

**Statistics Report 11252, Lettuce, iceberg (includes crisphead types), raw**
**Report Date: September 18, 2019 18:10 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
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a>	g	95.64	44	0.110	94	97.7	20.0	95.4	95.86	12	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Energy	kcal	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007
Energy	kJ	58	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007
Protein <a href="#">1</a> <a href="#">2</a>	g	0.90	23	0.030	0.63	1.48	4.0	0.8	0.99	3	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.14	30	0.010	0.02	0.3	18.0	0.11	0.16	5	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Ash <a href="#">1</a> <a href="#">2</a>	g	0.36	23	0.010	0.2	0.5	18.0	0.31	0.39	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Carbohydrate, by difference	g	2.97	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary <a href="#">2</a>	g	1.2	14	0.052	0.7	1.6	4.0	1.0	1.2	7	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Sugars, total <a href="#">2</a>	g	1.97	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007
Sucrose <a href="#">2</a>	g	0.05	8	0.010	0	0.2	2.0	-0.001	0.1	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Glucose (dextrose) <a href="#">2</a>	g	0.91	8	0.060	0.67	1.2	3.0	0.69	1.12	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Fructose <a href="#">2</a>	g	1.00	8	0.060	0.78	1.4	3.0	0.8	1.2	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Lactose <a href="#">2</a>	g	0.00	5	0.000	0	0	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	11/2003

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Maltose <a href="#">2</a>	g	0.00	5	0.000	0	0.02	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Galactose <a href="#">2</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	18	98	0.000	8	33	40.0	16.0	18.0	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	0.41	97	0.040	0.11	4.71	4.0	0.28	0.52	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	7	99	0.000	3	14	49.0	7.0	7.0	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	20	98	0.000	5	31	29.0	18.0	20.0	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	141	98	3.000	14	250	45.0	134.0	146.0	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	10	91	0.000	1	32	37.0	9.0	11.0	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	0.15	93	0.004	0.01	0.26	53.0	0.13	0.15	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	0.025	86	0.002	0	0.06	26.0	0.021	0.028	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	0.125	89	0.004	0.04	0.26	46.0	0.116	0.133	14	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Selenium, Se <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	µg	0.1	63	0.025	0	1.4	3.0	0.03	0.1	12	Aggregated data involving combinations of source codes 1 & 12	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	2.8	23	0.100	0.7	4.5	16.0	2.4	3.1	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.041	23	0.003	0.01	0.06	15.0	0.034	0.048	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.025	23	0.001	0.01	0.04	17.0	0.022	0.028	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.123	13	0.015	0.04	0.22	3.0	0.079	0.167	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.091	13	0.015	0.04	0.25	5.0	0.053	0.129	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.042	23	0.002	0.03	0.07	8.0	0.037	0.047	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	29	23	3.000	2	63	17.0	21.0	37.0	3	Aggregated data involving combinations of source codes 1 & 12	--	11/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	29	23	3.000	2	63	17.0	21.0	37.0	3	Aggregated data involving combinations of source codes 1 & 12	--	06/2007
Folate, DFE	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007
Choline, total <a href="#">1</a>	mg	6.7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <a href="#">1</a>	mg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	25	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	µg	299	53	4.000	57	333	3.0	286.0	311.0	5	Analytical or derived from analytical	--	11/2003
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">10</a> <a href="#">11</a>	µg	4	51	0.000	0	4	--	--	--	4	Analytical or derived from analytical	--	11/2003
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a> <a href="#">10</a> <a href="#">11</a>	µg	0	51	0.000	0	0	--	--	--	4	Analytical or derived from analytical	--	11/2003
Vitamin A, IU	IU	502	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
Lycopene <a href="#">1</a> <a href="#">2</a> <a href="#">11</a>	µg	0	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	11/2003
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a> <a href="#">11</a>	µg	277	9	25.000	87	355	3.0	198.0	355.0	3	Analytical or derived from analytical	--	11/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	0.18	13	0.010	0.03	0.37	6.0	0.14	0.22	4	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	13	0.000	0	0	--	--	--	4	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.09	13	0.010	0.02	0.27	6.0	0.05	0.12	4	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	13	0.002	0	0.02	1.0	-0.01	0.02	4	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Tocotrienol, alpha <a href="#">1</a> <a href="#">2</a>	mg	0.01	7	0.000	0	0.03	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Tocotrienol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Tocotrienol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
Tocotrienol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2003
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) <a href="#">1</a> <a href="#">2</a>	µg	24.1	8	2.300	15.6	36.2	5.0	18.2	29.9	2	Analytical or derived from analytical	--	08/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.018	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
16:0	g	0.016	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
18:0	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
Fatty acids, total monounsaturated	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
18:1 undifferentiated	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
Fatty acids, total polyunsaturated	g	0.074	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2007

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18:2 undifferentiated	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
18:3 undifferentiated	g	0.052	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2007
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	10	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.025	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.018	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.025	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.024	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine <a href="#">1</a> <a href="#">2</a>	g	0.023	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.007	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Valine <a href="#">1</a> <a href="#">2</a>	g	0.024	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.025	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.125	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	0.194	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Proline <a href="#">1</a> <a href="#">2</a>	g	0.010	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Serine <a href="#">1</a> <a href="#">2</a>	g	0.025	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002

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<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">13</a> <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Petunidin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">14</a> <a href="#">15</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">14</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">14</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.1	--	0.13	0	2.65	--	--	--	--	--	--	--
Luteolin <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.0	--	0.02	0	0.39	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a>	mg	0.1	--	0.03	0	0.84	--	--	--	--	--	--	--
Myricetin <a href="#">14</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.1	--	0.05	0	1.02	--	--	--	--	--	--	--
Quercetin <a href="#">13</a> <a href="#">14</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a>	mg	1.4	--	0.18	0	9.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">24</a> <a href="#">25</a>	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein <a href="#">24</a> <a href="#">25</a>	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">24</a> <a href="#">25</a>	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">22</a> <a href="#">23</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">22</a> <a href="#">23</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">22</a> <a href="#">23</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">22</a> <a href="#">23</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">22</a> <a href="#">23</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5g, 2001 Beltsville MD

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<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

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<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

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