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CONDIMENTS **44**

FRUITS, RAW

Apples, raw, with skin	0693	Litchis, raw	1700
Apples, raw, w/o skin	0311	Longans, raw	1853
Apricots, raw	0213	Loquats, raw	0425
Avocados, raw,	1464	Mangos, raw	0945
Avocados, raw, California	1679	Melons, cantaloupe, raw	1275
Avocados, raw, Florida	1672	Melons, casaba, raw	0445
Bananas, raw	1403	Melons, honeydew, raw	0277
Blackberries, raw	0777	Mulberries, raw	1205
Blueberries, raw	1147	Nectarines, raw	1306
Breadfruit, raw	1933	Nuts, coconut meat, raw	0948
Carambola, (starfruit), raw	0543	Oheloberries, raw	0331
Carissa, (natal-plum), raw	1718	Oranges, raw,	0280
Cherimoya, raw	1740	Oranges, raw, California,	0628
Cherries, sour, red, raw	0164	valencias	
Cherries, sweet, raw	1122	Oranges, raw, Florida	0736
Clementines, raw	1278	Oranges, raw, navels	0160
Crabapples, raw	1334	Oranges, raw, with peel	1286
Cranberries, raw	0623	Papayas, raw	0110
Currants, European black,	0044	Passion-fruit, (granadilla),	0090
raw		purple, raw	
Currants, red & white,	1244	Peaches, raw	0659
raw		Pears, Asian, raw	1591
Dates, deglet noor	1225	Pears, raw	0849
Dates, medjool	1734	Persimmons, Japanese,	0274
Elderberries, raw	1624	raw	
Figs, raw	1023	Persimmons, native, raw	1373
Gooseberries, raw	1192	Pineapple, raw, all	1175
Grapefruit, raw, pink, red	1038	varieties	
& white		Pineapple, raw, extra	1639
Grapefruit, raw, pink &	1617	sweet variety	
red, California & Arizona		Pineapple, raw, traditional	0663
Grapefruit, raw, pink &	1835	varieties	
red, Florida		Plantains, raw	1268
Grapefruit, raw, white	1901	Plums, raw	1336
Grapefruit, raw, white,	1980	Pomegranates, raw	0130
California		Prickly pears, raw	1297
Grapefruit, raw, white,	1735	Quinces, raw	1709
Florida		Raisins, golden seedless	0975
Grapes, American type	0674	Raisins, seeded	0956
(slip skin), raw		Raisins, seedless	0252
Grapes, red or green	0070	Raspberries, raw	1149
(European type, such as		Rhubarb, raw	0796
Thompson seedless), raw		Strawberries, raw	1495
Guavas, common, raw	0418	Tamarinds, raw	1928
Guavas, strawberry, raw	1157	Tangerines, (mandarin	0639
Jackfruit, raw	1929	oranges), raw	
Jujube, raw	1615	Watermelon, raw	0786
Kiwi fruit, (Chinese	0469		
gooseberries), fresh, raw			
Kumquats, raw	1533		
Lemons, raw, with peel	1288		
Lemons, raw, w/o peel	0919		
Limes, raw	0739		

FRUITS, CANNED OR FROZEN

Apples, frozen, unsweetened, unheated	0308	Cherries, sweet, canned, pitted, heavy syrup pack, solids & liquids	1641
Applesauce, canned, sweetened, w/o salt	0176	Cherries, sweet, canned, water pack, solids & liquids	1790
Apricots, canned, heavy syrup pack, w/o skin, solids & liquids	1568	Cherries, sweet, frozen, sweetened	1543
Apricots, canned, juice pack, with skin, solids & liquids	0117	Cranberry sauce, canned, sweetened	1070
Apricots, canned, light syrup pack, with skin, solids & liquids	1936	Cranberry-orange relish, canned	1323
Apricots, frozen, sweetened	1332	Figs, canned, heavy syrup pack, solids & liquids	1917
Blackberries, canned, heavy syrup, solids & liquids	0988	Figs, canned, light syrup pack, solids & liquids	1619
Blackberries, frozen, unsweetened	1082	Fruit cocktail, (peach, pineapple, pear, grape & cherry), canned, heavy syrup, solids & liquids	1397
Blueberries, canned, heavy syrup, solids & liquids	1040	Fruit cocktail, (peach, pineapple, pear, grape & cherry), canned, juice pack, solids & liquids	0553
Blueberries, canned, light syrup, drained	1868	Fruit cocktail, (peach, pineapple, pear, grape & cherry), canned, light syrup, solids & liquids	1610
Blueberries, frozen, sweetened	1693	Fruit salad, (peach, pear, apricot, pineapple & cherry), canned, heavy syrup, solids & liquids	1776
Blueberries, frozen, unsweetened	0970	Fruit salad, (peach, pear, apricot, pineapple & cherry), canned, juice pack, solids & liquids	1956
Blueberries, wild, frozen	1972	Fruit salad, (peach & pear & apricot & pineapple & cherry), canned, light syrup, solids & liquids	1719
Boysenberries, canned, heavy syrup	1263	Fruit, mixed, (peach & cherry-sweet & sour & raspberry & grape & boysenberry), frozen, sweetened	1973
Boysenberries, frozen, unsweetened	0413	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1086
Cherries, sour, red, canned, heavy syrup pack, solids & liquids	1763	Grapefruit, sections, canned, juice pack, solids & liquids	1251
Cherries, sour, red, canned, light syrup pack, solids & liquids	1625		
Cherries, sweet, canned, extra heavy syrup pack, solids & liquids	0288		
Cherries, sweet, canned, juice pack, solids & liquids	1547		
Cherries, sweet, canned, light syrup pack, solids & liquids	1759		

FRUITS, CANNED OR FROZEN cont'd

Grapefruit, sections, canned, light syrup pack	1771
Grapefruit, sections, canned, water pack	1720
Grapes, canned, Thompson seedless, heavy syrup pack	1637
Grapes, canned, Thompson seedless, water pack	0185
Loganberries, frozen	1858
Maraschino cherries, canned, drained	0390
Melon balls, frozen	0589
Olives, pickled, canned or bottled, green	1441
Olives, ripe, canned (jumbo-super colossal)	0561
Olives, ripe, canned (small-extra large)	0742
Peaches, canned, heavy syrup pack	1123
Peaches, canned, juice pack	0328
Peaches, canned, light syrup pack	1810
Peaches, frozen, sliced, sweetened	0541
Peaches, spiced, canned, heavy syrup pack	1354
Pears, canned, heavy syrup pack	0999
Pears, canned, juice pack	0667
Pineapple, canned, heavy syrup pack	0144
Pineapple, canned, juice pack	0114
Pineapple, canned, light syrup pack	1788
Pineapple, frozen, chunks, sweetened	0241
Plums, canned, purple, heavy syrup pack	0041
Plums, canned, purple, juice pack	0852
Plums, canned, purple, light syrup pack	1873
Prunes, canned, heavy syrup pack	0858

Raspberries, canned, red, heavy syrup pack	1006
Raspberries, frozen, red, sweetened	1439
Strawberries, canned, heavy syrup pack	0069
Strawberries, frozen, sweetened, sliced	1604
Strawberries, frozen, sweetened, whole	1832
Strawberries, frozen, unsweetened	0720
Tangerines, (mandarin oranges), canned, juice pack	0615
Tangerines, (mandarin oranges), canned, light syrup pack	1984

FRUITS, JUICES

Apple juice, canned or bottled, unsweetened, with added ascorbic acid	1723
Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid	1355
Apple juice, frozen concentrate, unsweetened, diluted with 3 vol water w/o added ascorbic acid	1402
Blackberry juice, canned	1816
Citrus fruit juice drink, frozen concentrate	0467
Cranberry juice cocktail, bottled	0457
Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin & corn sweetener	0013
Cranberry juice, unsweetened	0551
Cranberry-apple juice drink, bottled	1193
Cranberry-apple juice drink, low calorie, with vitamin C added	1391
Cranberry-grape juice drink, bottled	1207
Fruit punch drink, w/o added nutrients, canned	0045

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Apples, dried, uncooked	0771
Apricots, dried, uncooked	0385
Cranberries, dried, sweetened	1132
Currants, zante, dried	0361
Figs, dried, stewed	1669
Figs, dried, uncooked	0700
Grapefruit, raw, pink & red, all areas	0699
Jujube, dried	1845
Lemon peel, raw	1536
Longans, dried	1870
Orange peel, raw	0319
Peaches, dehydrated (low-moisture), sulfured, uncooked	1592
Peaches, dried, sulfured, uncooked	1430
Pears, dried, sulfured, uncooked	0813
Persimmons, Japanese, dried	0648
Plums, dried (prunes), stewed, with added sugar	1912
Plums, dried (prunes), stewed, w/o added sugar	0302
Plums, dried (prunes), uncooked	1060
Prune puree	1689

VEGETABLES, RAW

Alfalfa seeds, sprouted, raw	0475	Chard, Swiss, raw	0097
Amaranth leaves, raw	1848	Chicory greens, raw	0351
Artichokes, boiled, drained, w/o salt	0933	Chicory roots, raw	1176
Artichokes, raw	0638	Chicory, witloof, raw	1514
Asparagus, boiled, drained	0492	Chives, raw	0003
Asparagus, raw	1399	Collards, boiled, drained, w/o salt	0964
Bamboo shoots, boiled, drained, w/o salt	0426	Collards, raw	1398
Bamboo shoots, raw	0113	Coriander (cilantro) leaves, raw	1404
Beans, snap, green, boiled, drained, w/o salt	1512	Corn, sweet, white, boiled, drained, w/o salt	1104
Beans, snap, green, raw	1232	Corn, sweet, white, raw	0955
Beets, boiled, drained	0479	Corn, sweet, yellow, boiled, drained, w/o salt	1032
Beets, raw	0542	Corn, sweet, yellow, frozen, kernels cut off	1886
Broccoli raab, cooked	1098	cob, boiled, drained, w/o salt	
Broccoli raab, raw	0337	Corn, sweet, yellow, raw	0412
Broccoli, boiled, drained, w/o salt	1524	Cucumber, peeled, raw	1347
Broccoli, raw	1497	Cucumber, with peel, raw	0081
Brussels sprouts, boiled, drained, w/o salt	0506	Dandelion greens, boiled, drained, w/o salt	0028
Brussels sprouts, raw	0304	Dandelion greens, raw	0610
Cabbage, Chinese (pak-choi), boiled, drained, w/o salt	0838	Eggplant, boiled, drained, w/o salt	1584
Cabbage, Chinese (pak-choi), raw	0226	Eggplant, raw	0367
Cabbage, boiled, drained, w/o salt	1476	Endive, raw	0190
Cabbage, raw	0552	Garlic, raw	1233
Cabbage, red, boiled, drained, w/o salt	1133	Ginger root, raw	1477
Cabbage, red, raw	1099	Kale, boiled, drained, w/o salt	0061
Cabbage, savoy, boiled, drained, w/o salt	0916	Kale, raw	1043
Cabbage, savoy, raw	1218	Kohlrabi, boiled, drained, w/o salt	0905
Cardoon, raw	1620	Kohlrabi, raw	0721
Carrots, baby, raw	1085	Leeks, boiled, drained, w/o salt	1153
Carrots, boiled, drained, w/o salt	0848	Leeks, raw	0214
Carrots, raw	1445	Lentils, sprouted, raw	1727
Cauliflower, boiled, drained, w/o salt	0416	Lettuce, butterhead (includes Boston & bibb types), raw	1163
Cauliflower, raw	0778	Lettuce, cos or romaine, raw	0093
Celeriac, raw	1677	Lettuce, green leaf, raw	0091
Celery, raw	0967	Lettuce, iceberg (includes crisphead types), raw	0973
Chard, Swiss, boiled, drained, w/o salt	0323	Lettuce, red leaf, raw	0673
		Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt	0410
		Mung beans, mature seeds, sprouted, raw	1131

Mushrooms, brown, Italian, or Crimini, raw	1387	Peppers, sweet, red, raw	0833
Mushrooms, boiled, drained, w/o salt	1188	Peppers, sweet, red, sauteed	0580
Mushrooms, portabella, grilled	0535	Peppers, sweet, yellow, raw	1039
Mushrooms, portabella, raw	1201	Pickles, cucumber, dill or kosher	0756
Mushrooms, shiitake, cooked, w/o salt	0869	Pickles, cucumber, sour	1121
Mushrooms, shiitake, stir-fried	0446	Pickles, cucumber, sweet (includes bread & butter pickles)	0116
Mushrooms, white, raw	1450	Potato, baked, flesh & skin, w/o salt	1958
Mushrooms, white, stir- fried	0449	Potatoes, baked, flesh, w/o salt	1738
Mustard greens, boiled, drained, w/o salt	1590	Potatoes, boiled, with skin, flesh, w/o salt	0917
Mustard greens, raw	0686	Potatoes, boiled, w/o skin, flesh, with salt	1652
Okra, boiled, drained, with salt	1567	Potatoes, boiled, w/o skin, flesh, w/o salt	0633
Okra, boiled, drained, w/o salt	1227	Potatoes, microwaved, with skin, flesh, with salt	1093
Okra, raw	0695	Potatoes, red, flesh & skin, baked	0866
Onions, boiled, drained, w/o salt	0856	Potatoes, red, flesh & skin, raw	0992
Onions, raw	0983	Potatoes, Russet, flesh & skin, baked	0447
Onions, spring or scallions (includes tops & bulb), raw	0436	Potatoes, russet, flesh & skin, raw	0286
Onions, sweet, raw	0878	Potatoes, white, flesh & skin, baked	0702
Onions, yellow, sauteed	0830	Potatoes, white, flesh & skin, raw	1136
Onions, young green, tops only	0098	Pumpkin, boiled, drained, with salt	0891
Parsley, raw	0291	Pumpkin, raw	0846
Parsnips, boiled, drained, w/o salt	0017	Radicchio, raw	1511
Parsnips, raw	0799	Radishes, raw	1197
Peas, edible-podded, boiled, drained, w/o salt	1325	Rutabagas, boiled, drained, w/o salt	0928
Peas, edible-podded, raw	1363	Rutabagas, raw	1463
Peas, green, boiled, drained, w/o salt	1045	Shallots, raw	0330
Peas, green, raw	0464	Spinach, boiled, drained, w/o salt	1012
Peppers, hot chili, green, raw	1378	Spinach, raw	1365
Peppers, hot chili, red, raw	0024	Squash, summer, boiled, drained, w/o salt	0957
Peppers, jalapeno, raw	1448	Squash, summer, raw	1063
Peppers, sweet, green, boiled, drained, w/o salt	0818	Squash, summer, zucchini, includes skin, boiled, drained, w/o salt	0502
Peppers, sweet, green, raw	1035	Squash, summer, zucchini, includes skin, raw	1452
Peppers, sweet, green, sauteed	0618		
Peppers, sweet, red, boiled, drained, w/o salt	0393		

VEGETABLES, RAW cont'd

Squash, winter, acorn, raw	1975
Squash, winter, baked, w/o salt	0609
Squash, winter, raw	0835
Squash, winter, butternut, raw	1607
Squash, winter, spaghetti, raw	1775
Squash, zucchini, baby, raw	1351
Succotash, (corn & lima), boiled, drained, w/o salt	0996
Succotash, (corn & lima), raw	0175
Sweet potato, baked, with skin, w/o salt	1230
Sweet potato, boiled, w/o skin	0115
Sweet potato, raw, unprepared	0534
Tomatoes, green, raw	1249
Tomatoes, orange, raw	0728
Tomatoes, red, ripe, cooked	0257
Tomatoes, red, ripe, stewed	0545
Tomatoes, red, ripe, cooked, with salt	0212
Tomatoes, red, ripe, raw, year round average	0247
Tomatoes, yellow, raw	0062
Turnip greens, raw	0512
Turnips, boiled, drained, w/o salt	0256
Turnips, raw	1481
Waterchestnuts, Chinese, (matai), raw	0343
Watercress, raw	0607
Yam, boiled, drained, or baked, w/o salt	0118
Yam, raw	0057
Yambean (jicama), raw	1422

