



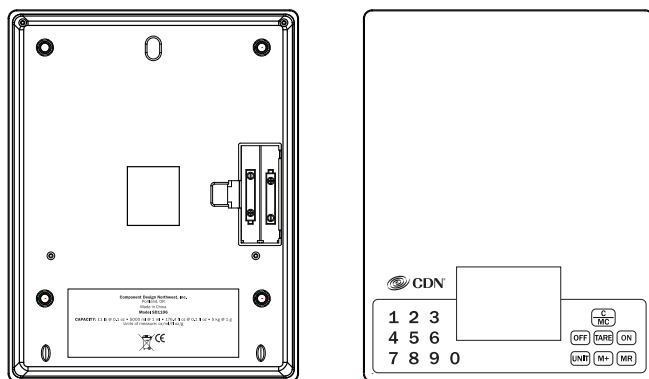
Kitchen Measurement Tools

Digital Nutrition Scale

11 pounds/5 kilograms/176 ounces/5 liters
by ounces, fluid ounces, grams and milliliters

Features

- Tare function
- 999 food codes from the USDA National Nutrient Database
- Nutritional data: calories, sodium, protein, fat, carbohydrates, cholesterol and fiber
- Tempered glass
- Selectable units
- Overload indication
- Battery status indication
- On/off button
- Auto-off after 60 seconds
- Batteries and instructions included



Note: In the following instructions, names of the control buttons are shown in CAPS. Function information that appears on the display is shown in **BOLD CAPS**.

Battery Installation

Replace battery when LCD becomes dim. **Lo** appears on the display when battery status is low and needs to be replaced.

1. Power off the unit before installing the battery.
2. Remove battery cover on the back by pressing the latch in and lifting up.
3. Install four 1.5V AAA IEC LR03 Alkaline batteries observing polarity shown in compartment.
4. Replace the battery cover until it clicks shut.

Operating Instructions

Place the scale gently on a hard and flat surface and make sure it is steady before use to obtain accurate measurements.

A. On/Off

1. Press the ON button to turn on. The display flashes all segments and then returns to zero. **WT** appears in the upper left corner of the display to indicate that the scale is ready and in weighing mode.
2. Press the OFF button to turn off.

B. Auto Off

The scale automatically turns off after 60 seconds of inactivity.

C. Unit Selection

Press the UNIT button to select the desired unit. The display cycles through **oz**, **fl oz**, **ml** and **g**.

D. Tare

The tare function resets the scale display to zero in order to measure only the weight of an item. It is frequently used to subtract the weight of containers.

1. When the scale is on, place a container on the platform.
2. Press the TARE button to reset the display to zero.
3. Place the item into the container or directly on the scale platform. The weight of only the last item added will appear on the display.
4. Continue to repeat steps 2 and 3 to measure the respective weights of additional items.
5. To clear the tare, remove all items from the platform and press the TARE button.

E. Nutritional Data

This scale is preprogrammed with nutritional data for calories, sodium, protein, fat and carbohydrates from the USDA National Nutrient Database. There are 999 unique food codes that are listed in this manual, starting on page 3.

1. When in weighing mode, place a food item on the platform and press the C/MC button to reset the food code to **000**.
2. Locate the appropriate food code from the list on page 3.
3. Enter the desired food code by pressing the numbers at the lower left of the scale. The weight and the nutritional data appear on the display.

F. Nutritional Data for Several Foods

Note: --- indicates that the nutrition data is over the maximum digits available on the display.

1. Complete the steps in *E. Nutritional Data*.
2. Press the M+ button to store the measurement in memory. **M01** appears in the upper left corner of the display to indicate that the data for that item is recorded.
3. Place another food item on the platform and enter the appropriate food code.
4. Press the M+ button to store the measurement in memory. **M02** appears in the upper left corner of the display to indicate that the data for this item is recorded.
5. Repeat steps 3 and 4 for additional items.
6. The scale retains the recall/memory data when the scale is turned off. However, when batteries are removed, the data is lost.
7. The memory holds 99 recorded items. When the **M99** appears on the display, the memory is full and needs to be cleared to store additional items.

G. Data Totals

1. Press the MR button to recall the sum of all recorded data. Σ appears on the display.
2. Press the MR button again to return to weighing mode.

H. Clear Recall (MR) and Memory (M+)

1. Press the C/MC button to reset the food code to **000**.
2. To clear the recall of the data totals, press the C/MC button once to clear. **M** flashes.
3. To clear the memory of all nutritional data, press the C/MC button twice.

I. Error Messages

1. **Err** indicates an overload when the item being measured exceeds the capacity of the scale. Immediately remove the overweight item to avoid causing damage to your scale.

Note: Clean the scale platform before each use.

CE Note: This device could be sensitive to electrostatic discharge. If electrostatic discharge or malfunctioning occurs, please re-install the battery to reset this unit.

Usage Guidelines

- Scales are precision instruments and must be handled with extreme care.
- Battery technology works best at room temperature.
- Place the scale gently on a hard and flat surface and make sure it is steady before use.
- The maximum capacity of the scale is 11 lb/5 kg, which is the capacity before using the tare function.
- Do not place overweight items on the scale.
- Store the scale in a position that keeps it free from any load bearing weight. Storing the scale with pressure on the load cells can distort the weight measurements over time.

