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nutriscaleTM

Nutritional kitchen scale

I N S T R U C T I O N S

For the proper usage and maintenance of the Nutriscale,
Please read this entire manual before first use.



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MyWeigh Nutriscale INSTRUCTIONS

This booklet contains important information about your new scale and how to use it. To insure proper function and maintenance, please read these instructions completely before operating this unit.

The MyWeigh Nutriscale is designed for precise measuring of ingredients or food portions and the display of nutritional values (calories, sodium, protein, fat, cholesterol, carbohydrates and fibre) associated with them. The built-in memory holds over 800 foods and ingredients as listed by the USDA National Nutrition Database for standard reference and can hold up to 99 custom memory entries to help keep track of nutrition data over longer periods of time.

TECHNICAL SPECIFICATION

- Max weight: 3000g/105.8oz
- Weight division: 1g/0.1oz
- Weight unit: g–kg–oz–Lb&oz
- Nutritional information over 800 foods or ingredients
- 7 nutritional values
- Memory: 99 entry
- Power: 2X3V battery



KEYBOARD DESCRIPTION

1. NUMERICAL KEYPAD



2. FUNCTION KEYS

■ NUTRITION KEY:

- Cal KCAL ----- Key for indication of the Kilocalories
- Salt Salt ----- Key for indication of the Sodium content
- Prot Prot ----- Key for indication of the protein content
- Fat Fat ----- Key for indication of the FAT content
- Carb Carb ----- Key for indication of the Carbohydrate
- Chol Chol ----- Key for indication of the Cholesterol content

■ OTHER FUNCTION KEYS:

- M+ M+ ----- Key for indication of the save
- MR MR ----- Key for indication of recall memory

ON

For power on, press this key once, the LCD display will show full segment for 2 Seconds.



OFF

For power off, press the key again to switch off the scale.

Off

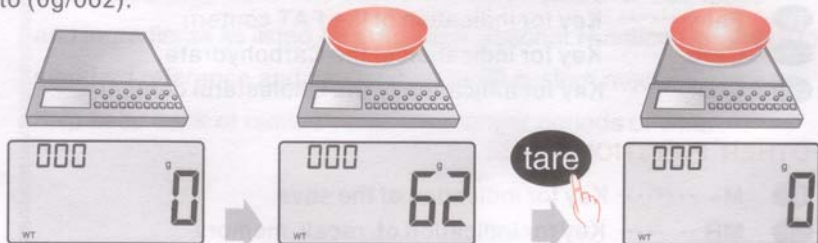
g/oz/WT

In weighting mode press and release the g/oz/WT key to convert between oz, lb&oz, g and kg units at any time. Or return to weighting mode.



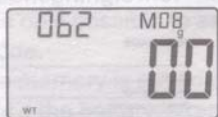
Tare

(Tare) means zero setting. Press the key, the reading will change to (0g/0oz).



CLR/MC

Press this key in weighting mode to clear all memories or clear the wrong food code.



TO Weigh

①



Place tray on scale before switching on

②



Press and release "ON" key

③



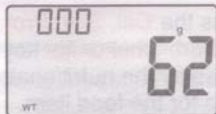
Wait until display shows 0g/0.0oz

④



Put the food on the tray

⑤



Weight is displayed

⑥



press this key to switch off the scale

TO ADD & WEIGH

To weigh several different ingredients in one tray, press the TARE key to reset the display between each ingredient.



TO DISPLAY NUTRITIONAL READINGS:

Note: ensure the scale is in weighing mode(WT is shown at the bottom of the display).If necessary ,press the g/oz/WT key to return to weighing mode.



Put the food on the tray.

Clear the food code if necessary,by pressing and releasing the **CLR/MC** key , the food code 000 is displayed.

