | 0.937 | 59 | -- | 1.462 |
| Arginine | g | 1.192 | 58 | -- | 1.860 |
| Histidine | g | 0.405 | 57 | -- | 0.632 |
| Alanine | g | 0.881 | 43 | -- | 1.374 |
| Aspartic acid | g | 1.448 | 43 | -- | 2.259 |
| Glutamic acid | g | 3.712 | 43 | -- | 5.791 |
| Glycine | g | 0.841 | 43 | -- | 1.312 |
| Proline | g | 0.934 | 41 | -- | 1.457 |
| Serine | g | 0.750 | 43 | -- | 1.170 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Flavonoids | | | | | |
| Isoflavones | | | | | |
| Daidzein ³ | mg | 0.00 | 2 | -- | 0.00 |
| Genistein ³ | mg | 0.00 | 2 | -- | 0.00 |
| Total isoflavones ³ | mg | 0.00 | 2 | -- | 0.00 |
| Proanthocyanidin | | | | | |
| Proanthocyanidin dimers ^{1 2} | mg | 0.0 | 2 | -- | 0.0 |
| Proanthocyanidin trimers ^{1 2} | mg | 0.0 | 2 | -- | 0.0 |
| Proanthocyanidin 4-6mers ^{1 2} | mg | 0.0 | 2 | -- | 0.0 |
| Proanthocyanidin 7-10mers ^{1 2} | mg | 0.0 | 2 | -- | 0.0 |
| Proanthocyanidin polymers (>10mers) ^{1 2} | mg | 0.0 | 2 | -- | 0.0 |

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

²Hellstrm, Trnnen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

³Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals.**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966

Langual Code(s)

- A0125 GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)

- B1219 OAT
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION