

Statistics Report 15039, Fish, herring, Atlantic, raw
Report Date: September 19, 2019 15:08 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	72.05	138	0.490	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	158	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	661	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	17.96	59	0.230	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	9.04	2524	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.46	28	0.030	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	57	3	16.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Iron, Fe	mg	1.10	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	32	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	236	4	33.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	327	5	50.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	90	7	4.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.99	56	0.070	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.092	48	0.006	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.035	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Thiamin	mg	0.092	43	0.007	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.233	32	0.031	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	3.217	34	0.166	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.645	12	0.098	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.302	17	0.022	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	65.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	13.67	6	0.550	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	28	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	28	--	--	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	93	--	--	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	1.07	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	4.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	4.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	167	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	2.040	--	--	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

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8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.005	12	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
12:0	g	0.012	20	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.554	24	0.021	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	1.353	24	0.048	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.109	24	0.008	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	3.736	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.622	24	0.029	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.516	24	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.721	24	0.056	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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22:1 undifferentiated	g	0.840	24	0.090	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	2.133	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.130	22	0.005	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.103	20	0.008	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.214	21	0.026	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.060	21	0.004	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.709	24	0.028	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.055	22	0.009	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.862	24	0.057	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	60	20	1.000	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	0.201	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.787	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.828	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.460	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.650	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.532	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.193	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.701	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.606	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.925	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Arginine	g	1.075	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.529	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.086	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.839	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.681	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.862	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.635	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.733	--	--	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	--	02/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001