Care of Your Product

- Do not submerge any part of the scale in water.
- Wipe clean with a damp cloth.
- Store the scale at room temperature between 32 to 104°F/0 to 40°C.

Precautions

- Keep the scale and/or battery away from children.
- Do not clean the scale with abrasive or corrosive compounds, which may scratch the surface and corrode the electronic circuits.
- Do not subject the scale to excessive force, shock, dust, temperature or humidity, which may result in malfunction, shorter electronic life span, damaged battery and/or distorted parts.
- Do not tamper with the scale's internal components. Doing so will invalidate the warranty and may cause unnecessary battery damage and/or distorted parts.
- Do not subject the scale to excessive exposure to direct sunlight.
- **The unit is not waterproof** — do not immerse it in any liquid, which will result in faulty measurements.
- To avoid deformation, do not place the unit in extreme temperatures.
- Always read the users manual thoroughly before operating.

Specifications

Measurement Range	5000 g/176 oz/11 lbs/5000 ml
Unit of Measure	g/oz/fl oz/ml
Resolution	1 g, 0.1 oz, 0.1 fl oz, 1 ml
Operating Range	32°F~104°F/0°C~40°C/≤90% RH
Accuracy	0.4% ± 1d
Power Supply	4 x 1.5V AAA IEC LR03 Alkaline
Dimensions	6.75 W x 8.58 H x 0.79 D (inches)/ 17.1 W x 21.8 H x 2.0 D (cm)
Weight	21.7 oz / 615 g (including battery)

Food Codes

This scale is preprogrammed with nutritional data for calories, sodium, protein, fat and carbohydrates from the USDA National Nutrient Database. There are 999 unique food codes listed here...

A

159 Alfalfa sprouts, raw
818 Alfredo egg noodles, dry mix
20 Anchovy Fish, canned in oil
668 Angel food cake
973 Apple juice, bottled or canned
974 Apple juice, concentrate, frozen, undiluted
975 Apple juice, frozen, concentrate, diluted
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
160 Artichokes, cooked, drained
336 Asian pears, fresh
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
2 Bagels, cinnamon-raisin
3 Bagels, egg
1 Bagels, plain
977 Baked beans, with franks, canned
926 Baking powder, sodium aluminum sulfate
929 Baking soda
164 Bamboo shoots, canned, drained
338 Bananas, fresh
774 Bar, fruit & juice, frozen
911 Barbecue sauce
5 Barley, cooked
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
548 Beans, black eyed peas, canned
547 Beans, black eyed peas, dry, cooked
168 Beans, black eyed peas, frozen, cooked, drained
167 Beans, black eyed peas, raw, cooked, drained
540 Beans, black, dry, cooked
558 Beans, chickpeas, canned
557 Beans, chickpeas, dry, cooked salt
541 Beans, great northern, dry, cooked
562 Beans, hummus, commercial
542 Beans, kidney beans, red, dry, cooked
549 Beans, kidney, red, canned
563 Beans, lentils, dry, cooked
170 Beans, lima, baby, frozen, cooked, drained
543 Beans, lima, dry, cooked, large
169 Beans, lima, frozen, cooked, drained
544 Beans, navy, dry, cooked
89 Beans, pinto, canned
545 Beans, pinto, dry, cooked
551 Beans, white, canned
903 Beef bouillon, dry mix, unprepared
882 Beef broth, bouillon, condensed, prep. with water
821 Beef stew, canned
402 Beef, bottom round, cooked, lean
401 Beef, bottom round, cooked, lean & fat
404 Beef, braised (brisket) or pot roast, lean
403 Beef, braised (brisket) or pot roast, lean & fat
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
939 Beef, ground, 75%, cooked, crumbles, pan-browned
937 Beef, ground, 80%, cooked, crumbles, pan-browned
409 Beef, ground, 80%, grilled
938 Beef, ground, 85%, cooked, crumbles, pan-browned
408 Beef, ground, 85%, grilled
411 Beef, jerky
412 Beef, liver, fried
414 Beef, rib roast, oven cooked, lean
413 Beef, rib roast, oven cooked, lean & fat
415 Beef, sirloin steak, grilled, lean & fat
420 Beef, steak, porterhouse, grilled, lean
416 Beef, steak, sirloin, grilled, lean

