

Escali[®]

Nutritional Scale



Cibo

Manual
and code list

www.***Escali***.com

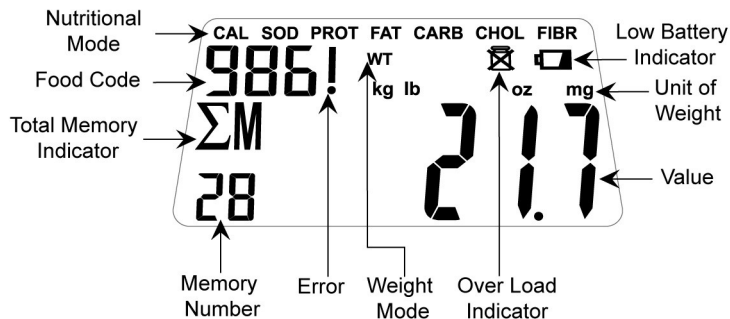
Thank you for purchasing the Escali Digital Nutritional Scale.

The Escali Cibo Digital Nutritional Scale has a smart weighing system inside. This highly diverse diet scale weighs in ounces, pounds+ounces, grams and kilograms. The scale is advanced with easy to use features to display and memorize nutritional values, including carbohydrates, fat and protein.

The Escali Cibo will prove to be an indispensable tool in your health conscious way of living.

Please read the following operation information to ensure the proper function of your new scale.

How to read the display:



How to weigh:

- 1) Place the stainless steel tray on the scale
- 2) Press the "ON/OFF" key
- 3) All display segments will show for about 2 seconds
- 4) "WT 0.0 oz" will appear on the display
- 5) Press the "g/oz/WT" key to select measuring unit
- 6) Place item slowly on the tray

How to use the Tare feature:

This feature allows you to obtain the exact weight of an item in a container, by subtracting the weight of the container. It lets you add consecutive ingredients to the container, and weigh each ingredient individually.

- 1) Press the "ON/OFF" key
- 2) Select measuring units (oz, lb/oz, g, kg)
- 3) Place the container, without the item, slowly on the tray
- 4) Press the "TARE" key. The weight of the container will be removed, and the display value will reset to zero
- 5) Slowly add the item to the container. The display will show the weight of the item only
- 6) You may continue to determine the weight of each additional item as they are added by repeating step 4 & 5

How to clear the Tare feature:

Remove all items from the tray. A negative weight will appear on the display. Press the "TARE" key again to reset the scale to zero

How to display Nutritional data:

- 1) Make sure your scale is in WT mode (press the g/oz/WT key if necessary), "WT" will display
- 2) Place the food item slowly on the tray
- 3) Find the 3 digit food code from the list in this manual
- 4) Use the number keypad to input the food code. The code number is shown on the top left hand corner of the display. (You may clear the input with the CLR/MC key)
- 5) Press CAL, SOD, PROT, FAT, CARB, CHOL or FIBR key to display the nutritional readings

CAL – Key for indication of calories
SOD – Key for indication of Sodium in milligrams
PROT – Key for indication of Protein in grams
FAT – Key for indication of Fat in grams
CARB – Key for indication of Carbohydrates in grams
CHOL – Key for indication of Cholesterol in milligrams
FIBR – Key for indication of Fiber in grams

How to save Nutritional data:

This feature cumulates the dietary values of the foods being weighed in the diet memory.

- 1) Follow step 1 - 5 of "How to display Nutritional data"
- 2) Press the g/oz/WT key to return to weigh mode
- 3) Press the M+ key to save the nutritional data
- 4) The display will show M01 to indicate the first saved nutritional data
- 5) The saved data will remain in the memory until cleared (even after turning off the scale)
- 6) Up to 99 nutritional readings can be added to the memory

How to recall saved Nutritional data:

- 1) Make sure your scale is in WT mode (press "g/oz/WT" key if necessary), "WT" will display
- 2) Press the MR key. The display will show "ΣM" followed by the total memory number, and the total calories of all food items saved to the memory
- 3) Press nutrition keys to display the total of the other nutritional values saved to the memory
- 4) The total weight of the food items saved to the memory can not be displayed

How to clear saved data:

- 1) Make sure your scale is in WT mode (press "g/oz/WT" key if necessary), "WT" will display
- 2) Press and hold the CLR/MC key for 3 seconds to clear the memory

Do not place overweight items on the scale:

The overload indicator will appear on the display when weighing items over the maximum weight capacity. Immediately remove overweight items to avoid causing damage to your scale.

Online product demonstration:

See www.escali.com/cibo.html for additional information on your Cibo Nutritional Scale. Click on Product demonstration to see and experience an interactive online product demonstration.

Battery Replacement:

This unit comes with a low battery indicator. Please replace the battery when the low battery symbol appears.

Important additional information:

- 1) Your Escali Nutritional Scale is preprogrammed with 999 food codes containing Calories, Sodium, Protein, Fat, Carbohydrate, Cholesterol and Fiber values for the most commonly used foods, ingredients and beverages. The programmed nutritional values are an indication only, and not an exact value. The nutritional information are approximate mean values and is based on the latest USDA information and other sources.
- 2) Make sure your scale is at room temperature and on a stable horizontal surface free of vibration
- 3) This scale is not waterproof. Do not expose to moisture.
- 4) This scale is a precision instrument, it must be handled with extreme care. Avoid rough treatment, shaking and vibration
- 5) Do not disassemble this scale or the warranty will be void
- 6) The display value may be affected by electromagnetic disturbances such as operating near a radio. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.

Warranty:

Manufacturer's lifetime limited warranty, see www.escali.com for full details.



Escali's liability is limited to two (2) times the cost of the product.

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www.Escali.com

A

303	Acorn squash, baked
159	Alfalfa sprouts, raw
818	Alfredo egg noodles, dry mix
099	All Bran cereal
995	Almonds Nuts
539	Almonds, shelled
623	American cheese, pasteurized process, fat free
622	American cheese, pasteurized process, regular
020	Anchovy Fish, canned in oil
668	Angelfood cake
100	Apple Cinnamon cereal, Cheerios
101	Apple Jacks cereal
973	Apple juice, bottled or canned
975	Apple juice, concentrate, frozen, diluted
974	Apple juice, concentrate, frozen, undiluted
066	Apple pie
987	Apple pie filling
327	Apples, dried
326	Apples, fresh, peeled
325	Apples, fresh, with skin
328	Apples, stewed with added sugar
329	Apples, stewed without added sugar
330	Applesauce, canned, sweetened
331	Applesauce, canned, unsweetened
333	Apricots, canned, halves, heavy syrup
334	Apricots, canned, halves, juice pack
335	Apricots, dried
332	Apricots, fresh
230	Artichoke, Jerusalem, fresh
160	Artichokes, cooked, drained
336	Asian pears, fresh
051	Asparagus soup, condensed, canned prep. with milk
163	Asparagus, canned, spears, drained
162	Asparagus, frozen, cooked, drained
402	Asparagus, raw, cooked, drained
337	Avocados, fresh, without skin & pit

B

925	Bacon bits
461	Bacon, pork, Canadian, cured, cooked
460	Bacon, pork, cured, cooked
002	Bagels, cinnamon-raisin
003	Bagels, egg
001	Bagels, plain
977	Baked beans, with franks, canned
086	Baked potato, with cheese, fast food
926	Baking powder, sodium aluminium sulfate
929	Baking soda
164	Bamboo shoots, canned, drained
004	Banana bread, recipe, margarine

087	Banana cream pie, prep. from recipe
260	Banana peppers, fresh
338	Bananas, fresh
180	Bar, chocolate, white
774	Bar, fruit & juice, frozen
758	Bar, Rice Krispies, square
911	Barbecue sauce
005	Barley, cooked
102	Basic 4 cereal
497	Bass, freshwater, cooked, dry heat
498	Bass, sea, cooked, dry heat
166	Bean sprouts cooked, drained
165	Bean sprouts, raw
546	Beans, baked, plain or vegetarian, canned
977	Beans, baked, with franks, canned
540	Beans, black, dry, cooked
541	Beans, Great Northern, dry cooked
175	Beans, green (snap), canned, drained
173	Beans, green (snap), frozen, cooked, drained
171	Beans, green (snap), raw, cooked, drained
542	Beans, kidney, red, dry, cooked
549	Beans, kidney, red, canned
563	Beans, lentils, dry, cooked
170	Beans, lima, baby, frozen, cooked, drained
543	Beans, lima, canned
543	Beans, lima, dry, cooked, large
169	Beans, lima, frozen, cooked, drained
089	Beans, pinto, canned
545	Beans, pinto, dry, cooked
578	Beans, refried, canned
581	Beans, soy, dry, cooked
551	Beans, white, canned
903	Beef bouillon, dry mix, unprepared
882	Beef broth, bouillon, condensed, prep. w. water
921	Beef gravy, canned
883	Beef noodle soup, condensed, prep. w. water
821	Beef stew, canned
908	Beef stock, home prepared
402	Beef, bottom round, cooked, lean
401	Beef, bottom round, cooked, lean & fat
403	Beef, braised (brisket) or pot roast, lean & fat
404	Beef, braised or pot roast, lean
405	Beef, corned, canned
483	Beef, dried, cured
407	Beef, Eye of round, lean
406	Beef, Eye of round, lean & fat
410	Beef, ground, 73%, grilled
409	Beef, ground, 80%, grilled
408	Beef, ground, 85%, grilled
939	Beef, ground, crumbles, 75%, cooked, pan-browned
937	Beef, ground, crumbles, 80%, cooked, pan-browned