VEGETABLES, CANNED OR FROZEN

Artichokes, (globe or French), frozen, unprepared	0497
Asparagus, canned, regular pack, solids & liquids	0984
Asparagus, frozen, unprepared	0376
Bamboo shoots, canned, drained solids	1579
Beans, snap, green, canned, regular pack, drained solids	0006
Beans, snap, green, frozen, boiled, drained w/o salt	1442
Beets, canned, regular pack, solids & liquids	0605
Broccoli, frozen, chopped, boiled, drained, w/o salt	0359
Carrots, frozen, boiled, drained, w/o salt	1116
Collards, frozen, chopped, boiled, drained, w/o salt	1283
Corn, sweet, yellow, canned, cream style, regular pack	0879
Corn, sweet, yellow, canned, whole kernel, drained solids	0895
Hearts of palm, canned	0592
Onion rings, breaded, pan fried, frozen, prepared, heated in oven	0180
Peas, green, frozen, boiled, drained, w/o salt	0248
Potatoes, french fried, salt added in processing, frozen, home-prepared, oven heated	1125
Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	1842
Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	1729

Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	1725
Potatoes, hashed brown, frozen, plain, prepared	1280
Pumpkin pie mix, canned	1171
Pumpkin, canned, w/o salt	0585
Sauerkraut, canned, solids & liquids	0664
Spinach, canned, drained solids	0287
Spinach, frozen, chopped or leaf, cooked, boiled, drained, w/o salt	0616
Sweet potato, canned, syrup pack, solids & liquids	0072
Tomato products, canned, paste, w/o salt added	1321
Tomato products, canned, puree, with salt added	1748
Tomato products, canned, puree, w/o salt added	0550
Tomato products, canned, sauce	0947
Tomatoes, red, ripe, canned, packed in tomato juice	0313
Tomatoes, red, ripe, canned, stewed	0383
Vegetables, mixed, frozen, boiled, drained, w/o salt	0229

VEGETABLES, JUICES

Campbell's Healthy Request Tomato juice	1957
Campbell's Organic Tomato juice	1865
Campbell's Tomato juice	1662
Campbell's Tomato juice, low sodium	1884
Campbell's V8 1% Vegetable Juice	0189
Campbell's V8 Vegetable Juice, Calcium Enriched V8	1934
Campbell's V8 Vegetable Juice, Lemon Twist V8	0625

Campbell's V8 Vegetable Juice, Low Sodium V8	1657
Campbell's V8 Vegetable Juice, Organic V8	1900
Campbell's V8 Vegetable Juice, Spicy Hot V8	1699
Campbell's V8 Vegetable Juice, V8 Picante	1938
Carrot juice, canned	0336
Tomato & vegetable juice, low sodium	0267
Tomato juice, canned, w/o salt added	0136
Vegetable juice cocktail, canned	0014

VEGETABLES, OTHER

Catsup	0157
Coleslaw, home-prepared	0278
Mushrooms, shiitake, dried	0220
Pickle relish, sweet	0408
Potato salad, home- prepared	0198
Potatoes, au gratin, home-prepared from recipe using butter	0733
Potatoes, hashed brown, home-prepared	0730
Potatoes, mashed, dehydrated, flakes w/o milk, dry form	0421
Potatoes, mashed, home-prepared, whole milk & margarine added	0295
Potatoes, scalloped, home-prepared with butter	0441
Tomatoes, sun-dried	0990
Tomatoes, sun-dried, packed in oil, drained	0716

GRAINS, BREAKFAST CEREALS

Bran flakes, single brand	1519	General Mills, Cocoa Puffs	0327
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1262	General Mills, Cookie Crisp	1603
Cereals, rice, puffed, pre-sweetened, fruit flavored, single brand	1993	General Mills, Corn Chex	0682
Cereals, farina, enriched, dry	1891	General Mills, Fiber One	1707
Cereals, farina, unenriched, dry	1879	General Mills, Frosted Cheerios	1601
Cereals, oats, instant, fortified, with cinnamon & spice, with water	1795	General Mills, Golden Grahams	0590
Cereals, oats, instant, fortified, with raisins & spice, with water	1962	General Mills, Honey Nut Cheerios	0735
Cereals, oats, regular & quick & instant, unenriched, with water (includes boiling & microwaving), with salt	1703	General Mills, Honey Nut Chex	1836
Cereals, oats, regular & quick & instant, unenriched, with water (includes boiling & microwaving), w/o salt	1664	General Mills, Kix	1687
Corn & oat flours, puffed presweetened, single brand	1531	General Mills, Lucky Charms	1963
Corn flakes, plain, single brand	0406	General Mills, Multi-Bran Chex	1685
Corn grits, white, regular & quick, enriched, with water, w/o salt	1537	General Mills, Multi-Grain Cheerios	1817
Corn, whole wheat, rolled oats, presweetened, with almonds, single brand	0236	General Mills, Oatmeal Crisp with Almonds	1645
Cream of Wheat, instant, dry	1100	General Mills, Reese's Puffs	1456
Cream of Wheat, quick, dry	1127	General Mills, Rice Chex	1017
Cream of Wheat, regular, dry	0577	General Mills, Total Corn Flakes	1766
General Mills, Apple Cinnamon Cheerios	1684	General Mills, Total Raisin Bran	0807
General Mills, Cheerios	0127	General Mills, Trix	1818
General Mills, Cinnamon Toast Crunch	1179	General Mills, Wheat Chex	0712
		General Mills, Wheaties	0440
		General Mills, Wheaties Raisin Bran	1864
		General Mills, Whole Grain Total	0538
		Granola, homemade	1037
		Kashi Heart to Heart, Instant Oatmeal, Apple Cinnamon, dry	1728
		Kashi Heart to Heart, Instant Oatmeal, maple, dry	1903
		Kashi, Kashi Go Lean Hot Cereal, Truly Vanilla, dry	1941
		Kellogg, All-Bran Bran Buds	1889
		Kellogg, All-Bran Complete Wheat Flakes	1981
		Kellogg, All-Bran Original	1644
		Kellogg, Apple Jacks	1454
		Kellogg, Apple Jacks Cereal straws	1920
		Kellogg, Cocoa Krispies	1261

Kellogg, Cocoa Krispies Cereal Straws	1852	Post, Honey Bunches of Oats, Honey Roasted	1307
Kellogg, Corn Flakes	1732	Post, Honeycomb Cereal	1206
Kellogg, Corn Pops	1682	Post, Marshmallow Alpha-Bits	1752
Kellogg, Cracklin' Oat Bran	1922	Post, Oreo O'S Cereal	1626
Kellogg, Crispix	1102	Post, Raisin Bran Cereal	0078
Kellogg, Crispix Cinnamon Crunch	1784	Post, The Original Shredded Wheat Spoon Size	1961
Kellogg, Froot Loops	0423	Post, Toasties Corn Flakes	1647
Kellogg, Froot Loops Cereal Straws	1614	Quaker, Cap'n Crunch	0177
Kellogg, Frosted Flakes	0939	Quaker, Cap'n Crunch with Crunchberries	1291
Kellogg, Frosted Mini-Wheats, bite size	1695	Quaker, Cap'n Crunch's Peanut Butter Crunch	1462
Kellogg, Frosted Mini-Wheats, original	1529	Quaker, corn grits, instant, plain, dry	0022
Kellogg, Frosted Rice Krispies	1721	Quaker, hominy grits, white, quick, dry	1482
Kellogg, Low Fat Granola with Raisins	0501	Quaker, hominy grits, white, regular, dry	1813
Kellogg, Raisin Bran	0860	Quaker, hominy grits, yellow, quick, dry	1953
Kellogg, Reduced Sugar Froot Loops	1628	Quaker, Honey Graham Life	1822
Kellogg, Reduced Sugar Frosted Flakes Cereal	1611	Quaker, Instant Oatmeal, fruit & cream variety, dry	0940
Kellogg, Rice Krispies Treats Cereal	0434	Quaker, Instant Oatmeal, fruit & cream variety, prepared with boiling water	1872
Kellogg, Rice Krispies	1806	Quaker, Instant Oatmeal, maple & brown sugar, dry	1021
Kellogg, Smart Start Antioxidant Cereal	1166	Quaker, Instant Oatmeal, maple & brown sugar, prepared with boiling water	1648
Kellogg, Special K	1245	Quaker, Life Vanilla Yogurt Crunch	1898
Maltex, dry	1785	Quaker, Oat Bran Cereal	1774
Milk & cereal bar	0681	Quaker, Oat Life, cinnamon	1523
Oats, instant, fortified, plain, dry	0993	Quaker, Oat Life, plain	0703
Oats, instant, fortified, with cinnamon & spice, dry	1083	Quaker, Oatmeal Squares	1453
Oats, instant, fortified, with raisins & spice, dry	0309	Rice & Wheat cereal bar	0042
Oats, regular & quick & instant, not fortified, dry	1487	Rice, puffed, fortified	1446
Post Bran Flakes	1773	Wheat, shredded, plain, sugar & salt free, spoon size, single brand	0201
Post, 1% Bran Cereal	1831	Whole wheat, rolled oats, presweetened, with walnuts & fruit, single brand	0251
Post, Blueberry Morning	1819		
Post, Cocoa Pebbles	1874		
Post, Frosted Alpha-Bits	1978		
Post, Frosted Shredded Wheat Bite Size	1869		
Post, Fruity Pebbles	1616		
Post, Golden Crisp	1630		
Post, Grape-Nuts Cereal	0769		
Post, Grape-Nuts Flakes	1642		
Post, Honey Bunches of Oats with Almonds	1079		

GRAINS, PASTAS

Macaroni, cooked, enriched	1187
Macaroni, dry, enriched	0725
Macaroni, whole-wheat, cooked	0851
Macaroni, whole-wheat, dry	1081
Noodles, Chinese, chow mein	1381
Noodles, egg, cooked, enriched	1259
Noodles, egg, dry, enriched	1491
Noodles, flat, crunchy, Chinese restaurant	0624
Noodles, Japanese, soba, cooked	0602
Noodles, Japanese, soba, dry	1152
Noodles, Japanese, somen, cooked	1696
Pasta, fresh-refrigerated, plain, as purchased	0751
Pasta, fresh-refrigerated, plain, cooked	0606
Pasta, fresh-refrigerated, spinach, as purchased	0294
Pasta, fresh-refrigerated, spinach, cooked	0622
Pasta, homemade, made with egg, cooked	1753
Pasta, homemade, made w/o egg, cooked	1761
Spaghetti, cooked, enriched, w/o added salt	0899
Spaghetti, dry, enriched	0562
Spaghetti, spinach, cooked	1779
Spaghetti, whole-wheat, cooked	0594
Spaghetti, whole-wheat, dry	0595

GRAINS, BREADS

Bagels, cinnamon-raisin	1959
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1314
Bread sticks, plain	1117
Bread, banana, prepared from recipe, made with margarine	0981
Bread, Boston brown, canned	1659
Bread, cornbread, dry mix, prepared	1777
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0055
Bread, egg	1851
Bread, French or Vienna (includes sourdough)	0767
Bread, Irish soda, prepared from recipe	1881
Bread, Italian	0125
Bread, multi-grain (includes whole-grain)	0761
Bread, oat bran	0724
Bread, oatmeal	1919
Bread, pita, white, enriched	0123
Bread, pita, whole-wheat	0802
Bread, pumpernickel	1335
Bread, raisin, enriched	1449
Bread, reduced-calorie, wheat	1678
Bread, reduced-calorie, white	1954
Bread, rice bran	1986
Bread, rye	1586
Bread, wheat	1053
Bread, wheat bran	1757
Bread, wheat, toasted	1977
Bread, white, commercially prepared (includes soft bread crumbs)	0971
Bread, white, commercially prepared, toasted	1670
English muffins, plain, enriched, (includes sourdough)	1599

English muffins, raisin-cinnamon (includes apple- cinnamon)	1697
English muffins, whole- wheat	1050
Pepperidge Farm, Crusty Italian Bread, Garlic	1119
Pillsbury, Crusty French Loaf, refrigerated dough	1825
Rolls, dinner, rye	1755
Rolls, dinner, wheat	1987
Rolls, dinner, whole- wheat	0612
Rolls, French	0105
Rolls, hamburger or hotdog, mixed-grain	0224
Rolls, hamburger or hotdog, plain	0656
Rolls, hamburger or hot- dog, reduced-calorie	0822
Rolls, hard (includes kaiser)	0810
Rolls, pumpernickel	1815

GRAINS, BREADS

Rice noodles, cooked	0255
Rice noodles, dry	0870
Rice, brown, long-grain, cooked	0982
Rice, brown, long-grain, raw	0379
Rice, white, long-grain, precooked or instant, enriched, prepared	0200
Rice, white, long-grain, regular, cooked	0435
Rice, white, long-grain, regular, raw, enriched	0600
Rice, white, medium- grain, cooked	1371
Rice, white, short-grain, raw	0275
Rice, white, steamed, Chinese restaurant	1742
Wild rice, cooked	1344
Wild rice, raw	1544

GRAINS, FLOUR

Barley flour or meal	0961
Corn flour, whole-grain, yellow	0297
Rye flour, dark	0854
Rye flour, light	1221
Semolina, enriched	1444
Soy flour, defatted	0803
Soy flour, full-fat, raw	0199
Soy flour, full-fat, roasted	0737
Soy meal, defatted, raw	1380
Wheat flour, white, all-purpose, enriched, bleached	0658
Wheat flour, white, bread, enriched	1161
Wheat flour, white, cake, enriched	1741
Wheat flour, whole-grain	0711

GRAINS, OTHER

Bulgur, cooked	1747
Cornmeal, degermed, enriched	1258
Couscous, cooked	1951
Couscous, dry	0723
Hominy, canned, white	1683
Hominy, canned, yellow	1797
Millet, cooked	1925
Oat bran, raw	1494
Tapioca, pearl, dry	1407

BAKED GOODS, CAKES

Angelfood, commercially prepared	0927
Angelfood, dry mix, prepared	1220
Cake, fruitcake, commercially prepared	1676
Cake, shortcake, biscuit-type, prepared from recipe	1887
Cake, sponge, prepared from recipe	1758
Cheesecake prepared from mix, no-bake type	0792
Chocolate, commercially prepared with chocolate frosting	1470
Chocolate, prepared from recipe w/o frosting	0788
Coffeecake, cinnamon with crumb topping, dry mix, prepared	1489
Coffeecake, fruit	1111
Gingerbread, prepared from recipe	0532
Pineapple upside-down, prepared from recipe	0490
Pound, commercially prepared, butter	1337
Snack cakes, creme-filled, chocolate with frosting	0285
Snack cakes, creme-filled, sponge	1561
White, prepared from recipe w/o frosting	0227
Yellow, commercially prepared, with chocolate frosting	0921
Yellow, commercially prepared, with vanilla frosting	1211
Yellow, prepared from recipe w/o frosting	0146

BAKED GOODS, COOKIES

Animal crackers (includes arrowroot, tea biscuits)	1047
Brownies, prepared from recipe	1513
Chocolate chip, commercially prepared, regular, higher fat, enriched	0401
Chocolate chip, refrigerated dough, baked	0523
Chocolate sandwich, with creme filling, regular	0688
Chocolate sandwich, with creme filling, regular, chocolate-coated	1253
Chocolate sandwich, with extra creme filling	0787
Fig bars	1092
Fortune	1386
Gingersnaps	1145
Graham crackers, plain or honey (includes cinnamon)	1164
Molasses	0889
Oatmeal, commercially prepared, regular	0941
Oatmeal, commercially prepared, soft-type	0528
Oatmeal, prepared from recipe, with raisins	0454
Oatmeal, refrigerated dough, baked	0517
Peanut butter sandwich, regular	1704
Peanut butter, prepared from recipe	0844
Peanut butter, refrigerated dough	1726
Peanut butter, refrigerated dough, baked	0073
Sugar, refrigerated dough	1918
Sugar, refrigerated dough, baked	0743
Vanilla sandwich with creme filling	0202