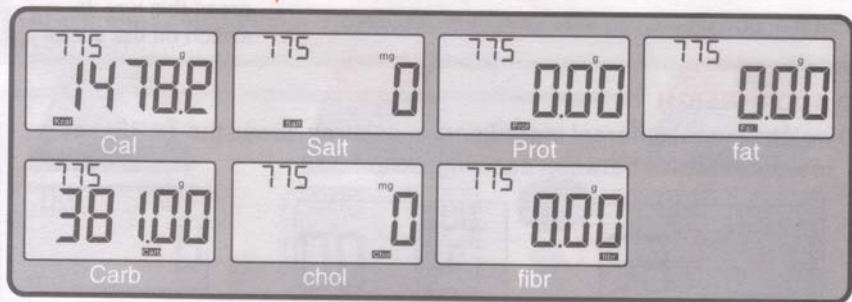
Refer to the table in this manual and identify the 3 digital code for the food item being weighed (e.g. 775 for White,powdered,unsifted)



Using the numerical keys(0-9) enter the 3 digital code.

Press the **Cal , Salt ,Prot, fat ,Carb ,chol or fibr** key to display the nutritionale value for the food item.

Press the **g/oz/WT** key to return to weighing mode.



TO SAVE NUTRITIONAL TO MEMORY

Note1: ensure the scale is in weighing mode(WT is shown at the bottom of the display). If necessary, press the **g/oz/WT** key to return to weighing mode.

Note2: It is only possible to save nutritional values to Memory when in weighing mode.

Note3:The memory is saved permanently , ever if the scale is switched off ; But if the battery is removed ,the memory will be cleared.



1. Follow steps 1–6 of the “TO DISPLAY NUTRITIONAL READINGS” section.
2. Press **M+** key to add the food item being weighed to memory.
3. **MO1** will be shown at the top of the display to indicate that one set of values has been saved to memory. To add additional food items to memory repeat the previous steps.

TO RECALL MEMORY

Note: ensure the scale is in weighing mode (WT is shown at the bottom of the display). If necessary, press the **G/oz/WT** key to return to weighing mode.



1. Press **MR** key to see the total calories of the food items stored to memory.
2. **Σ** is displayed next to the memory indicator to indicate that the total memory is being displayed.
3. Press the **Cal, Salt, Prot, fat, carb, chol or fibr** key to display the total Nutritional values of the food items stored to memory.
4. Return to weighing mode by pressing the **g/oz/WT** key.

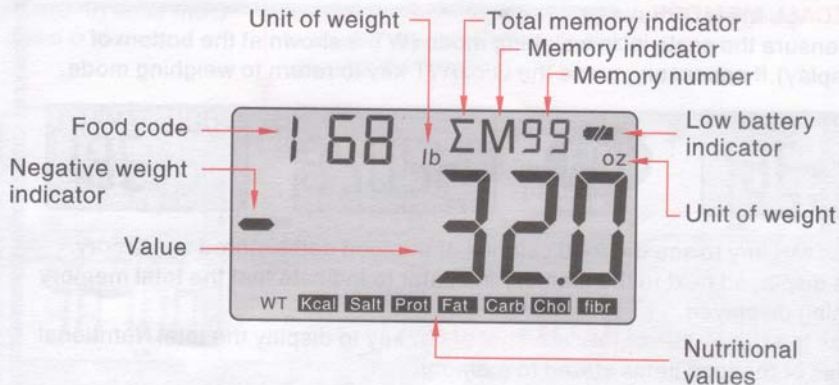
TO CLEAR MEMORY

Note: ensure the scale is in weighing mode (WT is shown at the bottom of the display). If necessary, press the g/oz/WT key to return to weighing mode.



1. Press and hold the **CLR/MC** key for 3 seconds.
2. The memory is cleared when the memory indicator and memory number are no longer displayed.

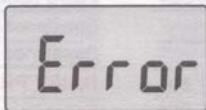
THE DISPLAY



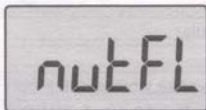
WARNING INDICATORS



Replace battery



Weight overload



Nutritional value
exceeds maximum limit

ADVICE FOR USE AND CARE



- Keep the scale clean, Do not allow water to get inside the scale.



- Do not drop it or jump on the scale otherwise the scale is easy to damage.



- To ensure the life of the scale, do not put the scale under wet & hot condition.



- Do not use for legal trade.

