



VITAMIN LEVELS IN FAST FOOD SAMPLES

Sample ID	Vitamin B1 as Thiamin, mg/100g	Vitamin B2 as Riboflavin, mg/100g	Vitamin B5 as Pantothenic Acid, mg/100g	Vitamin B6 as Pyridoxine, mg/100g	Vitamin B9 as Folate DFE, mcg/100g	Vitamin B12 as Methylcobalamin, mcg/100g	Vitamin B3 as Niacin, mg/100g	Vitamin B1 as Thiamin, mg/100g	Vitamin B2 as Riboflavin, mg/100g	Vitamin B3 as Niacin, mg/100g	Vitamin B5 as Pantothenic Acid, mg/100g	Vitamin B6 as Pyridoxine, mg/100g	Folate B9 DFE, mcg/100g	Vitamin B12 as Methylcobalamin, mcg/100g
	Vitamin B1	Vitamin B2	Vitamin B5	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin B3	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Vitamin B9	Vitamin B12
TACO BELL Beef taco supreme	S10963	0.025	0.019	0.095	0.025	0	0.71	2.1%	1.5%	4.4%	1.9%	1.5%	0.0%	0.0%
CHIPOTLE Carnitas bowl with everything	S10975	0.017	0.013	0	0.012	0	0.82	1.4%	1.0%	5.1%	0.0%	0.7%	0.0%	0.0%
DUNKIN Breakfast sandwich sausage egg cheese	S10983	0.048	0.041	0.03	0.019	0	0.16	4.0%	3.2%	1.0%	0.6%	1.1%	0.0%	0.0%
WENDY'S Cheese Burger	S10990	0.035	0.029	0	0.012	0	0.42	2.9%	2.2%	2.6%	0.0%	0.7%	0.0%	0.0%
DOMINO'S Pepperoni cheese pizza extra pepperoni	S10993	0.017	0.013	0	0.008	0	0.09	1.4%	1.0%	0.6%	0.0%	0.5%	0.0%	0.0%
BURGER KING Quarter Pounder lettuce tomato cheese	S11005	0.022	0.03	0.032	0.069	0	0.16	1.8%	2.3%	1.0%	0.6%	4.1%	0.0%	0.0%
STARBUCKS Double Smoke Bacon Cheddar Egg Sandwich	S11006	0.012	0.009	0.018	0.007	0	0.12	1.0%	0.7%	0.8%	0.4%	0.4%	0.0%	0.0%
SUBWAY Cold Cut Combo	S11007	0.015	0.028	0	0.01	0	0.24	1.3%	2.2%	1.5%	0.0%	0.6%	0.0%	0.0%
CHICK-FIL-A Chicken sandwich	S11010	0.021	0.007	0.019	0	0	0.02	1.8%	0.5%	0.1%	0.4%	0.0%	0.0%	0.0%
MCDONALD'S Big Mac Beef Lettuce Pickle American Cheese	S11016	0.03	0.02	0.052	0	0	0.18	2.5%	1.5%	1.1%	1.0%	0.0%	0.0%	0.0%

Vitamin Levels in Fast Food Samples