938	Beef, ground, crumbles, 85%, cooked, pan-browned	023	Bread crumbs, white, soft
411	Beef, jerky	045	Bread flour
412	Beef, liver, fried	121	Bread Sticks
414	Beef, rib roast, oven cooked, lean	028	Bread stuffing, dry mix
413	Beef, rib roast, oven cooked, lean & fat	008	Bread, cracked wheat
415	Beef, sirloin steak, grilled, lean & fat	093	Bread, dinner roll, whole wheat
420	Beef, steak, porterhouse, grilled, lean	009	Bread, egg
415	Beef, steak, sirloin tip, grilled, lean	010	Bread, French
416	Beef, steak, sirloin, grilled, lean	103	Bread, garlic
418	Beef, steak, T-bone, grilled, lean	012	Bread, Italian
419	Beef, steak, tenderloin, grilled, lean	013	Bread, mixed grain
954	Beer, light	014	Bread, oatmeal
953	Beer, regular	015	Bread, Pita
179	Beets, canned, drained	016	Bread, Pumpernickel
181	Beets, green, leaves & stems, cooked, drained	017	Breads, raisin
177	Beets, whole or slices, cooked, drained	073	Bread, roll
266	Bell pepper, green or red, cooked, drained	098	Bread, roll, French
264	Bell pepper, green or red, fresh	018	Bread, rye
340	Berries, black, canned, heavy syrup	019	Bread, rye, light
339	Berries, black, fresh	010	Bread, sour dough
342	Berries, blue, frozen, sweetened	010	Bread, Vienna
006	Biscuits, plain or buttermilk, recipe, 2% milk	008	Bread, wheat
007	Biscuits, refrigerated dough, baked, regular	021	Bread, wheat, light
540	Black beans, dry, cooked	022	Bread, white
547	Black eye peas, dry, cooked	024	Bread, white, light
167	Black eye peas, raw, cooked, drained	025	Bread, whole wheat
168	Black eye peas, frozen, cooked, drained	029	Breakfast bar, cereal crust, fruit filling, fat free
995	Black tea	837	Breakfast sandwich, egg & sausage, fast food
340	Blackberries, canned, heavy syrup	148	Brie, cheese
339	Blackberries, fresh	403	Brisket, beef, lean & fat
090	Blackberries, frozen	185	Broccoli, fresh, cooked, drained
597	Blue cheese	186	Broccoli, frozen, drained
800	Blue cheese dressing, low fat	187	Broccoli, in cheese flavored sauce, frozen
799	Blue cheese dressing, regular	183	Broccoli, raw, spear
341	Blueberries, fresh	875	Broccoli-cheese soup, condensed, prep. with whole milk
342	Blueberries, frozen, sweetened	882	Broth, beef, condensed, prep. w. water
053	Blueberry muffin, commercial	896	Broth, chicken, ready to serve, low fat, low salt
067	Blueberry pie	763	Brown sugar
972	Blueberry pie filling, canned	671	Brownies, commercial, without icing, fat free
054	Blueberry, muffin, mix	670	Brownies, commercial, without icing, regular
830	Boca burger, frozen	672	Brownies, dry mix, low fat
476	Bologna, beef	188	Brussel sprouts, frozen, cooked, drained
477	Bologna, beef and pork	189	Brussel sprouts, fresh, cooked, drained
478	Bologna, turkey	046	Buckwheat flour, whole groat
669	Boston Cream Pie	034	Bulgur, cooked
903	Bouillon, beef, dry mix, unprepared	074	Buns, hamburger, hotdog
055	Bran muffin with raisins	841	Burrito, beans & cheese, fast food
479	Bratwurst, beef & pork, smoked	842	Burrito, beans & meat, fast food
480	Bratwurst, pork, cooked	709	Butter cookie, commercial
481	Braunschweiger (liver sausage, pork)	782	Butter, salted
552	Brazil nuts, shelled	783	Butter, unsalted
026	Bread crumbs, dry, grated, plain		
027	Bread crumbs, dry, grated, seasoned		

649 Buttermilk
304 Butternut, frozen, cooked, mashed

C

193 Cabbage, Napa
192 Cabbage, Pak choi or bok choy
194 Cabbage, red, raw, shredded
195 Cabbage, savoy, raw, shredded
191 Cabbage, cooked
190 Cabbage, fresh, shredded
802 Caesar dressing, low fat
801 Caesar dressing, regular
047 Cake flour
668 Cake, Angelfood
676 Cake, chocolate with chocolate frosting
677 Cake, coffee
673 Cake, dry mix, Angelfood
674 Cake, dry mix, yellow, light, water, egg whites, no frosting
682 Cake, fruitcake
683 Cake, Pound, butter
684 Cake, Pound, fat free
598 Camembert cheese
791 Canola oil
367 Cantaloupe Melon, wedge without rind
343 Carambola / starfruit, fresh
699 Caramel, chocolate flavored roll
698 Caramel, plain
196 Carrot juice, canned
198 Carrots, baby
172 Carrots, canned
197 Carrots, fresh
199 Carrots, fresh, cooked, drained
200 Carrots, frozen, cooked, drained
555 Cashew nuts, salted, oil roasted
554 Cashews, salted, dry roasted
499 Catfish, breaded, fried
201 Cauliflower, fresh
202 Cauliflower, fresh, cooked, drained
203 Cauliflower, frozen, cooked, drained
931 Celery seed
206 Celery, cooked
204 Celery, fresh
029 Cereal bar, fruit filling, fat free
033 Cereal bar, fruit, Nutri-grain
141 Cereal Wheaties
128 Cereal, 100% Natural Cereal, Oats, honey and raisins
129 Cereal, 100% Natural Cereal, Oats, honey and raisins, low fat
099 Cereal, All Bran
100 Cereal, Apple Cinnamon Cheerios
101 Cereal, Apple Jacks
102 Cereal, Basic 4

104 Cereal, Cheerios
105 Cereal, Chex Corn
106 Cereal, Chex Honey Nut
108 Cereal, Chex rice
109 Cereal, Chex wheat
107 Cereal, Chex, multi bran
110 Cereal, Cinnamon Life
111 Cereal, Cocoa Krispies
112 Cereal, Cocoa Puffs
113 Cereal, Complete Wheat Bran flakes
116 Cereal, Corn Pops
114 Cereal, Cornflakes, General Mills, Total
115 Cereal, Cornflakes, Kellogg's
117 Cereal, Crispix
118 Cereal, Froot Loops
119 Cereal, Frosted flakes
120 Cereal, Frosted Mini Wheats, regular or bite size
122 Cereal, Golden Grahams
127 Cereal, Granola, Nature Valley
123 Cereal, Honey Nut Cheerios
124 Cereal, Honey Nut Clusters
125 Cereal, Kix
126 Cereal, Life
130 Cereal, Product 19
131 Cereal, Puffed rice
132 Cereal, Puffed wheat
133 Cereal, Raisin Bran, General Mills, Total
134 Cereal, Raisin Bran, Kellogg's
135 Cereal, Raisin Nut Bran
136 Cereal, Rice Krispies
137 Cereal, Shredded Wheat
138 Cereal, Special K
139 Cereal, Toasted Oatmeal, Quaker, Honey Nut
140 Cereal, Total Whole grain
996 Chamomile tea
209 Chard, Swiss, fresh
599 Cheddar cheese
876 Cheddar cheese soup, condensed, prep. with whole milk
600 Cheddar cheese, low fat
104 Cheerios cereal
725 Cheese cracker
865 Cheese pizza, fast food
912 Cheese sauce, ready to serve
623 Cheese, American, pasteurized process, fat free
622 Cheese, American, pasteurized process, regular
597 Cheese, blue
148 Cheese, Brie
598 Cheese, Camembert
599 Cheese, cheddar
600 Cheese, cheddar, low fat