BAKED GOODS, CRACKERS

Cheese, regular	0240
Cheese, sandwich-type with cheese filling	0586
Cheese, sandwich-type with peanut butter filling	0075
Crackers, melba toast, rye (includes pumpernickel)	1762
Crackers, melba toast, wheat	1913
Crackers, saltines, unsalted tops (includes oyster, soda, soup)	1839
Matzo, plain	1339
Melba toast, plain	1096
Nabisco, Graham Crackers	1717
Nabisco, Ritz Crackers	1710
Rye, sandwich-type with cheese filling	0563
Saltines (includes oyster, soda, soup)	0566
Standard snack-type, regular	0752
Wheat, sandwich, with cheese filling	0427
Wheat, sandwich, with peanut butter filling	0375
Whole-wheat	1333

BAKED GOODS, PASTRIES

Croissants, butter	0642
Danish pastry, cheese	1930
Danish pastry, cinnamon, enriched	1988
Danish pastry, fruit, enriched (apple, cinnamon, raisin, lemon, raspberry, or strawberry)	1646
Danish pastry, fruit, unenriched (apple, cinnamon, raisin, or strawberry)	1589

Doughnuts, cake-type, plain (unsugared, old- fashioned)	1215
Doughnuts, cake-type, plain, chocolate-coated or frosted	1867
Doughnuts, cake-type, plain, sugared or glazed	1906
Doughnuts, yeast- leavened, glazed, enriched (includes honey buns)	0779
Sweet rolls, cinnamon, commercially prepared with raisins	0472
Toaster pastries, fruit (includes apple, blue- berry, cherry, strawberry)	1168
Toaster Pastries, fruit, frosted (include apple, blueberry, cherry, strawberry)	0880
Toaster Pastries, Kellogg, Pop-Tarts, Cherry	0914
Toaster Pastries, Kellogg, Pop-Tarts, Frosted Strawberry	0419
Toaster Pastries, Kellogg, Pop-Tarts, Brown Sugar Cinnamon	0863

BAKED GOODS, PIES

Pie crust, cookie-type, prepared from recipe, graham cracker, baked	0138
Pie crust, deep dish, frozen, baked, made with enriched flour	0345
Pie crust, standard-type, prepared from recipe, baked	0369
Pie, apple, commercially prepared, enriched flour	0715
Pie, banana cream, prepared from recipe	1605
Pie, blueberry, prepared from recipe	1661
Pie, cherry, commercially prepared	0910
Pie, cherry, prepared from recipe	1640

BAKED GOODS, PIES

Pie, coconut creme, commercially prepared	0197
Pie, lemon meringue, commercially prepared	0484
Pie, lemon meringue, prepared from recipe	1908
Pie, peach	1509
Pie, pecan, commercially prepared	1340
Pie, pecan, prepared from recipe	0827
Pie, pumpkin, commercially prepared	1569
Pie, pumpkin, prepared from recipe	0095

BAKED GOODS, OTHER

Biscuits, plain or buttermilk, dry mix, prepared	0936
Biscuits, plain or buttermilk, prepared from recipe	1015
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0230
Bread crumbs, dry, grated, plain	0689
Bread stuffing, bread, dry mix, prepared	1859
Bread stuffing, cornbread, dry mix, prepared	1272
Croutons, plain	1473
French toast, prepared from recipe, with low fat (2%) milk	0653
Hush puppies, prepared from recipe	1138
Ice cream cones, cake or wafer-type	1289
Ice cream cones, sugar, rolled-type	1296
Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0253

Muffins, corn, prepared from recipe, with low fat (2%) milk	0049
Pancakes, blueberry, prepared from recipe	1348
Pancakes, buttermilk, prepared from recipe	0132
Pancakes, plain, prepared from recipe	0707
Phyllo dough	1995
Pillsbury, Buttermilk Biscuits, refrigerated dough	1651
Pillsbury, Grands, Buttermilk Biscuits, refrigerated dough	1609
Taco shells, baked	0477
Tortillas, ready-to-bake or fry, corn	1191
Tortillas, ready-to-bake or fry, flour	1198
Waffles, plain, frozen, ready-to-heat, toasted	1799
Waffles, plain, frozen, ready-to-heat	0976
Waffles, plain, prepared from recipe	1324
Wonton wrappers (includes egg roll wrappers)	0526

BAKED GOODS, SUPPLIES

Baking chocolate, M&M's Semisweet Chocolate Mini Baking Bits	1016
Baking chocolate, unsweetened, squares	0800
Baking powder, double-acting, sodium aluminum sulfate	0630
Baking soda	1051
Barley flour or meal	0961
Cocoa, dry powder, unsweetened, processed with alkali	1088
Corn flour, whole-grain, yellow	0297
Cream of tartar	0578
Honey	1158
Milk, canned, evaporated, nonfat	1014

Milk, canned, evaporated, with added vitamin A	0129
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	0138
Rye flour, dark	0854
Rye flour, light	1221
Semolina, enriched	1444
Soy flour, defatted	0803
Soy flour, full-fat, raw	0199
Soy flour, full-fat, roasted	0737
Soy meal, defatted, raw	1380
Sugars, brown	1139
Sugars, granulated	0400
Sugars, powdered	0023
Syrups, corn, dark	1059
Syrups, corn, high-fructose	0352
Syrups, corn, light	1366
Vanilla extract	1563
Vanilla extract, imitation, alcohol	1882
Wheat flour, white, all-purpose, enriched, bleached	0658
Wheat flour, white, bread, enriched	1161
Wheat flour, white, cake, enriched	1741
Wheat flour, whole-grain	0711
Yeast, baker's, active dry	1304
Yeast, baker's, compressed	0498

RED MEAT, BEEF

Beef sausage, fresh, cooked	0283
Beef sausage, pre-cooked	1895
Bottom sirloin, tri-tip roast, raw	0954
Bottom sirloin, tri-tip roast, roasted	0159
Bottom sirloin, tri-tip, raw	0163
Brisket, flat half, braised	1410
Brisket, flat half, raw	0409
Brisket, point half, braised	0025
Brisket, point half, raw	0505
Brisket, whole, braised	0608
Brisket, whole, raw	1353
Chuck, arm pot roast, braised	1438
Chuck, arm pot roast, raw	1861
Chuck, arm pot roast, raw	1210
Chuck, arm pot roast, raw	1926
Chuck, blade roast, braised	0258
Chuck, blade roast, raw	0470
Chuck, shoulder tender, medallion, grilled	1057
Chuck, shoulder tender, medallion, raw	1042
Chuck, shoulder top & center steaks, grilled	0977
Chuck, top & center steaks, raw	0527
Chuck, top blade, grilled	1600
Chuck, top blade, raw	0740
Cured, corned brisket, cooked	0808
Cured, corned brisket, raw	0714
Flank, all grades, broiled	0635
Flank, all grades, raw	0691
Flank, choice, broiled	1108
Ground, 80% lean / 20% fat, crumbles, pan-browned	0415
Ground, 80% lean / 20% fat, loaf, baked	0690
Ground, 80% lean / 20% fat, patty, broiled	0536
Ground, 85% lean / 15% fat, raw	0898

RED MEAT, BEEF cont'd

Ground, 70% lean / 30% fat, crumbles, pan-browned	1279	Loin, bottom sirloin butt, tri-tip steak, lean only, broiled	1550
Ground, 70% lean / 30% fat, loaf, baked	0897	Plate, inside skirt steak, broiled	0184
Ground, 70% lean / 30% fat, patty, broiled	1540	Plate, outside skirt steak, broiled	0002
Ground, 70% lean / 30% fat, raw	0804	Rib, large end, broiled	0135
Ground, 75% lean / 25% fat, crumbles, pan-browned	0299	Rib, large end, raw	1484
Ground, 75% lean / 25% fat, loaf, baked	0121	Rib, small end, lean & fat, broiled	1971
Ground, 75% lean / 25% fat, patty, broiled	0591	Rib, small end, lean & fat, broiled	1276
Ground, 75% lean / 25% fat, raw	1475	Rib, small end, lean & fat, raw	0271
Ground, 80% lean / 20% fat, raw	0087	Rib, small end, lean only, broiled	1414
Ground, 85% lean / 15% fat, crumbles, pan-browned	0537	Rib, whole, lean & fat, broiled	0382
Ground, 85% lean / 15% fat, patty, broiled	0883	Rib, whole, lean & fat, raw	0182
Ground, 09% lean / 10% fat, crumbles, pan-browned	0598	Round, bottom round, lean & fat, braised	1826
Ground, 90% lean / 10% fat, loaf, baked	0170	Round, bottom round, lean only, braised	1357
Ground, 90% lean / 10% fat, patty, broiled	1084	Round, bottom round, lean only, raw	0207
Ground, 90% lean / 10% fat, raw	1068	Round, bottom round, lean only, roasted	0874
Ground, 95% lean / 5% fat, crumbles, pan-browned	1223	Round, eye of round, raw	0009
Ground, 95% lean / 5% fat, loaf, baked	1103	Round, eye of round, roasted	1213
Ground, 95% lean / 5% fat, patty, broiled	0052	Round, knuckle, tip center, grilled	1997
Ground, 95% lean / 5% fat, raw	0120	Round, knuckle, tip center, raw	0926
Ground, 85% lean / 15% fat, loaf, baked	0978	Round, knuckle, tip side, grilled	0215
Liver, braised	0173	Round, knuckle, tip side, raw	0450
Liver, pan-fried	1490	Round, outside round, grilled	0424
Liver, raw	0296	Round, outside round, raw	1551
Loin, bottom sirloin butt, tri-tip steak, lean & fat, broiled	0054	Round, tip round, raw	0985
		Round, tip round, roasted	1144
		Round, top round, braised	0167
		Round, top round, raw	1418
		Round, top round, trimmed to 0" fat, broiled	1194
		Round, top round, trimmed to 1/8" fat, broiled	1994
		Sandwich steaks, raw	1595
		Short loin, porterhouse steak, lean only, broiled	0397

Short loin, porterhouse steak, trimmed to 1/8" fat, broiled	0906	Top sirloin, lean & fat, trimmed to 0" fat, broiled	1820
Short loin, porterhouse steak, trimmed to 0" fat, broiled	1352	Top sirloin, lean & fat, trimmed to 1/8" fat, raw	1857
Short loin, porterhouse steak, trimmed to 1/8" fat, raw	0708	Top sirloin, lean only, trimmed to 1/8" fat, broiled	0820
Short loin, t-bone steak, lean & fat, raw	0901	Top sirloin, lean only, trimmed to 0" fat, broiled	0036
Short loin, t-bone steak, lean & fat, trimmed to 1/8" fat, broiled	1643	Top sirloin, lean only, trimmed to 1/8" fat, raw	0056
Short loin, t-bone steak, lean & fat, trimmed to 0" fat, broiled	1622	RED MEAT, LAMB	
Short loin, t-bone steak, lean only, broiled	1174		
Short loin, top loin, lean & fat, raw	1976	Cubed (leg & shoulder), braised	1240
Short loin, top loin, lean & fat, trimmed to 1/8" fat, broiled	1778	Cubed (leg & shoulder), broiled	0084
Short loin, top loin, lean & fat, trimmed to 0" fat, broiled	1948	Cubed (leg & shoulder), raw	0300
Short loin, top loin, lean only, raw	0862	Foreshank, braised	0083
Short loin, top loin, lean only, trimmed to 0" fat, broiled	1468	Foreshank, raw	0698
Short loin, top loin, lean only, trimmed to 1/8" fat, broiled	0657	Ground, broiled	0655
Tenderloin, lean & fat, trimmed to 0" fat, broiled	1983	Ground, raw	1417
Tenderloin, lean & fat, trimmed to 1/8" fat, broiled	1800	Leg, sirloin half, raw	0539
Tenderloin, lean & fat, trimmed to 1/8" fat, raw	1841	Leg, sirloin half, roasted	1128
Tenderloin, lean only, trimmed to 1/8" fat, broiled	0570	Leg, whole, raw	1500
Tenderloin, lean only, trimmed to 0" fat, broiled	0935	Leg, whole, roasted	0474
Tenderloin, lean only, trimmed to 1/8" fat, raw	0524	Loin, broiled	0696
Top sirloin, lean & fat, trimmed to 1/8" fat, broiled	1770	Loin, raw	1031
		Loin, roasted	0515
		Rib, broiled	1058
		Rib, raw	0816
		Rib, roasted	1246
		RED MEAT, VEAL	
		Breast, braised	0952
		Cubed for stew (leg & shoulder), braised	0402
		Cubed for stew (leg & shoulder), raw	1493
		Ground, broiled	0133
		Ground, raw	0151
		Leg (top round), braised	0174
		Leg (top round), lean & fat, raw	0100

RED MEAT, VEAL cont'd

Leg (top round), lean only, raw	0558
Leg (top round), pan-fried, breaded	1162
Leg (top round), roasted	0491
Loin, braised	1406
Loin, raw	1528
Loin, roasted	0365
Rib, braised	1135
Rib, raw	0411
Rib, roasted	0829
Shank (fore & hind), braised	1504
Shank (fore & hind), raw	1202
Shoulder, arm, braised	1222
Shoulder, arm, raw	0021
Shoulder, arm, roasted	0067
Shoulder, blade, braised	1308
Shoulder, blade, raw	0500
Shoulder, blade, roasted	0495
Shoulder, whole, braised	0932
Shoulder, whole, raw	1420
Shoulder, whole, roasted	0634
Sirloin, braised	0794
Sirloin, raw	1458
Sirloin, roasted	0732

RED MEAT, GAME MEAT

Bison, ground, pan-broiled	1996
Bison, roasted	1716
Deer, ground, pan-broiled	0031
Deer, ground, raw	0697
Deer, loin, 1" steak, broiled	1582
Deer, raw	0949
Deer, roasted	0731
Deer, shoulder clod, 3-5 lb roast, braised	1539
Deer, tenderloin, roast, broiled	0645
Deer, top round, 1" steak, broiled	0318
Elk, ground, pan-broiled	1553
Elk, ground, raw	1310
Elk, loin, broiled	0192
Elk, raw	1346

Elk, roasted	1243
Elk, round, broiled	0109
Elk, tenderloin, broiled	0913
Goat, roasted	1849
Rabbit, raw	1979
Rabbit, stewed	1656

POULTRY, CHICKEN

Breast, meat & skin, fried, batter	1300
Breast, meat & skin, raw	1474
Breast, meat & skin, roasted	1559
Breast, meat & skin, stewed	1290
Breast, meat only, fried	0649
Breast, meat only, raw	0149
Breast, meat only, roasted	0962
Breast, meat only, rotisserie, original seasoning	1937
Breast, meat only, stewed	0647
Chicken breast tenders, conventional oven	1075
Chicken breast tenders, microwaved	0344
Chicken breast tenders, uncooked	1226
Chicken breast, fat-free, mesquite flavor, sliced	1999
Chicken nuggets, frozen, cooked	0998
Chicken patty, frozen, cooked	1436
Dark meat, meat only, fried	0937
Dark meat, meat only, raw	1433
Dark meat, meat only, roasted	0086
Dark meat, meat only, stewed	0404
Drumstick, meat & skin, fried, batter	1231
Drumstick, meat & skin, raw	1583
Drumstick, meat & skin, roasted	1030
Drumstick, meat & skin, stewed	1020
Drumstick, meat only, fried	0431
Drumstick, meat only, raw	0729

