

Conversion Factors for Fatty Acids of Poultry Products

<u>Food</u>	<u>Conversion factor</u>
Poultry products, raw:	
Chicken:	
Light meat without skin:	
Broilers or fryers	0.729
Roasting and stewing773
Dark meat without skin815
Skin910
Separable fat953
Heart829
Liver:	
Broilers or fryers748
Roasting771
Stewing792
Duck liver600
Goose liver620
Squab (pigeon), breast, meat only830
Turkey:	
Light meat without skin761
Dark meat without skin862
Skin916
Heart770
Liver744
Poultry food products:	
Chicken frankfurter927
Gravy and turkey873
Mechanically deboned poultry from--	
Broiler backs and necks with skin920
All other sources930

Conversion Factors for Fatty Acids of Fruits¹

<u>Food</u>	<u>Conversion factor</u>
Apple	0.497
Apricot700
Avocado914
Banana663
Cherry700
Currant700
Fig700
Fruit salad800
Gooseberry700
Grape660
Grapefruit530
Guava800
Lemon530
Lime530
Loquat700
Mango800
Orange530
Papaya800
Peach700
Pear500
Prune700
Quince700
Raspberry700
Strawberry700
Tamarind700

¹ Factors are based on the best available information; revision of some factors may be required as better data become available.

Conversion Factors for Fatty Acids of Pork Products

Food	Conversion Factor
Separable fat raw and cooked:	
Fresh	0.911
Cured	0.953
Separable lean:	
Raw	0.910
Cooked:	
Leg (ham):	
Whole	0.910
Rump	0.910
Shank	0.910
Loin:	
Whole	0.875
Blade	0.896
Center loin	0.886
Center rib	0.873
Country-style ribs.....	0.896
Sirloin	0.863
Tenderloin	0.833
Top loin	0.875
Shoulder:	
Whole	0.900
Arm picnic.....	0.910
Blade	0.890
Backribs	0.905
Spareribs	0.899
Ground pork	0.907
Variety Meats:	
Brain	0.561
Chitterlings	0.939
Feet	0.930
Heart	0.789
Kidneys	0.747
Liver	0.741
Lungs	0.743
Spleen	0.713
Tail	0.929
Tongue	0.941

Conversion Factors for Fatty Acids of Vegetables¹

<u>Food</u>	<u>Conversion factor</u>
Alfalfa seeds, sprouted	0.775
Amaranth950
Artichokes, globe or French700
Asparagus700
Bamboo shoots700
Beans:	
Kidney775
Lima775
Mung775
Pinto775
Shellie775
Snap775
Beets700
Bittergourd700
Borage700
Broadbeans775
Broccoli700
Brussels sprouts792
Cabbage687
Chinese cabbage687
Cardoon700
Carrots711
Cassava700
Cauliflower700
Celery930
Chicory:	
Greens700
Roots700
Witloof700
Chives700
Corn, sweet920
Cowpeas775
Cress, garden700
Cucumber685
Eggplant700
Garlic700
Ginger root700
Gourd700
Hyacinth-beans956
Jerusalem-artichoke584
Jute, potherb700

Kale700
Kohlrabi700
Lambsquarters700
Leeks700
Lentils, sprouted775
Lettuce700
Lotus root700
Mushrooms534
Mustard greens700
Okra700
Onions700
Parsnips700
Peas741
Peppers, hot700
Peppers, sweet752
Pigeonpeas775
Potatoes716
Potato chips956
Potato flour716
Pumpkin700
Radishes920
Radish seeds, sprouted956
Rutabagas700
Sauerkraut825
Seaweed700
Soybeans775
Spinach606
Squash700
Sweetpotatoes658
Taro700
Tomatoes700
Turnips700
Turnip greens700
Watercress700
Winged beans775
Yam700

¹Factors are based on the best available information; revision of some factors may be required as better data become available.

Conversion Factors for Fatty Acids of Nut and Seed Products¹

	<u>Conversion factor</u>
Nuts:	
Acorns	0.956
Almonds954
Beechnuts954
Brazilnuts956
Butternuts956
Cashew nuts956
Chestnuts, Chinese930
Chestnuts, European928
Chestnuts, Japanese ²930
Coconuts:	
Fatty acids:	
6:0897
8:0916
10:0929
12:0939
14:0947
16:0953
18:0958
18:1958
18:2957
Filberts or hazelnuts953
Formulated, wheat-based956
Ginkgo nuts930
Hickorynuts956
Macadamia nuts956
Mixed nuts956
Peanuts951
Peanut butter951
Peanut flour785
Pecans951
Pecan flour785
Pilanuts-ganarytree, dried956
Pine nuts ³956
Pistachio nuts953
Soybeans956
Walnuts, Black952
Walnuts, English or Persian952

Conversion factor

Seeds:

Breadfruit seeds ⁴930
Breadnuttree seeds930
Chia seeds956
Cottonseeds956
Cottonseed flour, partially defatted916
Cottonseed flour, lowfat785
Cottonseed meal, partially defatted905
Lotus seeds930
Pumpkin and squash seeds956
Safflower seeds956
Safflower meal, partially defatted863
Sesame seeds956
Sesame flour, high-fat956
Sesame flour, partially defatted938
Sesame flour, lowfat785
Sisymbrium sp., seeds930
Sunflower seeds956
Sunflower seed flour, partially defatted785
Watermelon seed kernels956

¹Factors are based on the best available information; revision of some factors may be required as better data become available.