599	Cheese, Colby	922	Chicken gravy, canned
600	Cheese, Colby, low fat	884	Chicken noodle soup, condensed, prep. with water
602	Cheese, cottage, creamed with fruit	906	Chicken noodle soup, dry mix, prep. w. water
601	Cheese, cottage, large or small curd	893	Chicken noodle soup, ready to serve, chunky
604	Cheese, cottage, low fat (1%)	897	Chicken noodle soup, ready to serve, low fat, low salt
603	Cheese, cottage, low fat (2%)	850	Chicken nuggets, boneless (breaded & fried), plain, fast food
605	Cheese, cottage, nonfat	822	Chicken pot pie, frozen
608	Cheese, cream, fat free	867	Chicken salad, no dressing, fast food
607	Cheese, cream, low fat	909	Chicken stock, home prepared
606	Cheese, cream, regular	429	Chicken, breast, meat only, fried
611	Cheese, Edam	430	Chicken, breast, meat only, grilled
610	Cheese, feta	442	Chicken, canned, meat only, with broth
597	Cheese, Gorgonzola	443	Chicken, Cornish game hens, meat & skin, roasted
611	Cheese, Gouda	431	Chicken, dark meat, meat only, fried
612	Cheese, Monterey	432	Chicken, dark meat, meat only, roasted
612	Cheese, Mozzarella, whole milk	433	Chicken, drumstick, meat & skin, fried, batter
614	Cheese, Muenster	434	Chicken, drumstick, meat & skin, fried, flour
615	Cheese, Neufchatel	436	Chicken, light meat, meat only, fried
616	Cheese, Parmesan	437	Chicken, light meat, meat only, roasted
174	Cheese, Provolone	444	Chicken, liver, simmered
620	Cheese, romano	426	Chicken, meat & skin, fried, batter
609	Cheese, shredded	427	Chicken, meat & skin, fried, flour
946	Cheese, string	428	Chicken, meat & skin, roasted
621	Cheese, Swiss	898	Chicken, rice, vegetable soup, ready to serve, low fat, low salt
624	Cheese, Swiss, pasteurized process	445	Chicken, Rotisserie, light meat, meat only, roasted
846	Cheeseburger, double, regular, 3-piece bun, plain, fast food	438	Chicken, thigh, meat & skin, fried, batter
843	Cheeseburger, double, regular, lettuce, tomato, mayo, fast food	439	Chicken, thigh, meat & skin, fried, flour
845	Cheeseburger, double, regular, plain, fast food	894	Chicken, vegetable soup, ready to serve, chunky
848	Cheeseburger, single, large, lettuce, tomato, mayo, fast food	440	Chicken, wing, meat & skin, fried, batter
844	Cheeseburger, single, regular, lettuce, tomato, mayo, fast food	441	Chicken, wing, meat & skin, fried, flour
847	Cheeseburger, single, regular, plain	558	Chickpeas, canned
675	Cheesecake	557	Chickpeas, dry, cooked
176	Cheesecake, no bake, prep. from mix	823	Chili con carne with beans, canned
366	Cherries, maraschino, canned, drained	851	Chili con carne, fast food
344	Cherries, sour, red, pitted, canned, water pack	261	Chili pepper, fresh, green or red
345	Cherries, sweet, fresh, without pits	932	Chili powder
068	Cherry pie	178	Chips, baked
346	Cherry pie filling, canned	747	Chips, corn, plain
310	Cherry tomato	755	Chips, potato, fat free
556	Chestnuts, European, roasted, shelled	754	Chips, potato, low fat
746	Chex mix	752	Chips, potato, plain, salted
105	Chex, corn cereal	753	Chips, potato, sour cream & onion
106	Chex, Honey Nut cereal	760	Chips, tortilla, baked
107	Chex, multi bran cereal	762	Chips, tortilla, nacho, low fat
108	Chex, rice cereal	761	Chips, tortilla, nacho, regular
109	Chex, wheat cereal	759	Chips, tortilla, plain, regular
896	Chicken broth, ready to serve, low fat, low salt	207	Chives, fresh
849	Chicken fillet (breaded & fried) sandwich, plain, fast food		
435	Chicken giblets, simmered		

700	Chocolate bar, milk, plain	899	Clam chowder, New England, ready to serve, low fat, low salt
701	Chocolate bar, milk, with almonds	501	Clam, breaded, fried
702	Chocolate bar, milk, with peanuts, Mr. Goodbar	502	Clam, canned, drained solids
708	Chocolate bar, Special dark, sweet (Hershey)	945	Clementines
676	Chocolate cake with chocolate frosting	111	Cocoa Krispies cereal
711	Chocolate chip cookie, commercial, low fat	936	Cocoa powder, unsweetened
710	Chocolate chip cookie, commercial, regular	112	Cocoa Puffs cereal
712	Chocolate chip cookie, dough refrigerated, commercial	182	Coconut cream
700	Chocolate chips, milk	560	Coconut, raw, shredded, dried, sweetened
704	Chocolate chips, semi sweet	559	Coconut, raw, shredded, not packed
705	Chocolate chips, white	503	Cod, baked or broiled
706	Chocolate coated peanuts	677	Coffee cake
707	Chocolate coated raisins	626	Coffee cream
719	Chocolate cookie cream filling	970	Coffee, brewed
069	Chocolate crème pie	971	Coffee, espresso
768	Chocolate flavored syrup, fudge type	970	Coffee, instant, prepared
767	Chocolate flavored syrup, thin	960	Cola
772	Chocolate frosting, ready to eat	961	Cola, diet
639	Chocolate ice cream	599	Colby cheese
640	Chocolate ice cream, low fat	600	Colby cheese, low fat
655	Chocolate milk, commercial	803	Coleslaw dressing
657	Chocolate milk, commercial, low fat	852	Coleslaw, fast food
656	Chocolate milk, reduced fat, commercial	210	Coleslaw, home made
969	Chocolate powder mix	211	Collards, fresh, cooked, drained
735	Chocolate pudding, dry mix, prepared with 2% milk, instant	212	Collards, frozen, cooked, drained
736	Chocolate pudding, dry mix, prepared with 2% milk, regular, cooked	113	Complete Wheat Bran flakes cereal
743	Chocolate pudding, ready to eat, fat free	651	Condensed milk, sweetened, canned
739	Chocolate pudding, ready to eat, regular	184	Cones, ice cream
868	Chocolate shake, fast food	709	Cookie, butter, commercial
934	Chocolate, baking, unsweetened, liquid	711	Cookie, chocolate chip, commercial, low fat
933	Chocolate, baking, unsweetened, solid	710	Cookie, chocolate chip, commercial, regular
180	Chocolate, bar, white	719	Cookie, chocolate, cream filling
422	Chop, lamb, cooked, lean	713	Cookie, Fig Bar
421	Chop, lamb, cooked, lean & fat	716	Cookie, oatmeal, fat free
521	Chop, pork, cooked, roasted	714	Cookie, oatmeal, regular, large
482	Chorizo, beef & pork	715	Cookie, oatmeal, soft type
143	Chow mein noodles, canned	718	Cookie, peanut butter, recipe with margarine
899	Chowder, Clam, New England, ready to serve, low fat, low salt	717	Cookie, peanut cookie, commercial
208	Cilantro, fresh	720	Cookie, shortbread, commercial, plain
935	Cinnamon	721	Cookie, sugar, commercial
110	Cinnamon Life cereal	722	Cookie, sugar, dough, refrigerated
076	Cinnamon roll, refrigerated dough, baked with frosting	723	Cookie, sugar, recipe, margarine
075	Cinnamon roll, with raisins, commercial	724	Cookie, wafer, vanilla, low fat
964	Citrus soda, with caffeine	636	Cool Whip, whipped topping, frozen
885	Clam chowder soup, Manhattan, condensed, prep. with water	747	Corn chips, plain
877	Clam chowder soup, New England, condensed, prep. w. whole milk	824	Corn dog, frozen
		048	Corn flour, masa
		088	Corn Grits, white or yellow
		056	Corn muffin, commercial
		057	Corn muffin, corn mix
		791	Corn oil
		116	Corn Pops cereal
		769	Corn syrup, light

