

## Full Report (All Nutrients) 14006, Alcoholic beverage, beer, light

Report Date: September 15, 2019 12:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.87 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.5g	1 can or bottle (12 fl oz) 354g
<b>Proximates</b>						
Water	g	94.88	--	--	27.99	335.88
Energy	kcal	29	--	--	9	103
Energy	kJ	123	--	--	36	435
Protein <a href="#">1</a>	g	0.24	167	0.005	0.07	0.85
Total lipid (fat) <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Ash <a href="#">1</a>	g	0.09	167	0.002	0.03	0.32
Carbohydrate, by difference	g	1.64	--	--	0.48	5.81
Fiber, total dietary <a href="#">2</a>	g	0.0	1	--	0.0	0.0
Sugars, total <a href="#">2</a>	g	0.09	4	0.010	0.03	0.32
Sucrose <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Glucose (dextrose) <a href="#">2</a>	g	0.09	4	0.010	0.03	0.32
Fructose <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Lactose <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Maltose <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Galactose <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
Starch <a href="#">2</a>	g	0.00	4	0.000	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <a href="#">2</a>	mg	4	4	0.000	1	14
Iron, Fe <a href="#">2</a>	mg	0.03	4	0.006	0.01	0.11
Magnesium, Mg <a href="#">2</a>	mg	5	4	0.000	1	18
Phosphorus, P <a href="#">2</a>	mg	12	4	1.000	4	42
Potassium, K <a href="#">2</a>	mg	21	4	1.000	6	74

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Sodium, Na <a href="#">2</a>	mg	4	4	1.000	1	14
Zinc, Zn <a href="#">2</a>	mg	0.01	4	0.001	0.00	0.04
Copper, Cu <a href="#">2</a>	mg	0.006	4	0.001	0.002	0.021
Manganese, Mn <a href="#">2</a>	mg	0.006	4	0.001	0.002	0.021
Selenium, Se <a href="#">2</a>	µg	0.4	4	0.087	0.1	1.4
Fluoride, F <a href="#">2</a>	µg	45.3	142	2.200	13.4	160.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">2</a>	mg	0.0	1	--	0.0	0.0
Thiamin <a href="#">2</a>	mg	0.005	4	0.000	0.001	0.018
Riboflavin <a href="#">2</a>	mg	0.015	4	0.000	0.004	0.053
Niacin <a href="#">2</a>	mg	0.391	4	0.023	0.115	1.384
Pantothenic acid <a href="#">2</a>	mg	0.030	4	0.000	0.009	0.106
Vitamin B-6 <a href="#">2</a>	mg	0.034	4	0.002	0.010	0.120
Folate, total <a href="#">2</a>	µg	6	4	1.000	2	21
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	4	1.000	2	21
Folate, DFE	µg	6	--	--	2	21
Choline, total	mg	8.8	--	--	2.6	31.2
Vitamin B-12 <a href="#">2</a>	µg	0.02	--	--	0.01	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	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="#">2</a>	µg	0.0	1	--	0.0	0.0

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<b>Lipids</b>						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
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	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
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
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Threonine <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Isoleucine <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Leucine <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Lysine <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Methionine <a href="#">2</a>	g	0.000	--	--	0.000	0.000
Cystine <a href="#">2</a>	g	0.000	--	--	0.000	0.000

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Phenylalanine <sup>2</sup>	g	0.000	--	--	0.000	0.000
Tyrosine <sup>2</sup>	g	0.000	--	--	0.000	0.000
Valine <sup>2</sup>	g	0.000	--	--	0.000	0.000
Arginine <sup>2</sup>	g	0.000	--	--	0.000	0.000
Histidine <sup>2</sup>	g	0.000	--	--	0.000	0.000
Alanine <sup>2</sup>	g	0.010	--	--	0.003	0.035
Aspartic acid <sup>2</sup>	g	0.013	--	--	0.004	0.046
Glutamic acid <sup>2</sup>	g	0.039	--	--	0.012	0.138
Glycine <sup>2</sup>	g	0.011	--	--	0.003	0.039
Proline <sup>2</sup>	g	0.029	--	--	0.009	0.103
Serine <sup>2</sup>	g	0.000	--	--	0.000	0.000
<b>Other</b>						
Alcohol, ethyl <sup>1</sup>	g	3.1	167	0.027	0.9	11.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
<b>Isoflavones</b>						
Daidzein <sup>3</sup>	mg	0.00	1	--	0.00	0.00
Genistein <sup>3</sup>	mg	0.00	1	--	0.00	0.00
Glycitein <sup>3</sup>	mg	0.00	1	--	0.00	0.00
Total isoflavones <sup>3</sup>	mg	0.00	1	--	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00

**Sources of Data**

<sup>1</sup>Alcohol and Tobacco Tax and Trade Bureau **Wine and malt beverage data from TTB**, 2004 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, **USDA National Food and Nutrient Analysis Program Wave 7b**, 2002 Beltsville MD

<sup>3</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201