Drumstick, meat only, roasted	0646	Wing, meat & skin, fried, batter	0266
Drumstick, meat only, rotisserie, original seasoning	1907	Wing, meat & skin, raw	0668
Drumstick, meat only, stewed	0001	Wing, meat & skin, roasted	0137
Giblets, raw	0644	Wing, meat & skin, stewed	1394
Giblets, simmered	0372	Wing, meat only, fried	0544
Gizzard, simmered	1765	Wing, meat only, raw	1204
Ground, crumbles, pan-browned	0171	Wing, meat only, roasted	0210
Ground, raw	1338	POULTRY, TURKEY	
Heart, simmered	1808		
Leg, meat & skin, fried, batter	0717	Bologna, turkey	1794
Leg, meat & skin, raw	0143	Breast, meat & skin, raw	0839
Leg, meat & skin, roasted	1593	Breast, meat & skin, roasted	0478
Leg, meat & skin, stewed	0755	Dark meat, raw	0588
Leg, meat only, fried	0841	Dark meat, roasted	1260
Leg, meat only, raw	0273	Franks (turkey & chicken)	1673
Leg, meat only, roasted	0209	Giblets, raw	1546
Leg, meat only, stewed	0776	Giblets, simmered	1130
Light meat, meat only, fried	1156	Ground turkey, cooked	1007
Light meat, meat only, raw	0096	Ground turkey, raw	0798
Light meat, meat only, roasted	0651	Leg, meat & skin, raw	1545
Light meat, meat only, stewed	1257	Leg, meat & skin, roasted	1538
Liver, pan-fried	0249	Light meat, raw	0877
Liver, raw	0675	Light meat, roasted	0166
Liver, simmered	0218	Meat & skin, raw	0531
Meat & skin, fried, batter	0832	Meat & skin, roasted	1428
Meat & skin, raw	0471	Meat only, raw	1241
Meat & skin, roasted	0902	Meat only, roasted	0186
Meat & skin, stewed	1556	Pastrami, turkey	1847
Meat only, fried	0235	Sausage, Italian, turkey, smoked	0047
Meat only, raw	0126	Turkey & gravy, frozen	1909
Meat only, roasted	0809	Turkey Bacon	1655
Meat only, stewed	1501	Turkey sausage, raw	0232
Roasting, meat & skin, raw	0665	Turkey, liver, all classes, cooked, simmered	1960
Thigh, meat & skin, fried, batter	1148	Wing, meat & skin, raw	1588
Thigh, meat & skin, raw	0222	Wing, meat & skin, roasted	0018
Thigh, meat & skin, roasted	0239	POULTRY, OTHER	
Thigh, meat & skin, stewed	0576		
Thigh, meat only, fried	1228	Duck, domesticated, meat & skin, raw	0806
Thigh, meat only, raw	0101	Duck, domesticated, meat & skin, roasted	1535
Thigh, meat only, roasted	0289		
Thigh, meat only, stewed	0652		

POULTRY, OTHER cont'd

Duck, domesticated, meat only, raw	0053
Duck, domesticated, meat only, roasted	1492
Duck, wild, breast, meat only, raw	0613
Duck, wild, meat & skin, raw	1520
Goose, meat & skin, raw	0887
Goose, meat & skin, roasted	0315
Goose, meat only, raw	0797
Goose, meat only, roasted	0468
Pheasant, cooked, total edible	1893
Pheasant, raw, meat only	0451
Quail, meat only, raw	1284

PORK

Bacon, baked	1049
Bacon, broiled, pan-fried or roasted	1177
Bacon, microwaved	0195
Bacon, pan-fried	1018
Bacon, raw	1287
Bratwurst, beef & pork, smoked	1632
Breakfast strips, cooked	0549
Breakfast strips, raw or unheated	0789
Canadian-style bacon, grilled	0719
Canadian-style bacon, unheated	0407
Ground, cooked	0560
Ground, raw	0179
Ham - water added, whole, boneless, lean only, roasted	0178
Ham with natural juices, spiral slice, meat only, boneless, lean only, roasted	0221
Ham, boneless, extra lean & regular, roasted	1608
Ham, boneless, extra lean & regular, unheated	1574

Ham, boneless, regular (approximately 11% fat), roasted	1904
Ham, center slice, country-style, separable lean only, raw	0704
Ham, patties, grilled	1322
Ham, patties, unheated	1109
Ham, separable fat, boneless, heated	0293
Ham, whole, lean & fat, roasted	1465
Ham, whole, lean only, roasted	1087
Ham, whole, lean only, unheated	0107
Leg (ham), rump half, raw	0333
Leg (ham), rump half, roasted	0621
Leg (ham), shank half, raw	0217
Leg (ham), shank half, roasted	0614
Leg (ham), whole, raw	0155
Leg (ham), whole, roasted	0923
Liver, braised	1061
Liver, raw	0579
Loin, blade (chops or roasts), bone-in, raw	0875
Loin, blade (chops), bone-in, braised	1375
Loin, blade (chops), bone-in, broiled	0886
Loin, blade (roasts), bone-in, roasted	0944
Loin, center loin (chops), braised	0035
Loin, center loin (chops), broiled	0750
Loin, center loin (chops), raw	0836
Loin, center loin (roasts), roasted	0032
Loin, center rib (chops or roasts), bone-in, raw	0911
Loin, center rib (chops or roasts), boneless, raw	1330
Loin, center rib (chops), bone-in, braised	0414
Loin, center rib (chops), bone-in, broiled	0349
Loin, center rib (chops), boneless, braised	1781
Loin, center rib (roasts), bone-in, roasted	0837

Loin, center rib (roasts), boneless, roasted	1888	Pork sausage, fresh, raw	0758
Loin, country-style ribs, lean & fat, braised	0907	Pork sausage, pre-cooked	0389
Loin, country-style ribs, lean & fat, raw	0795	Salt pork, raw	0929
Loin, country-style ribs, lean & fat, roasted	0754	Sausage, Italian, pork, cooked	1780
Loin, country-style ribs, lean only, braised	1010	Sausage, Italian, pork, raw	1760
Loin, country-style ribs, lean only, raw	1196	Shoulder, (Boston butt), blade (steaks), braised	0493
Loin, country-style ribs, lean only, roasted	1409	Shoulder, (Boston butt), blade (steaks), raw	1305
Loin, sirloin (chops or roasts), bone-in, raw	0183	Shoulder, arm picnic, braised	0321
Loin, sirloin (chops or roasts), boneless, raw	1097	Shoulder, arm picnic, raw	1315
Loin, sirloin (chops), bone-in, braised	1566	Shoulder, arm picnic, roasted	0340
Loin, sirloin (chops), bone-in, broiled	0482	Shoulder, whole, raw	0596
Loin, sirloin (chops), boneless, braised	1143	Shoulder, whole, roasted	0637
Loin, sirloin (chops), boneless, broiled	0584	Spareribs, braised	0012
Loin, sirloin (roasts), bone-in, roasted	0603	Spareribs, raw	0753
Loin, sirloin (roasts), boneless, roasted	0900		
Loin, tenderloin, broiled	1416		
Loin, tenderloin, raw	0282		
Loin, tenderloin, roasted	0499		
Loin, top loin (chops), boneless, braised	1238		
Loin, top loin (chops), boneless, broiled	0989		
Loin, top loin (chops), boneless, lean & fat, pan-broiled	1242		
Loin, top loin (chops), boneless, raw	0357		
Loin, top loin (roasts), boneless, raw	1062		
Loin, top loin (roasts), boneless, roasted	0569		
Loin, whole, braised	0815		
Loin, whole, broiled	0259		
Loin, whole, lean & fat, raw	0775		
Loin, whole, raw	1327		
Loin, whole, roasted	0233		
Pork & beef sausage, fresh, cooked	1833		
Pork sausage, fresh, cooked	1425		

FISH

Anchovy, European, raw	1101
Bass, fresh water, raw	1067
Bass, freshwater, dry heat	0015
Bass, striped, dry heat	0679
Bass, striped, raw	1343
Bluefish, dry heat	1557
Bluefish, raw	0705
Burbot, dry heat	1457
Burbot, raw	1423
Butterfish, dry heat	0960
Butterfish, raw	1126
Carp, dry heat	0773
Carp, raw	1189
Catfish, breaded & fried	0039
Catfish, dry heat	1787
Catfish, raw	0211
Caviar, black & red, granular	1940
Cod, Atlantic, dried & salted	1486
Cod, Atlantic, dry heat	0452
Cod, Atlantic, raw	0687
Cod, Pacific, dry heat	0759
Cod, Pacific, raw	0428
Croaker, breaded & fried	1264
Croaker, raw	0842
Dolphinfish, raw	1237
Eel, dry heat	0812
Eel, raw	0747

FISH cont'd

Fish sticks, frozen, preheated	0508	Salmon, Chinook, smoked	0850
Flatfish (flounder & sole species), dry heat	0972	Salmon, Chinook, smoked, (lox)	0254
Flatfish (flounder & sole species), raw	1195	Salmon, Coho, wild, raw	0473
Grouper, dry heat	0488	Salmon, pink, canned, solids with bone & liquid	1965
Grouper, raw	1095	Salmon, pink, dry heat	1754
Haddock, dry heat	0168	Salmon, pink, raw	0650
Haddock, raw	0738	Salmon, sockeye, dry heat	0890
Haddock, smoked	0348	Salmon, sockeye, raw	0320
Halibut, dry heat	0225	Sardine, canned in oil	1024
Halibut, raw	0386	Sea bass, dry heat	0396
Herring, Atlantic, dry heat	0888	Sea bass, raw	0496
Herring, Atlantic, pickled	1431	Shad, raw	1091
Herring, Atlantic, raw	0694	Shark, batter-dipped & fried	0587
Herring, Pacific, dry heat	1542	Shark, raw	1239
Herring, Pacific, raw	1105	Smelt, dry heat	0892
Lingcod, dry heat	0325	Smelt, raw	0392
Lingcod, raw	0011	Snapper, dry heat	1293
Mackerel, Atlantic, dry heat	0966	Snapper, raw	1581
Mackerel, Atlantic, raw	1155	Sturgeon, dry heat	1472
Mackerel, king, dry heat	0366	Sturgeon, raw	0314
Mackerel, king, raw	0038	Sturgeon, smoked	0903
Mackerel, Spanish, dry heat	1252	Surimi	1421
Mackerel, Spanish, raw	0920	Swordfish, dry heat	1236
Monkfish, dry heat	0399	Swordfish, raw	0342
Monkfish, raw	1361	Tilapia, dry heat	1772
Mullet, striped, dry heat	0741	Trout, dry heat	1791
Mullet, striped, raw	1499	Trout, rainbow, farmed, dry heat	1834
Ocean perch, Atlantic, dry heat	1408	Trout, rainbow, farmed, raw	1277
Ocean perch, Atlantic, raw	0872	Trout, rainbow, wild, dry heat	0619
Perch, raw	1160	Trout, rainbow, wild, raw	0466
Perch, dry heat	1555	Trout, raw	0368
Pike, northern, dry heat	1505	Tilapia, raw	0881
Pike, northern, raw	0746	Tuna, white, canned in oil	0111
Pike, walleye, raw	0050	Tuna salad	1026
Pollock, Atlantic, raw	1341	Tuna, fresh, bluefin, dry heat	0987
Pollock, walleye, dry heat	0672	Tuna, fresh, bluefin, raw	0489
Pollock, walleye, raw	1575	Tuna, fresh, yellowfin, dry heat	1982
Pompano, dry heat	1597	Tuna, fresh, yellowfin, raw	1510
Pompano, raw	0654	Tuna, light, canned in oil	0692
Roughy, orange, dry heat	1713	Tuna, light, canned in water	0748
Roughy, orange, raw	0033	Tuna, white, canned in water	0391
Sablefish, raw	0540	Turbot, raw	0460
Sablefish, smoked	0387	Whitefish, dry heat	1812
Salmon, Atlantic, dry heat	1701	Whitefish, raw	0494
Salmon, Chinook, raw	1151		

Whiting, raw	0781
Whiting, dry heat	1080
Yellowtail, raw	0847

FISH, SHELLFISH

Abalone, fried	1769
Abalone, raw	1471
Clam, raw	0112
Clam, breaded & fried	1989
Clam, canned	0122
Clam, moist heat	1871
Crab, Alaska king, imitation	1413
Crab, Alaska king, moist heat	1419
Crab, Alaska king, raw	0306
Crab, blue, canned	1525
Crab, blue, cooked, moist heat	1180
Crab, blue, crab cakes	0077
Crab, blue, raw	1367
Crab, Dungeness, moist heat	1368
Crab, Dungeness, raw	1383
Crab, queen, moist heat	1165
Crab, queen, raw	0661
Crayfish, farmed, moist heat	1483
Crayfish, farmed, raw	1090
Crayfish, wild, moist heat	1299
Crayfish, wild, raw	0364
Lobster, moist heat	0432
Lobster, raw	0316
Lobster, spiny, moist heat	0388
Lobster, spiny, raw	0119
Mussel, moist heat	1455
Mussel, raw	1396
Oyster, eastern, breaded & fried	0611
Oyster, eastern, canned	1437
Oyster, eastern, farmed, dry heat	0106
Oyster, eastern, farmed, raw	1129
Oyster, eastern, wild, dry heat	1328
Oyster, eastern, wild, moist heat	1560
Oyster, eastern, wild, raw	0817
Oyster, Pacific, moist heat	0242
Oyster, Pacific, raw	1527
Scallop, breaded & fried	1658

Scallop, raw	0380
Scallop, steamed	1789
Shrimp, breaded & fried	0153
Shrimp, canned	0793
Shrimp, moist heat	0339
Shrimp, raw	0378

FISH, OTHER

Frog legs, raw	1173
Octopus, moist heat	0483
Octopus, raw	1562
Squid, fried	0557
Squid, raw	0772

DELI & SAUSAGE, DELI MEAT

Bologna, beef & pork	1266
Bologna, turkey	1794
Chicken breast, fat-free, mesquite flavor, sliced	1999
Corned beef, canned	0950
Ham, honey, smoked, cooked	0353
Luncheon meat, beef, thin sliced	0626
Pastrami	0819
Pastrami, turkey	1847
Salami, cooked, beef & pork	0128
Salami, cooked, turkey	0322
Salami, dry or hard, pork, beef	1680
Salami, Italian, pork	1892
Turkey breast meat	1048
Turkey roll, light & dark meat	1214

DELI & SAUSAGE, SAUSAGE

Beef sausage, fresh, cooked	0283
Beef sausage, pre-cooked	1895
Bratwurst, beef & pork, smoked	1632

DELI & SAUSAGE, SAUSAGE cont'd

Italian, pork, cooked	1780
Italian, pork, raw	1760
Italian, turkey, smoked	0047
Kielbasa, Polish, turkey & beef, smoked	1855
Pork & beef sausage, fresh	1833
Pork sausage, fresh, cooked	1425
Pork sausage, fresh, raw	0758
Pork sausage, pre-cooked	0389
Pork, sausage, bulk/links/patties, frozen, cooked	1663
Smoked link sausage, pork & beef	1792
Smokies (beef), Oscar Meyer	1931
Smokies (cheese), Oscar Meyer	1969
Turkey sausage, raw	0232
Vienna, canned, chicken, beef, pork	1649

DELI & SAUSAGE, OTHER

Bratwurst, pork, cooked	0134
Braunschweiger (a liver sausage), pork	0601
Frankfurter, beef	0347
Frankfurter, beef & pork	0373
Frankfurter, chicken	0564
Franks (turkey & chicken cheese), Louis Rich	0904
Franks (turkey & chicken), Louis Rich	1673
Kielbasa, kolbassy, pork, beef, nonfat dry milk added	0801
Liverwurst spread	1883
Pate, liver, not specified, canned	0079
Pepperoni, pork, beef	0853
Spam, pork with ham, minced, canned	1829
Turkey Bacon, Louis Rich	1655