NUTRITIONAL SCALE-FOOD GROUP C&VALUES

FOOD NAME	FOOD#	FOOD NAME	FOOD#
BEVERAGES		BEVERAGES	
Alcoholic		Alcoholic	
Beer,regular	001	Sweetened,lemon flavor	028
Beer,Lite	002	Sweetened with saccharin,lemon flavor	029
Gin,rum,vodka,whiskey(80 proof)	003	DAIRY PRODUCTS	
Liqueur,coffee(53 proof)	004	Cheese,natural	
Pina Colada	005	Blue	030
Wine,red	006	Camembert	031
Wine,white	007	Cheddar	032
Carbonated		Shredded	033
Cola type	008	Cheese, Cottage,(4%)large curd	034
Ginger ale	009	Cheese,Cottage,(4%)small curd	035
Grape soda	010	Cheese,Cottage,low fat(2%)	036
Lemon lime soda	011	Cheese,Cottage,low fat(1%)	037
Orange soda	012	Cream,regular	038
Root beer soda	013	Cream,low fat	040
Chocolate powder mix	014	Cream,fat free	041
Cocoa powder	015	Feta	042
Coffee		Low fat,Cheddar or Colby	043
Brewed	016	Mozzarella,whole milk	044
Espresso	017	Mozzarella,part skim milk(low moisture)	045
Instant prepared	018	Muenster	046
Fruit drinks		Neufchatel	047
Cranberry juice cocktail	019	Parmesan,grated	048
Fruit punch drink	020	Provolone	049
Grape drink	021	Ricotta,whole milk	050
Lemonade ,frozen concentrate,prepared	022	Ricotta,part skim milk	051
Lemonade,powder,regular with water	023	Swiss	052
Tea		Pasteurized process	
Black	024	American,regular	053
Chamomile	025	American,fat free	054
Other than chamomile	026	Swiss	055
Instant,powder,prepared,unsweetened	027	Cream,sweet	
		Half and half	056
		Light coffee,or table	058

FOOD NAME	FOOD#
-----------	-------

Whipping,unwhipped	
---------------------------	--

Light	060
Heavy	062
Whipped topping(pressurized)	064

DAIRY PRODUCTS cont.	
-----------------------------	--

Cream, sour	
--------------------	--

Regular	065
Reduced fat	067
Fat free	068

Cream product,sweet	
----------------------------	--

powdered	069
Whipped topping,frozen	070
powdered with whole milk	072
pressurized	074

Frozen dessert	
-----------------------	--

Yogurt,soft serve,chocolate	076
Yogurt,soft serve,vanilla	077
Ice cream, chocolate	078
Ice cream,vanilla	079
Ice cream light,vanilla	080
Ice cream,low fat, chocolate	081
Ice cream,vanilla	082
Ice cream,soft serve,vanilla	083
Sherbert,orange	084

MILK	
-------------	--

Fluid	
--------------	--

Whole(3.3% fat)	085
Reduced fat (2%)	086
Lowfat(1%)	087
Nonfat(skim)	088
Buttermilk	089

Canned	
---------------	--

Condensed,sweetened	090
Evaporated whole milk	091
Evaporated skim milk	092

FOOD NAME	FOOD#
-----------	-------

Dried,Buttermilk	093
------------------	-----

Milk beverage chocolate,commercial	
---	--

Whole	094
Reduced fat(2%)	095
Lowfat(1%)	096

Milk beverage	
----------------------	--

Eggnog(commercial)	097
Shake,thick,chocolate	098
Shake,thick,vanilla	099

Yogurt	
---------------	--

Lowfat milk,fruit flavored	100
Lowfat milk,plain	101
Nonfat milk,fruit flavored	102
Nonfat milk,plain	103
Whole milk,plain	104
Nonfat milk,low cal sweetener, vanilla or lemon	105

EGGS	
-------------	--

Raw,whole	106
Raw,white	109
Raw,yolk	110
Hard cooked,no shell	111
Poache,with salt	112
Scrambled,margarine,whole milk ,salt	113
Substitute,liquid	114

FATS & OILS	
------------------------	--

Butter	
---------------	--

Salted	115
Unsalted	118
Lard	119

Margarine,salt	
-----------------------	--

Regular(80% fat),hard	121
Regular(80% fat),soft	124
Spread(60% fat),hard	126
Spread(60% fat),soft	129

FOOD NAME	FOOD#
-----------	-------

Spread(40%)	131
Butter blend	133

Oils,salad or cooking

Canola	135
Corn	137
Olive	139
Peanut	141
Safflower	143
Sesame	145
Soybean hydrogenated	147
Sunflower	149