216 Corn, cream style, canned
 213 Corn, fresh, kernels on the cob
 214 Corn, frozen, kernels on the cob
 215 Corn, kernels, fresh
 213 Corn, sweet, white, cooked, drained
 217 Corn, whole kernel, canned
 035 Cornbread, mix
 036 Cornbread, recipe, 2% milk
 114 Cornflakes, General Mills, Total cereal
 115 Cornflakes, Kellogg's
 443 Cornish game hens, meat & skin, roasted
 038 Cornmeal, yellow, dry, regular
 037 Cornmeal, yellow, dry, whole grain
 039 Cornstarch
 602 Cottage cheese, creamed with fruit
 601 Cottage cheese, large or small curd
 604 Cottage cheese, low fat (1%)
 603 Cottage cheese, low fat (2%)
 605 Cottage cheese, nonfat
 040 Couscous, cooked
 504 Crab, Alaskan King, cooked
 506 Crab, cake, egg, onion, margarine, fried
 505 Crab, meat, canned
 008 Cracked wheat bread
 725 Cracker, cheese
 726 Cracker, graham, plain
 052 Cracker, matzo, plain
 730 Cracker, saltine, square
 731 Cracker, standard, round or bite sized
 733 Crackers, wheat thins
 734 Crackers, whole wheat
 205 Crackers, with cheese filling
 347 Cranberries, dried, sweetened
 990 Cranberry juice cocktail
 348 Cranberry sauce, sweetened, canned
 608 Cream cheese, fat free
 607 Cream cheese, low fat
 606 Cream cheese, regular
 878 Cream of celery soup, condensed,
 prep. with whole milk
 886 Cream of chicken soup, condensed,
 prep. with water
 879 Cream of chicken soup, condensed,
 prep. with whole milk
 887 Cream of mushroom soup, condensed,
 prep. with water
 880 Cream of mushroom soup, condensed,
 prep. with whole milk
 092 Cream of wheat, quick
 091 Cream of wheat, regular
 636 Cream product, whipped topping, frozen
 182 Cream, coconut
 626 Cream, coffee
 625 Cream, Half and half

633 Cream, powdered
 634 Cream, powdered with whole milk
 635 Cream, pressurized
 631 Cream, sour, fat free
 630 Cream, sour, low fat
 629 Cream, sour, regular
 627 Cream, whipping, unwhipped
 628 Cream, whipping, unwhipped, low fat
 221 Crescent roll
 236 Crisphead, iceberg, leaf
 237 Crisphead, iceberg, shredded
 117 Crispix cereal
 218 Crisps Potato, plain
 221 Croissants
 041 Croutons, seasoned
 219 Cucumber, peeled
 220 Cucumber, unpeeled
 687 Cupcake with frosting
 349 Currants, dried

D

678 Danish pastry, cream cheese
 679 Danish pastry, fruit
 350 Dates, without pits
 632 Dill dip
 222 Dill weed, fresh
 073 Dinner rolls
 632 Dip, dill
 680 Donut, cake
 681 Donut, glazed
 712 Dough, chocolate chip cookie, refrigerated,
 commercial
 680 Doughnut, cake
 681 Doughnut, glazed
 800 Dressing, blue cheese, low fat
 799 Dressing, blue cheese, regular
 802 Dressing, Caesar, low fat
 801 Dressing, Caesar, regular
 803 Dressing, coleslaw
 805 Dressing, French, low fat
 804 Dressing, French, regular
 294 Dressing, Italian, fat free
 807 Dressing, Italian, low fat
 806 Dressing, Italian, regular
 553 Dressing, mayo type, Miracle Whip, light
 550 Dressing, mayo type, Miracle Whip, regular
 828 Dressing, ranch, fat free
 812 Dressing, ranch, low fat
 811 Dressing, ranch, regular
 815 Dressing, russian, low fat
 814 Dressing, Russian, regular
 798 Dressing, Thousand Island, fat free
 817 Dressing, Thousand Island, low fat

816 Dressing, Thousand Island, regular
 483 Dried beef, cured
 446 Duck, meat & skin, roasted
 447 Duck, meat only, roasted
 448 Duck, Pekin, breast, meat & skin, boneless, roasted

E

611 Edam cheese
 507 Eel, cooked, dry heat
 009 Egg bread
 818 Egg noodles, alfredo, dry mix
 596 Egg, omelet, plain
 592 Egg, hard boiled, no shell
 593 Egg, poached with salt
 594 Egg, scrambled, margarine, whole milk, salt
 595 Egg, substitute, liquid
 590 Egg, white, fresh
 589 Egg, whole, fresh
 573 Egg, whole, fried
 591 Egg, yolk, fresh
 658 Eggnog
 223 Eggplant, cooked, drained
 262 Enchilada beef with cheese, fast food
 913 Enchilada sauce, ready to serve
 224 Endive, curly, Escarole, fresh
 042 English muffin, plain
 653 Evaporated milk, canned, skim milk
 652 Evaporated milk, canned, whole milk

F

228 Fennel, bulb, raw
 610 Feta cheese
 713 Fig Bar, cookie
 351 Figs, dried
 265 Figs, fresh
 855 Fish (breaded & fried) sandwich, tartar sauce, cheese, fast food
 508 Fish fillet, battered or breaded and fried
 509 Fish stick & portion, breaded, frozen, preheated
 910 Fish stock, home prepared
 510 Flounder or Sole, baked or broiled
 045 Flour, bread
 046 Flour, buckwheat, whole grain
 047 Flour, cake
 048 Flour, corn, masa
 047 Flour, pastry
 049 Flour, self rising
 267 Flour, wheat whole grain
 050 Flour, wheat, all purpose
 010 French bread
 805 French dressing, low fat
 804 French dressing, regular
 941 French fried onions

856 French fries, fast food
 278 French fries, frozen, oven heated
 838 French toast with butter, fast food
 044 French toast, frozen
 043 French toast, recipe, 2% milk, fried
 044 French toaster sticks, frozen
 856 Fries, french, fast food
 278 Fries, frozen, oven heated
 118 Froot Loops cereal
 119 Frosted flakes cereal
 120 Frosted Mini Wheats cereal, regular or bite size
 772 Frosting, chocolate, ready to eat
 773 Frosting, vanilla, ready to eat
 774 Frozen fruit bar
 352 Fruit cocktail, canned, heavy syrup
 353 Fruit cocktail, canned, juice pack
 991 Fruit punch drink
 682 Fruitcake

G

103 Garlic Bread
 225 Garlic, raw
 778 Gelatin, dessert powder & water, low fat
 777 Gelatin, dessert powder & water, regular
 776 Gelato, Italian ice cream, restaurant prepared
 454 Gibblets, turkey, simmered
 435 Giblets, chicken, simmered
 955 Gin, rum, shooters, tequila, vodka, whisky (80 proof)
 962 Ginger ale
 227 Ginger root, raw
 122 Golden Grahams cereal
 449 Goose, meat & skin, roasted
 450 Goose, meat only, roasted
 451 Goose, Pate de foi gras (goose liver pate)
 597 Gorgonzola cheese
 611 Gouda cheese
 726 Graham cracker, plain
 727 Graham, crackers, crushed
 030 Granola bar, hard, plain
 031 Granola bar, soft, chocolate chip
 032 Granola bar, soft, raisin
 127 Granola, Nature Valley cereal
 992 Grape drink
 982 Grape juice, canned or bottled
 984 Grape juice, concentrate, frozen, sweetened, diluted
 983 Grape juice, concentrate, frozen, sweetened, undiluted
 226 Grape leaves, canned
 963 Grape soda
 979 Grapefruit juice, canned, sweetened
 978 Grapefruit juice, canned, unsweetened

981 Grapefruit juice, concentrate, frozen, unsweetened, diluted
 980 Grapefruit juice, concentrate, frozen, unsweetened, undiluted
 976 Grapefruit juice, pink or white, fresh
 356 Grapefruit, canned, light syrup
 354 Grapefruit, fresh without peel, pink or red
 355 Grapefruit, fresh without peel, white
 357 Grapes, seedless, fresh
 921 Gravy, beef, canned
 922 Gravy, chicken, canned
 923 Gravy, mushroom, canned
 924 Gravy, turkey, canned
 175 Green beans (snap), canned, drained
 173 Green beans (snap), frozen, cooked, drained
 171 Green beans (snap), raw, cooked, drained
 258 Green peas, canned, drained
 259 Green peas, frozen, cooked, drained
 247 Greens, Mustard, cooked, drained
 088 Grits, corn, white or yellow
 939 Ground beef, crumbles, 75%, cooked, pan-browned
 937 Ground beef, crumbles, 80%, cooked, pan-browned
 938 Ground beef, crumbles, 85%, cooked, pan-browned
 455 Ground, turkey, cooked
 944 Guacamole
 688 Gummy bears

