National Nutrient Database for Standard Reference
Release 1 April, 2018

Full Report (All Nutrients) 14003, Alcoholic beverage, beer, regular, all [a]

Report Date: July 15, 2019 20:25 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 29.7g	1 can 356g
Proximates						
Water	g	91.96	--	--	27.31	327.38
Energy	kcal	43	--	--	13	153
Energy	kJ	181	--	--	54	644
Protein [1]	g	0.46	588	0.007	0.14	1.64
Total lipid (fat) [2]	g	0.00	3	0.000	0.00	0.00
Ash [1]	g	0.16	588	0.002	0.05	0.57
Carbohydrate, by difference	g	3.55	--	--	1.05	12.64
Fiber, total dietary [2]	g	0.0	1	--	0.0	0.0
Sugars, total [2]	g	0.00	3	0.000	0.00	0.00
Sucrose [2]	g	0.00	3	0.000	0.00	0.00
Glucose (dextrose) [2]	g	0.00	3	0.000	0.00	0.00
Fructose [2]	g	0.00	3	0.000	0.00	0.00
Lactose [2]	g	0.00	3	0.000	0.00	0.00
Maltose [2]	g	0.00	3	0.000	0.00	0.00
Galactose [2]	g	0.00	3	0.000	0.00	0.00
Starch [2]	g	0.00	3	0.000	0.00	0.00
Minerals						
Calcium, Ca [2]	mg	4	3	0.000	1	14
Iron, Fe [2]	mg	0.02	3	0.004	0.01	0.07
Magnesium, Mg [2]	mg	6	3	0.000	2	21
Phosphorus, P [2]	mg	14	3	2.000	4	50

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.7g	1 can 356g
Potassium, K [2]	mg	27	3	2.000	8	96
Sodium, Na [2]	mg	4	3	0.000	1	14
Zinc, Zn [2]	mg	0.01	3	0.001	0.00	0.04
Copper, Cu [2]	mg	0.005	3	0.001	0.001	0.018
Manganese, Mn [2]	mg	0.008	3	0.001	0.002	0.028
Selenium, Se [2]	µg	0.6	3	0.044	0.2	2.1
Fluoride, F [2]	µg	44.2	102	2.500	13.1	157.4
Vitamins						
Vitamin C, total ascorbic acid [2]	mg	0.0	1	--	0.0	0.0
Thiamin [2]	mg	0.005	3	0.000	0.001	0.018
Riboflavin [2]	mg	0.025	3	0.001	0.007	0.089
Niacin [2]	mg	0.513	3	0.021	0.152	1.826
Pantothenic acid [2]	mg	0.041	3	0.011	0.012	0.146
Vitamin B-6 [2]	mg	0.046	3	0.004	0.014	0.164
Folate, total [2]	µg	6	3	0.000	2	21
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	3	0.000	2	21
Folate, DFE	µg	6	--	--	2	21
Choline, total	mg	10.1	--	--	3.0	36.0
Vitamin B-12	µg	0.02	33	0.001	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) [3]	mg	0.00	5	0.000	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta [3]	mg	0.00	5	0.000	0.00	0.00
Tocopherol, gamma [3]	mg	0.00	5	0.000	0.00	0.00

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Tocopherol, delta [3]	mg	0.00	5	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) [2]	µg	0.0	1	--	0.0	0.0
Lipids						
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
Amino Acids						
Tryptophan [2]	g	0.000	--	--	0.000	0.000
Threonine [2]	g	0.000	--	--	0.000	0.000
Isoleucine [2]	g	0.000	--	--	0.000	0.000