Salad dressings commercial

Blue cheese,regular	151
Blue cheese,low cal	152
Caesar,regular	153
Caesar,low cal	154
French,regular	155
French,low cal	156
Italian,regular	157
Italian,low cal	158
Mayonaisse,regular	159
Mayonaisse,light,cholesterol free	160
Mayonaisse,fat free	161
Russian,regular	162
Russian,low cal	163
Thousand Island,regular	164
Thousand Island,low cal	165

Salad dressings, home made recipe

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Hydrogenated soybean & cottonseed oil	168

FISH & SHELLFISH

Catfish,breaded,fried	169
Clam raw meat	170
Clam, breaded,fried	171

FOOD NAME	FOOD#
-----------	-------

Clam,canned,drained solids	172
Cod,baked or broiled	173
Crab,Alaskan King,steamed	174
Canned crad meat	175
Crab,cake,egg,onion,margarine,fried	176
Fish fillet,battered or breaded or fried	177
Fish stick & portion,breaded, frozen,reheated	178
Flounder or Sole,baked or broiled	179
Haddock,baked or broiled	180
Halibut,baked or broiled	181
Herring,pickled	182
Lobster,steamed	183
Ocean perched,baked or broiled	184
Oyster,raw meat only	185
Oyster,breaded,fried	186
Pollock,baked or broiled	187
Rockfish,baked or broiled	188
Roughy,orange,baked or broiled	189
Salmon,baked or broiled	190
Salmon,canned(pink),solids & liquid(incl.bones)	191
Smoked(chinook)	192
Sardine,Atlantic,canned in oil, drained solids(incl.bones)	193
Scallop cooked,breaded,fried	194
Scallop steamed	195
Shrimp,breaded,fried	196
Shrimp,canned,drained solids	197
Swordfish,baked or broiled	198
Trout,baked or broiled	199
Tuna,baked or broiled	200
Tuna canned, drained solids,oil pack, chunk light	201
Tuna canned,drained solids, water pack,chunk light	202

FOOD NAME	FOOD#
Tuna canned,drained solids water pack,solid white	203
Tuna salad:light tuna in oil,pickle relish,mayo type salad dressing	204
FRUITS & FRUITJUICES	
Apples raw,unpeeled	205
Apples raw,peeled,sliced	206
Apples dried	207
Apple juice,bottled or canned	208
Applesauce,canned,sweetened	209
Applesauce,canned,unsweetened	210
Apricots,raw,without pits	211
Apricot canned,halves,fruit & liquids, heavy syrup	212
Apricot canned,halves,fruit & liquids, juice pack	213
Apricots,dried,sulfured	214
Asian pear,raw	215
Avocados,raw,without skin & seed	216
FRUITS & FRUITJUICES cont.	
Bananas,raw,whole	217
Blackberries,raw	219
Blueberries,raw	220
Blueberries,frozen,sweetened,thawed	221
Carambola (starfruit),raw	222
Cherries,sour,red,pitted,canned, water pack	224
Cherries,sweet,raw,without pits & stems	225
Cherry pie filling,canned	226
Cranberries,dried,sweetened	227
Cranberry sauce,sweetened,canned	228
Dates without pits ,whole	229
Figs,dried	230
Fruit cocktail, canne,fruit & liquid, heavy syrup	231

FOOD NAME	FOOD#
Fruit cocktail,canned,fruit & liquid, juice pack	232
Grapefruit,raw without peel, membrane & seeds,pink or red	233
Grapefruit,raw without peel, membrane & seeds,white	234
Grapefruit,raw without peel, membrane & seeds,canned, sections,light syrup	235
Grapefruit juice	
Raw,pink	236
Raw,white	237
Raw,canned,unsweetened	238
Raw,canned,sweetened	239
Raw,frözen,concentrate, unsweetened,undiluted	240
Raw,frozen,concentrate, unsweetened,diluted	241
Grapes,seedless,raw	242
Grape juice, canned or bottled	243
Grape juice, frozen concentrate, sweetened,undiluted	244
Grape juice, frozen concentrate, sweetened,diluted	245
Kiwi fruit,raw,without skin	246
Lemons raw,without skin	247
Lemon juice,raw	248
Lemon juice,canned or bottled, unsweetened	249
Lime juice,raw	251
Lime juice,canned,unsweetened	252
Mangos,raw,without skin& seed,whole	253
Cantaloupe,wedge,without rind	254
Honeydew,wedge,without rind	255
Nectarlnes,raw	256
Oranges,raw,without peel & seeds	257