H

511 Haddock, baked or broiled
 625 Half and half cream
 512 Halibut, baked or broiled
 825 Ham cheese stuffed sandwich, hot pockets, frozen
 462 Ham, canned
 485 Ham, cooked, extra lean
 484 Ham, cooked, regular
 464 Ham, cured, lean & fat
 463 Ham, fresh, cooked, lean & fat
 486 Ham, honey, smoked, cooked
 465 Ham, leg, roasted piece, lean & fat
 074 Hamburger buns
 410 Hamburger, 73%, grilled
 409 Hamburger, 80%, grilled
 408 Hamburger, 85%, grilled
 859 Hamburger, double, large, lettuce, tomato, mayo, fast food
 860 Hamburger, single, large, lettuce, tomato, mayo, fast food
 857 Hamburger, double, regular, lettuce, tomato, mayo, fast food

858 Hamburger, single, regular, lettuce, tomato, mayo, fast food
 689 Hard candy
 839 Hash brown potatoes, fast food
 279 Hashed browns, frozen
 280 Hashed browns, home made
 943 Hazelnut spread Nutella
 561 Hazelnuts, chopped
 229 Hearts of palm, canned
 996 Herb tea
 513 Herring, pickled
 779 Honey
 123 Honey Nut Cheerios cereal
 124 Honey Nut Clusters cereal
 368 Honeydew melon, wedge without rind
 940 Horseradish, prepared
 487 Hot dog / Frankfurter, beef
 488 Hot dog / Frankfurter, beef & pork
 862 Hot dog, chili, fast food
 861 Hot dog, plain, fast food
 825 Hot pockets, ham cheese stuffed sandwich, frozen
 074 Hotdog buns
 562 Hummus, commercial

I

184 Ice cream cones
 639 Ice cream, chocolate
 640 Ice cream, chocolate, low fat
 643 Ice cream, soft serve, vanilla
 293 Ice Cream, Strawberry
 641 Ice cream, vanilla
 642 Ice cream, vanilla, low fat
 853 Ice cream, vanilla, soft serve, cone, fast food
 775 Ice pop
 765 Icing Sugar
 011 Indian fry bread (Naan)
 012 Italian bread
 807 Italian dressing, low fat
 806 Italian dressing, regular
 776 Italian ice cream, restaurant prepared
 294 Italian salad dressing, fat free

J

263 Jalapenos peppers, canned
 780 Jams
 780 Jellies
 690 Jelly beans
 411 Jerky, beef
 230 Jerusalem artichoke, fresh
 952 Jicama, raw
 990 Juice cocktail, cranberry
 973 Juice, apple, bottled or canned
 975 Juice, apple, concentrate, frozen, diluted

974 Juice, apple, concentrate, frozen, undiluted
 982 Juice, grape, canned or bottled
 983 Juice, grape, concentrate, frozen, sweetened, undiluted
 984 Juice, grape, concentrate, frozen, sweetened, diluted
 979 Juice, grapefruit, canned, sweetened
 978 Juice, grapefruit, canned, unsweetened
 981 Juice, grapefruit, concentrate, frozen, unsweetened, diluted
 980 Juice, grapefruit, concentrate, frozen, unsweetened, undiluted
 976 Juice, grapefruit, pink or white, fresh
 361 Juice, lemon, canned or bottled, unsweetened
 360 Juice, lemon, fresh
 363 Juice, lime, canned, unsweetened
 362 Juice, lime, fresh
 985 Juice, orange, all varieties, fresh
 986 Juice, orange, canned, unsweetened
 989 Juice, orange, diluted
 988 Juice, orange, undiluted
 386 Juice, pineapple, unsweetened, canned
 391 Juice, prune, canned or bottled

K

231 Kale, fresh, cooked, drained
 232 Kale, frozen, cooked, drained
 930 Ketchup
 549 Kidney beans, red, canned
 542 Kidney beans, red, dry, cooked
 479 Kielbasa sausage
 358 Kiwi fruit, fresh, without skin
 125 Kix cereal
 233 Kohlrabi, cooked, drained

L

500 Lam, leg, lean, roasted
 422 Lamb, chop, cooked, lean
 421 Lamb, chop, cooked, lean & fat
 417 Lamb, ground, cooked, grilled
 425 Lamb, leg, roasted, lean & fat
 424 Lamb, loin grilled, lean
 423 Lamb, loin, grilled, lean & fat
 493 Lamb, rib, lean, cooked, roasted
 784 Lard
 826 Lasagna with meat & sauce
 827 Lasagna, vegetable
 234 Leeks, cooked, drained
 361 Lemon juice, canned or bottled, unsweetened
 360 Lemon juice, fresh
 964 Lemon lime soda
 070 Lemon meringue pie
 993 Lemonade, concentrate, frozen prepared
 993 Lemonade, pink, concentrate, frozen, prepared

994 Lemonade, pink, powder, prepared regular with water
 994 Lemonade, powder, prepared regular with water
 359 Lemons, fresh, without skin
 900 Lentil soup, ready to serve, low fat, low salt
 563 Lentils, dry, cooked
 235 Lettuce, fresh
 126 Life cereal
 170 Lima beans, baby, frozen, cooked, drained
 543 Lima beans, canned
 543 Lima beans, dry, cooked, large
 169 Lima beans, frozen, cooked, drained
 363 Lime juice, canned, unsweetened
 362 Lime juice, fresh
 956 Liqueur (53 proof)
 412 Liver, beef, fried
 444 Liver, chicken, simmered
 514 Lobster, steamed
 239 Looseleaf lettuce, pieces, shredded
 238 Looseleaf, leaf lettuce

M

693 M&M's, peanut (M&M Mars)
 694 M&M's, plain (M&M Mars)
 564 Macademia nuts, dry roasted, salted
 142 Macaroni pasta, cooked
 819 Macaroni, beef, frozen, Healthy Choice
 515 Mackerel, cooked
 364 Mandarin oranges, light syrup
 365 Mangos, fresh, without skin & pit
 770 Maple syrup
 366 Maraschino Cherries, canned, drained
 785 Margarine, regular (80% fat)
 789 Margarine, spread (40%)
 787 Margarine, spread (60% fat)
 917 Marinara sauce
 691 Marshmallows, miniature
 692 Marshmallows, regular
 863 Mashed potatoes, fast food
 052 Matzo cracker, plain
 553 Mayo type salad dressing, Miracle whip, light
 550 Mayo type salad dressing, Miracle Whip, regular
 810 Mayonaise, fat free
 809 Mayonaise, light (cholesterol free)
 808 Mayonaise, regular
 654 Meatballs with pasta sauce, canned
 650 Meatballs with pasta sauce, frozen
 728 Melba toast, plain
 367 Melon, Cantaloupe, wedge without rind
 368 Melon, Honeydew, wedge without rind
 831 Mexican rice, side dish, dry mix
 659 Milk shake, thick, chocolate
 660 Milk shake, thick, vanilla

655 Milk, chocolate, commercial
 657 Milk, chocolate, commercial, low fat
 656 Milk, chocolate, reduced fat, commercial
 651 Milk, condensed, sweetened, canned
 652 Milk, evaporated, canned, whole milk
 647 Milk, low fat (1%)
 648 Milk, nonfat / skim
 646 Milk, reduced fat (2%)
 582 Milk, soy
 645 Milk, whole (3.25%)
 653 Milk, evaporated, canned, skim milk
 695 Milky way (M&M Mars)
 888 Minestrone soup, condensed, prep. w. water
 901 Minestrone soup, ready to serve, low fat,
 low salt
 553 Miracle Whip, light
 550 Miracle Whip, regular
 580 Miso, soy
 013 Mixed grain bread
 703 Mixed nuts with peanuts, dry roasted, salted
 732 Mixed nuts with peanuts, oil roasted, salted
 771 Molasses syrup
 612 Monterey cheese
 829 Mozzarella cheese sticks
 613 Mozzarella cheese, whole milk
 614 Muenster cheese
 042 Muffin, English, plain
 053 Muffins, blueberry, commercial
 054 Muffins, blueberry, mix
 055 Muffins, bran with raisins
 057 Muffins, corn mix
 056 Muffins, corn, commercial
 058 Muffins, oatbran, commercial
 923 Mushroom gravy, canned
 244 Mushrooms, canned, drained
 243 Mushrooms, cooked, drained
 242 Mushrooms, fresh
 245 Mushrooms, Shitake, cooked
 244 Mushrooms, canned, drained
 516 Mussels, steamed
 247 Mustard greens, cooked, drained
 942 Mustard, prepared, yellow

N

914 Nacho cheese sauce, ready to serve
 764 Nachos with cheese, fast food
 127 Nature Valley, Granola, cereal
 544 Navy peas, dry, cooked
 369 Nectarines, fresh
 615 Neufchatel cheese
 143 Noodles, chow mein, canned
 144 Noodles, egg, regular, cooked
 145 Noodles, egg, spinach, cooked
 146 Noodles, Japanese, soba, cooked

