

NUTRIENT NUTRIENT FACTORS

- BASIC COMPONENTS**
- Calories
 - Protein
 - Carbohydrates
 - Dietary Fiber
 - Soluble Fiber
 - InSoluble Fiber
 - Sugar - Total
 - Monosaccharides
 - Disaccharides
 - Other Carbs
 - Fat - Total
 - Saturated Fat
 - Mono Fat
 - Poly Fat
 - Trans Fatty Acids
 - Cholesterol
 - Water
 - Ash

- VITAMINS**
- Vitamin A IU
 - Vitamin A RE
 - A - Carotenoid
 - A - Retinol
 - A - Beta Carotene
 - Thiamin - B1
 - Riboflavin - B2
 - Niacin - B3
 - Niacin Equiv.
 - Vitamin - B6
 - Vitamin - B12
 - Biotin
 - Vitamin C
 - Vitamin D IU
 - Vitamin D mcg
 - Vit E - Alpha Equiv.
 - Vitamin E IU
 - Vitamin E mg
 - Folate
 - Vitamin K
 - Pantothenic Acid

- MINERALS**
- Boron
 - Calcium

- Chloride
- Chromium
- Copper
- Fluoride
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Sodium
- Zinc

- SATURATED FATS**
- 4:0 - Butyric
 - 6:0 - Caproic
 - 8:0 - Caprylic
 - 10:0 - Capric
 - 12:0 - Lauric
 - 14:0 - Myristic
 - 15:0 - Pentadecanoic
 - 16:0 - Palmitic
 - 17:0 - Margaric
 - 18:0 - Stearic
 - 20:0 - Arachidic
 - 22:0 - Behenate
 - 24:0 - Lignoceric

- MONO 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

- POLY 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

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

- OTHER**
- Alcohol
 - Caffeine
 - Artif Sweetner - Total
 - Aspartame
 - Saccharin
 - Sugar Alcohol
 - Glycerol
 - Inositol
 - Mannitol
 - Sorbitol
 - Xylitol
 - Organic Acid
 - Acetic Acid
 - Citric Acid
 - Lactic Acid
 - Malic Acid
 - Choline
 - Taurine

- Diabetic Exchanges
- Food Pyramid