Food Codes

418 Beef, steak, T-bone, grilled, lean
419 Beef, steak, tenderloin, grilled, lean
954 Beer, light
953 Beer, regular
179 Beets, canned, drained
181 Beets, green, leaves & stems, cooked, drained
177 Beets, whole or slices, cooked, drained
266 Bell pepper, green or red, cooked, drained
264 Bell pepper, green or red, fresh
6 Biscuits, plain or buttermilk, recipe, 2% milk
7 Biscuits, refrigerated dough, baked, regular
340 Blackberries, canned, heavy syrup
339 Blackberries, fresh
90 Blackberries, frozen
341 Blueberries, fresh
342 Blueberries, frozen, sweetened
476 Bologna, beef
477 Bologna, beef and pork
478 Bologna, turkey
669 Boston Cream Pie
479 Bratwurst, beef & pork, smoked
480 Bratwurst, pork, cooked
481 Braunschweiger (liver sausage, pork)
26 Bread crumbs, dry, grated, plain
27 Bread crumbs, dry, grated, seasoned
121 Bread sticks
28 Bread stuffing, dry mix
4 Bread, banana, recipe, margarine
8 Bread, cracked wheat
93 Bread, dinner roll, whole wheat
9 Bread, egg
10 Bread, French
103 Bread, garlic
11 Bread, Indian fried (Naan)
12 Bread, Italian
13 Bread, mixed grain
14 Bread, oatmeal
15 Bread, pita
16 Bread, pumpernickel
17 Bread, raisin
98 Bread, roll, French
18 Bread, rye
19 Bread, rye, light
21 Bread, wheat, light
22 Bread, white
24 Bread, white, light
23 Bread, white, soft crumbs, canned, prep. with milk

25 Bread, whole wheat
29 Breakfast bar, cereal crust,
837 Breakfast sandwich, egg & sausage, fast food
185 Broccoli, fresh, cooked, drained
186 Broccoli, frozen, drained
187 Broccoli, in cheese-flavored sauce, frozen
183 Broccoli, raw, spear
763 Brown sugar
671 Brownies, commercial, without icing, fat free
670 Brownies, commercial, without icing, regular
672 Brownies, dry mix, low fat
189 Brussel sprouts, fresh, cooked, drained
188 Brussel sprouts, frozen, cooked, drained
34 Bulgur, cooked
841 Burrito, beans & cheese, fast food
842 Burrito, beans & meat, fast food
782 Butter, salted
783 Butter, unsalted
304 Butternut, frozen, cooked, mashed

C

191 Cabbage, cooked
190 Cabbage, fresh, shredded
193 Cabbage, napa
192 Cabbage, pak choi or bok choy
194 Cabbage, red, raw, shredded
195 Cabbage, savoy, raw, shredded
673 Cakes, dry mix, angel food
674 Cakes, dry mix, yellow, light, water, egg whites. no frosting
343 Carambola/star fruit, 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
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
128 Cereal, 100% Natural, oats, honey and raisins

Food Codes

129	Cereal, 100% Natural, oats, honey and raisins, low fat	598	Cheese, Camembert
99	Cereal, All Bran	599	Cheese, cheddar
100	Cereal, Apple Cinnamon	600	Cheese, cheddar, low fat
101	Cereal, Apple Jacks	602	Cheese, cottage, creamed with fruit
102	Cereal, Basic 4	601	Cheese, cottage, large or small curd
104	Cereal, Cheerios	604	Cheese, cottage, low fat (1 %)
105	Cereal, Chex, corn	603	Cheese, cottage, low fat (2%)
106	Cereal, Chex, honey nut	605	Cheese, cottage, nonfat
107	Cereal, Chex, multi bran	608	Cheese, cream cheese, fat free
108	Cereal, Chex, rice	607	Cheese, cream cheese, low fat
109	Cereal, Chex, wheat	606	Cheese, cream cheese, regular
110	Cereal, Cinnamon Life	610	Cheese, feta
111	Cereal, Cocoa Krispy's	611	Cheese, gouda
112	Cereal, Cocoa Puffs	612	Cheese, monterey
113	Cereal, Complete Wheat Bran Flakes	829	Cheese, mozzarella cheese sticks
116	Cereal, Corn Pops	613	Cheese, mozzarella, whole milk
115	Cereal, Cornflakes, Kellogg's	614	Cheese, muenster
114	Cereal, Cornflakes, Total, General Mills,	615	Cheese, neufchatel
117	Cereal, Crispix	616	Cheese, parmesan
118	Cereal, Froot Loops	174	Cheese, provolone
119	Cereal, Frosted Flakes	617	Cheese, provolone
120	Cereal, Frosted Mini Wheats, regular or bite size	619	Cheese, ricotta, part skim milk
122	Cereal, Golden Grahams	618	Cheese, ricotta, whole milk
123	Cereal, Honey Nut Cheerios	620	Cheese, romano
124	Cereal, Honey Nut Clusters	609	Cheese, shredded
139	Cereal, Honey Nut Toasted Oatmeal, Quaker	946	Cheese, string cheese
125	Cereal, Kix	621	Cheese, Swiss
126	Cereal, Life	624	Cheese, Swiss, pasteurized process
127	Cereal, Nature Valley Granola	843	Cheeseburger, double, regular, lettuce, tomato, mayo, fast food
33	Cereal, Nutri-Grain bar, fruit	846	Cheeseburger, double, regular, plain, 3-piece bun, fast food
130	Cereal, Product 19	845	Cheeseburger, double, regular, plain, fast food
131	Cereal, Puffed rice	848	Cheeseburger, single, large, lettuce, tomato, mayo, fast food
132	Cereal, Puffed wheat	844	Cheeseburger, single, regular, lettuce, tomato, mayo, fast food
134	Cereal, Raisin Bran, Kellogg's	847	Cheeseburger, single, regular, plain
133	Cereal, Raisin Bran, Total, General Mills	675	Cheesecake
135	Cereal, Raisin Nut Bran	176	Cheesecake, no bake, prep. from mix
136	Cereal, Rice Krispy's	366	Cherries, maraschino, canned, drained
137	Cereal, Shredded Wheat	344	Cherries, sour, red, pitted, canned, water pack
138	Cereal, Special K	345	Cherries, sweet, fresh, without pits
140	Cereal, Total, whole grain	746	Chex mix
141	Cereal, Wheaties	896	Chicken broth, ready to serve, low fat, low salt
209	Chard, Swiss, fresh	849	Chicken fillet (breaded & fried) sandwich, plain, fast food
912	Cheese sauce, ready to serve	850	Chicken nuggets, boneless (breaded & fried), plain, fast food
623	Cheese, American, pasteurized process, fat free		
622	Cheese, American, pasteurized process, regular		
597	Cheese, blue		
148	Cheese, brie		

