

**Statistics Report 15088, Fish, sardine, Atlantic, canned in oil, drained solids with bone**

Report Date: July 19, 2019 17:23 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	59.61	13	0.640	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	208	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	871	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2013
Protein	g	24.62	13	0.450	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	11.45	13	0.310	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	3.38	35	0.130	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
<b>Minerals</b>													
Calcium, Ca	mg	382	22	14.000	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	2.92	7	0.220	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	39	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	490	22	15.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	397	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	307	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	1.31	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.186	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.108	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	52.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.080	9	0.031	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	0.227	7	0.045	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	5.245	4	0.066	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.642	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.167	3	0.022	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Folic acid	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
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	75.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	8.94	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin A, RAE	µg	32	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	32	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	108	--	--	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	2.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D (D2 + D3)	µg	4.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	4.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	193	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	1.528	--	--	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
8:0	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
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	0.192	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.993	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.343	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	3.869	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.220	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	2.145	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.423	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	1.081	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
Fatty acids, total polyunsaturated	g	5.148	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	3.543	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.498	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.125	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.473	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.509	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	142	4	7.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.276	--	--	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
Threonine	g	1.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.134	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	2.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.260	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.729	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.264	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.961	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.831	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.268	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.473	--	--	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
Histidine	g	0.725	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.489	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.520	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.674	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.181	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.870	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	1.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													
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