

Statistics Report 15131, Fish, whitefish, mixed species, smoked

Report Date: July 19, 2019 18:57 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	g	70.83	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	108	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	452	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	23.40	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	0.93	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	5.06	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	18	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.50	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	23	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	132	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	423	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	1019	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.49	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.315	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.034	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	13.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.032	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.101	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.400	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.104	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.389	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	7	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	95.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	3.26	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	57	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	57	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	190	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0	0	--	--	--	--	Calculated or imputed	15130	03/2009
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	12.8	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	12.8	--	--	0	0	--	--	--	--	Calculated or imputed	15130	03/2009
Vitamin D	IU	512	--	--	0	0	--	--	--	--	Calculated or imputed	15130	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	15130	03/2009
Lipids													
Fatty acids, total saturated	g	0.228	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.007	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.177	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.044	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.278	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.026	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.205	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.023	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.024	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.293	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.084	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.048	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.005	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.156	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	33	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.262	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.078	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.902	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.149	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.693	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.251	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.914	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.790	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.206	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	1.400	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.689	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.415	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.396	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.493	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.123	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.827	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.955	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003