DAIRY & EGG, EGG

Egg substitute, liquid	1424
Egg, whole, fried	1282
Egg, whole, hard-boiled	0958
Egg, whole, omelet	1074
Egg, whole, poached	1247
Egg, whole, raw, fresh	0181
Egg, whole, scrambled	0362
Egg, yolk, dried	1273
Egg, yolk, raw, fresh	1576
Eggs, scrambled, frozen mixture	1426

DAIRY & EGG, MILK

Milk, buttermilk	0305
Milk, chocolate, lowfat	0969
Milk, chocolate, reduced fat	0726
Milk, chocolate, whole	0934
Milk, dry, nonfat, regular, w/o added vitamin A	0060
Milk, lowfat, 1%, with added vitamin A	0381
Milk, nonfat, with added vitamin A (skim)	0051
Milk, reduced fat, 2%, with added vitamin A	0627
Milk, whole	1019
Shake, chocolate	1634
Shake, strawberry	1629
Shake, thick chocolate	1668
Shake, vanilla	1838

DAIRY & EGG, CHEESES

American cheddar, imitation	0784
Blue	0124
Brick	1078
Brie	0912
Camembert	0514
Cheddar	1594
Cheddar or American, pasteurized process, reduced fat	0439

Cheddar or Colby, low fat	1054
Cheese fondue	0147
Cheez Whiz Light, Kraft	1846
Cheez Whiz, Kraft	1924
Cheshire	1217
Colby	1319
Cottage, creamed	1073
Cottage, lowfat, 1% milkfat	1124
Cottage, nonfat, uncreamed, dry	0785
Cream cheese	1379
Cream cheese, fat free	0734
Cream cheese, low fat	1309
Edam	0762
Feta	1506
Fontina	0040
Goat, hard type	0834
Goat, soft type	1714
Gouda	0546
Gruyere	0865
Limburger	0511
Mexican, blend, reduced fat	1009
Mexican, queso anejo	1390
Mexican, queso asadero	1532
Monterey	0363
Mozzarella, nonfat	1360
Mozzarella, part skim milk	0476
Mozzarella, part skim milk, low moisture	1118
Mozzarella, whole milk	0430
Muenster	0037
Neufchatel	0104
Parmesan cheese topping, fat free	1432
Parmesan, grated	0604
Parmesan, hard	0486
Parmesan, shredded	0244
Provolone	0429
Provolone, reduced fat	0522
Ricotta, part skim milk	0951
Ricotta, whole milk	0092
Romano	1235
Roquefort	1212
Swiss	0206
Swiss, low fat	1577
Tilsit	1002
Velveeta Light, Kraft, Reduced Fat	0521
Velveeta, Kraft	1585

DAIRY & EGG, BUTTER & MARGARINE

Butter oil, anhydrous	1970
Butter, salted	1028
Butter, whipped, with salt	0826
Butter, w/o salt	1411
Margarine spread, fat-free, tub	0894
Margarine, margarine-like vegetable oil spread, 6% fat, tub	1154
Margarine, stick, 8% fat, with salt	0455
Margarine, tub, 8% fat, with salt	0745

DAIRY & EGG, ICE CREAMS

Frozen yogurt, chocolate	1627
Frozen yogurt, chocolate, soft-serve	0298
Frozen yogurt, vanilla, soft-serve	0250
Ice cream sundae, prepackaged	1140
Ice cream, chocolate	1203
Ice cream, chocolate or caramel covered, with nuts	1671
Ice cream, chocolate, light	1935
Ice cream, chocolate, light, no sugar added	0641
Ice cream, French vanilla, soft-serve	0845
Ice cream, strawberry	1377
Ice cream, vanilla	1209
Ice cream, vanilla, fat free	1862
Ice cream, vanilla, light	1783
Ice cream, vanilla, light, no sugar added	0216
Ice cream, vanilla, light, soft-serve	1733
Icy, lime	1580
Sherbet, orange	1281

DAIRY & EGG, OTHER

Cream substitute, powdered	0718
Cream, fluid, half & half	0019
Cream, fluid, heavy whipping	0930
Cream, fluid, light (coffee cream or table cream)	0326
Cream, sour, cultured	0857
Cream, whipped, cream topping, pressurized	1807
Dessert topping	1650
Eggnog	0433
Milk, evaporated, nonfat	1014
Milk, evaporated, with added vitamin A	0129
Sour cream, fat free	0632
Sour cream, light	1120
Sour cream, reduced fat	0555
Whipped topping, frozen, low fat	1602
Yogurt, fruit, low fat, 1 grams protein per 8oz	0821
Yogurt, plain, low fat, 12 grams protein per 8 oz	0597
Yogurt, plain, skim milk, 13g protein per 8oz	1200
Yogurt, vanilla, low fat, 11g protein per 8oz	1443

NUTS & SEEDS, NUTS

Almonds	0631
Almonds, dry roasted, salt	0152
Almonds, dry roasted, no salt	0462
Almonds, honey roasted, unblanched	0744
Cashew, dry roasted, salt	1046
Cashew, dry roasted, no salt	1850
Cashew, oil roasted, salt	1326
Cashew, oil roasted, no salt	1764
Cashew, raw	1318
Chestnuts, Chinese, raw	1541
Chestnuts, Chinese, roasted	1623

Chestnuts, European, raw, unpeeled	1811
Coconut meat, dried (desiccated), not sweetened	1606
Coconut meat, dried (desiccated), sweetened, flaked, canned	1992
Coconut meat, dried (desiccated), sweetened, flaked, packaged	0016
Coconut meat, dried (desiccated), sweetened, shredded	1856
Coconut meat, dried (desiccated), toasted	1660
Coconut meat, raw	0948
Coconut milk, canned	1828
Coconut milk, raw	1910
Ginkgo nuts, raw	1943
Hazelnuts or filberts	1767
Hazelnuts or filberts, blanched	1932
Hazelnuts or filberts, dry roasted, no salt	1801
Macadamia nuts, dry roasted, salt	1694
Macadamia nuts, dry roasted, no salt	1945
Macadamia nuts, raw	0272
Mixed nuts, dry roasted, with peanuts, salt	0871
Mixed nuts, dry roasted, with peanuts, no salt	1526
Mixed nuts, oil roasted, with peanuts, no salt	1150
Mixed nuts, oil roasted, w/o peanuts, nosalt	1967
Mixed nuts, with peanuts, oil roasted, salt	1248
Mixed nuts, w/o peanuts, oil roasted, salt	1916
Peanuts, cooked, boiled, salt	0671
Peanuts, dry-roasted, salt	0864
Peanuts, dry-roasted, no salt	1633
Peanuts, oil-roasted, salt	1358
Peanuts, oil-roasted, no salt	1911
Peanuts, raw	0394
Peanuts, Spanish, raw	0262
Pecans	1159
Pecans, dry roasted, salt	1877
Pecans, dry roasted, no salt	1666

Pecans, oil roasted, salt	1621
Pine nuts, dried	0924
Pistachio nuts, dry roasted, salt	1731
Pistachio nuts, raw	0071
Walnuts	1370

NUTS & SEEDS, PEANUT BUTTER

Peanut butter with omega-3, creamy	0456
Peanut butter, chunk style, salt	0685
Peanut butter, chunk style, no salt	1564
Peanut butter, chunky, vitamin & mineral fortified	0814
Peanut butter, reduced sodium	0573
Peanut butter, smooth style, salt	0670
Peanut butter, smooth style, no salt	0713
Peanut butter, smooth, reduced fat	0354
Peanut butter, smooth, vitamin & mineral fortified	0548
Peanut spread, reduced sugar	0749

NUTS & SEEDS, SEEDS

Flaxseed	0965
Sesame seeds	0760
Sunflower seed kernels, dried	1415
Sunflower seed kernels, dry roasted, w/o salt	1362
Sunflower seed kernels, oil roasted, with salt added	1302
Sunflower seed kernels, toasted, with salt added	1837
Sunflower seed kernels, toasted, w/o salt	1022

BEANS, SOY & VEG, BEANS

Baked beans, canned, plain or vegetarian	1274
Baked beans, canned, with pork	1182
Baked beans, canned, with pork & tomato sauce	1110
Baked beans, home prepared	1076
Black turtle soup, mature seeds, canned	1949
Black turtle soup, mature seeds, raw	1942
Black, mature seeds, raw	0443
Broadbeans (fava beans), mature seeds, raw	1469
Broadbeans, immature seeds, cooked, boiled, drained, no salt	1065
Broadbeans, immature seeds, raw	1234
Chickpeas (garbanzo beans, bengal gram), canned	1578
Chickpeas (garbanzo beans, bengal gram), raw	0360
Cranberry (roman), mature seeds, raw	1292
Fava, in pod, raw	0565
Great northern, mature seeds, canned	1329
Great northern, mature seeds, raw	0355
Hummus, commercial	0768
Hummus, home prepared	1359
Kidney, all types, mature seeds, canned	0448
Kidney, all types, mature seeds, raw	0074
Kidney, mature seeds, sprouted, boiled, drained, no salt	0676
Kidney, mature seeds, sprouted, raw	0169
Kidney, red, mature seeds, boiled, no salt	1705
Kidney, red, mature seeds, canned	1185
Lentils, raw	1134

BEANS, SOY & VEG, BEANS cont'd

Lima beans, immature seeds, boiled, drained, no salt	0068
Lima beans, immature seeds, raw	0680
Lima beans, large, mature seeds, canned	1027
Lima beans, large, mature seeds, raw	1412
Mung beans, sprouted, stir-fried	0684
Navy, canned	0188
Navy, raw	0683
Navy, sprouted, boiled, drained, no salt	0593
Navy, sprouted, raw	0150
Pink, raw	0398
Pinto, boiled, w/o salt	1885
Pinto, raw	0882
Pinto, sprouted, cooked, drained, w/o salt	1219
Pinto, sprouted, raw	0063
Refried beans, fat-free	0196
Refried beans, traditional style	1744
Refried beans, vegetarian	0791
Snap, yellow, boiled, drained, no salt	0953
Snap, yellow, raw	1072
Soybeans, raw	1461
Soybeans, sprouted, raw	0307
Soybeans, sprouted, steamed	0158
Tofu, firm	1034
Tofu, soft	0324
White, boiled, no salt	1824
White, canned	1382
White, raw	0027
Yellow, raw	1447

BEANS, SOY & VEG, SOY

Soy flour, defatted	0803
Soy flour, full-fat, raw	0199
Soy flour, full-fat, roasted	0737
Soy meal, defatted, raw	1380

Soy sauce made from soy & wheat (shoyu)	0405
Soymilk (All flavors), enhanced	0516
Soymilk (All flavors), lowfat, with added calcium, vitamins A & D	1270
Soymilk (all flavors), nonfat, with added calcium, vitamins A & D	0026
Soymilk, chocolate & other flavors, light, with added calcium, vitamins A & D	0547
Soymilk, chocolate, unfortified	0997
Soymilk, chocolate, with added calcium, vitamins A & D	0395
Soymilk, original & vanilla, light, unsweetened, with added calcium, vitamins A & D	1013
Soymilk, original & vanilla, unfortified	1186
Soymilk, original & vanilla, with added calcium, vitamins A & D	0292
Yogurt (single serving size), Vanilla, Silk	1036
Yogurt, Key Lime, Silk	0662
Yogurt, Peach, Silk	1071
Yogurt, Plain, Silk	0980
Yogurt, Raspberry, Silk	0008
Yogurt, Strawberry, Silk	0504

BEANS, SOY & VEG, VEGETARIAN

Bacon bits, meatless	1011
Bacon, meatless	0677
Beans, baked, canned, plain or vegetarian	1274
Chicken, meatless	1208
Chicken, meatless, breaded, fried	0979
Fish sticks, meatless	0823
Frankfurter, meatless	0533
Green Giant, Harvest Burger, All Vegetable Protein Patties, frozen	1502
Loma Linda, Dinner Cuts, canned, unprepared	0438

Loma Linda, Fried Chik'n with Gravy, canned, unprepared	1172	Morningstar Farms, Spicy Black Bean Burger, frozen, unprepared	0004
Loma Linda, Little Links, canned, unprepared	0265	Morningstar Farms, Vegan Burger made with Organic Soy, frozen, unprepared	0893
Loma Linda, Redi-Burger, canned, unprepared	1169	Morningstar Farms, Veggie Bacon Strips, frozen, unprepared	0374
Loma Linda, Tender Rounds with Gravy, canned, unprepared	1530	Morningstar Farms, Veggie Bites Broccoli Cheddar, frozen, unprepared	1793
Loma Linda, Vege-Burger, canned, unprepared	1369	Morningstar Farms, Veggie Bites Country Scramble, frozen, unprepared	1485
Luncheon slices, meatless	1115	Morningstar Farms, Veggie Bites Spinach Artichoke, frozen, unprepared	0556
Meatballs, meatless	0513	Morningstar Farms, Veggie Medley made from Organic Soy, frozen, unprepared	0263
Morningstar Farms, America's Original Veggie Dog, frozen, unprepared	1405	Refried beans, canned, vegetarian	0791
Morningstar Farms, Asian Veggie Patties, frozen, unprepared	0643	Sandwich spread, meatless	0085
Morningstar Farms, Chik Patties Original, frozen, unprepared	1271	Sausage, meatless	0243
Morningstar Farms, Chik'n Nuggets, frozen, unprepared	0666	Tofu yogurt	0974
Morningstar Farms, Grillers Recipe Crumbles, frozen, unprepared	1518	Tofu, fried	0219
Morningstar Farms, Grillers Vegan, frozen, unprepared	0268	Vegetarian fillets	0942
Morningstar Farms, Meal Starters Chik'n Strips, frozen, unprepared	1598	Vegetarian meatloaf or patties	0766
Morningstar Farms, Meal Starters Steak Strips, frozen, unprepared	0710	Vegetarian stew	0709
Morningstar Farms, MeatFree Buffalo Wings, frozen, unprepared	0458	Veggie burgers or soy-burgers, unprepared	0530
Morningstar Farms, Meatless Corn Dogs, frozen, unprepared	0701	Worthington, Chili, canned, unprepared	1350
Morningstar Farms, Meatless Mini Corn Dogs, frozen, unprepared	1388	Worthington, Diced Chik, canned, unprepared	0896
Morningstar Farms, Original Chik'n Tenders, frozen, unprepared	1389		

BEANS, SOY & VEG, OTHER

Carob flour	0231
Hummus, commercial	0768
Hummus, home prepared	1359
Peas, split, boiled, no salt	1393
Peas, split, raw	1466

MEALS, CANNED

Beef stew, canned entree	1311
Beef, corned beef hash, with potato, canned	0029
Campbell's Spaghettios, Spaghettios Original	1724
Campbell's Spaghettios, Mini Beef Ravioli in Meat Sauce	1854
Campbell's Swanson, Chicken A La King	1821
Campbell's Swanson, Chicken & Dumplings	1688
Chef Boyardee, Beef Ravioli in Tomato & Meat Sauce	1690
Chef Boyardee, Beefaroni, Macaroni w/ Beef in tomato Sauce	1830
Chef Boyardee, Mini Ravioli, Beef Ravioli in Tomato & Meat Sauce	1947
Chef Boyardee, Spaghetti & Meatballs in tomato Sauce	1805
Chili con carne with beans	0046
Chili, no beans	1459
Hormel, Chili with Beans	1782
Loma Linda, Dinner Cuts, unprepared	0438
Loma Linda, Fried Chik'n with Gravy, unprepared	1172
Loma Linda, Little Links, unprepared	0265
Loma Linda, Redi-Burger, unprepared	1169
Loma Linda, Tender Rounds with Gravy, unprepared	1530
Loma Linda, Vege-Burger, unprepared	1369
Pasta with meatballs in tomato sauce	0260
Pasta with Sliced Franks in Tomato Sauce	1056
Spaghetti, no meat,	1254
Spaghetti, with meatballs,	1345
Worthington, Chili, unprepared	1350
Worthington, Diced Chik, unprepared	0896

