

Escali[®] Measuring What's Next[™]

Nutritional Scale



Cesto

Manual and code list

www.**Escali**.com

Thank you for purchasing the Escali Cesto Digital Nutritional Scale.

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

The Escali Cesto 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 weigh:

- 1) Press the "ON" key
- 2) All display segments will show for about 2 seconds
- 3) "WT 0.0 oz" will appear on the display
- 4) Press the "g/oz" key to select measuring unit
- 5) 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" key
- 2) Select measuring units (oz, lb/oz, g, kg)
- 3) Place the container, without the item, slowly on the tray
- 4) Press the "zero" 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 "zero" 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 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. (You may clear the input with the CLR/MC key)
- 5) Weight and Nutritional Data will show on the display

WT		0:	14	lb:oz	
FOOD CODE	722	CAL =	194.8		
SALT	mg	PROT	g	FAT	g
	187		2.67		8.00
CARB	g	CHOL	mg	FIBR	g
	26.67		13		0.27

Example of display reading

- CAL - Calories
- SALT - Sodium in milligrams
- PROT - Protein in grams
- FAT - Fat in grams
- CARB - Carbohydrates in grams
- CHOL - Cholesterol in milligrams
- FIBR - 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 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" key if necessary), "WT" will display
- 2) Press the MR key. The display will show "ΣM" followed by the total memory number
- 3) Total Nutritional data will show on the display
- 4) Press zero to go back to WT mode

How to clear saved data:

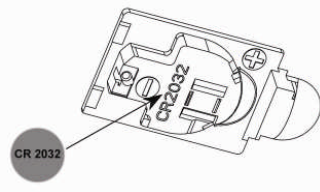
- 1) Make sure your scale is in WT mode, and the food code is 000 (press "g/oz" key if necessary), "WT" will display
- 2) Press the CLR/MC key, M will flash
- 3) Press the CLR/MC key again to clear the memory, or any other key to escape

Do not place overweight items on the scale:

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

Battery Replacement:

This scale operates on one CR2032 Lithium Battery. Please replace the battery when the low battery symbol appears on the display.