FOOD NAME	FOOD#
Orange juice	
Raw,allvarieties	258
Canned,unsweetened	259
Chilled	260
Undiluted	261
Diluted	262
Papayas,raw	263
Peaches,raw	264
Peaches,canned,heavy syrup	265
Peaches,canned,juice pack	266
Peaches,dried	267
Pears,raw	268
Pears,canned,heavy syrup	269
Pears,canned,juice pack	270
Pineapple,raw,diced	271
Pineapple,canned,heavy syrup, crushed, sliced or chunks	272
Pineapple,canned,heavy Syrup,slices	273
Pineapple,canned,juice pack, crushed, sliced or chunks	274
Pineapple,canned,juice pack,slices	275
Pineapple juice,unsweetened,canned	276
Plantain,without peel,raw	277
Plums,raw	278
Prunes,dried,pitted,uncooked	279
Prunes,stewed,unsweetened, fruit & liquid	280
Prune juice,canned or bottled	281
Raisins,seedless	282
Raspberries,raw	283
Raspberries,frozen,sweetened,thawed	284
Rhubarb,frozen,cooked with sugar	285
Strawberries,raw,large	286
Strawberries,raw,medium	287
Strawberries,frozen,sweetened, sliced,thawed	288

FOOD NAME	FOOD#
Tangerines,raw,without peels & seeds	289
Mandarin oranges,light syrup	290
Watermeion,raw,wedge	291
GRAIN PRODUCTS	
Bagels,plain	292
Bagels,cinnamon raisin	293
Bagels,egg	294
Banana bread,recipe,margarine	295
Barley,pearled,uncooked	296
Biscuits	
Plain or buttermilk,recipe,2% milk	297
Refrigerated dough,baked,regular	298
Breads enriched	
Cracked wheat	299
Egg bread	300
French or Vienna(incl.sourdough)	301
Indian fry bread	302
Italian bread	303
Mixed grain,untoasted	304
Oatmeal,untoasted	305
Pita	306
Pumpernickel,untoasted	307
Ralsin,untoasted	308
Rye,untoasted	309
Rye,reduced calorie	310
Wheat,untoasted	311
Wheat,reduced calorie	312
White,untoasted	313
White,soft crumbs	314
White,reduced calorie	315
Whole wheat , untoasted	316
Bread crumbs,dry,grated, plain enriched	318
Bread crumbs,dyr,grated, seasoned, unenriched	320
Bread stuffing,dry mix	321

FOOD NAME	FOOD#
Breakfast bar,cereal crust,fruit filling, fat free	322
Breakfast cereal,cooked, corn grits,enriched	
White	323
Yellow	324
Instant,plain	325
Cream of wheat	
Regular	326
Quick	327
Mix'n Eat,plain	328
Oatmeal,regular,quick or instant, plain,nonfortified	329
Oatmeal,instant,fortified,plain	330
Quaker Instant,Apples & Cinnamon	331
Quaker Instant,Maple & Brown Sugar	332
Wheatena	333
Breakfast cereals,ready to eat	
All Bran	334
Apple Cinnamon,Cheerios	335
Apple Jacks	336
Basic 4	337
Cap'N Crunch	338
Cheerios	339
Chex,corn	340
Chex,Honey Nut	341
Chex,Multi Bran	342
Chex ,Rice	343
Chex,wheat	344
Cinnamon life	345
Cocoa krispies	346
Cocoa Puffs	347
Cornflakes,General Mills,Total	348
Cornflakes,kallogg's	349
Corn Pops	350

