CONTENTS

	Page
Sources of data	1
Explanation of table	1
Format	1
Nutrients	2
Notes on fats and oils	4
Literature cited	6
Appendix	7
List of abbreviations	7
Metric system equivalents for units of measure	7
Specific factors for calculating energy values	8
Conversion factors for fatty acids of milk and lauric acid oil lipids	8
Guide to table of nutrient data	9
Table of nutrient data	13