

**Statistics Report 14003, Alcoholic beverage, beer, regular, all [a](#)**
**Report Date: July 16, 2019 12:38 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	g	91.96	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2005
Energy	kcal	43	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2005
Energy	kJ	181	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2005
Protein <a href="#">1</a>	g	0.46	588	0.007	0.2	1.55	587.0	0.44	0.47	1	Analytical or derived from analytical	--	03/2005
Total lipid (fat) <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Ash <a href="#">1</a>	g	0.16	588	0.002	0.05	0.58	587.0	0.15	0.16	1	Analytical or derived from analytical	--	03/2005
Carbohydrate, by difference	g	3.55	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary <a href="#">2</a>	g	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Sucrose <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Fructose <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
<b>Minerals</b>													
Calcium, Ca <a href="#">2</a>	mg	4	3	0.000	4	6	2.0	1.0	7.0	1	Analytical or derived from analytical	--	04/2004
Iron, Fe <a href="#">2</a>	mg	0.02	3	0.004	0.01	0.03	2.0	0.004	0.04	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <a href="#">2</a>	mg	6	3	0.000	6	6	2.0	4.0	6.0	1	Analytical or derived from analytical	--	04/2004
Phosphorus, P <a href="#">2</a>	mg	14	3	2.000	10	17	2.0	4.0	22.0	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">2</a>	mg	27	3	2.000	24	31	2.0	17.0	37.0	1	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">2</a>	mg	4	3	0.000	3	5	2.0	2.0	6.0	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">2</a>	mg	0.01	3	0.001	0	0.01	2.0	0.002	0.01	1	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">2</a>	mg	0.005	3	0.001	0	0.01	2.0	0.001	0.009	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">2</a>	mg	0.008	3	0.001	0.01	0.01	2.0	0.005	0.012	1	Analytical or derived from analytical	--	04/2004
Selenium, Se <a href="#">2</a>	µg	0.6	3	0.044	0.5	0.6	2.0	0.3	0.7	1	Analytical or derived from analytical	--	04/2004
Fluoride, F <a href="#">2</a>	µg	44.2	102	2.500	5.9	79.6	101.0	39.1	49.2	1	Analytical or derived from analytical	--	03/2005
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">2</a>	mg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">2</a>	mg	0.005	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">2</a>	mg	0.025	3	0.001	0.02	0.03	2.0	0.02	0.029	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">2</a>	mg	0.513	3	0.021	0.48	0.55	2.0	0.422	0.604	1	Analytical or derived from analytical	--	04/2004
Pantothenic acid <a href="#">2</a>	mg	0.041	3	0.011	0.03	0.06	2.0	-0.007	0.089	1	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <a href="#">2</a>	mg	0.046	3	0.004	0.04	0.05	2.0	0.03	0.062	1	Analytical or derived from analytical	--	04/2004
Folate, total <a href="#">2</a>	µg	6	3	0.000	4	7	2.0	2.0	8.0	1	Analytical or derived from analytical	--	04/2004
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	3	0.000	4	7	2.0	2.0	8.0	1	Analytical or derived from analytical	--	03/2005
Folate, DFE	µg	6	--	--	0	0	--	--	--	--	Calculated or imputed	--	10/2006
Choline, total	mg	10.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin B-12	µg	0.02	33	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2005
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	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol) <a href="#">3</a>	mg	0.00	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">3</a>	mg	0.00	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2002
Tocopherol, gamma <a href="#">3</a>	mg	0.00	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2002
Tocopherol, delta <a href="#">3</a>	mg	0.00	5	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/2002
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="#">2</a>	µg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Lipids</b>													
Fatty acids, total saturated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total polyunsaturated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/1986
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine <a href="#">2</a>	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid <a href="#">2</a>	g	0.016	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid <a href="#">2</a>	g	0.047	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine <a href="#">2</a>	g	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <a href="#">2</a>	g	0.035	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine <a href="#">2</a>	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Other</b>													
Alcohol, ethyl <a href="#">1</a>	g	3.9	588	0.032	2	11.6	587.0	3.8	3.9	1	Analytical or derived from analytical	--	03/2005
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Flavan-3-ols													
(+)-Catechin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.4	--	0.06	0	1.01	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">4</a> <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.1	--	0.02	0	0.38	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">4</a> <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">4</a> <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin <a href="#">4</a> <a href="#">6</a>	mg	0.1	--	0.03	0	0.1	--	--	--	--	--	--	--
Flavanones													
Hesperetin	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Naringenin	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">9</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">9</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">9</a>	mg	0.8	--	--	0	1.63	--	--	--	--	--	--	--
Myricetin <a href="#">9</a>	mg	0.0	--	--	0	0.05	--	--	--	--	--	--	--
Quercetin <a href="#">5</a> <a href="#">8</a> <a href="#">9</a>	mg	0.0	--	0.01	0	0.09	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	0.8	--	0.42	0.08	1.17	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">14</a>	mg	0.2	--	0.07	0.07	0.3	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">11</a> <a href="#">12</a>	mg	0.3	--	0.1	0.21	0.4	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">11</a> <a href="#">12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">11</a> <a href="#">12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

**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>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD

<sup>4</sup>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

<sup>5</sup>Cortacero-Ramirez, S., Segura-Carretero, A., Cruces-Blanco, C., Romer-Romero, M. L., and Fernandez-Gutiérrez, A. Simultaneous determination of multiple constituents in real beer samples of different origins by capillary zone electrophoresis., 2004 Anal. Bioanal. Chem. 380 pp.831-837

<sup>6</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>7</sup>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

<sup>8</sup>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

<sup>9</sup>*Hertog, M. G. L., Hollman, P. C. H., and van de Putte, B. Content of potentially anticarcinogenic flavonoids of tea infusions, wines, and fruit juices.*, 1993 J. Agric. Food Chem. 41 pp.1242-1246

<sup>10</sup>*de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages*, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>11</sup>*Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption*, 2004 J. Nutr. 134 pp.613-617

<sup>12</sup>*Hellstrm, Trnmen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin*, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>13</sup>*Madigan D. and McMurrugh 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

<sup>14</sup>*McMurrugh, 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

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

#### Footnotes

<sup>a</sup> Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.