MEALS, FROZEN

Beef Pot Pie, prepared	0194
Burrito, bean & cheese	0403
Burrito, beef & bean	0529
Chicken nuggets, cooked	0998
Chicken patty, cooked	1436
Chicken pot pie, prepared	1460
Green Giant, Harvest Burger, All Vegetable Protein Patties	1502
Lasagna with meat & sauce	0519
Lasagna with meat & sauce, low-fat	0261
Lasagna, Cheese, prepared	1183
Lasagna, Vegetable, baked	1565
Morningstar Farms, America's Original Veggie Dog, unprepared	1405
Morningstar Farms, Asian Veggie Patties, unprepared	0643
Morningstar Farms, Chik Patties Original, unprepared	1271
Morningstar Farms, Chik'n Nuggets, unprepared	0666
Morningstar Farms, Grillers Recipe Crumbles, frozen, unprepared	1518
Morningstar Farms, Grillers Vegan, unprepared	0268
Morningstar Farms, Meal Starters Chik'n Strips, unprepared	1598
Morningstar Farms, Meal Starters Steak Strips, unprepared	0710
Morningstar Farms, MeatFree Buffalo Wings, unprepared	0458
Morningstar Farms, Meatless Corn Dogs, unprepared	0701

Morningstar Farms, Meatless Mini Corn Dogs, unprepared	1388	Campbell's Supper Bakes, Cheesy Chicken with pasta	1894
Morningstar Farms, Original Chik'n Tenders, unprepared	1389	Campbell's Supper Bakes, Creamy Stroga- noff Sauce with pasta	1923
Morningstar Farms, Spicy Black Bean Burger, unprepared	0004	Campbell's Supper Bakes, Garlic Chicken with pasta	1902
Morningstar Farms, Vegan Burger made with Organic Soy, unprepared	0893	Campbell's Supper Bakes, Herb Chicken with rice	1896
Morningstar Farms, Veggie Bacon Strips, unprepared	0374	Campbell's Supper Bakes, Lemon Chicken with herb rice	1968
Morningstar Farms, Veggie Bites Broccoli Cheddar, unprepared	1793	Campbell's Supper Bakes, Savory Pork Chops with herb stuffing	0303
Morningstar Farms, Veggie Bites Country Scramble, unprepared	1485	Campbell's Supper Bakes, Southwestern- Style Chicken with rice	0048
Morningstar Farms, Veggie Bites Spinach Artichoke, unprepared	0556	Campbell's Supper Bakes, Traditional Roast Chicken with stuffing	1552
Morningstar Farms, Veggie Medley made from Organic Soy, unprepared	0263	Kraft, Macaroni & Cheese Dinner Original Flavor, unprepared	1320
Pizza, cheese topping, regular crust, cooked	0873	Pizza Chain, 14" Pizza, cheese topping, regular crust	0205
Pizza, cheese topping, rising crust, cooked	0485	Pizza Chain, 14" Pizza, cheese topping, thick crust	0338
Pizza, meat & vegetable topping, regular crust, cooked	0131	Pizza Chain, 14" pizza, meat & vegetable topping, regular crust	0790
Pizza, meat & vegetable topping, rising crust, cooked	1055	Pizza Chain, 14" pizza, pepperoni topping, regular crust	0154
Pizza, pepperoni topping, regular crust, cooked	0332	Pizza Chain, 14" Pizza, pepperoni topping, thick crust	0350
Tortellini, pasta with cheese filling	0264		
Turkey & gravy	1909		
Turkey Pot Pie	0925		

MEALS, OTHER

Betty Crocker, Hamburger Helper, Cheeseburger Macaroni, dry mix	1112
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SOUPS & SAUCES, SOUPS

Bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0223	Campbell's Chunky Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	1702
Beef broth or bouillon, powder, dry	0020	Campbell's Chunky Soups, Healthy Request Chicken Noodle Soup	1737
Black bean, canned, prepared with equal vol water	0481	Campbell's Chunky Soups, Healthy Request Vegetable Soup	1712
Campbell's Chunky Microwavable Bowls, Chicken & Dumplings	1878	Cheese, canned, prepared with equal vol milk	0102
Campbell's Chunky Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	1964	Chicken broth or bouillon, dry	1250
Campbell's Chunky Microwavable Bowls, Grilled Chicken with Vegetables & Pasta Soup, ready-to-serve	1675	Chicken broth, canned, prepared with equal vol water	1488
Campbell's Chunky Microwavable Bowls, New England Clam Chowder, ready-to- serve	1711	Chicken corn chowder, chunky, ready-to-serve, single brand	0370
Campbell's Chunky Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	1880	Chicken noodle, canned, prepared with equal vol water	0172
Campbell's Chunky Soups, Chicken & Dumplings Soup	1631	Chicken rice, canned, chunky, ready-to-serve	0678
Campbell's Chunky Soups, Chicken Broccoli Cheese & Potato Soup	1636	Chicken with dumplings, canned, prepared with equal vol water	0417
Campbell's Chunky Soups, Chicken Corn Chowder	1966	Chicken with rice, canned, prepared with equal vol water	1534
Campbell's Chunky Soups, Classic Chicken Noodle Soup	1914	Chunky beef, canned, ready-to-serve	1400
Campbell's Chunky Soups, Grilled Chicken & Sausage Gumbo	1796	Chunky chicken noodle, canned, ready-to-serve	0145
		Chunky vegetable, canned, ready-to-serve	1516
		Clam chowder, Manhattan style, canned, chunky, ready- to-serve	1178
		Clam chowder, Manhattan, canned, prepared with equal vol water	0991
		Clam chowder, New England, canned, prepared with equal vol low fat (2%) milk	1435
		Cream of asparagus, canned, prepared with equal vol milk	0043
		Cream of celery, canned, prepared with equal vol milk	0943

Cream of chicken, canned, prepared with equal vol milk	0811
Cream of mushroom, canned, prepared with equal vol low fat (2%) milk	0770
Cream of potato, canned, prepared with equal vol milk	0161
Gazpacho, canned, ready-to-serve	1952
Lentil with ham, canned, ready-to-serve	0094
Minestrone, canned, chunky, ready-to-serve	0963
Minestrone, canned, prepared with equal vol water	0142
Onion, dry, mix	0281
Ramen noodle, any flavor, dry	1298
Sirloin burger with vegetables, ready-to- serve, single brand	1066
Split pea soup with ham, canned, chunky, ready- to-serve	1756
Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	1170
Stock, beef, home-prepared	0780
Tomato, canned, prepared with equal vol low fat (2%) milk	1549
Vegetable beef, canned, prepared with equal vol water	0520

SOUPS & SAUCES, SAUCES

Alfredo mix, dry	0010
Barbecue	1342
Cheese	0058
Cheese, dry, powder	0076
Homemade, white, medium	1216
Pizza, canned	0805
Plum	0867
Salsa	0918

Soy sauce made from soy & wheat (shoyu)	0405
Spaghetti/marinara	0228
Spaghetti/marinara, low sodium	0088
Sweet & sour, prepared-from-recipe	0162
Tabasco	1142
Teriyaki	0861
Teriyaki, reduced sodium	1866
Tomato chili bottled, with salt	1522
White, thin, prepared- from-recipe, with butter	1768
Worcestershire	1005

SOUPS & SAUCES, GRAVIES

Au jus, canned	0509
Beef, canned	1094
Brown instant, dry	0371
Chicken, canned	1478
Turkey, canned	1498

SWEETS, CAKES

Angelfood, commercially prepared	0927
Angelfood, dry mix, prepared	1220
Cake, fruitcake, commercially prepared	1758
Cake, shortcake, biscuit- type, prepared from recipe	0792
Cake, sponge, prepared from recipe	1470
Cheesecake prepared from mix, no-bake type	0788
Chocolate, commercially prepared with chocolate frosting	1489
Chocolate, prepared from recipe w/o frosting	1111
Coffeecake, cinnamon with crumb topping, dry mix, prepared	1676
Coffeecake, fruit	0532

SWEETS, CAKES cont'd

Gingerbread, prepared from recipe	0490
Pineapple upside-down, prepared from recipe	1337
Pound, commercially prepared, butter	1887
Snack cakes, creme-filled, chocolate with frosting	0285
Snack cakes, creme-filled, sponge	1561
White, prepared from recipe w/o frosting	0227
Yellow, commercially prepared, chocolate frosting	0921
Yellow, commercially prepared, vanilla frosting	1211
Yellow, prepared from recipe w/o frosting	0146

SWEETS, PIES

Pie, apple, commercially prepared, enriched flour	0715
Pie, banana cream, prepared from recipe	1605
Pie, blueberry, prepared from recipe	1661
Pie, cherry, commercially prepared	0910
Pie, cherry, prepared from recipe	1640
Pie, coconut creme, commercially prepared	0197
Pie, lemon meringue, commercially prepared	0484
Pie, lemon meringue, prepared from recipe	1908
Pie, peach	1509
Pie, pecan, commercially prepared	1340
Pie, pumpkin, commercially prepared	1569

SWEETS, COOKIES

Animal crackers (includes arrowroot, tea biscuits)	1047
Brownies, prepared from recipe	1513
Chocolate chip, commercially prepared, regular, higher fat, enriched	0401
Chocolate chip, refrigerated dough, baked	0523
Chocolate sandwich, with creme filling, regular	0688
Chocolate sandwich, with creme filling, regular, chocolate-coated	1253
Chocolate sandwich, with extra creme filling	0787
Fig bars	1704
Fortune	1092
Gingersnaps	1386
Graham crackers, plain or honey (includes cinnamon)	1145
Molasses	1164
Oatmeal, commercially prepared, regular	0889
Oatmeal, commercially prepared, soft-type	0941
Oatmeal, prepared from recipe, with raisins	0528
Oatmeal, refrigerated dough, baked	0454
Peanut butter sandwich, regular	0517
Peanut butter, prepared from recipe	0844
Peanut butter, refrigerated dough	1726
Peanut butter, refrigerated dough, baked	0073
Sugar, refrigerated dough	1918
Sugar, refrigerated dough, baked	0743
Vanilla sandwich with creme filling	0202

SWEETS, CANDIES

Butterscotch	1998
Caramels	1749
Fudge, chocolate, prepared-from-recipe	1638
Fudge, vanilla, prepared-from-recipe	1635
Gumdrops, starch jelly pieces	1064
Halavah, plain	1905
Hard candy	1521
Jellybeans	1890
M&M's Milk Chocolate Candies	0640
Milk chocolate	1596
Milk chocolate coated peanuts	1860
Milk chocolate coated raisins	1809
Milk chocolate, with almonds	0994
Peanut brittle, prepared-from-recipe	1029
Reese's Peanut Butter Cups	0245
Semisweet chocolate	0377
Snickers Bar	1316
Sweet chocolate	1863
Taffy, prepared-from- recipe	1876
White chocolate	1803

SWEETS, OTHER

Baking chocolate, unsweetened, squares	0800
Candies, marshmallows	1372
Chewing gum	0660
Chewing gum, sugarless	0831
Cocoa, dry powder, unsweetened, processed with alkali	1088
Frozen yogurts, chocolate	1627
Frozen yogurts, chocolate, soft-serve	0298
Frozen yogurts, vanilla, soft-serve	0250
Honey	1158

Ice cream sundae, prepackaged	1140
Ice cream, chocolate	1203
Ice cream, chocolate or caramel covered, with nuts	1671
Ice cream, chocolate, light	1935
Ice cream, chocolate, light, no sugar added	0641
Ice cream, French vanilla, soft-serve	0845
Ice cream, strawberry	1377
Ice cream, vanilla	1209
Ice cream, vanilla, fat free	1862
Ice cream, vanilla, light	1783
Ice cream, vanilla, light, no sugar added	0216
Ice cream, vanilla, light, soft-serve	1733
Icy, lime	1580
Jellies	0946
M&M's Semisweet Chocolate Mini Baking Bits	1016
Sherbet, orange	1281
Snacks, fruit leather, rolls	0722
Sugars, brown	1139
Sugars, granulated	0400
Sugars, powdered	0023
Syrups, chocolate, fudge- type	1743
Syrups, corn, dark	1059
Syrups, corn, high- fructose	0352
Syrups, corn, light	1366
Syrups, grenadine	1698
Syrups, maple	0140
Syrups, pancake	0103
Syrups, pancake, reduced-calorie	0193
Syrups, pancake, with 2% maple	0764
Syrups, pancake, with butter	1786

SNACKS

Banana chips	1008	Nuts, cashew nuts, dry roasted, salt	1046
Beef jerky, chopped & formed	0995	Nuts, cashew nuts, dry roasted, no salt	1850
Beef sticks, smoked	1267	Nuts, cashew nuts, oil roasted, salt	1326
Breakfast bar, corn flake crust with fruit	0828	Nuts, cashew nuts, oil roasted, no salt	1764
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1262	Nuts, cashew nuts, raw	1318
Cheese, regular	0240	Nuts, chestnuts, Chinese, raw	1541
Cheese, sandwich-type with cheese filling	0586	Nuts, chestnuts, Chinese, roasted	1623
Cheese, sandwich-type with peanut butter filling	0075	Nuts, chestnuts, European, raw, unpeeled	1811
Chips, corn-based, extruded, plain	0066	Nuts, coconut meat, dried (desiccated), sweetened, shredded	1856
Cornuts, barbecue-flavor	0510	Nuts, ginkgo nuts, raw	1943
Cornuts, nacho-flavor	0312	Nuts, hazelnuts or filberts	1767
Cornuts, Kraft, plain	1691	Nuts, hazelnuts or filberts, blanched	1932
Crackers, melba toast, rye (includes pumpernickel)	1762	Nuts, hazelnuts or filberts, dry roasted, no salt	1801
Crackers, melba toast, wheat	1913	Nuts, macadamia nuts, dry roasted, salt	1694
Crackers, Saltines (includes oyster, soda, soup)	0566	Nuts, macadamia nuts, dry roasted, no salt	1945
Crackers, Saltines, unsalted tops (includes oyster, soda, soup)	1839	Nuts, macadamia nuts, raw	0272
Fruit leather, rolls	0722	Nuts, mixed nuts, dry roasted, with peanuts, salt	0871
Graham Crackers, Nabisco	1717	Nuts, mixed nuts, dry roasted, with peanuts, no salt	1526
Granola bars, hard, chocolate chip	1146	Nuts, mixed nuts, oil roasted, with peanuts, no salt	1150
Granola bars, hard, plain	1141	Nuts, mixed nuts, oil roasted, w/o peanuts, no salt	1967
Granola bars, soft, coated, milk chocolate coating, chocolate chip	1708	Nuts, mixed nuts, with peanuts, oil roasted, salt	1248
Granola bars, soft, uncoated, peanut butter	1137	Nuts, mixed nuts, w/o peanuts, oil roasted, salt	1916
Granola bars, soft, uncoated, plain	0575	Nuts, pecans	1159
Matzo, plain	1339	Nuts, pecans, dry roasted, salt	1877
Melba toast, plain	1096	Nuts, pecans, dry roasted, no salt	1666
Nuts, almonds	0631	Nuts, pecans, oil roasted, salt	1621
Nuts, almonds, dry roasted, salt	0152	Nuts, pine nuts, dried	0924
Nuts, almonds, dry roasted, no salt	0462		
Nuts, almonds, honey roasted, unblanched	0744		