Food Codes

822	Chicken pot pie, frozen	182	Coconut cream
867	Chicken salad, no dressing, fast food	560	Coconut, raw, shredded, dried, sweetened
429	Chicken, breast, meat only, fried	559	Coconut, raw, shredded, not packed
430	Chicken, breast, meat only, grilled	503	Cod, baked or broiled
442	Chicken, canned, meat only, with broth	677	Coffee cake
431	Chicken, dark meat, meat only, fried	970	Coffee, brewed
432	Chicken, dark meat, meat only, roasted	971	Coffee, espresso
433	Chicken, drumstick, meat & skin, fried, batter	852	Coleslaw, fast food
434	Chicken, drumstick, meat & skin, fried, flour	210	Coleslaw, homemade
435	Chicken, giblets, simmered	211	Collards, fresh, cooked, drained
436	Chicken, light meat, meat only, fried	212	Collards, frozen, cooked, drained
437	Chicken, light meat, meat only, roasted	709	Cookie, butter, commercial
444	Chicken, liver, simmered	711	Cookie, chocolate chip, commercial, low fat
426	Chicken, meat & skin, fried, batter	710	Cookie, chocolate chip, commercial, regular
427	Chicken, meat & skin, fried, flour	712	Cookie, chocolate chip, dough refrigerated, commercial
428	Chicken, meat & skin, roasted	719	Cookie, chocolate, cream filling
445	Chicken, rotisserie, light meat, meat only, roasted	713	Cookie, fig bar
438	Chicken, thigh, meat & skin, fried, batter	716	Cookie, oatmeal, fat free
439	Chicken, thigh, meat & skin, fried, flour	714	Cookie, oatmeal, regular, large
440	Chicken, wing, meat & skin, fried, batter	715	Cookie, oatmeal, soft type
441	Chicken, wing, meat & skin, fried, flour	717	Cookie, peanut butter, commercial
823	Chili con carne with beans, canned	718	Cookie, peanut butter, recipe with margarine
851	Chili con carne, fast food	720	Cookie, shortbread, commercial, plain
261	Chili pepper, fresh, green or red	721	Cookie, sugar, commercial
932	Chili powder	722	Cookie, sugar, dough, refrigerated
178	Chips, baked	723	Cookie, sugar, recipe, margarine
207	Chives, fresh	724	Cookie, vanilla wafer, low fat
700	Chocolate bar, milk, plain	747	Corn chips, plain
701	Chocolate bar, milk, with almonds	824	Corn dog, frozen
702	Chocolate bar, milk, with peanuts, Mr. Goodbar	88	Corn Grits, white or yellow
708	Chocolate bar, Special Dark, sweet (Hershey)	216	Corn, cream style, canned
676	Chocolate cake with chocolate frosting	213	Corn, fresh, kernels on the cob
704	Chocolate chips, semi sweet	214	Corn, frozen, kernels on the cob
705	Chocolate chips, white	217	Corn, whole kernel, canned
706	Chocolate coated peanuts	215	Corn, whole kernel, fresh
707	Chocolate coated raisins	35	Cornbread, mix
969	Chocolate powder mix	36	Cornbread, recipe, 2% milk
934	Chocolate, baking, unsweetened, liquid	443	Cornish game hens, meat & skin, roasted
933	Chocolate, baking, unsweetened, solid	38	Cornmeal, yellow, dry, regular
180	Chocolate, bar, white	37	Cornmeal, yellow, dry, whole grain
482	Chorizo, beef & pork	39	Cornstarch
208	Cilantro, fresh	40	Couscous, cooked
935	Cinnamon	504	Crab, Alaskan King, cooked
501	Clam, breaded, fried	506	Crab, cake, egg, onion, margarine, fried
502	Clam, canned, drained solids	505	Crab, meat, canned
945	Clementine	725	Cracker, cheese
936	Cocoa powder, unsweetened	727	Cracker, graham, crushed

