

Nutrients and nutrient factors in the program

Basic Components

Calories
Calories from Fat
Calories from Saturated Fat
Calories from Trans Fat
Water
Ash
Protein
Fat-Total
 Poly Fat
 Mono Fat
 Saturated Fat
Cholesterol
Carbohydrates
 Dietary Fiber
 Soluble Fiber
 Insoluble Fiber
 Sugar-Total
 Other Carbs
Starch

Vitamins

Vitamin A (IU)
Vitamin A (RE)
Vitamin A (RAE)
Retinol
Carotenoid
Carotenoids
 Alpha Carotene
 Beta Carotene
 Beta Carotene Equiv.
 Cryptoxanthin
 Lutein & Zeaxanthin
 Lycopene
Vitamin B1 Thiamin
Vitamin B2 Riboflavin
Vitamin B3 Niacin
Niacin Equivalents
Vitamin B6
Vitamin B12
Biotin
Folate (Total)
Folate (DFE)
Pantothenic Acid
Vitamin C
Vitamin D (IU)
Vitamin D (mcg)
Vitamin E (IU)
Vitamin E (mg)
Vitamin E (a-TE)
Vitamin E (a -toco)
Vitamin K

Minerals

Boron
Calcium
Chloride
Chromium
Copper
Fluoride
Iodine
Iron
Magnesium
Manganese

Molybdenum
Phosphorus
Potassium
Selenium
Sodium
Zinc

Saturated Fats

4:0-Butyric
6:0-Capric
8:0-Caprylic
10:0-Capric
12:0-Lauric
14:0-Myristic
15:0-Pentadecanoic
16:0-Palmitic
17:0-Heptadec
18:0-Stearic
20:0-Arachidic
22:0-Behenate
24:0-Tetracos

Monounsaturated Fats

14:1-Myristol
15:1-Pentadecenoic
16:1-Palmitol
17:1-Heptadecenoic
18:1-Oleic
20:1-Eicosen
22:1-Erucic
24:1-Nervonic

Polyunsaturated Fats

18:2-Linoleic
18:3-Linolenic
18:4-Stearidon
20:3-Eicosatrienoic
20:4-Arachidon
20:5-EPA
22:5-DPA
22:6-DHA

Other Fats

Omega 3 Fatty Acids
Omega 6 Fatty Acids
Trans Fatty Acids

Amino Acids

Alanine
Arginine
Aspartate
Cystine
Glutamate
Glycine
Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Proline
Serine
Threonine
Tryptophan
Tyrosine
Valine

Sugars

Monosaccharides
 Fructose
 Galactose
 Glucose
Disaccharides
 Lactose
 Maltose
 Sucrose

Other

Alcohol
Caffeine
Artificial Sweeteners
 Aspartame
 Saccharin
Sugar Alcohols-Total
 Glycerol
 Inositol
 Mannitol
 Sorbitol
 Xylitol
Organic Acids-Total
 Acetic Acid
 Citric Acid
 Lactic Acid
 Malic
Choline
Taurine

Other Factors

Gram Weight
Kilojoules
Glycemic Index
Glycemic Load
Cost

Exchanges

Bread/Starch
Other Carbs/Sugar
Very Lean Meat
Lean Meat
Fruit
Vegetables
Milk-Skim
Fat

Pyramid Groups

Fats
Milk
Meat
Fruit
Vegetable
Bread

% of Calories from

Alcohol
Carbohydrate
Protein
Fat
Saturated Fat
Monounsaturated. Fat
Polyunsaturated Fat
Other Fat