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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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
161 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, Pumernickel
181	Beets, green, leaves & stems, cooked, drained	017	Bread, 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	104	Cereal, Cheerios
304	Butternut, frozen, cooked, mashed	105	Cereal, Chex Corn
C			
193	Cabbage, Napa	106	Cereal, Chex Honey Nut
192	Cabbage, Pak choi or bok choy	108	Cereal, Chex rice
194	Cabbage, red, raw, shredded	109	Cereal, Chex wheat
195	Cabbage, savoy, raw, shredded	107	Cereal, Chex, multi bran
191	Cabbage, cooked	110	Cereal, Cinnamon Life
190	Cabbage, fresh, shredded	111	Cereal, Cocoa Krispies
802	Caesar dressing, low fat	112	Cereal, Cocoa Puffs
801	Caesar dressing, regular	113	Cereal, Complete Wheat Bran flakes
047	Cake flour	116	Cereal, Corn Pops
668	Cake, Angelfood	114	Cereal, Cornflakes, General Mills, Total
676	Cake, chocolate with chocolate frosting	115	Cereal, Cornflakes, Kellogg's
677	Cake, coffee	117	Cereal, Crispix
673	Cake, dry mix, Angelfood	118	Cereal, Froot Loops
674	Cake, dry mix, yellow, light, water, egg whites, no frosting	119	Cereal, Frosted flakes
682	Cake, fruitcake	120	Cereal, Frosted Mini Wheats, regular or bite size
683	Cake, Pound, butter	122	Cereal, Golden Grahams
684	Cake, Pound, fat free	127	Cereal, Granola, Nature Valley
598	Camembert cheese	123	Cereal, Honey Nut Cheerios
791	Canola oil	124	Cereal, Honey Nut Clusters
367	Cantaloupe Melon, wedge without rind	125	Cereal, Kix
343	Carambola / starfruit, fresh	126	Cereal, Life
699	Caramel, chocolate flavored roll	130	Cereal, Product 19
698	Caramel, plain	131	Cereal, Puffed rice
196	Carrot juice, canned	132	Cereal, Puffed wheat
198	Carrots, baby	133	Cereal, Raisin Bran, General Mills, Total
172	Carrots, canned	134	Cereal, Raisin Bran, Kellogg's
197	Carrots, fresh	135	Cereal, Raisin Nut Bran
199	Carrots, fresh, cooked, drained	136	Cereal, Rice Krispies
200	Carrots, frozen, cooked, drained	137	Cereal, Shredded Wheat
555	Cashew nuts, salted, oil roasted	138	Cereal, Special K
554	Cashews, salted, dry roasted	139	Cereal, Toasted Oatmeal, Quaker, Honey Nut
499	Catfish, breaded, fried	140	Cereal, Total Whole grain
201	Cauliflower, fresh	996	Chamomile tea
202	Cauliflower, fresh, cooked, drained	209	Chard, Swiss, fresh
203	Cauliflower, frozen, cooked, drained	599	Cheddar cheese
931	Celery seed	876	Cheddar cheese soup, condensed, prep. with whole milk
206	Celery, cooked	600	Cheddar cheese, low fat
204	Celery, fresh	104	Cheerios cereal
029	Cereal bar, fruit filling, fat free	725	Cheese cracker
033	Cereal bar, fruit, Nutri-grain	865	Cheese pizza, fast food
141	Cereal Wheaties	912	Cheese sauce, ready to serve
128	Cereal, 100% Natural Cereal, Oats, honey and raisins	623	Cheese, American, pasteurized process, fat free
129	Cereal, 100% Natural Cereal, Oats, honey and raisins, low fat	622	Cheese, American, pasteurized process, regular
099	Cereal, All Bran	597	Cheese, blue
100	Cereal, Apple Cinnamon Cheerios	148	Cheese, Brie
101	Cereal, Apple Jacks	598	Cheese, Camembert
102	Cereal, Basic 4	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	633	Cream, powdered
213	Corn, fresh, kernels on the cob	634	Cream, powdered with whole milk
214	Corn, frozen, kernels on the cob	635	Cream, pressurized
215	Corn, kernels, fresh	631	Cream, sour, fat free
213	Corn, sweet, white, cooked, drained	630	Cream, sour, low fat
217	Corn, whole kernel, canned	629	Cream, sour, regular
035	Cornbread, mix	627	Cream, whipping, unwhipped
036	Cornbread, recipe, 2% milk	628	Cream, whipping, unwhipped, low fat
114	Cornflakes, General Mills, Total cereal	221	Crescent roll
115	Cornflakes, Kellogg's	236	Crisphead, iceberg, leaf
443	Cornish game hens, meat & skin, roasted	237	Crisphead, iceberg, shredded
038	Cornmeal, yellow, dry, regular	117	Crispix cereal
037	Cornmeal, yellow, dry, whole grain	218	Crisps Potato, plain
039	Cornstarch	221	Croissants
602	Cottage cheese, creamed with fruit	041	Croutons, seasoned
601	Cottage cheese, large or small curd	219	Cucumber, peeled
604	Cottage cheese, low fat (1%)	220	Cucumber, unpeeled
603	Cottage cheese, low fat (2%)	687	Cupcake with frosting
605	Cottage cheese, nonfat	349	Currants, dried
040	Couscous, cooked		
504	Crab, Alaskan King, cooked	D	
506	Crab, cake, egg, onion, margarine, fried	678	Danish pastry, cream cheese
505	Crab, meat, canned	679	Danish pastry, fruit
008	Cracked wheat bread	350	Dates, without pits
725	Cracker, cheese	632	Dill dip
726	Cracker, graham, plain	222	Dill weed, fresh
052	Cracker, matzo, plain	073	Dinner rolls