Nuts, pistachio nuts, dry roasted, salt	1731	Seeds, sunflower seed kernels, toasted, no salt	1022
Nuts, pistachio nuts, raw	0071	Standard snack-type	0752
Nuts, walnuts, English	1370	Tortilla chips, plain, white corn	1376
Peanuts, cooked, boiled, salt	0671	Trail mix, regular	0922
Peanuts, dry-roasted, salt	0864	Trail mix, regular, with chocolate chips, salted nuts & seeds	1706
Peanuts, dry-roasted, no salt	1633	Wheat, sandwich, with cheese filling	0427
Peanuts, oil-roasted, salt	1358	Wheat, sandwich, with peanut butter filling	0375
Peanuts, oil-roasted, no salt	1911	Whole-wheat	1333
Peanuts, raw	0394		
Peanuts, Spanish, raw	0262		
Popcorn, air-popped	1033		
Popcorn, air-popped, white popcorn	0568		
Popcorn, cakes	1265		
Popcorn, caramel-coated, with peanuts	1686		
Popcorn, caramel-coated, w/o peanuts	1985		
Popcorn, microwave, 94% fat free	0959		
Popcorn, oil-popped, microwave, regular flavor	0583		
Popcorn, oil-popped, white popcorn	1001		
Potato chips, barbecue-flavor	0420		
Potato chips, plain, salted	1384		
Potato chips, reduced fat	0915		
Potato chips, sour-cream-&-onion-flavor	1077		
Potato sticks	1356		
Pretzels, hard, plain, salted	0727		
Pretzels, hard, whole-wheat	1364		
Pretzels, soft	0108		
Puffs or twists, corn-based, extruded, cheese-flavor	1255		
Ritz Crackers, Nabisco	1710		
Rye, sandwich-type with cheese filling	0563		
Seeds, sunflower seed kernels, dried	1415		
Seeds, sunflower seed kernels, dry roasted, no salt	1362		
Seeds, sunflower seed kernels, oil roasted, salt	1302		
Seeds, sunflower seed kernels, toasted, salt	1837		

SPICES & HERBS

Allspice, ground	1827
Basil, dried	1317
Basil, fresh	0757
Bay leaf	1025
Celery seed	1692
Chili powder	1004
Cinnamon, ground	0885
Cloves, ground	1000
Cumin seed	0341
Curry powder	0571
Dill seed	1802
Dill weed, dried	0187
Dill weed, fresh	1927
Garlic powder	1434
Ginger, ground	0567
Horseradish, prepared	0358
Mustard seed, yellow	1991
Mustard, prepared, yellow	1392
Nutmeg, ground	0574
Onion powder	0065
Oregano, dried	1052
Paprika	0620
Parsley, dried	0843
Pepper, black	0346
Pepper, red or cayenne	1003
Pepper, white	0518
Poppy seed	1739
Poultry seasoning	1730
Pumpkin pie spice	1746
Rosemary, dried	1897
Salt, table	0329
Thyme, dried	1722
Thyme, fresh	1674
Vanilla extract	1563
Vanilla extract, imitation, alcohol	1882

SPICES & HERBS cont'd

Vanilla extract, imitation, no alcohol	1844
Vinegar, balsamic	0582
Vinegar, cider	0139
Vinegar, distilled	0234
Vinegar, red wine	1385

FATS & OILS, MARGARINE

Butter-margarine blend, stick, unsalted	0986
Margarine spread, fat-free, tub	0894
Margarine, margarine-like vegetable oil spread, 6% fat, tub	1154
Margarine, regular, stick, composite, 8% fat, with salt	0455
Margarine, regular, tub, composite, 8% fat, with salt	0745
Margarine-like spread, stick or tub, sweetened	1517

FATS & OILS, DRESSINGS

Bacon & tomato	0453
Blue or Roquefort cheese dressing, regular	1256
Blue or Roquefort cheese dressing, reduced calorie	0082
Buttermilk, lite	1041
Caesar dressing, regular	0034
Caesar, low calorie	0825
Coleslaw	1089
French dressing, regular	1587
French dressing, reduced calorie	0876
French dressing, reduced fat	1294
Green goddess, regular	0191
Honey mustard dressing, reduced calorie	1301

Italian dressing, regular	1374
Italian dressing, reduced fat	1395
Mayo Fat Free Mayonnaise Dressing	0617
Mayo Light Mayonnaise	0422
Mayonnaise type, regular, with salt	0525
Mayonnaise, light	1167
Mayonnaise, reduced-calorie or diet, cholesterol-free	1184
Mayonnaise, soybean oil, with salt	0284
Miracle Whip Free Nonfat Dressing	0465
Miracle Whip Light Dressing	1224
Peppercorn dressing, regular	1736
Ranch dressing, regular	0238
Ranch dressing, fat-free	1554
Ranch dressing, reduced fat	0279
Russian dressing	0208
Russian dressing, low calorie	1612
Sesame seed dressing, regular	1944
Spray-style dressing, assorted flavors	0005
Sweet & sour	0080
Thousand island, fat-free	1199
Thousand island, reduced fat	1558
Thousand island, regular	0855
Vinegar & oil, home recipe	0269

FATS & OILS, OILS

Fish oil, cod liver	1715
Flaxseed oil	1823
Lard	0290
Olive oil, salad or cooking	1429
Pam cooking spray, original	0581
Peanut oil, salad or cooking	1515
Sesame oil, salad or cooking	1401
Shortening, vegetable	0356

Soybean oil, salad or cooking	0859
Vegetable oil, almond	1950
Vegetable oil, canola	0148
Vegetable oil, coconut	1503
Vegetable oil, corn, all purpose salad or cooking	1572
Vegetable oil, palm	1665
Vegetable oil, poppyseed	1939

BEVERAGES, ALCOHOL

Beer, light	1480
Beer, regular, all	0384
Creme de menthe, 72 proof	1613
Distilled, all (gin, rum, vodka, whiskey) 8 proof	0165
Distilled, all (gin, rum, vodka, whiskey) 86 proof	1269
Distilled, vodka, 8 proof	1745
Liqueur, coffee, 53 proof	0840
Pina colada, prepared-from-recipe	1618
Rice (sake)	0270
Wine, cooking	0237
Wine, dessert, dry	1974
Wine, light	0310
Wine, table, all	1427
Wine, table, red	1507
Wine, table, red, Cabernet Sauvignon	1681
Wine, table, red, Zinf&el	1654
Wine, table, white	1313
Wine, table, white, Pinot Gris (Grigio)	1946
Wine, table, white, Riesling	1915

BEVERAGES, FRUIT & VEG

Apple juice, canned or bottled, unsweetened, added ascorbic acid	1723
Apple juice, canned or bottled, unsweetened, no added ascorbic acid	1355

Apple juice, frozen concentrate, unsweetened, diluted, no added ascorbic acid	1402
Blackberry juice, canned	1816
Campbell's Healthy Request Tomato juice	1957
Campbell's Organic Tomato juice	1865
Campbell's Tomato juice	1662
Campbell's Tomato juice, low sodium	1884
Campbell's V8 1% Vegetable Juice	0189
Campbell's V8 Vegetable Juice, Calcium Enriched V8	1934
Campbell's V8 Vegetable Juice, Lemon Twist V8	0625
Campbell's V8 Vegetable Juice, Low Sodium V8	1657
Campbell's V8 Vegetable Juice, Organic V8	1900
Campbell's V8 Vegetable Juice, Spicy Hot V8	1699
Campbell's V8 Vegetable Juice, V8 Picante	1938
Carrot juice, canned	0336
Citrus fruit juice drink, frozen concentrate	0467
Cranberry juice cocktail, bottled	0457
Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin & corn sweetener	0013
Cranberry juice, unsweetened	0551
Cranberry-apple juice drink, bottled	1193
Cranberry-apple juice drink, low calorie, with vitamin C added	1391
Cranberry-grape juice drink, bottled	1207
Fruit punch drink, no added nutrients, canned	0045
Fruit punch-flavor drink, powder, no added sodium	0669
Grape juice cocktail, frozen concentrate, diluted, added ascorbic acid	1303

BEVERAGES, FRUIT & VEG cont'd

Grape juice, canned or bottled, unsweetened, added ascorbic acid	1798
Grape juice, canned or bottled, unsweetened, no added ascorbic acid	0503
Grapefruit juice, white, canned, sweetened	0437
Grapefruit juice, white, canned, unsweetened	1955
Grapefruit juice, white, frozen concentrate, unsweetened, diluted	0763
Grapefruit juice, white, raw	1496
Juice, apple & grape blend, added ascorbic acid	1990
Lemonade, frozen concentrate, white	0507
Lemonade, powder	0156
Mixed vegetable & fruit juice drink, added nutrients	0099
Orange breakfast drink, ready-to-drink	0030
Orange drink, canned, added vitamin C	0968
Orange juice, canned, unsweetened	0463
Orange juice, chilled, includes from concentrate	0334
Orange juice, chilled, includes from concentrate, calcium & vitamin D	1667
Orange juice, frozen concentrate, unsweetened, diluted	0824
Orange juice, raw	1548
Orange-flavor drink, breakfast type, powder	1285
Papaya nectar, canned	0203
Passion-fruit juice, purple, raw	1921
Passion-fruit juice, yellow, raw	1843

Pineapple juice, canned, unsweetened, no added ascorbic acid	1295
Pineapple juice, frozen concentrate, unsweetened, diluted	0868
Pomegranate juice, bottled	1804
Prune juice, canned	1451
Tangerine juice, frozen concentrate, sweetened, diluted	1875
Tangerine juice, raw	1899
Tomato & vegetable juice, low sodium	0267
Tomato juice, canned, no salt added	0136
Vegetable juice cocktail, canned	0014

BEVERAGES, MILK

Milk, chocolate, lowfat	0969
Milk, chocolate, reduced fat	0726
Milk, chocolate, whole	0934
Milk, dry, nonfat, regular, w/o added vitamin A	0060
Milk, lowfat, 1%, with added vitamin A	0381
Milk, nonfat, with added vitamin A (fat free or skim)	0051
Milk, reduced fat, 2%, with added vitamin A	0627
Milk, whole	1019
Shake, chocolate	1634
Shake, strawberry	1629
Shake, vanilla	1838
Shakes, thick chocolate	1668
Soymilk enhanced	0516
Soymilk, chocolate & other flavors, light, with added calcium, vitamins A & D	0547
Soymilk, chocolate, unfortified	0997
Soymilk, chocolate, with added calcium, vitamins A & D	0395
Soymilk, lowfat, with added calcium, vitamins A & D	1270

Soymilk, nonfat, with added calcium, vitamins A & D	0026
Soymilk, original & vanilla, light, unsweetened, with added calcium, vitamins A & D	1013
Soymilk, original & vanilla, unfortified	1186
Soymilk, original & vanilla, with added calcium, vitamins A & D	0292

BEVERAGES, SODAS

Chocolate-flavored soda	1814
Club soda	1508
Cola, caffeine	0007
Cola, w/o caffeine	1571
Cream soda	0335
Ginger ale	1107
Grape soda	0572
Lemon-lime soda, caffeine	0204
Low calorie, cola or pepper-type, with aspartame, caffeine	0938
Low calorie, cola or pepper-type, with aspartame, w/o caffeine	0059
Low calorie, cola or pepper-types, with sodium saccharin, caffeine	1044
Low calorie, other than cola or pepper, with aspartame, caffeine	1229
Low calorie, other than cola or pepper, with sodium saccharin, w/o caffeine	1573
Low calorie, other than cola or pepper, w/o caffeine	0444
Orange	1349
Pepper-type, contains caffeine	1331
Root beer	1106
Sprite, lemon-lime, w/o caffeine	0908
Tonic water	0931

BEVERAGES, COFFEES

Coffee, brewed from grounds, with tap water	0442
Coffee, brewed from grounds, with tap water, decaffeinated	0064
Coffee, brewed, espresso, restaurant-prepared	0317
Coffee, brewed, espresso, restaurant-prepared, decaffeinated	0276
Coffee, instant, decaffeinated, powder, with water	0246
Coffee, instant, regular, powder	0629
Coffee, instant, regular, with water	0559
Coffee, instant, with chicory, prepared with water	1750
Tea, brewed, with tap water	1113
Tea, brewed, with tap water, decaffeinated	0089
Tea, herb, chamomile, brewed	1570
Tea, herb, other than chamomile, brewed	0480
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	0554
Tea, instant, sweetened with sugar, lemon-flavored, w/o added ascorbic acid, powder, prepared	0636
Tea, instant, unsweetened, powder, prepared	0487

BEVERAGES, OTHER

Breakfast type drink, orange flavor, reduced sugar	0774
Chocolate syrup	1467
Chocolate-flavor beverage mix for milk, powder, with added nutrients	0599
Cocktail mix, non- alcoholic, concentrated, frozen	1190
Cocoa mix, Nestle, Hot Cocoa Mix Rich Chocolate With Marshmallows	1751
Cocoa mix, Nestle, Rich Chocolate Hot Cocoa Mix	1840
Cocoa mix, no sugar added, powder	0706
Cocoa mix, powder	0301
Cocoa mix, powder, prepared with water	0782
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder	0884
Eggnog	0433
Energy drink, Red Bull, with added caffeine, niacin, pantothenic acid, vitamins B6 & B12	1114
Malted drink mix, chocolate, with added nutrients, powder	0765
Malted drink mix, natural, powder	0783
Propel Fitness Water, fruit-flavored, non- carbonated	0459
Sports drink, Gatorade, fruit-flavored	1312
Sports drink, Powerade, lemon-lime flavored	1181
Water, bottled	1479
Water, tap	0909
Wine, non-alcoholic	1653

CONDIMENTS

Barbecue Sauce	1342
Catsup	0157
Mayo Fat Free Mayonnaise Dressing	0617
Mayo Light Mayonnaise	0422
Mayonnaise, light	1167
Mayonnaise, reduced- calorie or diet, cholesterol-free	1184
Mayonnaise, soybean oil, with salt	0284
Miracle Whip Free Nonfat Dressing	0465
Miracle Whip Light Dressing	1224
Mustard, prepared, yellow	1392
Pepper, black	0346
Pickle relish, sweet	0408
Plum Sauce	0867
Salsa	0918
Salt, table	0329
Sweet & sour, prepared-from-recipe	0162
Tabasco	1142
Teriyaki	0861
Worcestershire	1005

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BASIC INSTRUCTIONS

1. Place the scale on a clean, level surface. Press the ON/OFF key on the right side of the scale; the four digit food code will be blinking.
2. To use a plate or other container to weigh food, put empty plate and/or container on scale. Press ZERO.
3. Find the desired food code in the food code booklet. Enter the 4 digit food code number starting with 1 or 0.
4. Put food on the scale: calculations will appear in the display window.

OPTIONAL:

5. Press the G/OZ key to toggle between English (lb/oz) and metric (g) units of measurement.
6. Press SAVE to store nutritional information.
7. Press TOTAL to view stored nutritional information. Press TOTAL again to exit total mode.
8. To weigh another food item, press CLEAR and repeat steps 2 through 4.

QUICK TIPS & REFERENCE

- Computing a meal, page 7.
- Programming and custom food codes, page 8.
- Do not place food on scale before turning on. The scale auto-tares.
- For info on ZERO, see page 6.
- Cleaning the scale, page 9.

INTRODUCTION

Welcome to your new Perfect Portions Scale—a state-of-the-art Nutrition Scale that weighs your food and simultaneously calculates the amount of 10 key nutritional elements:

- Calories
- Calories from Fat
- Carbohydrates (in grams)
- Protein (in grams)
- Fat (in grams)
- Saturated Fat (in grams)
- Fiber (in grams)
- Sugars (in grams)
- Cholesterol (in grams/milligrams)
- Sodium (in grams/milligrams)

Additionally, the scale will calculate the percent daily value for the most of these elements based on a daily diet of 2,000 calories.

The Perfect Portions nutritional scale is designed to serve the needs of health conscious individuals who want to establish and maintain a healthy lifestyle. This means making a gradual change in your eating habits – becoming increasingly conscious of what you choose to eat and the implications for your health and sense of well being.

