

## Nutrient Info at Your Fingertips

*USDA launches updated food and nutrient database. Learning about nutrients in your favorite foods is just a simple click away.*

Have you wondered how many calories are in a single almond or how much fiber is in an apple? Well these answers and a whole lot more are just a click away. The USDA has recently launched its newest update of its food and nutrient database available for free on the Internet at [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp).

The 15<sup>th</sup> release of the database since 1980 includes 117 nutrients for 6,220 single foods. The latest version reflects recent consumer trends and interests with more lower-fat products and the addition of many name brand, ready-to-eat cereals, candies and other food items, in addition to generic food items.

The USDA has been compiling food and nutrient information since 1892 and actively since the 1920s. New revisions of the current database have been updated every 1-2 years since 1980. Today there is an increased number of nutrients including new nutrient categories like phytonutrients such as carotenoids and isoflavones, as well as levels of individual amino acids and the different types of fats.

To use the database, simply go to [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp). Click on "Search" and then enter the food of interest. You will then be able to select the exact type as well as the portion-size you are interested in (such as 100 grams, 1 cup or 1 single item, like an almond). The database will provide the scientific name for the food and list the values of 117 nutrients from carbohydrates, proteins, fats, calories, and fiber to sugar, amino acids, phytochemicals and many others.

As you see, learning about the nutrients in your favorite foods is just a simple click away.

### *References:*

Agricultural Research Service, USDA. (2002). USDA Updates Core Nutrient Database. Internet: [www.ars.usda.gov/is/pr/2002/020815.2.htm](http://www.ars.usda.gov/is/pr/2002/020815.2.htm). (August 2002).

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