

Full Report (All Nutrients) 14143, Beverages, carbonated, low calorie, other than cola or pepper, without caffeine

Report Date: July 20, 2019 23:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Common Name: soft drink, pop, soda

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g	1 can (12 fl oz) 355g
Proximates						
Water	g	99.80	--	--	29.54	354.29
Energy	kcal	0	--	--	0	0
Energy	kJ	0	--	--	0	0
Protein	g	0.10	--	--	0.03	0.35
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	0.10	--	--	0.03	0.35
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	4	--	--	1	14
Iron, Fe	mg	0.04	--	--	0.01	0.14
Magnesium, Mg	mg	1	--	--	0	4
Phosphorus, P	mg	0	--	--	0	0
Potassium, K	mg	2	--	--	1	7
Sodium, Na	mg	6	--	--	2	21
Zinc, Zn	mg	0.00	--	--	0.00	0.00
Copper, Cu	mg	0.025	--	--	0.007	0.089
Manganese, Mn	mg	0.017	--	--	0.005	0.060
Selenium, Se	µg	0.0	--	--	0.0	0.0

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g	1 can (12 fl oz) 355g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000
Riboflavin	mg	0.000	--	--	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
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) 1	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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.6g	1 can (12 fl oz) 355g
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						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data
¹G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phylloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597