Food Codes

726 Cracker, graham, plain
730 Cracker, Saltine, square
731 Cracker, standard, round or bite sized
733 Cracker, wheat thins
734 Cracker, whole wheat
52 Crackers, matzo, plain
205 Crackers, with cheese filling
347 Cranberries, dried, sweetened
990 Cranberry juice cocktail
348 Cranberry sauce, sweetened, canned
92 Cream of wheat, quick
91 Cream of wheat, regular
626 Cream, coffee
625 Cream, half and half
633 Cream, powdered
634 Cream, powdered with whole milk
635 Cream, pressurized
636 Cream, whipped topping, frozen
221 Croissants
41 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
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, Miracle Whip, light
550 Dressing, Miracle Whip, regular
813 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
446 Duck, meat & skin, roasted
447 Duck, meat only, roasted
448 Duck, Peking, breast, meat & skin, boneless, roasted

E

507 Eel, cooked, dry heat
592 Egg, hard boiled, no shell
596 Egg, omelet, plain
593 Egg, poached with salt
594 Egg, scrambled, margarine, whole milk, salted
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
42 English muffin, plain

F

228 Fennel, bulb, raw
351 Figs, dried
265 Figs, fresh
855 Fish (breaded & fried) sandwich, tartar sauce, cheese, fast food
508 Fish fillet, battered or breaded, fried
509 Fish stick, breaded, frozen, preheated
510 Flounder or Sole, baked or broiled
45 Flour, bread
46 Flour, buckwheat, whole groat
47 Flour, cake
48 Flour, corn, masa
49 Flour, self-rising
50 Flour, wheat, all purpose
267 Flour, wheat, whole grain
941 French fried onions
856 French fries, fast food
278 French fries, frozen, oven heated

Food Codes

- 838** French toast with butter, fast food
44 French toast, frozen
43 French toast, recipe, 2% milk, fried
772 Frosting, chocolate, ready to eat
773 Frosting, vanilla, ready to eat
352 Fruit cocktail, canned, heavy syrup
353 Fruit cocktail, canned, juice pack
991 Fruit punch drink
682 Fruitcake

G

- 225** Garlic, raw
778 Gelatin, dessert powder & water, low fat
777 Gelatin, dessert powder & water, regular
227 Ginger root, raw
449 Goose, meat & skin, roasted
450 Goose, meat only, roasted
451 Goose, pâté de foie gras (goose liver pâté)
30 Granola bar, hard, plain
31 Granola bar, soft, chocolate chip
32 Granola bar, soft, raisin
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
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, fresh, pink or white
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
944 Guacamole
688 Gummy bears

H

- 511** Haddock, baked or broiled
512 Halibut, baked or broiled
825 Ham & cheese stuffed sandwich, 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
859 Hamburger, double, large, lettuce, tomato, mayo, fast food
857 Hamburger, double, regular, lettuce, tomato, mayo, fast food
860 Hamburger, single, large, lettuce, tomato, mayo, fast food
858 Hamburger, single, regular, lettuce, tomato, mayo, fast food
689 Hard candy
839 Hash brown potatoes, fast food
279 Hash browns, frozen
280 Hash browns, homemade
229 Hearts of palm, canned
513 Herring, pickled
779 Honey
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

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
776 Italian ice cream, restaurant prepared

Food Codes

J

- 263** Jalapeno peppers, canned
- 780** Jams
- 690** Jelly beans
- 230** Jerusalem artichoke, fresh
- 952** Jicama, raw

K

- 231** Kale, fresh, cooked, drained
- 232** Kale, frozen, cooked, drained
- 930** Ketchup
- 358** Kiwi, fresh, without skin
- 233** Kohlrabi, cooked, drained

L

- 422** Lamb, chops, cooked, lean
- 421** Lamb, chops, cooked, lean & fat
- 417** Lamb, ground, cooked, grilled
- 500** Lamb, leg, lean, roasted
- 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, meat & sauce
- 827** Lasagna, vegetable
- 234** Leeks, cooked, drained
- 361** Lemon juice, canned or bottled, unsweetened
- 360** Lemon juice, fresh
- 993** Lemonade, concentrate, frozen prepared
- 994** Lemonade, powder, prepared regular with water
- 359** Lemons, fresh, without skin
- 235** Lettuce, fresh
- 236** Lettuce, iceberg, leaf
- 237** Lettuce, iceberg, shredded
- 238** Lettuce, loose leaf, leaf
- 239** Lettuce, loose leaf, pieces, shredded
- 240** Lettuce, romaine, inner leaf
- 241** Lettuce, romaine, shredded
- 363** Lime juice, canned, unsweetened
- 362** Lime juice, fresh
- 956** Liqueur (53 proof)
- 955** Liquor, gin, rum, shooters, tequila, vodka, whisky (80 proof)
- 514** Lobster, steamed