150 Noodles, rice, cooked
 943 Nutella hazelnut spread
 033 Nutri grain cereal bar, fruit
 539 Nuts, almonds, shelled
 552 Nuts, Brazil, shelled
 554 Nuts, cashews, salted, dry roasted
 555 Nuts, cashews, salted, oil roasted
 564 Nuts, macademia, dry roasted, salted
 703 Nuts, mixed, with peanuts, dry roasted, salted
 732 Nuts, mixed, with peanuts, oil roasted, salted
 574 Nuts, Pecan, halves
 576 Nuts, pistachio, dry roasted, salt, shelled
 583 Nuts, soy, dry roasted
 588 Nuts, walnuts, chopped

O

059 Oat bran, uncooked
 058 Oatbran muffin, commercial
 014 Oatmeal bread
 716 Oatmeal cookie, fat free
 714 Oatmeal cookie, regular, large
 715 Oatmeal cookie, soft type
 095 Oatmeal, apples & cinnamon, instant
 096 Oatmeal, maple & brown sugar, instant
 094 Oatmeal, plain, instant, fortified
 097 Oatmeal, plain, regular, quick or instant,
 nonfortified
 517 Ocean perch, cooked
 791 Oil, Canola
 791 Oil, corn
 791 Oil, olive
 791 Oil, Peanut
 791 Oil, safflower
 791 Oil, sesame
 791 Oil, soybean
 791 Oil, sunflower
 249 Okra, frozen, cooked, drained
 248 Okra, raw, cooked, drained
 791 Olive oil
 372 Olives, black, canned, ripe
 371 Olives, green, pickled
 596 Omelet, egg, plain
 864 Onion rings, breaded, fried, fast food
 907 Onion soup, dry mix, prep. w. water
 904 Onion soup, dry mix, unprepared
 252 Onion, dehydrated flakes
 250 Onion, fresh
 251 Onion, fresh, cooked, drained
 253 Onion, Spring, fresh
 985 Orange juice, all varieties, fresh
 986 Orange juice, canned, unsweetened
 989 Orange juice, diluted
 988 Orange juice, undiluted
 967 Orange soda

370 Orange, fresh, without peel & seeds
519 Oyster, breaded, fried
518 Oyster, raw meat only

P

840 Pancakes, butter & syrup, fast food
061 Pancakes, complete mix
060 Pancakes, frozen, ready
062 Pancakes, mix, 2% milk, egg & oil
373 Papayas, fresh
616 Parmesan cheese
254 Parsley, fresh
255 Parsnips, cooked, drained
917 Pasta sauce
147 Pasta, fresh-refrigerated, plain, cooked
142 Pasta, macaroni, cooked
142 Pasta, spaghetti, cooked
149 Pasta, spaghetti, whole wheat, cooked
489 Pastrami, beef, cured
047 Pastry flour
678 Pastry, Danish, cream cheese
679 Pastry, Danish, fruit
766 Pastry, puff, frozen, ready-to bake, baked
889 Pea soup, condensed, prep. w. water
544 Pea, navy, dry, cooked
781 Peach pie
375 Peaches, canned, heavy syrup
376 Peaches, canned, juice pack
377 Peaches, dried
374 Peaches, fresh
717 Peanut butter cookie, commercial
718 Peanut butter cookie, recipe with margarine
696 Peanut butter cup, Reese's
572 Peanut butter, reduced fat, smooth
571 Peanut butter, regular, chunk
570 Peanut butter, regular, smooth
791 Peanut oil
706 Peanuts, chocolate coated
565 Peanuts, dry roasted
567 Peanuts, dry roasted, salted
568 Peanuts, dry roasted, unsalted
566 Peanuts, oil roasted
569 Peanuts, oil roasted, salted
336 Pears, Asian, fresh
379 Pears, canned, heavy syrup
380 Pears, canned, juice pack
378 Pears, fresh
548 Peas, Black eye, canned, drained
547 Peas, Black eye, dry, cooked
168 Peas, Black eye, frozen, cooked, drained
167 Peas, Black eye, raw, cooked, drained
258 Peas, green, canned, drained
259 Peas, green, frozen, cooked, drained
541 Peas, split, dry, cooked

256 Peas, sugar snap, fresh, cooked, drained
257 Peas, sugar snap, frozen, cooked, drained
071 Pecan pie
574 Pecans, halves
266 Pepper, bell, green or red, cooked, drained
264 Pepper, bell, green or red, fresh
261 Pepper, Chili, fresh, green or red
866 Pepperoni pizza, fast food
786 Pepperoni pizza, frozen, cooked
490 Pepperoni, pork, beef
260 Peppers, banana, fresh
263 Peppers, Jalapenos, canned
269 Pickles, cucumber, dill
270 Pickles, relish, sweet
064 Pie crust, baked, frozen
063 Pie crust, baked, recipe
065 Pie crust, graham cracker
972 Pie filling, blueberry, canned
346 Pie filling, Cherry, canned
066 Pie, apple
087 Pie, banana cream, prep. from recipe
067 Pie, blueberry
669 Pie, Boston Cream
068 Pie, cherry
069 Pie, chocolate crème
070 Pie, lemon meringue
781 Pie, peach
071 Pie, pecan
072 Pie, pumpkin
268 Pimento, canned
575 Pine nuts, shelled
386 Pineapple juice, unsweetened, canned
382 Pineapple, canned, chunks / crushed, heavy syrup
383 Pineapple, canned, slices, heavy syrup
385 Pineapple, canned, slices, juice pack
384 Pineapple, canned, slices/chunks/crushed, juice pack
381 Pineapple, fresh, diced
993 Pink lemonade, concentrate, frozen, prepared
994 Pink lemonade, powder, prepared regular with water
089 Pinto beans, canned
545 Pinto beans, dry cooked
576 Pistachio nuts, dry roasted, salt, shelled
015 Pita bread
865 Pizza, cheese, fast food
788 Pizza, meat and vegetable, frozen, cooked
866 Pizza, pepperoni, fast food
786 Pizza, pepperoni, frozen, cooked
387 Plantain, without peel, fresh
966 Plantains, cooked
388 Plums, fresh
479 Polish sausage

520 Pollock, baked or broiled
 790 Pomegranate, fresh
 792 Pop tarts, frosted
 793 Pop tarts, fruit
 748 Popcorn, air popped, unsalted
 750 Popcorn, caramel, peanuts
 751 Popcorn, cheese flavor
 749 Popcorn, oil popped, salted
 832 Pork and beans with tomato sauce, canned
 521 Pork chop, cooked, roasted
 794 Pork steak, cooked, grilled
 471 Pork tenderloin, grilled, lean
 461 Pork, bacon, Canadian, cured, cooked
 460 Pork, bacon, cured, cooked
 466 Pork, rib roast, lean & fat
 467 Pork, ribs, backribs, lean & fat, cooked,
 468 Pork, ribs, spareribs, lean & fat, cooked,
 braised
 469 Pork, sausage, cooked, link
 470 Pork, sausage, cooked, patty
 420 Porterhouse steak, grilled, lean
 404 Pot roast, lean
 403 Pot roast, lean & fat
 276 Potato au gratin, dry mix, prep. w. butter
 277 Potato au gratin, home made, prep w. butter
 755 Potato chips, fat free
 754 Potato chips, low fat
 752 Potato chips, plain, salted
 753 Potato chips, sour cream & onion
 218 Potato crisps, plain
 284 Potato pancakes, home made
 285 Potato salad, home made
 795 Potato soup, condensed, canned, prep. w. milk
 271 Potato, baked with skin
 272 Potato, baked, flesh only
 273 Potato, baked, skin only
 086 Potato, baked, with cheese, fast food
 281 Potato, mashed, dehydrated flakes, whole milk,
 butter, salt
 282 Potato, mashed, home made, whole milk
 283 Potato, mashed, home made, whole milk,
 margarine
 274 Potato, peeled after boiling
 275 Potato, peeled before boiling
 796 Potato, red, with skin, baked
 286 Potato, scalloped, dry mix, whole milk, butter
 287 Potato, scalloped, home made, butter
 305 Potato, sweet, baked with skin
 306 Potato, sweet, boiled without skin
 307 Potato, sweet, candied
 308 Potato, sweet, canned, syrup pack, drained
 683 Pound cake, butter
 684 Pound cake, fat free
 780 Preserves

