



Food and Nutrient Database for Dietary Studies 2021-2023

The USDA Food and Nutrient Database for Dietary Studies 2021-2023 (FNDDS) is an application database designed to convert food and beverage portions reported in What We Eat in America, National Health and Nutrition Examination Survey into gram amounts and to determine their nutrient values.

The complete FNDDS 2021-2023 consists of 10 datasets (Access® and SAS®). Select variables available in quick view/search format (Excel®). All available for download at www.ars.usda.gov/nea/bhnrc/fsrg.

Food Descriptions Component

Main Food Descriptions

Primary descriptions for 5,432 foods/beverages (*4,827 foods/605 beverages*)
Unique 8-digit code assigned to each main food description

Additional Food Descriptions

Descriptions for 9,648 additional foods/beverages associated with a specific main food/beverage

Food Portions and Weights Component

Food Weights

Weights (g) for 22,046 portions

Food Portion Descriptions

Descriptions for unit measure of foods/beverages

Nutrients Component

FNDDS Nutrient Values

Nutrient values for food energy and 64 nutrients/food components (**other side of page**) for each food/beverage

Nutrient Descriptions

Descriptions and measurement units for nutrients

Moisture Adjustment

Factors used during calculation of nutrient values for foods/beverages

FNDDS Ingredients

Information used in calculating FNDDS nutrient values per 100g

Ingredient Nutrient Values

Sources of nutrient values - USDA FoodData Central (*accessed 10/2023*) or other sources

Derivation Descriptions

Descriptions for derivation codes defined by USDA FoodData Central (*accessed 10/2023*)

FNDDS 2021-2023 Nutrients and Food Components (unit)

Food energy (kcal)

Protein (g)

Carbohydrate (g)

Fat, total (g)

Alcohol (g)

Sugars, total (g)

Dietary fiber, total (g)

Water (g)

Saturated fatty acids, total (g)

Monounsaturated fatty acids, total (g)

Polyunsaturated fatty acids, total (g)

Cholesterol (mg)

Individual fatty acids:

Saturated fatty acids:

4:0 Butyric acid (g)

6:0 Caproic acid (g)

8:0 Caprylic acid (g)

10:0 Capric acid (g)

12:0 Lauric acid (g)

14:0 Myristic acid (g)

16:0 Palmitic acid (g)

18:0 Stearic acid (g)

Monounsaturated fatty acids:

16:1 Palmitoleic acid (g)

18:1 Oleic acid (g)

20:1 Gadoleic acid (g)

22:1 Erucic/citoleic acid (g)

Polyunsaturated fatty acids:

18:2 Linoleic acid (g)

18:3 Linolenic acid (g)

18:4 Parinaric acid (g)

20:4 Arachidonic acid (g)

20:5 n-3 Eicosapentaenoic acid (EPA) (g)

22:5 n-3 Docosapentaenoic acid (DPA) (g)

22:6 n-3 Docosahexaenoic acid (DHA) (g)

Vitamin A as retinol activity equivalents (µg)

Retinol (µg)

Carotenoids:

Carotene, alpha (µg)

Carotene, beta (µg)

Cryptoxanthin, beta (µg)

Lycopene (µg)

Lutein + zeaxanthin (µg)

Vitamin E as alpha-tocopherol (mg)

*Added vitamin E (mg) *(added 2003-04)*

Vitamin D (D2 + D3) (µg) *(added 2007-08)*

Vitamin K as phyloquinone (µg)

Vitamin C (mg)

Thiamin (mg)

Riboflavin (mg)

Niacin (mg)

Vitamin B6 (mg)

Folate, total (µg)

Folate (DFE) (µg)

Folic acid (µg)

Food folate (µg)

Vitamin B12 (µg)

**Added vitamin B12 (µg) *(added 2003-04)*

Choline, total (mg) *(added 2005-06)*

Calcium (mg)

Iron (mg)

Magnesium (mg)

Phosphorus (mg)

Potassium (mg)

Sodium (mg)

Zinc (mg)

Copper (mg)

Selenium (µg)

Caffeine (mg)

Theobromine (mg)

*Represents a synthetic subcomponent of vitamin E and is included in the vitamin E value.

**Represents a fortified subcomponent of vitamin B12 and is included in the vitamin B12 value.