730	Cracker, saltine, square	632	Dip, dill
731	Cracker, standard, round or bite sized	680	Donut, cake
733	Crackers, wheat thins	681	Donut, glazed
734	Crackers, whole wheat	712	Dough, chocolate chip cookie, refrigerated, commercial
205	Crackers, with cheese filling	680	Doughnut, cake
347	Cranberries, dried, sweetened	681	Doughnut, glazed
990	Cranberry juice cocktail	800	Dressing, blue cheese, low fat
348	Cranberry sauce, sweetened, canned	799	Dressing, blue cheese, regular
608	Cream cheese, fat free	802	Dressing, Caesar, low fat
607	Cream cheese, low fat	801	Dressing, Caesar, regular
606	Cream cheese, regular	803	Dressing, coleslaw
878	Cream of celery soup, condensed, prep. with whole milk	805	Dressing, French, low fat
886	Cream of chicken soup, condensed, prep. with water	804	Dressing, French, regular
879	Cream of chicken soup, condensed, prep. with whole milk	294	Dressing, Italian, fat free
887	Cream of mushroom soup, condensed, prep. with water	807	Dressing, Italian, low fat
880	Cream of mushroom soup, condensed, prep. with whole milk	806	Dressing, Italian, regular
092	Cream of wheat, quick	553	Dressing, mayo type, Miracle Whip, light
091	Cream of wheat, regular	550	Dressing, mayo type, Miracle Whip, regular
636	Cream product, whipped topping, frozen	828	Dressing, ranch, fat free
182	Cream, coconut	812	Dressing, ranch, low fat
626	Cream, coffee	811	Dressing, ranch, regular
625	Cream, Half and half	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	833	Salisbury steak entrée, frozen
413	Rib roast, beef, oven cooked, lean & fat	523	Salmon, baked or broiled
466	Rib roast, pork, lean & fat	524	Salmon, canned (pink), solids & liquid (incl bones)
493	Rib, lamb, lean, cooked, roasted	525	Salmon, smoked
467	Ribs, pork, backribs, lean & fat, cooked	915	Salsa
468	Ribs, pork, spareribs, lean & fat, cooked, braised	730	Saltine cracker, square
158	Rice cake, brown rice, plain	825	Sandwich, hot pockets, ham cheese stuffed, frozen
136	Rice Krispies cereal	928	Sandwich, sub, cold cuts
758	Rice Krispies treat / bar, square	871	Sandwich, sub, oil & vinegar, cheese, salami, ham, vegetable, fast food
740	Rice pudding, ready to eat, regular	873	Sandwich, sub, tuna salad, mayo, lettuce, fast food
151	Rice, brown, long grain, cooked	872	Sandwich, sub, roast beef, mayo, vegetable, fast food
156	Rice, instant, cooked	526	Sardine, Atlantic, canned in oil, drained solids (incl bones)
155	Rice, instant, raw	911	Sauce, barbecue
150	Rice, noodles, cooked	912	Sauce, cheese, ready to serve
153	Rice, white long grain, cooked	913	Sauce, enchilada, ready to serve
154	Rice, white long grain, instant	917	Sauce, marinara
152	Rice, white long grain, raw	914	Sauce, nacho cheese, ready to serve
157	Rice, wild, cooked	917	Sauce, pasta
619	Ricotta cheese, part skim milk	916	Sauce, soy
618	Ricotta cheese, whole milk	917	Sauce, spaghetti
414	Roast, rib, beef, oven cooked, lean	918	Sauce, sweet 'n sour
413	Roast, rib, beef, oven cooked, lean & fat	919	Sauce, teriyaki
466	Roast, rib, pork, lean & fat	920	Sauce, Worcestershire
221	Roll, crescent / croissant	292	Sauerkraut, canned
098	Roll, French	479	Sausage, Polish & Kielbasa
093	Roll, whole wheat	469	Sausage, pork, cooked, link
073	Rolls, dinner	470	Sausage, pork, cooked, patty
074	Rolls, hamburger, hotdog	495	Sausage, Vienna
241	Romaine lettuce , shredded	527	Scallop, cooked, breaded, fried
240	Romaine lettuce, inner leaf	528	Scallop, steamed
620	Romano cheese	498	Sea Bass, cooked, dry heat
968	Root beer soda	049	Self rising flour
445	Rotisserie chicken, light meat, meat only, roasted	791	Sesame oil
522	Roughy, orange, baked or broiled	579	Sesame seeds
955	Rum	868	Shake, chocolate, fast food
815	Russian dressing, low fat	869	Shake, vanilla, fast food
814	Russian dressing, regular	295	Shallots, fresh
291	Rutabagas, cooked, drained	644	Sherbert ice cream
018	Rye bread	245	Shitake mushrooms, cooked
019	Rye bread, light	246	Shitake mushrooms, dried
729	Rye wafer, whole grain, plain	720	Shortbread cookie, commercial, plain
S		927	Shortening, all purpose
791	Safflower oil	137	Shredded Wheat cereal
294	Salad dressing, Italian, fat free	529	Shrimp, breaded, fried
553	Salad dressing, mayo type, Miracle Whip, light	870	Shrimp, breaded, fried, fast food
550	Salad dressing, mayo type, Miracle Whip, regular	530	Shrimp, canned, drained solids
828	Salad dressing, ranch, fat free	416	Sirloin steak, beef, grilled, lean
798	Salad dressing, Thousand Island, fat free	415	Sirloin steak, beef, grilled, lean & fat
867	Salad, chicken, no dressing, fast food		
491	Salami, beef & pork, cooked		
492	Salami, beef & pork, dry		