M

- 693** M&M's, peanut {M&M Mars}
- 694** M&M's, plain (M&M Mars)
- 819** Macaroni, beef, frozen, Healthy Choice
- 515** Mackerel, cooked
- 364** Mandarin oranges, light syrup
- 365** Mangos, fresh, without skin & pit
- 785** Margarine, regular (80% fat)
- 789** Margarine, spread (40% fat)
- 787** Margarine, spread (60% fat)
- 691** Marshmallows, miniature
- 692** Marshmallows, regular
- 863** Mashed potatoes, fast food
- 810** Mayonnaise, fat free
- 809** Mayonnaise, light (cholesterol free)
- 808** Mayonnaise, 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
- 649** Milk, buttermilk
- 655** Milk, chocolate, commercial
- 657** Milk, chocolate, commercial, low fat
- 656** Milk, chocolate, commercial, reduced fat
- 651** Milk, condensed, sweetened, canned
- 653** Milk, evaporated, canned, skim milk
- 652** Milk, evaporated, canned, whole milk
- 647** Milk, low fat (1%)
- 648** Milk, nonfat / skim
- 646** Milk, reduced fat (2%)
- 645** Milk, whole (3.25%)
- 695** Milky Way (M&M Mars)
- 53** Muffins, blueberry, commercial
- 54** Muffins, blueberry, mix
- 55** Muffins, bran with raisins, seasoned
- 57** Muffins, corn mix
- 56** Muffins, corn, commercial
- 58** Muffins, oat bran, commercial fruit filling, fat free
- 244** Mushrooms, canned, drained
- 243** Mushrooms, cooked, drained
- 242** Mushrooms, fresh

Food Codes

245 Mushrooms, shitake, cooked
246 Mushrooms, shitake, dried
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
369 Nectarines, fresh
143 Noodles, chow mein, canned
144 Noodles, egg, regular, cooked
145 Noodles, egg, spinach, cooked
146 Noodles, Japanese, saba, cooked
943 Nutella hazelnut spread
995 Nuts, almonds
539 Nuts, almonds, shelled
552 Nuts, brazil, shelled
554 Nuts, cashews, salted, dry roasted
555 Nuts, cashews, salted, oil roasted
556 Nuts, chestnuts, European, roasted, shelled
561 Nuts, hazelnuts, chopped
564 Nuts, macadamia, dry roasted, salted
703 Nuts, mixed nuts with peanuts, dry roasted, salted
732 Nuts, mixed nuts with peanuts, oil roasted, salted
565 Nuts, peanuts, dry roasted
567 Nuts, peanuts, dry roasted, salted
568 Nuts, peanuts, dry roasted, unsalted
566 Nuts, peanuts, oil roasted
569 Nuts, peanuts, oil roasted, salted
574 Nuts, pecans, halves
575 Nuts, pine, shelled
576 Nuts, pistachio, dry roasted, salt, shelled
583 Nuts, soy, dry roasted
588 Nuts, walnuts, chopped

O

59 Oat bran, uncooked
95 Oatmeal, apples & cinnamon, instant
96 Oatmeal, maple & brown sugar, instant
94 Oatmeal, plain, instant, fortified
97 Oatmeal, plain, regular, quick or instant, non-fortified
517 Ocean perch, cooked
791 Oil, canola

248 Okra, fresh, cooked, drained
249 Okra, frozen, cooked, drained
372 Olives, black, canned, ripe
371 Olives, green, pickled
864 Onion rings, breaded, fried, fast food
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
370 Orange, fresh, without peel & seeds
519 Oyster, breaded, fried
518 Oyster, raw meat only

P

840 Pancakes, butter & syrup, fast food
61 Pancakes, complete mix
60 Pancakes, frozen, ready
62 Pancakes, mix, 2% milk, egg & oil
373 Papayas, fresh
254 Parsley, fresh
255 Parsnips, cooked, drained
147 Pasta, fresh, refrigerated, plain, cooked
142 Pasta, macaroni, cooked
149 Pasta, spaghetti, whole wheat, cooked
489 Pastrami, beef, cured
375 Peaches, canned, heavy syrup
376 Peaches, canned, juice pack
377 Peaches, dried
374 Peaches, fresh
572 Peanut butter, reduced fat, smooth
571 Peanut butter, regular, chunk
570 Peanut butter, regular, smooth
379 Pears, canned, heavy syrup
380 Pears, canned, juice pack
378 Pears, fresh
258 Peas, green, canned, drained
259 Peas, green, frozen, cooked, drained
256 Peas, sugar snap, fresh, cooked, drained
257 Peas, sugar snap, frozen, cooked, drained
490 Pepperoni, pork, beef
260 Peppers, banana, fresh
269 Pickles, cucumber, dill
270 Pickles, relish, sweet
64 Pie crust, baked, frozen