Although the Perfect Portions nutritional scale provides a convenient way to create a nutritious diet, perhaps a more important function is to help those who use it to monitor and manage food choices and portion sizes day by day. As the scale helps you to become familiar with the nutritional content of many common foods, you can learn to make decisions with confidence at the grocery store, in restaurants and other places where the scale isn't available. Our idea of portion size has been exaggerated by the huge quantities of food often served in restaurants. The scale will show the relationship between portion size and calorie and nutrient content and allow you to make better nutrition decisions for your family.

The Perfect Portions nutritional scale is a highly sensitive and accurate piece of equipment. It can measure the nutritional values for individual foods or entire meals. The scale also calculates and stores cumulative nutrient totals. Users may want to keep a journal to record their daily nutritional intake over time and to share the information with their physician or nutrition professional.

GETTING TO KNOW YOUR SCALE

OPERATING MODES – the Perfect Portions scale can be in one of the following three operating modes: NORMAL, PROGRAM, or TOTAL.

NORMAL mode is the standard operating mode in which you can enter a food code and weigh items. When you turn on the scale, it starts in this mode.

PROGRAM mode is used to enter user defined, custom food codes. This mode is entered by pushing the CUSTOM key for 3 seconds until you hear the scale beep twice.

TOTAL mode is entered and exited by pressing the TOTAL key. Note that “Total” will be shown near the bottom right corner of the display when in this mode. This mode is useful for tasks such as displaying cumulated nutritional information over the course of a day.

THE DISPLAY – the Perfect Portions scale displays the 10 different nutritional values and the weight in grams or pounds and ounces. The food code number for the food being weighed also appears in the display window.

Displaying Amount

Nutrition Facts	
Food Code	0240
Calories	417
Fat Calories	189
Total Fat	21g
Saturated Fat	8g
Cholesterol	11mg
Sodium	826mg
Total Carbs	48g
Dietary Fiber	2g
Sugars	0g
Protein	8g
Weight	83g

Displaying %DV

Nutrition Facts	
Food Code	0240
Calories	21%
Fat Calories	
Total Fat	32%
Saturated Fat	39%
Cholesterol	4%
Sodium	34%
Total Carbs	16%
Dietary Fiber	8%
Sugars	
Protein	
Weight	83g

REMOVE PACKING MATERIALS – Be sure to remove the battery pull-tab from the back of the scale before using your scale for the first time.

GETTING TO KNOW YOUR SCALE

THE CONTROLS – includes 18 keys which allow you to select functions, enter numbers (such as those representing food codes), and toggle (switch back and forth) between certain functions. Each function will be explained in detail in the following list.

ON/OFF: Used to turn the scale on and off. The button is located on the right side of the scale.

Number keys 0-9: To enter numbers as required.

SAVE key: Press SAVE to store the nutritional information shown on the display to the nutritional information cumulative total. This is helpful for tracking nutritional intake over time.

CLEAR key: The Clear key has three functions:

- Press CLEAR in NORMAL mode to clear the current food code. The four digit food code number will flash to signify the scale is ready to accept another food code entry.
- It is used to clear entries. All entries repeatedly flash on and off when the scale is ready to accept input in a particular field. Press clear to zero any blinking field.
- Press and hold CLEAR for 3 seconds in TOTAL mode to clear the stored, cumulative total.

CUSTOM key: The CUSTOM key has two functions.

- Press CUSTOM and enter a two digit number to retrieve a user defined custom food code.
- Press and hold CUSTOM for 3 seconds to enter user defined, custom food code for up to 99 of your most commonly consumed foods.

G/OZ key: used to toggle between metric (g) and English (lbs/oz) units of measure. The button is just next to the ON/OFF button on the right side of the scale.

ZERO key: The ZERO function allows you to omit the weight of a container and weigh only the food within it.

TOTAL key: used to toggle between NORMAL and TOTAL Modes when operating the scale.

% DV key: This function toggles the display between weight amounts and Percent Daily Values (DV) for the different nutritional values.

- Note: The Percent Daily Values are based on a 2,000 calorie diet.
- Note: A Percent Daily Value is not shown for Fat Calories, Sugars, and Protein.

SCALE FUNCTIONS

TURNING THE SCALE ON AND OFF – Place the scale on a clean, level surface. Push the ON/OFF button located on the right side of the scale to turn the scale on. Push it again to turn it off. If you don't make an entry for several minutes, the scale turns itself off automatically.

WEIGHING ITEMS - When a food is placed on the scale, its weight will automatically appear next to the Weight heading in the display window. The weight can be displayed in either metric units (grams) or English units (pounds and ounces). To convert between metric and English units, press the G/OZ key on the right side of the scale.

WEIGH USING A CONTAINER – You may want to weigh foods or ingredients using a container such as a bowl or plate. In these situations, the ZERO function can be used to offset the weight of the container so that only the weight of the food is calculated by the scale. This is also commonly referred to as “tare”.

To use the ZERO function, place the empty container on the scale and press the ZERO key. The weight registered by the scale will return to zero. The scale will display “0” after the Weight heading and “ZERO SET” will be shown on the display. Then, when you place food in the container, only the food is weighed.

If you want to reset the scale for a new measurement, remove all items from the scale and press ZERO again. The scale can also be reset by turning it off and then back on again.

Note: With each different container used, you should set a new zero weight.

Tip: If you place the empty container on the scale while the scale is turned off, the container weight will automatically be zeroed out when you turn the scale on.

SCALE FUNCTIONS

ENTERING FOOD CODES – The food code is entered to tell the scale what is being weighed. Each food has been assigned a code number from 0001 to 1999. Find the food you want to weigh in the Food Code Booklet, arranged by category. Enter the Food Code number when the four digit Food Code number is blinking on the display. The display will show the nutrient value for the amount of food you have placed on the scale. NOTE: If no food code has been entered, the nutrient values will not be displayed, except when in the TOTAL mode (see below for more information on cumulative data).

COMPUTING PERIODIC TOTALS – The scale allows you to keep a running total of your nutritional intake by using the TOTAL function. NOTE: The TOTAL function is active when the word TOTAL appears near the bottom right corner of the display. The TOTAL key toggles between the display of cumulated totals and the nutrient values of the current food being weighed. When in the TOTAL mode, only the CLEAR function is available. You must always exit the TOTAL mode by pressing TOTAL again before you can access other functions. TIP: The word TOTAL will not be visible near the bottom right corner of the display screen once you have exited the TOTAL mode.

TO ADD TO THE CUMULATIVE FOOD TOTAL: With food on the scale and the nutrients displayed, press SAVE. The values will be added to the cumulative food total. Press TOTAL to toggle into the TOTAL mode. Review the cumulative food total. Press TOTAL again to return to NORMAL mode.

TO CLEAR THE TOTAL: Press the TOTAL key to enter the TOTAL mode. Press and hold the CLEAR key for 3 seconds to zero the total (You would typically clear the totals before making the first entry of the day).

SCALE FUNCTIONS

COMPUTING A MEAL – When you have learned how to compute totals, you can use the ZERO function to compute the nutrient value for several food items from a cooked meal by adding them to a plate. Make sure that the total has been cleared before you begin. Let's walk through an example. First, place the empty plate. On the scale and press the ZERO key. The scale will show "0" next to WEIGHT. Next, place the first item on the plate and enter its code. Then press SAVE to store its nutrient values. Next, press ZERO again, and the weight will return to zero (but the appropriate nutrient values for the first item have been stored in the scale's memory). Now add the next item to the plate, press CLEAR, enter its food code, and press SAVE again to add the nutrient values of this second item to those stored for the first food item. Repeat until all the foods for your meal have been added to the plate and saved. To complete the calculations, press TOTAL and the nutrient values for your entire meal will be displayed.

ENTERING CUSTOM FOOD CODES – The scale allows you to program and store up to 99 custom food codes for those instances when you want to weigh an ingredient or food that is not included in the built-in food code list. It is best to use these custom entries for items that are frequently consumed.

Tip: Record your custom entries on the back cover of the food code book using a permanent marker.

To program a custom entry, you need the nutritional information commonly found on the food's Nutrition Facts label. Also, most restaurants can provide the nutrition facts information for their offerings. The standard Nutrition Facts label looks similar to the digital display on your scale.

Note that the nutritional information is typically given in grams and represents the amount of an individual serving. The weight of one serving is called the serving size, which is also measured in grams. Follow the simple procedure on the next page to store this information in your scale.

SCALE FUNCTIONS

ENTERING CUSTOM FOOD CODES CONT– When in NORMAL operating mode, press and hold the CUSTOM key until the scale beeps twice. This indicates that the scale is now in the PROGRAM mode. The display will be blank except for a “U” and blinking “00” in the Food Code display area. The blinking digits indicate that the scale is ready to accept user input.

Enter the two digit (01-99) custom food code number that you want to use and press the CUSTOM key. If you need to zero the entry, the CLEAR key can be used at any time. After you enter the custom food code number, the scale will beep and the 9 nutrient values and Weight (per serving) will appear for programming.

Starting with Calories, enter the 9 displayed nutrients in grams exactly as they are listed on the Nutrition Facts label. The active nutrient is indicated by the blinking digits. Press the CLEAR key to reset an entry to zero. Always enter the amounts in grams or milligrams, as shown on the label. Press CUSTOM to store the current entry and move to the next entry.

After pressing CUSTOM to store the final nutrient value (Protein), the four digits next to Weight will begin blinking. This is the weight of the individual serving size. Enter the weight of the serving size in grams.

After pressing CUSTOM to store the Weight per serving size, the scale will calculate the nutritional information per 100 grams and store these values to memory. The scale will then beep twice and return to the NORMAL operation mode. The custom entry is now ready for your use.

USING CUSTOM FOOD CODES – To make use of the nutrient values programmed in the preceding section, make sure the scale is in the NORMAL operating mode and ready to accept a food code entry. The scale is ready when the food code digits are blinking. Press CUSTOM. The Food code will now show a steady “U” and a blinking “00.” Enter the two digit user code from 01 to 99. Proceed as when using a standard food code entry.

CARING FOR YOUR SCALE

CLEANING – Your scale is not waterproof. Never immerse the scale in water or place it in a dishwasher. To clean the scale platform, use a soft, slightly damp cloth or sponge. For stains or other residue, use a mild dishwashing soap. Never use harsh cleaners or treated cloths.

CHANGING THE BATTERY – Your scale uses two AA batteries. To change the batteries, open the battery door on the bottom of the scale, remove the old batteries and replace them with the + end oriented as shown in the battery compartment.

Caution:

1. Do not mix old and new batteries.
2. Do not mix Alkaline, Standard (Carbon-zinc), or Rechargeable (Nickel Cadmium batteries).
3. Please dispose of used batteries properly.

MANUFACTURER'S WARRANTY

Your scale is warranted by the manufacturer against defects in materials and workmanship for five (5) years for the original purchaser from the date of purchase. Proof of purchase is required.

The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased.

If your scale is defective, please contact DMD, LLC toll-free at (866) 991-8494.

USE OF DATA

The scale contains data derived directly from a U.S. Department of Agriculture Data Base. While the scale is very sensitive and highly accurate, the nutritional content of foods can be variable. The data given is presumed to be accurate for the sample the Government tested, but there can be significant variability in samples of the same types of food. For example, chocolate cake may be quite different because recipes vary from family to family and bakery to bakery. Similarly, the sugar content of fruits can vary considerably. On the other hand, certain quality-controlled foods, such as milk, won't vary much in nutritional content, and others, such as butter, are naturally uniform.

For these reasons, the nutritional values displayed by the scale should be considered as a very useful guide to good nutrition, but not as an absolute measure. In most cases, the accuracy will be sufficient to support your dietary requirements. However, we cannot assume any liability related to the accuracy and completeness of the information provided, nor to the way in which the information is used by the consumer. Before beginning any diet management program, users should consult with their physician or a registered dietitian.

GLOSSARY

NUTRITIONAL TERMS – Your body depends on the food you eat to provide nutrients. Nutrients are chemical substances found in foods that are essential for life processes like breathing, thinking, and digestion. The nutrients found in food are vitamins, minerals, water, fat, protein, and carbohydrates. All foods contain some combination of these nutrients. Only three nutrients supply calories: protein, fat, and carbohydrates. Vitamins, minerals, and water do not supply calories. The following defines the nutrients whose values are calculated by the scale, as well as other terms the user may not be familiar with. The definitions will be found in alphabetical order.

Calorie – A calorie is a basic unit used to measure the energy contained in food.

Carbohydrate – Carbohydrates are the body's primary source of readily available energy. The main forms of carbohydrate are sugars and starches. Sources of simple carbohydrates include table sugar, candy, and refined flour products. Complex carbohydrates include starches like oatmeal, high fiber cereals and whole wheat flour products.

Cholesterol – A wax-like substance that is not soluble in water. There are two different types of cholesterol: a blood (serum) form and a dietary (food) form. It is important to know that cholesterol is not only consumed in the diet, but also produced in the body. Studies show that lowering the amount of high cholesterol food in your diet is not nearly as effective in lowering blood cholesterol as eating less saturated fat, because some foods which are "cholesterol free" can still be high in fat.

Dietary cholesterol is found in foods of animal origin such as egg yolks, organ meats and higher fat dairy products. Saturated fat may increase the level of blood cholesterol. A high level of cholesterol in the blood has been shown in studies to be a major risk factor for heart disease. Plant-based foods such as fruits, vegetables, grains, legumes (beans, peas, and lentils) do not contain cholesterol.

GLOSSARY

Fat – Fats occur naturally in foods and play an important role in nutrition. Fats, oils and some foods like nuts (e.g., peanuts, walnuts, and almonds) are a concentrated source of energy for the body. Fats store energy in the blood. Fat is found in meats, fish, and meat substitutes, breads, starches and some dairy products. Fat supplies nine calories per gram, twice as many as protein or carbohydrates.

Saturated fat – Saturated fat is found chiefly in animal sources such as meat, poultry, milk and butter. Some tropical vegetable oils like coconut, palm kernel and palm oils, are also rich in saturated fats. Studies show that eating less total fat in the diet and especially saturated fat is one of the most effective ways to lower blood cholesterol.

Fiber – A form of carbohydrate that is not digestible in the body. While carbohydrates have a big impact on blood sugar, fiber does not. Fiber gives a feeling of fullness and causes a person to feel less hungry. Foods such as beans, fruits and vegetables (especially their skins), and whole grains are an excellent source of dietary fiber and also contain many nutrients. If you eat more fiber it is important to drink more water to avoid bloating. Fiber contributes about 1.5 to 2.5 calories per gram.

Gram – An unit of mass in the Metric system. There are about 30 grams in an ounce. One gram of carbohydrate or protein contains about 4 calories and 1 gram of fat contains about 9 calories. A milligram is one-thousandth of a gram.

Ounce – An unit of mass in the “English” system. There are 16 ounces in a pound. An ounce is equal to approximately 30 grams.

GLOSSARY

Protein – Contains complex chains of amino acids necessary for conducting a variety of body functions, such as building tissues, making important body chemicals (e.g., enzymes and hormones and maintaining growth and repair processes). While many plant-based foods, including beans, peas, vegetables, nuts and seeds contain some protein these foods do not contain all the essential amino acids. Other protein sources from animals, such as meat, fish, poultry, eggs, and dairy products (milk, cheese, and yogurt) are considered higher in protein content since they contain all essential amino acids. Each gram of protein provides four calories of energy.

Tare – the weight of a food wrapper or empty container, bowl or jar. To set the tare, the container must first be weighed alone before filling it with food to be weighed (see “Setting zero weight” on page 7 for more information).

Toggle – to switch back and forth between functions on the keypad by pushing a particular key.

Water – A nutrient required for all cells in the body to function. The adult body is approximately 70% water.

SPECIFICATIONS

- Requires 2 AA batteries, included
- Maximum weight: 10 lb / 5 kg
- Resolution: 0.1 oz / 1 g

Patent Pending. Product made to our exact specifications in China.

For more information, please contact us at:

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