

## Prepared foods

Diet ingredient	Bread, white	Bread, whole wheat	Peanut butter, smooth, no salt
Moisture (%)*, **	36.4	38.6	1.8
Gross Energy (kcal/kg)	4185	4021	5988
Crude Protein (%)	12.0	21.1	25.6
Crude fat (%)	5.2	5.5	51.3
Ash (%)	3.2	6.2	3.2
Total Carbohydrate (%)	79.6	67.2	19.9
Crude Fiber (%)	3.8	11.1	6.1
Sugars (%)	6.8	9.1	9.4
Starch (%)	63.9		4.9
Ca (mg/kg)	2376	1742	438
P (mg/kg)	1558	3289	3646
Fe (mg/kg)	58.8	39.6	19.0
Cu (mg/kg)	4.0	6.1	4.8
Mn (mg/kg)	7.5	34.8	14.9
Zn (mg/kg)	11.6	29.3	29.6
Se (mg/kg)	0.3	0.7	0.1
Mg (mg/kg)	362	1335	1568
Na (mg/kg)	10714	7685	173
K (mg/kg)	1573	4038	6610
Vit C (mg/kg)	0.0	0.0	0.0
Thiamin (mg/kg)	7.2	5.7	0.7
Riboflavin (mg/kg)	5.2	3.5	1.1
Niacin (mg/kg)	69.0	76.8	136.5
Pantothenic acid (mg/kg)	3.2	11.2	10.8
Pyridoxine (mg/kg)	1.3	3.4	5.5
Folate (mg/kg)	1.7	0.8	0.8
Oxalate (mg/kg)			
Choline (mg/kg)	230	431	642
Vit B12 (ug/kg)	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0
β carotene (mg/kg)	0.0	0.0	0.0
Vit E (mg/kg)	3.5	8.3	91.6
Vit K (mg/kg)	0.0	0.1	0.0
Conversions for measuring (c=cup; L= large; S= small)	1 c cubed = 35 g; 1 slice = 25 g	1 slice = 28 g	1 c = 258 g; 2 tbsp = 32 g

\*All nutrients, except moisture, are presented on a Dry Matter Basis for accurate comparison

\*\*Data gathered from USDA Nutrient Data Laboratory (<http://www.nal.usda.gov/fnic/foodcomp/search/>)

\*\*\*Blank entries reflect lack of data

Updated 12/08