756 Pretzels, stick
 757 Pretzels, twisted
 130 Product 19 cereal
 174 Provolone cheese
 391 Prune juice, canned or bottled
 389 Prunes, dried, pitted, uncooked
 390 Prunes, stewed, unsweetened
 736 Pudding, chocolate, dry mix prepared
 with 2% milk, regular, cooked
 735 Pudding, chocolate, dry mix prepared
 with 2% milk, instant
 743 Pudding, chocolate, ready to eat, fat free
 739 Pudding, chocolate, ready to eat, regular
 740 Pudding, rice, ready to eat, regular
 741 Pudding, tapioca, ready to eat, regular
 744 Pudding, tapioca, ready to eat, fat free
 738 Pudding, vanilla, dry mix prepared with 2% milk,
 regular, cooked
 737 Pudding, vanilla, dry mix prepared with 2% milk,
 instant
 742 Pudding, vanilla, ready to eat, regular
 745 Pudding, vanilla, ready to eat, fat free
 766 Puff pastry, frozen, ready-to-bake, baked
 131 Puffed rice cereal
 132 Puffed wheat cereal
 016 Pumpnickel bread
 072 Pumpkin pie
 577 Pumpkin seeds, roasted, salt
 289 Pumpkin, canned
 288 Pumpkin, cooked, mashed
 991 Punch drink, fruit

R

290 Radishes, raw
 133 Raisin Bran cereal, General Mills, Total
 134 Raisin Bran cereal, Kellogg's
 017 Raisin bread
 135 Raisin Nut Bran cereal
 707 Raisins, chocolate coated
 392 Raisins, seedless
 905 Ramen noodle soup, chicken flavor, dry mix,
 unprepared
 828 Ranch dressing, fat free
 812 Ranch dressing, low fat
 811 Ranch dressing, regular
 393 Raspberries, fresh
 394 Raspberries, frozen, sweetened, thawed
 820 Ravioli, tomato & meat sauce, canned
 796 Red potato, with skin, baked
 696 Reese's peanut butter cup (Hershey)
 578 Refried beans, canned
 395 Rhubarb, frozen, cooked with sugar
 797 Rhubarb, frozen, cooked with sugar

414 Rib roast, beef, oven cooked, lean
 413 Rib roast, beef, oven cooked, lean & fat
 466 Rib roast, pork, lean & fat
 493 Rib, lamb, lean, cooked, roasted
 467 Ribs, pork, backribs, lean & fat, cooked
 468 Ribs, pork, spareribs, lean & fat, cooked, braised
 158 Rice cake, brown rice, plain
 136 Rice Krispies cereal
 758 Rice Krispies treat / bar, square
 740 Rice pudding, ready to eat, regular
 151 Rice, brown, long grain, cooked
 156 Rice, instant, cooked
 155 Rice, instant, raw
 150 Rice, noodles, cooked
 153 Rice, white long grain, cooked
 154 Rice, white long grain, instant
 152 Rice, white long grain, raw
 157 Rice, wild, cooked
 619 Ricotta cheese, part skim milk
 618 Ricotta cheese, whole milk
 414 Roast, rib, beef, oven cooked, lean
 413 Roast, rib, beef, oven cooked, lean & fat
 466 Roast, rib, pork, lean & fat
 221 Roll, crescent / croissant
 098 Roll, French
 093 Roll, whole wheat
 073 Rolls, dinner
 074 Rolls, hamburger, hotdog
 241 Romaine lettuce, shredded
 240 Romaine lettuce, inner leaf
 620 Romano cheese
 968 Root beer soda
 445 Rotisserie chicken, light meat, meat only, roasted
 522 Roughy, orange, baked or broiled
 955 Rum
 815 Russian dressing, low fat
 814 Russian dressing, regular
 291 Rutabagas, cooked, drained
 018 Rye bread
 019 Rye bread, light
 729 Rye wafer, whole grain, plain

S

791 Safflower oil
 294 Salad dressing, Italian, fat free
 553 Salad dressing, mayo type, Miracle Whip, light
 550 Salad dressing, mayo type, Miracle Whip, regular
 828 Salad dressing, ranch, fat free
 798 Salad dressing, Thousand Island, fat free
 867 Salad, chicken, no dressing, fast food
 491 Salami, beef & pork, cooked
 492 Salami, beef & pork, dry

833 Salisbury steak entrée, frozen
 523 Salmon, baked or broiled
 524 Salmon, canned (pink), solids & liquid (incl bones)
 525 Salmon, smoked
 915 Salsa
 730 Saltine cracker, square
 825 Sandwich, hot pockets, ham cheese stuffed, frozen
 928 Sandwich, sub, cold cuts
 871 Sandwich, sub, oil & vinegar, cheese, salami, ham, vegetable, fast food
 873 Sandwich, sub, tuna salad, mayo, lettuce, fast food
 872 Sandwich, sub, roast beef, mayo, vegetable, fast food
 526 Sardine, Atlantic, canned in oil, drained solids (incl bones)
 911 Sauce, barbecue
 912 Sauce, cheese, ready to serve
 913 Sauce, enchilada, ready to serve
 917 Sauce, marinara
 914 Sauce, nacho cheese, ready to serve
 917 Sauce, pasta
 916 Sauce, soy
 917 Sauce, spaghetti
 918 Sauce, sweet 'n sour
 919 Sauce, teriyaki
 920 Sauce, Worcestershire
 292 Sauerkraut, canned
 479 Sausage, Polish & Kielbasa
 469 Sausage, pork, cooked, link
 470 Sausage, pork, cooked, patty
 495 Sausage, Vienna
 527 Scallop, cooked, breaded, fried
 528 Scallop, steamed
 498 Sea Bass, cooked, dry heat
 049 Self rising flour
 791 Sesame oil
 579 Sesame seeds
 868 Shake, chocolate, fast food
 869 Shake, vanilla, fast food
 295 Shallots, fresh
 644 Sherbert ice cream
 245 Shitake mushrooms, cooked
 246 Shitake mushrooms, dried
 720 Shortbread cookie, commercial, plain
 927 Shortening, all purpose
 137 Shredded Wheat cereal
 529 Shrimp, breaded, fried
 870 Shrimp, breaded, fried, fast food
 530 Shrimp, canned, drained solids
 416 Sirloin steak, beef, grilled, lean
 415 Sirloin steak, beef, grilled, lean & fat

415	Sirloin tip steak, beef, grilled, lean	629	Sour cream, regular
525	Smoked salmon	010	Sour dough bread
685	Snack cake, chocolate, crème filled, frosting	582	Soy milk
686	Snack cake, chocolate, frosting, low fat	583	Soy nuts, dry roasted
697	Snickers bar	916	Soy sauce
510	Sole, baked or broiled	580	Soy, Miso
051	Soup, Asparagus, condensed, canned prep. with milk	791	Soybean oil
883	Soup, beef noodle, condensed, prep. w. water	581	Soybeans, dry, cooked
876	Soup, Cheddar cheese, condensed, prep. with whole milk	296	Soybeans, green, cooked, drained
884	Soup, chicken noodle, condensed, prep. with water	834	Spaghetti bolognese, frozen, Healthy Choice
906	Soup, chicken noodle, dry mix, prep. w. water	142	Spaghetti pasta, cooked
893	Soup, chicken noodle, ready to serve, chunky	149	Spaghetti pasta, whole wheat, cooked
897	Soup, chicken noodle, ready to serve, low fat, low salt	917	Spaghetti sauce
894	Soup, chicken vegetable, ready to serve, chunky	138	Special K cereal
898	Soup, chicken, rice, vegetable, ready to serve, low fat, low salt	835	Spinach souffle, home-prepared
885	Soup, Clam chowder, Manhattan, condensed, prep. with water	300	Spinach, canned, drained
877	Soup, Clam chowder, New England, condensed, prep. with whole milk	297	Spinach, fresh
878	Soup, cream of Celery, condensed, prep. with whole milk	298	Spinach, fresh, cooked, drained
879	Soup, cream of chicken soup, condensed, prep. with whole milk	299	Spinach, frozen, cooked, drained
886	Soup, cream of chicken, condensed, prep. with water	541	Split peas, dry, cooked
887	Soup, cream of mushroom, condensed, prep. with water	253	Spring onion, fresh
795	Soup, cream of potato, condensed, canned, prep. with milk	303	Squash, baked
900	Soup, lentil, ready to serve, low fat, low salt	731	Standard cracker, round or bite sized
888	Soup, Minestrone, prep. w. water	343	Starfruit / Carambola, fresh
901	Soup, Minestrone, ready to serve, low fat, low salt	420	Steak, beef, porterhouse, grilled, lean
904	Soup, onion, dry mix, unprepared	415	Steak, beef, sirloin tip, grilled, lean
889	Soup, pea, condensed, prep. w. water	416	Steak, beef, sirloin, grilled, lean
905	Soup, ramen noodle, chicken flavor, dry mix, unprepared	415	Steak, beef, sirloin, grilled, lean & fat
890	Soup, tomato, condensed, prep. w. water	418	Steak, beef, T-bone, grilled, lean
881	Soup, tomato, condensed, prep. w. whole milk	419	Steak, beef, tenderloin, grilled, lean
891	Soup, vegetable soup, condensed, prep. with water	407	Steak, Eye of round, lean
892	Soup, vegetable vegetarian soup, condensed, prep. with water	406	Steak, Eye of round, lean & fat
895	Soup, vegetable, beef, ready to serve, chunky	794	Steak, pork, cooked, grilled
902	Soup, vegetable, ready to serve, low fat, low salt	908	Stock, beef, home prepared
631	Sour cream, fat free	909	Stock, chicken, home prepared
630	Sour cream, low fat	910	Stock, fish, home prepared
		396	Strawberries, fresh, large
		397	Strawberries, fresh, medium
		398	Strawberries, frozen, sweetened, thawed
		293	Strawberry ice cream
		946	String cheese
		028	Stuffing, bread, dry mix
		928	Sub sandwich, cold cuts
		871	Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast food
		872	Sub sandwich, roast beef, mayo, vegetable, fast food
		873	Sub sandwich, tuna salad, mayo, lettuce, fast food
		721	Sugar cookie, commercial
		722	Sugar cookie, dough, refrigerated
		723	Sugar cookie, recipe, margarine
		256	Sugar snap peas, fresh, cooked, drained
		257	Sugar snap peas, frozen, cooked, drained

