

NDSR 2020 Averaged Daily Values Report for Adults and Children 4 Years of Age and Older

Project Abbreviation: KYM1 800 (Complete Project)

Comment:

Nutrient	Amount Reported	Daily Value ⁴	Percent Daily Value
Calories	1738 kcal		
Total Fat	77.1 g	78 g	99 %
Saturated Fat	16.2 g	20 g	81 %
Trans Fat	0.5 g		
Cholesterol	305 mg	300 mg	102 %
Sodium	1450 mg	2300 mg	63 %
Total Carbohydrate	174.7 g	275 g	64 %
Dietary Fiber	42.4 g	28 g	152 %
Total Sugars	61.2 g		
Added Sugars	10.2 g	50 g	20 %
Protein	106.7 g		
Vitamin D	6.4 mcg	20 mcg	32 %
Calcium	1103 mg	1300 mg	85 %
Iron	13.8 mg	18 mg	76 %
Potassium	3548 mg	4700 mg	75 %
Vitamin A (RAE) ¹	1200 mcg	900 mcg	133 %
Vitamin C	161.9 mg	90 mg	180 %
Vitamin E	18.8 mg	15 mg	125 %
Vitamin K	531.9 mcg	120 mcg	443 %
Thiamin	1.3 mg	1.2 mg	112 %
Riboflavin	2.1 mg	1.3 mg	164 %
Niacin (NE) ²	47.5 mg	16 mg	297 %
Vitamin B6	2.4 mg	1.7 mg	142 %
Folate (DFE) ³	658 mcg	400 mcg	164 %
Vitamin B12	4.1 mcg	2.4 mcg	171 %
Pantothenic Acid	6.9 mg	5 mg	138 %
Phosphorus	1562 mg	1250 mg	125 %
Magnesium	432 mg	420 mg	103 %
Zinc	10.6 mg	11 mg	97 %
Selenium	138.7 mcg	55 mcg	252 %
Copper	1.9 mg	0.9 mg	214 %
Manganese	5.9 mg	2.3 mg	256 %
Choline	451.4 mg	550 mg	82 %

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.)

¹ RAE = Retinol Activity Equivalents

² NE = Niacin Equivalents

³ DFE = Dietary Folate Equivalents

⁴ Nutrient calculations are performed for NDSR nutrients for which a Daily Value has been established. Daily Values are based on a caloric intake of 2000 kcal per day. Source: *Code of Federal Regulations*, Title 21- Food and Drugs, Volume 2, Sec 101.9, Nutrition labeling of food, 2018.