

Statistics Report 04047, Oil, coconut
Report Date: August 25, 2019 01:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	0.03	6	0.010	0.01	0.09	5.0	-0.007	0.06	1	Analytical or derived from analytical	--	03/2015
Energy	kcal	892	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kJ	3730	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
Protein 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Total lipid (fat) 1	g	99.06	6	0.110	98.61	99.39	5.0	98.77	99.35	1	Analytical or derived from analytical	--	03/2015
Ash 1	g	0.03	6	0.004	0.03	0.05	5.0	0.02	0.04	1	Analytical or derived from analytical	--	03/2015
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/1979
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1	mg	1	4	0.000	1	1	3.0	--	1.0	1	Analytical or derived from analytical	--	03/2015
Iron, Fe 1	mg	0.05	4	0.010	0.04	0.09	3.0	0.01	0.08	1	Analytical or derived from analytical	--	03/2015
Magnesium, Mg 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/1979
Phosphorus, P 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/1979
Potassium, K 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/1979
Sodium, Na 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/1979
Zinc, Zn 1	mg	0.02	4	0.002	0.01	0.02	3.0	0.01	0.02	1	Analytical or derived from analytical	--	03/2015
Copper, Cu 1	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Manganese, Mn 1	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Selenium, Se	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Thiamin	mg	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Riboflavin	mg	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Niacin	mg	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Pantothenic acid	mg	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Vitamin B-6	mg	0.000	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Folate, total	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Folate, DFE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2009
Choline, total	mg	0.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Vitamin E (alpha-tocopherol) 1	mg	0.11	3	0.060	0	0.21	2.0	-0.14	0.37	1	Analytical or derived from analytical	--	03/2015
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.60	3	0.050	0.54	0.7	2.0	0.37	0.82	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Tocopherol, delta 1	mg	0.18	3	0.050	0.1	0.28	2.0	-0.06	0.41	1	Analytical or derived from analytical	--	03/2015
Tocotrienol, alpha 1	mg	2.17	3	0.220	1.75	2.51	2.0	1.2	3.13	1	Analytical or derived from analytical	--	03/2015
Tocotrienol, beta 1	mg	0.13	3	0.020	0.07	0.17	2.0	0.009	0.24	1	Analytical or derived from analytical	--	03/2015
Tocotrienol, gamma 1	mg	0.36	3	0.090	0.19	0.5	2.0	-0.03	0.75	1	Analytical or derived from analytical	--	03/2015
Tocotrienol, delta 1	mg	0.25	3	0.070	0.1	0.34	2.0	-0.07	0.58	1	Analytical or derived from analytical	--	03/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2015
Lipids													
Fatty acids, total saturated	g	82.475	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
4:0 1	g	0.009	6	0.006	0	0.03	5.0	-0.006	0.023	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.477	6	0.059	0.25	0.65	5.0	0.325	0.629	1	Analytical or derived from analytical	--	03/2015
8:0 1	g	6.802	6	0.097	6.59	7.21	5.0	6.553	7.052	1	Analytical or derived from analytical	--	03/2015
10:0 1	g	5.390	6	0.042	5.26	5.56	5.0	5.282	5.499	1	Analytical or derived from analytical	--	03/2015
12:0 1	g	41.840	6	0.232	41.13	42.4	5.0	41.244	42.435	1	Analytical or derived from analytical	--	03/2015
14:0 1	g	16.653	6	0.099	16.3	17.03	5.0	16.4	16.907	1	Analytical or derived from analytical	--	03/2015
15:0 1	g	0.015	6	0.001	0.01	0.02	5.0	0.013	0.016	1	Analytical or derived from analytical	--	03/2015
16:0 1	g	8.636	6	0.159	8.36	9.41	5.0	8.228	9.045	1	Analytical or derived from analytical	--	03/2015
17:0 1	g	0.009	6	0.001	0.01	0.01	5.0	0.008	0.011	1	Analytical or derived from analytical	--	03/2015
18:0 1	g	2.516	6	0.023	2.46	2.61	5.0	2.458	2.574	1	Analytical or derived from analytical	--	03/2015
20:0 1	g	0.076	6	0.003	0.07	0.09	5.0	0.068	0.085	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.019	6	0.001	0.01	0.02	5.0	0.015	0.023	1	Analytical or derived from analytical	--	03/2015
24:0 1	g	0.031	6	0.001	0.03	0.04	5.0	0.028	0.034	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total monounsaturated	g	6.332	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
14:1 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
15:1 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
16:1 undifferentiated 1	g	0.016	6	0.001	0.01	0.02	5.0	0.014	0.019	1	Analytical or derived from analytical	--	03/2015
16:1 c 1	g	0.016	6	0.001	0.01	0.02	5.0	0.014	0.019	1	Analytical or derived from analytical	--	03/2015
16:1 t 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
17:1 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:1 undifferentiated 1	g	6.274	6	0.168	5.75	6.97	5.0	5.841	6.707	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c 1	g	6.253	6	0.171	5.68	6.94	5.0	5.814	6.693	1	Analytical or derived from analytical	--	03/2015
18:1 t 1	g	0.021	6	0.011	0	0.07	5.0	-0.006	0.048	1	Analytical or derived from analytical	--	03/2015
20:1 1	g	0.041	6	0.002	0.04	0.05	5.0	0.036	0.046	1	Analytical or derived from analytical	--	03/2015
22:1 undifferentiated 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:1 c 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:1 t 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
24:1 c 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Fatty acids, total polyunsaturated	g	1.702	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
18:2 undifferentiated 1	g	1.683	6	0.073	1.42	1.86	5.0	1.495	1.87	1	Analytical or derived from analytical	--	03/2015
18:2 n-6 c,c 1	g	1.676	6	0.072	1.41	1.85	5.0	1.49	1.861	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:2 t not further defined 1	g	0.007	6	0.002	0	0.01	5.0	0.001	0.013	1	Analytical or derived from analytical	--	03/2015
18:3 undifferentiated 1	g	0.019	6	0.005	0	0.04	5.0	0.007	0.032	1	Analytical or derived from analytical	--	03/2015
18:3 n-3 c,c,c (ALA) 1	g	0.019	6	0.005	0	0.04	5.0	0.007	0.032	1	Analytical or derived from analytical	--	03/2015
18:3 n-6 c,c,c 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:3i 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
18:4 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:3 undifferentiated 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
20:3 n-6 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA) 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:4 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
22:5 n-3 (DPA) 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA) 1	g	0.000	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.028	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
Fatty acids, total trans-monoenoic	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2015
Cholesterol	mg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Phytosterols	mg	86	19	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	06/1979
Amino Acids													
Tryptophan	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Threonine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Leucine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Lysine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Methionine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Cystine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Phenylalanine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Tyrosine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Valine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Arginine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Histidine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Aspartic acid	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glutamic acid	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glycine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Proline	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Serine	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2002
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	10/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

²M. Heinonen, V. Ollilainen, E. Perttivaro, P. Koivistoinen Carotenoids and retinoids in Finnish Foods: Dietary Fats, 1988 J. Food Composition and Analysis 1 pp.334-340