²From Chinese chestnuts.

³Includes pignolia and pinyon.

⁴From breadnuttree seeds.

Conversion Factors for Fatty Acids of Beef Products¹

Food	Conversion Factor	
	Raw	Cooked
<u>Retail Cuts</u>		
Separable fat.....	0.940	0.918
Separable lean, unspecified.....	.874	.875
Brisket:		
Flat half924	.930
Point half838	.855
Chuck:		
Arm pot roast.....	.852	.872
Blade roast.....	.904	.904
Flank.....	.873	.875
Rib:		
Eye and small end....	.898	.907
Large end.....	.898	.917
Shortribs.....	.898	.912
Round:		
Bottom883	.869
Eye850	.869
Tip.....	.841	.834
Top825	.803
Shank crosscuts.....	.838	.855
Short loin:		
Porterhouse874	.851
T-bone.....	.874	.851
Tenderloin.....	.855	.835
Top loin.....	.893	.866
Wedge-bone sirloin....	.845	.908
Ground:		
Extra lean.....	.884	.881
Lean887	.881
Regular.....	.893	.881
Patties, frozen890	.881

Food	Conversion Factor	
	Raw	Cooked
<u>Variety Meats and Byproducts</u>		
Brain	0.561	0.561
Heart775	.775
Kidneys747	.747
Liver750	.750
Lung.....	.743	.743
Mechanically separated beef.....	.926	--
Suet939	--
Tallow	--	.956
Tongue.....	.941	.941
Tripe874	--
<u>Cured Products</u>		
Beerwurst, beer salami.	--	.942
Bologna	--	.946
Breakfast strips.....	.949	.953
Corned beef:		
Brisket838	.855
Canned	--	.855
Jellied loaf	--	.919
Dried beef	--	.874
Frankfurter	--	.948
Lebanon bologna	--	.939
Luncheon meats:		
Jellied	--	.919
Loaved	--	.927
Pastrami	--	.887
Salami, cooked, smoked.	--	.942
Sausage, cooked, smoked.....	--	.946
Smoked, chopped beef..	--	.875
Summer sausage	--	.887
Thin-sliced beef.....	--	.916

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Conversion Factors for Fatty Acids of Beverages

(Factors are based on the best available information; revision of some factors may be required as better data become available.)

<u>Beverage</u>	<u>Factor</u>
Chocolate syrup	0.956
Cocoa956
Coffee956
Grape juice660
Lemon juice530
Orange juice530
Pineapple juice660
Tea, unspecified500

**Conversion Factors for
Fatty Acids of Legumes**

<u>Food</u>	<u>Factor</u>
Beans, common	0.775
Broadbeans	0.775
Carob flour	0.775
Chickpeas	0.775
Chili with beans	0.920
Cowpeas	0.775
Lentils	0.775
Lima beans, large and baby types	0.775
Lupins	0.775
Mung beans	0.775
Mungo beans	0.775
Peas, split	0.775
Peanuts and peanut butter	0.951
Pigeon peas	0.775
Soybeans and soybean products	0.930
Simulated meat products	0.920
Tempeh	0.920
Winged beans	0.775

Conversion Factors for Fatty Acids of Lamb, Veal, and Game Products^{1,2}

Food	Factor
Antelope	0.820
Beefalo	0.890
Bison	0.870
Boar, wild	0.830
Brain	0.561
Buffalo, water.....	0.840
Caribou	0.830
Deer	0.860
Elk	0.830
Goat	0.860
Heart	0.782
Horse	0.810
Kidneys	0.747
Lamb, separable fat	0.953
Lamb, separable lean	0.861
Liver	0.745
Lung.....	0.743
Moose	0.830
Pancreas	0.880
Rabbit	0.790
Spleen	0.713
Squirrel	0.790
Tongue.....	0.941
Veal, separable fat	0.953
Veal, separable lean	0.726

¹ Factors are based on the best available information; revision of some factors may be required as better data become available.

²Variety meats are from lamb and veal only.