FOOD NAME	FOOD#
Crispix	351
Complete Wheat Bran Flakes	352
Froot Loops	353
Frosted Flakes	354
GRAIN PRODUCTS cont.	
Frosted Mini Wheats,regular	355
Frosted Mini Wheats,bite,size	356
Golden Grahams	357
Honey Nut Cheerios	358
Honey Nut Clusters	359
Kix	360
Life	361
Nature valley,granola	362
100% Natural Cereal, oats, honey & raisins	363
100% Natural Cereal,oats, honey & raisins,low fat	364
Product 19	365
Puffed rice	366
Puffed Wheat	367
Raisin Bran,General Mills,Total	368
Raisin Bran,Kellogg's	369
Raisin Nut Bran	370
Rice Krispies	371
Shredded Wheat	372
Special K	373
Quaker Toasted Oatmeal,Honey Nut	374
Total,Whoie Grain	375
Wheatles	376
Cakes	
Brownies,commercial,without icing,regular	377
Brownies,commercial,without icing, fat free	378
Brownies,dry mix,reduced cal	379
Buckwheat flour,whole groat	380

FOOD NAME	FOOD#
Cakes,dry mix, Angelfood	381
Cakes,dry mix, Yellow,light,water, egg whites,no frosting	382
Cakes,recipe	
Chocolate without frosting	383
Gingerbread	384
Shortcake,biscuit	385
Sponge,white	386
Cakes,commercial	
Angelfood	387
Boston cream	388
Chocolate with chocoiate frosting	389
Coffecake,crumb	390
Fruitcake	391
Pound,Butter	392
Pound,fat free	393
Snack cakes	
Chocolate,crème filled, frosting	394
Chocolate,frosting,low fat	395
Yellow,with chocolate frosting	396
Cheesecake	397
Chex Mix	398
Cookies	
Butter,commercial	399
Chocolate,chip,commercial,regular	400
Chocolate chip,commercial,reduced fat	401
Chocolate chip,commercial, refrigerated dough	402
Chocolate chip,recipe,margarine	403
Fig Bar	404
Oatmeal,commercial,with or without raisins	
Regular,large	405
Soft type	406
Fat free	407
Recipe with raisins	408

FOOD NAME	FOOD#
Peanut butter,commercial	409
Peanut butter,recipe with margarine	410
Chocolate with crème filling	411
Shortbread,commercial,plain	412
Sugar,commercial	413
Sugar,refrigerated dough	414
Sugar,recipe,margarine	415
Vanilla wafer, lower fat	416
Corn chips,plain	417
Cornbread,mix	418
Cornbread,recipe,2% milk	419
Cornmeal,yellow,dry,whole grain	420
Cornmeal,degermed,enriched	421
Cornstarch	422
Couscous,uncooked	423
Crackers	
Cheese	424
Graham,plain	425
Graham,crushed	426
Melba toast,plain	427
Rye wafer,whole grain,plain	428
Saltine,square	429
Standard cracker,bite sized	430
Standard cracker,round	431
Wheat,thin	432
Whole wheat	433
Croutons,seasoned	434
Danish pastry,cheese	435
Danish pastry,fruit	436
Doughnut,cake	437
Doughnut,yeast leavened,glazed	438
English muffin,plain,untoasted	439
French toast,recipe,2% milk, fried in margarine	440
French toast, frozen	441
Granola bar,hard,plain	442

FOOD NAME	FOOD#
Granola bar,soft,uncoated,chocolate chip	443
Granola bar,soft,uncoated,raisin	444
Macaroni (elbows),enriched,cooked	445
Matzo,plain	446

Muffins

Blueberry,commercial	447
Blueberry,mix	448
Bran with raisins	449
Corn,commercial	450
Corn,mix	451
Oatbran,commercial	452
Noodles,chow mein,canned	453
Noodles(egg),enriched,cooked,regular	454
Noodled(egg),enriched,cooked,spinach	455
NUTRI GRAIN Cereal Bar,fruit	456
Oat bran,uncooked	457
Pancakes,frozen,ready	458
Pancakes, complete mix	459
Pancakes,mix,2% milk,egg & oil	460
Pie crust,baked,recipe	461
Pie crust,baked,frozen	462
Pie crust,graham cracker	463

Pie,commercial

Apple	464
Blueberry	465
Cherry	466
Chocolate crème	467
Lemon meringue	468
Pecan	469
Pumpkin	470

Pie,recipe

Apple	471
Blueberry	472
Cherry	473
Lemon meringue	474

FOOD NAME	FOOD#
Pecan	475
Pumpkin	476
Popcorn,air popped,unsalted	477
Popcorn,oil popped,salted	478
Popcorn,caramel.peanuts	479
Popcorn,cheese flavor	480
Pretzels,stick	481
Pretzels,twisted	482