Food Codes

63	Pie crust, baked, recipe	277	Potato au gratin, homemade, prep with butter
65	Pie crust, graham cracker	755	Potato chips, fat free
987	Pie filling, apple	754	Potato chips, low fat
972	Pie filling, blueberry, canned	752	Potato chips, plain, salted
346	Pie filling, cherry, canned	753	Potato chips, sour cream & onion
66	Pie, apple	284	Potato pancakes, homemade
87	Pie, banana cream, prep. from recipe	285	Potato salad, homemade
67	Pie, blueberry	272	Potato, baked, flesh only
68	Pie, cherry	273	Potato, baked, skin only
69	Pie, chocolate cream	86	Potato, baked, with cheese, fast food
70	Pie, lemon meringue	271	Potato, baked, with skin
781	Pie, peach	218	Potato, crisps, plain
71	Pie, pecan	281	Potato, mashed, dehydrated flakes, whole milk, butter, salt
72	Pie, pumpkin	282	Potato, mashed, homemade, whole milk
268	Pimento, canned	283	Potato, mashed, homemade, whole milk, margarine
386	Pineapple juice, unsweetened, canned	274	Potato, peeled after boiling
382	Pineapple, canned, chunks / crushed, heavy syrup	275	Potato, peeled before boiling
384	Pineapple, canned, slices / chunks / crushed, juice pack	286	Potato, scalloped, dry mix, whole milk, butter
383	Pineapple, canned, slices, heavy syrup	287	Potato, scalloped, homemade, butter
385	Pineapple, canned, slices, juice pack	683	Pound cake, butter
381	Pineapple, fresh, diced	684	Pound cake, fat free
865	Pizza, cheese, fast food	756	Pretzels, stick
788	Pizza, meat and vegetable, frozen, cooked	757	Pretzels, twisted
866	Pizza, pepperoni, fast food	391	Prune juice, canned or bottled
786	Pizza, pepperoni, frozen, cooked	389	Prunes, dried, pitted, uncooked
966	Plantains, cooked	390	Prunes, stewed, unsweetened
387	Plantains, without peel, fresh	735	Pudding, chocolate, dry mix prepared with 2% milk, instant
388	Plums, fresh	736	Pudding, chocolate, dry mix prepared with 2% milk, regular, cooked
520	Pollock, baked or broiled	743	Pudding, chocolate, ready to eat, fat free
790	Pomegranate, fresh	739	Pudding, chocolate, ready to eat, regular
748	Popcorn, air popped, unsalted	740	Pudding, rice, ready to eat, regular
750	Popcorn, caramel, peanuts	744	Pudding, tapioca, ready to eat, fat free
751	Popcorn, cheese flavor	741	Pudding, tapioca, ready to eat, regular
749	Popcorn, oil popped, salted	737	Pudding, vanilla, dry mix prepared with 2% milk, instant
832	Pork and beans with tomato sauce, canned	738	Pudding, vanilla, dry mix prepared with 2% milk, regular, cooked
521	Pork chop, cooked, roasted	745	Pudding, vanilla, ready to eat, fat free
794	Pork steak, cooked, grilled	742	Pudding, vanilla, ready to eat, regular
471	Pork tenderloin, grilled, lean	766	Puff pastry, frozen, ready-to-bake, baked
461	Pork, bacon, Canadian, cured, cooked	577	Pumpkin seeds, roasted, salt
460	Pork, bacon, cured, cooked	289	Pumpkin, canned
466	Pork, rib roast, lean & fat	288	Pumpkin, cooked, mashed
467	Pork, ribs, back ribs, lean & fat, cooked,		
468	Pork, ribs, spareribs, lean & fat, cooked, braised		
469	Pork, sausage, cooked, link		
470	Pork, sausage, cooked, patty		
276	Potato au gratin, dry mix, prep. with butter		

Food Codes

R

290	Radishes, raw
392	Raisins, seedless
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
158	Rice cake, brown rice, plain
758	Rice Krispy's Treat, bar, square
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
73	Rolls, dinner
74	Rolls, hamburger, hotdog
522	Roughy, orange, baked or broiled
291	Rutabagas, cooked, drained
729	Rye wafer, whole grain, plain

S

828	Salad dressing, ranch, fat free
491	Salami, beef & pork, cooked
492	Salami, beef & pork, dry
833	Salisbury steak entree, frozen
523	Salmon, baked or broiled
524	Salmon, canned (pink), solids & liquid (including bones)
525	Salmon, smoked
915	Salsa
526	Sardine, Atlantic, canned in oil, drained solids (including bones)
292	Sauerkraut, canned
494	Sausage, summer, cervelat, beef & pork
495	Sausage, Vienna
527	Scallop, cooked, breaded, fried
528	Scallop, steamed
579	Sesame seeds
868	Shake, chocolate, fast food
869	Shake, vanilla, fast food

295	Shallots, fresh
644	Sherbet ice cream
927	Shortening, all purpose
529	Shrimp, breaded, fried
870	Shrimp, breaded, fried, fast food
530	Shrimp, canned, drained solids
685	Snack cake, chocolate, crème filled, frosting
686	Snack cake, chocolate, frosting, low fat
697	Snickers bar
960	Soda, cola
961	Soda, cola, diet
962	Soda, ginger ale
963	Soda, grape soda
964	Soda, lemon lime soda
967	Soda, orange soda
968	Soda, root beer
51	Soup, asparagus, condensed, canned, prep. with milk
883	Soup, beef noodle, condensed, prep. with water
875	Soup, broccoli-cheese, condensed, prep. with whole milk
876	Soup, cheddar cheese, condensed, prep. with whole milk
884	Soup, chicken noodle, condensed, prep. with water
906	Soup, chicken noodle, dry mix, prep. with water
893	Soup, chicken noodle, ready to serve, chunky
897	Soup, chicken noodle, ready to serve, low fat, low salt
898	Soup, chicken, rice, vegetable, ready to serve, low fat, low salt
885	Soup, clam chowder, Manhattan, condensed, prep. with water
877	Soup, clam chowder, New England, condensed, prep. with whole milk
899	Soup, clam chowder, New England, ready to serve, low fat, low salt
878	Soup, cream of celery, condensed, prep. with whole milk
886	Soup, cream of chicken, condensed, prep. with water
879	Soup, cream of chicken, condensed, prep. with whole milk
887	Soup, cream of mushroom, condensed, prep. with water
880	Soup, cream of mushroom, condensed, prep. with whole milk
795	Soup, cream of potato, condensed, canned, prep. with milk
900	Soup, lentil, ready to serve, low fat, low salt