763 Sugar, brown
 765 Sugar, white, granulated
 765 Sugar, white, powdered
 494 Summer sausage, cervelat, beef & pork
 854 Sundae, hot fudge, fast food
 312 Sundried tomatoes, plain
 791 Sunflower oil
 586 Sunflower seeds, dry roasted, salt
 965 Sweet & sour chicken, canned
 918 Sweet 'n sour sauce
 305 Sweet potato, baked with skin
 306 Sweet potato, boiled without skin
 307 Sweet potato, candied
 308 Sweet potato, canned, syrup pack, drained
 075 Sweet rolls, cinnamon with raisins, commercial
 076 Sweet rolls, cinnamon, refrigerated dough, baked with frosting
 209 Swiss Chard, fresh
 621 Swiss cheese
 624 Swiss cheese, pasteurized process
 531 Swordfish, baked or broiled
 768 Syrup, chocolate flavored, fudge type
 767 Syrup, chocolate flavored, thin
 769 Syrup, corn, light
 770 Syrup, Maple
 771 Syrup, molasses

T

077 Taco shell, baked
 874 Taco, beef
 587 Tahini
 399 Tangerines mandarines, fresh, without peels & seeds
 744 Tapioca pudding, ready to eat, fat free
 741 Tapioca pudding, ready to eat, regular
 078 Tapioca, pearl, dry
 418 T-bone steak, beef, grilled, lean
 995 Tea, black
 996 Tea, chamomile
 996 Tea, herb
 997 Tea, instant, powder, prepared, unsweetened
 998 Tea, lemon flavor, sweetened
 999 Tea, lemon flavor, sweetened with sweetener
 419 Tenderloin steak, beef, grilled, lean
 471 Tenderloin, pork, grilled, lean
 955 Tequila
 919 Teriyaki sauce
 798 Thousand Island dressing, fat free
 817 Thousand Island dressing, low fat
 816 Thousand Island dressing, regular
 044 Toast, French, frozen
 043 Toast, French, recipe, 2% milk, fried
 139 Toasted Oatmeal, Quaker, Honey Nut
 079 Toaster pastries, fruit

080 Toaster pastries, low fat
 792 Toaster pastry, pop tarts, frosted
 793 Toaster pastry, pop tarts, fruit
 044 Toaster sticks, French, frozen
 584 Tofu, firm
 585 Tofu, soft
 313 Tomato juice, canned, salt
 890 Tomato soup, condensed, prep. w. water
 881 Tomato soup, condensed, prep. w. whole milk
 311 Tomato, canned
 310 Tomato, cherry
 309 Tomato, fresh
 314 Tomato, paste, canned
 315 Tomato, sauce, canned
 316 Tomato, stewed, canned
 312 Tomato, sundried, plain
 836 Tortellini, pasta with cheese filling, frozen
 760 Tortilla chips, baked
 762 Tortilla chips, nacho, low fat
 761 Tortilla chips, nacho, regular
 759 Tortilla chips, plain, regular
 081 Tortilla wrap, corn
 082 Tortilla wrap, flour
 114 Total, cereal, cornflakes, General Mills
 140 Total, Whole grain cereal
 532 Trout, baked or broiled
 534 Tuna canned, drained solids, oil pack, chunk light
 535 Tuna canned, drained solids, water pack, chunk light
 536 Tuna canned, drained solids, water pack, solid white
 537 Tuna salad, light tuna in oil, pickle relish, mayo type salad dressing
 533 Tuna, baked or broiled
 924 Turkey gravy, canned
 452 Turkey, breast, meat & skin, roasted
 453 Turkey, dark meat, meat & skin, roasted
 454 Turkey, gibblets, simmered
 455 Turkey, ground, cooked
 456 Turkey, light & dark meat, diced, seasoned
 457 Turkey, light meat, meat & skin, roasted
 458 Turkey, light meat, meat only, roasted
 459 Turkey, patties, breaded or battered, fried
 496 Turkey, white, deli cut
 318 Turnip greens, fresh, cooked, drained
 319 Turnip greens, frozen, cooked, drained
 317 Turnips, cooked, cubed

V

948 Vanilla extract
 773 Vanilla frosting, ready to eat
 641 Vanilla ice cream
 642 Vanilla ice cream, low fat

643 Vanilla ice cream, soft serve
 853 Vanilla ice cream, soft serve, cone, fast food
 737 Vanilla pudding, dry mix prepared w. 2% milk, instant
 738 Vanilla pudding, dry mix prepared w. 2% milk, regular, cooked
 745 Vanilla pudding, ready to eat, fat free
 742 Vanilla pudding, ready to eat, regular
 869 Vanilla shake, fast food
 724 Vanilla wafer cookie, low fat
 472 Veal, cutlet, braised, lean & fat
 473 Veal, cutlet, breaded, cooked, lean & fat
 891 Vegetable beef soup, condensed, prep. w. water
 320 Vegetable juice, cocktail, canned
 902 Vegetable soup, ready to serve, low fat, low salt
 892 Vegetable vegetarian soup, condensed, prep. with water
 895 Vegetable, beef soup, ready to serve, chunky
 321 Vegetables, mixed, canned, drained
 322 Vegetables, mixed, frozen, cooked, drained
 830 Vegetarian burger patty, frozen, Morningstar farms
 474 Venison, loin, cooked, broiled, lean
 475 Venison, top round, cooked, broiled, lean
 010 Vienna bread
 495 Vienna sausage
 949 Vinegar, cider
 950 Vinegar, distilled
 955 Vodka

W

724 Wafer, vanilla, cookie, low fat
 084 Waffles, plain, frozen, toasted
 085 Waffles, plain, low fat
 083 Waffles, plain, recipe
 538 Walleye, Pike
 588 Walnuts, chopped
 323 Waterchestnuts, canned
 400 Watermelon, fresh, wedge
 008 Wheat bread

021 Wheat bread, light
 050 Wheat flour, all purpose
 267 Wheat flour, whole grain
 733 Wheat thins crackers
 141 Wheaties cereal
 636 Whipped topping, cream product, frozen
 627 Whipping cream, unwhipped
 628 Whipping cream, unwhipped, low fat
 955 Whisky (80 proof)
 551 White beans, canned
 022 White bread
 024 White bread, light
 023 White bread, soft crumbs
 765 White sugar, granulated
 765 White sugar, powdered
 025 Whole wheat bread
 734 Whole wheat crackers
 157 Wild rice, cooked
 957 Wine, red
 958 Wine, rose/blush
 959 Wine, white
 920 Worcestershire sauce

Y

324 Yam, cooked, broiled, drained, or baked
 951 Yeast, dry, active
 661 Yogurt & juice blend
 662 Yogurt, fruit flavored, low fat
 664 Yogurt, fruit flavored, non fat
 663 Yogurt, plain, low fat
 665 Yogurt, plain, nonfat
 666 Yogurt, plain, regular
 637 Yogurt, soft serve, chocolate
 638 Yogurt, soft serve, vanilla
 667 Yogurt, vanilla or lemon, low fat

Z

302 Zucchini, cooked, drained
 301 Zucchini, fresh