Rice

White,long grain,raw	483
White,long grain,cooked	484
White,long grain,instant	485
Parboiled,raw	486
Parboiled,cooked	487
Wild,cooked	488
Rice cake,brown rice, plain	489
RICE KRISPIES Treat,square	490
Rolls,dinner	491
Rolls,hamburger or hotdog	492
Spaghetti,cooked,enriched	493
Spaghetti,whole wheat	494
Sweet rolls,cinnamon,with raisins, commercial	495
Sweet rolls,cinnamon,refrigerated dough,baked,with frosting	496
Taco shell,baked	497
Tapioca,pearl,dry	498
Toaster pastries,fruit	499
Toaster pastries, low fat	500
Tortilla chips,plain,regular	501
Tortilla chips,low fat,baked	502
Tortilla chip,nacho,regular	503
Tortilla chip,nacho,iight,reduced fat	504
Tortilla,ready to cook,corn	505
Tortilla,ready to cook,flour	506

FOOD NAME	FOOD#
Waffles,plain,recipe	507
Waffles,plain,frozen,toasted	508
Waffles,plain,low fat	509
Wheat flours,all purpose, enriched, sifted,spooned	510
Wheat flours,all purpose, enriched, unsifted,spooned	511
Bread,enriched	512
Cake or pastry flour,enriched, unsifted,spooned	513
Self rising,enriched,unsifted,spooned	514
Whole wheat,hard wheats,stirred, spooned	515
Wheat germ,toasted,plain	516

LEGUMES,NUTS& SEEDS

Almonds,shelled	517
Beans,dry,cooked	
Black	519
Great northern	520
Kidney,red	521
Lima,large	522
Pea,navy	523
Pinto	524
Canned,solids & liquid	
Baked beans,plain or vegetarian	525
Kidney,red	526
Lima,large	527
White	528
Black eyed peas,dry,cooked	529
Black eyed peas,dry,canned, solids & liquids	530
Brazil nuts,shelled	531
Carob flour	532
Cashews,salted,dry roasted	533
Cashews,salted,oil roasted	534

FOOD NAME	FOOD#
Chestnuts,European,roasted,shelled	535
Chickpeas,dry,cooked	536
Chickpeas,dry,canned,solids & liquids	537
Coconut,raw,shredded,not packed	538
Coconut,raw,shredded,dried, sweetened	539
Hazelnuts,chopped	540
Hummus,commercial	541
Lentils,dry,cooked	542
Macadamia nuts,dry roasted,salted	543
Peanuts,dry roasted	544
Peanuts,oil roasted	545
Peanuts,dry roasted,salted	546
Peanuts,dry roasted,unsalted	547
Peanuts,oil roasted,salted	549
Peanut butter,regular,smooth	550
Peanut butter,regular,chunk	551
Peanut butter,reduced fat,smooth	552
Peas,split,dry,cooked	553
Pecan halves	554
Pine nuts,shelled	556
Pistachio nuts,dry roasted,salt,shelled	557
Pumpkin kernels,roasted,salt	558
Refried beans,canned	559
Sesame seeds	560
Soybeans,dry,cooked	561

Soy products

Miso	562
Soy milk	563
Tofu,firm	564
Tofu,soft	565
Sunflower seed,dry roasted,salt	566
Tahini	568
Walnuts,English,chopped	569

MEAT & MEAT PRODUCTS

Beef cooked,cuts braised or pot roast

FOOD NAME	FOOD#
Lean & fat	571
Lean only	572
Beef cooked, bottom round	
Lean & fat	573
Lean only	574
Ground beef, broiled	
83% lean	575
79% lean	576
73% lean	577
Liver, fried, sliver	578
Roast, oven cooked, rib, lean & fat	579
Roast, oven cooked, rib, lean only	580
Eye of round, lean & fat	581
Eye of round, lean only	582
Steak, sirloin, broiled, piece, lean & fat	583
Steak, sirloin, broiled, piece, lean only	584
Beef, canned, corned	585
Beef, dried, chipped	586
Lamb, cooked	
Chops, lean & fat	587
Chops, lean only	588
Loin broiled, lean & fat	589
Loin broiled, lean only	590
Leg, roasted, lean & fat	591
Pork, cured, cooked, bacon, regular	592
Pork, cured, cooked, bacon, Canadian	593
Ham, lean & fat	594
Ham, canned	595
Pork, fresh, cooked, lean & fat	596
Ham, leg, roasted, piece, lean & fat	597
Rib, roast, lean & fat	598
Ribs, lean & fat, cooked, backribs	599
Ribs, lean & fat, cooked, spareribs, braised	600