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Leucine [2]	g	0.000	--	--	0.000	0.000
Lysine [2]	g	0.000	--	--	0.000	0.000
Methionine [2]	g	0.000	--	--	0.000	0.000
Cystine [2]	g	0.000	--	--	0.000	0.000
Phenylalanine [2]	g	0.000	--	--	0.000	0.000
Tyrosine [2]	g	0.000	--	--	0.000	0.000
Valine [2]	g	0.000	--	--	0.000	0.000
Arginine [2]	g	0.000	--	--	0.000	0.000
Histidine [2]	g	0.000	--	--	0.000	0.000
Alanine [2]	g	0.012	--	--	0.004	0.043
Aspartic acid [2]	g	0.016	--	--	0.005	0.057
Glutamic acid [2]	g	0.047	--	--	0.014	0.167
Glycine [2]	g	0.013	--	--	0.004	0.046
Proline [2]	g	0.035	--	--	0.010	0.125
Serine [2]	g	0.000	--	--	0.000	0.000
Other						
Alcohol, ethyl [1]	g	3.9	588	0.032	1.2	13.9
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavan-3-ols						
(+)-Catechin [4 5 6 7 8]	mg	0.4	15	0.06	0.1	1.4
(-)-Epigallocatechin [4 6]	mg	0.0	4	0	0.0	0.0
(-)-Epicatechin [4 5 6 7 8]	mg	0.1	14	0.02	0.0	0.3
(-)-Epicatechin 3-gallate [4 6]	mg	0.0	4	0	0.0	0.0
(-)-Epigallocatechin 3-gallate [4 6]	mg	0.0	4	0	0.0	0.0
(+)-Gallocatechin [4 6]	mg	0.1	4	0.03	0.0	0.3
Flavanones						
Hesperetin	mg	0.0	1	--	0.0	0.0
Naringenin	mg	0.0	1	--	0.0	0.0
Flavones						
Apigenin [9]	mg	0.0	1	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.7g	1 can 356g
Luteolin [9]	mg	0.0	1	--	0.0	0.0
Flavonols						
Kaempferol [9]	mg	0.8	2	--	0.2	2.9
Myricetin [9]	mg	0.0	2	--	0.0	0.1
Quercetin [5 8 9]	mg	0.0	11	0.01	0.0	0.1
Isoflavones						
Daidzein [15]	mg	0.00	1	--	0.00	0.00
Genistein [15]	mg	0.00	1	--	0.00	0.00
Total isoflavones [15]	mg	0.00	1	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers [10 11 12 13 14]	mg	0.8	8	0.42	0.2	2.9
Proanthocyanidin trimers [10 11 12 14]	mg	0.2	7	0.07	0.0	0.6
Proanthocyanidin 4-6mers [11 12]	mg	0.3	3	0.1	0.1	1.2
Proanthocyanidin 7-10mers [11 12]	mg	0.0	3	0	0.0	0.0
Proanthocyanidin polymers (>10mers) [11 12]	mg	0.0	3	0	0.0	0.0

Sources of Data

[1]*Alcohol and Tobacco Tax and Trade Bureau* **Wine and malt beverage data from TTB,** 2004 Beltsville MD

[2]*Nutrient Data Laboratory, ARS, USDA* **National Food and Nutrient Analysis Program Wave 7b,** 2002 Beltsville MD

[3]*Nutrient Data Laboratory, ARS, USDA* **NDL Report Vitamin E 1997,** 1997 Beltsville MD

[4]*Arts, I. C. W., van de Putte, B., and Hollman, P. C. H.* **Catechin content of foods commonly consumed in the Netherlands. 2. Tea, wine, fruit juices, and chocolate milk.,** 2000 J. Agric. Food Chem. 48 pp.1752-1757

[5]*Cortacero-RamRrez, S., Segura-Carretero, A., Cruces-Blanco, C., Romer-Romero, M. L., and Fern<ndez-GutiJrrez, A.* **Simultaneous determinationof multiple constituents in real beer samples of different origins by capillary zone electrophoresis.,** 2004 Anal. Bioannl. Chem. 380 pp.831-837

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[7]*McMurrough, I. and Madigan, D.* **Semipreparative chromatographic procedure for the isolation of dimeric and trimeric proanthocyanidins from barley.,** 1996 J. Agric. Food Chem. 44 7 pp.1731-1735

[8]*Rehov, L., kerikov, V., and Jandera, P.* **Optimisation of gradient HPLC analysis of phenolic compounds and flavonoids in beer using a CoulArray detector.,** 2004 J. Sep. Sci. 27 pp.1345-1359

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

[13]*Madigan D. and McMurrough I.* **Determination of proanthocyanidins and catechins in beer and barley by high-performance liquid chromatography with dual-electrode electrochemical detection,** 1994 Analyst 194 pp.863-868

[14]*McMurrough, I. and Madigan, D.* **Semipreparative chromatographic procedure for the isolation of dimeric and trimeric proanthocyanidins from barley,** 1996 J. Agric. Food Chem. 44 pp.1731-1735

[15]*Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M.* **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).,** 2000 Cancer Causes and Control 11 pp.289-298

Footnotes

[a] Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.