Conversion Factors for Fatty Acids of Cereal Grains and Pasta¹

Food	Conversion Factor
<u>Cereal Grains:</u>	
Amaranth	0.920
Arrowroot flour700
Barley820
Buckwheat850
Bulgur (parboiled wheat)720
<u>Corn:</u>	
Whole-grain products860
Bran920
Grits820
Cornmeal, degermed820
Cornstarch700
Farina670
Millet860
Oats (whole-grain products)860
Oat bran920
Quinoa850
Rice, brown920
Rice, white850
Rice bran920
<u>Rye:</u>	
Whole-grain products720
Flour, medium700
Flour, light670
Semolina670
Sorghum860
Tapioca, dry700
Triticale (whole-grain products)720
<u>Wheat:</u>	
Whole-grain products720
Bran820
Flours, white670
Germ930
Wild rice920
<u>Pasta:</u>	
Corn840
<u>Macaroni or spaghetti:</u>	
Regular and protein-fortified670
Vegetable720
Whole-wheat720
<u>Noodles, Chinese:</u>	
Cellophane850
Chow mein920
<u>Noodles, Japanese:</u>	
Soba820
Somen670

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Conversion Factors for Fatty Acids of Fast Foods

Food	Factor
<u>Breakfast items:</u>	
<u>Biscuit:</u>	
Plain	0.95
With egg92
With egg and bacon93
With egg and ham92
With egg and sausage93
With egg and steak.....	.92
With egg, cheese, and bacon93
With ham.....	.94
With sausage95
With steak.....	.94
Croissant.....	.93
Danish pastry94
Egg, scrambled.....	.87
<u>English muffin:</u>	
With butter.....	.93
With cheese and sausage.....	.94
With egg, cheese, and canadian bacon91
With egg, cheese, and sausage93
French toast with butter92
French toast sticks.....	.94
Pancakes with butter and syrup94
Potatoes, hashed brown95
<u>Desserts:</u>	
Brownie95
Cookies94
Fried pie, fruit95
Ice milk, soft-serve, with cone94
<u>Sundae:</u>	
Caramel93
Hot fudge.....	.95
Strawberry.....	.95
<u>Entrees:</u>	
<u>Chicken, breaded and fried:</u>	
Dark meat or light meat91
Boneless pieces.....	.94
Chili con carne.....	.89
Clams, breaded and fried.....	.94
<u>Crab:</u>	
Baked.....	.75
Soft-shell, fried.....	.95
Crab cake.....	.93
Fish fillet, battered or breaded, fried.....	.95

Conversion Factors for Fatty Acids of Fast Foods—Con.

Food	Factor
<u>Entrees, con.:</u>	
Oysters, battered or breaded, fried	0.90
<u>Pizza:</u>	
With cheese.....	.94
With cheese, meat, vegetables93
With pepperoni94
<u>Salad, vegetable, tossed, without dressing:</u>	
Plain65
With cheese and egg.....	.90
With chicken83
With pasta and seafood79
With shrimp79
With turkey, ham, and cheese (chef style).....	.92
Scallops, breaded and fried93
Shrimp, breaded and fried94
<u>Mexican foods:</u>	
<u>Burrito:</u>	
With beans95
With beans and cheese.....	.95
With beans and chili peppers95
With beans and meat.....	.93
With beans, cheese, and beef.....	.95
With beans, cheese, and chili peppers91
With beef.....	.90
With beef and chili peppers.....	.91
With beef, cheese, and chili peppers91
With fruit (apple or cherry).....	.95
<u>Chimichanga:</u>	
With beef.....	.90
With beef and cheese91
With beef and red chili peppers90
With beef, cheese, and red chili peppers91
Enchiladas.....	.94
Enchirito with cheese, beef, and beans92
Frijoles with cheese95
Nachos95
Taco92
Taco salad93
Taco salad with chili con carne92
<u>Tostada:</u>	
With beans and cheese.....	.93
With beans, beef, and cheese.....	.92
With beef and cheese90
With guacamole92

Conversion Factors for Fatty Acids of Fast Foods—Con.

Food	Factor
<u>Sandwiches and burgers (including roll or bun):</u>	
Cheeseburger	0.91
Chicken fillet sandwich93
Egg and cheese sandwich90
Fish sandwich93
Hamburger89
Ham and cheese sandwich.....	.94
Ham, egg, and cheese sandwich91
Hotdog94
Roast beef sandwich:	
Plain88
With cheese90
Steak sandwich89
Submarine sandwich:	
With cold cuts93
With roast beef.....	.89
With tuna salad.....	.93
<u>Side dishes:</u>	
Coleslaw.....	.95
Corn-on-the-cob with butter.....	.94
Hush puppies94
Onion rings, breaded and fried.....	.92
Potato:	
Baked and topped95
French fried956
Mashed.....	.93
Potato salad95