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	021	Wheat bread, light
853	Vanilla ice cream, soft serve, cone, fast food	050	Wheat flour, all purpose
737	Vanilla pudding, dry mix prepared w. 2% milk, instant	267	Wheat flour, whole grain
738	Vanilla pudding, dry mix prepared w. 2% milk, regular, cooked	733	Wheat thins crackers
745	Vanilla pudding, ready to eat, fat free	141	Wheaties cereal
742	Vanilla pudding, ready to eat, regular	636	Whipped topping, cream product, frozen
869	Vanilla shake, fast food	627	Whipping cream, unwhipped
724	Vanilla wafer cookie, low fat	628	Whipping cream, unwhipped, low fat
472	Veal, cutlet, braised, lean & fat	955	Whisky (80 proof)
473	Veal, cutlet, breaded, cooked, lean & fat	551	White beans, canned
891	Vegetable beef soup, condensed, prep. w. water	022	White bread
320	Vegetable juice, cocktail, canned	024	White bread, light
902	Vegetable soup, ready to serve, low fat, low salt	023	White bread, soft crumbs
892	Vegetable vegetarian soup, condensed, prep. with water	765	White sugar, granulated
895	Vegetable, beef soup, ready to serve, chunky	765	White sugar, powdered
321	Vegetables, mixed, canned, drained	025	Whole wheat bread
322	Vegetables, mixed, frozen, cooked, drained	734	Whole wheat crackers
830	Vegetarian burger patty, frozen, Morningstar farms	157	Wild rice, cooked
474	Venison, loin, cooked, broiled, lean	957	Wine, red
475	Venison, top round, cooked, broiled, lean	958	Wine, rose/blush
010	Vienna bread	959	Wine, white
495	Vienna sausage	920	Worcestershire sauce
949	Vinegar, cider		
950	Vinegar, distilled	Y	
955	Vodka	324	Yam, cooked, broiled, drained, or baked
W		951	Yeast, dry, active
724	Wafer, vanilla, cookie, low fat	661	Yogurt & juice blend
084	Waffles, plain, frozen, toasted	662	Yogurt, fruit flavored, low fat
085	Waffles, plain, low fat	664	Yogurt, fruit flavored, non fat
083	Waffles, plain, recipe	663	Yogurt, plain, low fat
538	Walleye, Pike	665	Yogurt, plain, nonfat
588	Walnuts, chopped	666	Yogurt, plain, regular
323	Waterchestnuts, canned	637	Yogurt, soft serve, chocolate
400	Watermelon, fresh, wedge	638	Yogurt, soft serve, vanilla
008	Wheat bread	667	Yogurt, vanilla or lemon, low fat
		Z	
		302	Zucchini, cooked, drained
		301	Zucchini, fresh

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