Food Codes

888	Soup, minestrone, condensed, prep with water	918	Sweet 'n sour sauce
901	Soup, minestrone, ready to serve, low fat, low salt	965	Sweet & sour chicken, canned
907	Soup, onion, dry mix, prep. with water	305	Sweet potato, baked with skin
904	Soup, onion, dry mix, unprepared	306	Sweet potato, boiled without skin
889	Soup, pea, condensed, prep. with water	307	Sweet potato, candied
905	Soup, ramen noodle, chicken flavor, dry mix, unprepared	308	Sweet potato, canned, syrup pack, drained
890	Soup, tomato, condensed, prep. with water	75	Sweet rolls, cinnamon with raisins, commercial
881	Soup, tomato, condensed, prep. with whole milk	76	Sweet rolls, cinnamon, refrigerated dough, baked with frosting
891	Soup, vegetable beef, condensed, prep. with water	531	Swordfish, baked or broiled
895	Soup, vegetable beef, ready to serve, chunky	768	Syrup, chocolate flavored, fudge type
894	Soup, vegetable chicken, ready to serve, chunky	767	Syrup, chocolate flavored, thin
902	Soup, vegetable, ready to serve, low fat, low salt	769	Syrup, corn, light
892	Soup, vegetarian vegetable, condensed, prep. with water	770	Syrup, maple
631	Sour cream, fat free	771	Syrup, molasses
630	Sour cream, low fat		
629	Sour cream, regular	T	
582	Soy milk	77	Taco shell, baked
916	Soy sauce	874	Taco, beef
580	Soy, miso	587	Tahini
581	Soybeans, dry, cooked	399	Tangerines/mandarins, fresh, without peels & seeds
296	Soybeans, green, cooked, drained	78	Tapioca, pearl, dry
834	Spaghetti Bolognese, frozen, Healthy Choice	996	Tea, herb
917	Spaghetti sauce	997	Tea, instant, powder, prepared, unsweetened
835	Spinach soufflé, homemade	998	Tea, lemon flavor, sweetened
300	Spinach, canned, drained	999	Tea, lemon flavor, sweetened with sweetener
297	Spinach, fresh	919	Teriyaki sauce
298	Spinach, fresh, cooked, drained	79	Toaster pastries, fruit
299	Spinach, frozen, cooked, drained	80	Toaster pastries, low fat
303	Squash, baked	792	Toaster pastry, Pop Tarts, frosted
908	Stock, beef, home prepared	793	Toaster pastry, Pop Tarts, fruit
909	Stock, chicken, homemade	584	Tofu, firm
910	Stock, fish, home prepared	585	Tofu, soft
396	Strawberries, fresh, large	313	Tomato juice, canned, salt
397	Strawberries, fresh, medium	311	Tomato, canned
398	Strawberries, frozen, sweetened, thawed	310	Tomato, cherry
928	Sub sandwich, cold cuts	309	Tomato, fresh
871	Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast food	314	Tomato, paste, canned
872	Sub sandwich, roast beef, mayo, vegetable, fast food	315	Tomato, sauce, canned
873	Sub sandwich, tuna salad, mayo, lettuce, fast food	316	Tomato, stewed, canned
854	Sundae, hot fudge, fast food	312	Tomato, sundried, plain
586	Sunflower seeds, dry roasted, salted	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
		81	Tortilla wrap, corn

Food Codes

82	Tortilla wrap, flour
532	Trout, baked or broiled
533	Tuna, 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
452	Turkey, breast, meat & skin, broiled, lean, roasted
453	Turkey, dark meat, meat & skin, roasted
454	Turkey, giblets, 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	Turnip, cooked, cubed

V

948	Vanilla extract
472	Veal, cutlet, braised, lean & fat
473	Veal, cutlet, breaded, cooked, lean & fat
320	Vegetable juice, cocktail, canned
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
949	Vinegar, cider
950	Vinegar, distilled, fast food

W

84	Waffles, plain, frozen, toasted
85	Waffles, plain, low fat
83	Waffles, plain, recipe
538	Walleye, Pike
323	Water chestnuts, canned
400	Watermelon, fresh, wedge
947	Whipped cream topping, pressurized
627	Whipping cream, unwhipped

628	Whipping cream, unwhipped, low fat
765	White sugar, granulated
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

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