

Nutrients available from NASR analysis of WHI FFQ (July 2005 analysis)

SAS NAME	LABEL
f60acaro	Dietary Alpha-Carotene (mcg)
f60adsgr	Dietary Added Sugars (g)
f60alan	Dietary Alanine (g)
f60alc	Dietary Alcohol (g)
f60anmpr	Dietary Animal Protein (g)
f60argin	Dietary Arginine (g)
f60ash	Dietary Ash (g)
f60asprrt	Dietary Aspartic Acid (g)
f60atoco	Dietary Alpha-Tocopherol (mg)
f60bcryp	Dietary Beta-Cryptoxanthin (mcg)
f60beta	Dietary Beta-Carotene (mcg)
f60biochn	Dietary Biochanin A (mg)
f60btoco	Dietary Beta-Tocopherol (mg)
f60caff	Dietary Caffeine (mg)
f60calc	Dietary Calcium (mg)
f60carb	Dietary Total Carbohydrate (g)
f60cbpct	Percent Calories from Carbohydrates
f60chols	Dietary Cholesterol (mg)
f60coppr	Dietary Copper (mg)
f60cumst	Dietary Coumestrol (mg)
f60cystn	Dietary Cystine (g)
f60daidz	Dietary Daidzein (mg)
f60dietga	Dietary Glycemic Index (using available carbs)
f60dietgi	Dietary Glycemic Index (using total carbs)
f60dtoco	Dietary Delta-Tocopherol (mg)
f60enrgy	Dietary Energy (kcal)
f60enrgyj	Dietary Energy (joules)
f60fat	Dietary Total Fat (g)
f60fiber	Dietary Fiber (g)
f60fldeq	Dietary Folate Equivalent (mcgs)
f60flnat	Dietary Natural Folate (food folate)(mcg)
f60flsyn	Dietary Synthetic Folate (folic acid)(mcg)
f60fola	Dietary Folacin (mcg)
f60frmnt	Dietary Formononetin (mg)
f60fruct	Dietary Fructose (g)
f60fruit	Dietary Daily Fruit Consumption (Med Portions)
f60ftpct	Percent Calories from Fat
f60galac	Dietary Galactose (g)
f60glac	Dietary Glycemic Load Based on Available Carb
f60gluc	Dietary Glucose (g)
f60glut	Dietary Glutamic Acid (g)
f60glycn	Dietary Glycine (g)
f60glyctn	Dietary Glycitein (mg)
f60gnistn	Dietary Genistein (mg)
f60grams	Dietary Gram Amount
f60gtlc	Dietary Glycemic Load Based on Total Carb
f60gtoco	Dietary Gamma-Tocopherol (mg)
f60histd	Dietary Histidine (g)
f60insfb	Dietary Insoluble Fiber (g)
f60iron	Dietary Iron (mg)
f60isole	Dietary Isoleucine (g)
f60lact	Dietary Lactose (g)
f60leucn	Dietary Leucine (g)
f60lutzx	Dietary Lutein+Zeaxanthin (mcg)
f60lyco	Dietary Lycopene (mcg)
f60lysin	Dietary Lysine (g)
f60magn	Dietary Magnesium (mg)
f60malt	Dietary Maltose (g)

f60mangn	Dietary Manganese (mg)
f60meth	Dietary 3-Methylhistidine (mg)
f60methn	Dietary Methionine (g)
f60mf141	Dietary MFA 14:1 (g)
f60mf161	Dietary MFA 16:1 (g)
f60mf181	Dietary MFA 18:1, Oleic Acid (g)
f60mf201	Dietary MFA 20:1 (g)
f60mf221	Dietary MFA 22:1 (g)
f60mfa	Dietary Total MFA (g)
f60mfpct	Percent Calories from MFA
f60natoc	Dietary Natural Alpha-Tocopherol (mg)
f60niacn	Dietary Niacin (mg)
f60nicneq	Dietary Niacin Equivalents (mg)
f60omega3	Dietary Omega 3(g)
f60omega6	Dietary Omega 6 FA (g)
f60oxalc	Dietary Oxalic Acid (mg)
f60panto	Dietary Pantothenic Acid (mg)
f60pect	Dietary Pectins (g)
f60pf182	Dietary PFA 18:2, Linoleic Acid (g)
f60pf183	Dietary PFA 18:3, Linolenic Acid (g)
f60pf184	Dietary PFA 18:4 (g)
f60pf204	Dietary PFA 20:4 (g)
f60pf205	Dietary PFA 20:5, EPA (g)
f60pf225	Dietary PFA 22:5 (g)
f60pf226	Dietary PFA 22:6, dha (g)
f60pfa	Dietary Total PFA (g)
f60pfpct	Percent Calories from PFA
f60phnyl	Dietary Phenylalanine (g)
f60phos	Dietary Phosphorous (mg)
f60phytc	Dietary Phytic Acid (mg)
f60potas	Dietary Potassium (mg)
f60proln	Dietary Proline (g)
f60prot	Dietary Protein (g)
f60prpct	Percent Calories from Protein
f60retin	Dietary Retinol (mcg)
f60ribo	Dietary Riboflavin (mg)
f60selen	Dietary Selenium (mcg)
f60serin	Dietary Serine (g)
f60sf40	Dietary SFA 4:0 (g)
f60sf60	Dietary SFA 6:0 (g)
f60sf80	Dietary SFA 8:0 (g)
f60sf100	Dietary SFA 10:0 (g)
f60sf120	Dietary SFA 12:0 (g)
f60sf140	Dietary SFA 14:0 (g)
f60sf160	Dietary SFA 16:0, Palmitic Acid (g)
f60sf170	Dietary SFA 17:0 (g)
f60sf180	Dietary SFA 18:0, Stearic Acid (g)
f60sf200	Dietary SFA 20:0 (g)
f60sf220	Dietary SFA 22:0 (g)
f60sfa	Dietary Total SFA (g)
f60sfpct	Percent Calories from SFA
f60sodium	Dietary Sodium (mg)
f60solfb	Dietary Water Soluble Fiber (g)
f60stoco	Dietary Synthetic Alpha-Tocopherol (mg)
f60strch	Dietary Starch (g)
f60sucr	Dietary Sucrose (g)
f60tf161	Dietary Trans Fatty Acid, 161T (g)
f60tf181	Dietary Trans Fatty Acid, 181T (g)
f60tf182	Dietary Trans Fatty Acid, 182T (g)
f60tftot	Dietary Total Trans Fatty Acid (g)
f60thiam	Dietary Thiamin (mg)
f60threo	Dietary Threonine (g)
f60trypt	Dietary Tryptophan (g)

f60tsugr	Dietary Total Sugars (g)
f60tyros	Dietary Tyrosine (g)
f60valin	Dietary Valine (g)
f60vb12	Dietary Vitamin B12 (mcg)
f60veg	Dietary Daily Vegetable Consumption (Med Portions)
f60vegpr	Dietary Vegetable Protein (g)
f60vita	Dietary Vitamin A (RAE)
f60vitb6	Dietary Vitamin B6 (mg)
f60vitc	Dietary Vitamin C (mg)
f60vitd	Dietary Vitamin D (mcg)
f60vite	Dietary Total Alpha-Toc Eq (mg)
f60vitk	Dietary Vitamin K (NDS Value) (mcg)
f60vtaiu	Dietary Vitamin A (IU)
f60vtare	Dietary Vitamin A (RE)
f60vteiu	Dietary Vitamin E (IU)
f60water	Dietary Water (g)
f60zinc	Dietary Zinc (mg)