FOOD NAME	FOOD#
Sausages, Lunch Meat, Bologna, beef & pork	601
Sausages, brown & serve, cooked	602
Cooked ham, regular	603
Cooked ham, extra lean	604
Frankfurter, beef & pork	605
Frankfurter, beef	606
Pork sausage, cooked, link	607
Pork sausage, cooked, patty	608
Salami, beef & pork, cooked	609
Salami, beef & pork, dry	610
Vienna sausage	611
Veal, lean & fat, cooked cutlet braised	612

MIXED DISHES & FAST FOODS

Beef macaroni, frozen,	613
HEALTHY CHOICE	
Beef stew, canned	614
Chicken pot pie, frozen	615
Chili con carne with beans, canned	616
Macaroni & cheese, canned with corn oil	617
Meatless burger patty, frozen,	618
MORNINGSTAR FARMS	
Spaghetti Bolognese, frozen,	619
HEALTHY CHOICE	
Spinach souffle, home-prepared	620
Tortellini, pasta with cheese filling, frozen	621
Fast foods, breakfast items	
Biscuit with egg & sausage	622
Danish pastry, fruit	623
Danish pastry, cheese	624
French toast with butter	625
Hash brown potatoes	626
Pancakes, butter & syrup	627
Burrito, beans & chesse	628
Burrito, beans & meat	629

FOOD NAME	FOOD#
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Cheeseburger,regular with condiments

Double patty ,mayo type dressing	630
Single patty	631

Cheeseburger,regular,plain

Double patty	632
Double patty ,3-piece bun	633
Single bun	634

MIXED DISHES & FAST FOODS cont.

Cheeseburger,large with condiments

Single patty ,with mayo type dressing & vegetables	635
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Chicken fillet(breaded & fried) sandwich,plain	636
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Chicken pieces,boneless (breaded & fried) ,plain	637
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Chili con carne	638
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Coleslaw	639
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Ice milk,vanilla,soft,cone	640
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Sundae,hot fudge	641
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Fish sandwich,tartar sauce,cheese	642
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French fries	643
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Hamburger,regular with condiments

Double patty	644
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Single patty	645
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Large with condimentw, mayo type dressing,vegetables

Double patty	646
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Single patty	647
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Hot dog,plain	648
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Hot dog,chili	649
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Mashed potatoes	650
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Onion rings,breaded,fried	651
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Pizza,cheese	652
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Pizza,pepperani	653
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Salad,chicken,no dressing	654
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FOOD NAME	FOOD#
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Shake,chocolate	655
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Shake,vanilla	656
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Shrimp,breaded,fried	657
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Sub sandwich,oil & vinegar,cheese, salami,ham,vegetable	658
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Sub sandwich,roast beef,mayo,vegetable	659
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Sub sandwich,tuna salad,mayo,lettuce	660
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Taco,beef	661
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POULTRY & POULTRY PRODUCTS

Chicken

Fried in shortening,meat with skin

Batter dipped,breast,with bones	662
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Batter dipped,drumstick	663
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Battered dipped,thigh	664
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Batter dipped,wing	665
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Flour coated,breast with bones	666
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Flour coated,drumstick	667
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Fried ,meat only,dark	668
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Fried,meat only ,light	669
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Roasted,breast with bone & skin	670
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Roasted,drumstick	671
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Roasted,thigh	672
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Chicken giblets,simmered	673
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Duck,roasted,flesh	674
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Turkey

Roasted,meat only,dark	675
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Roasted,meat only,light	676
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Ground,cooked,patty,from raw	677
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Turkey,giblets,simmered	678
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Poultry food products

Chicken,canned,boneless	679
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Turkey ,patties,breaded or battered,fried	680
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SOUPS,SAUCES & GRAVIES

Soups canned,condensed, prepared with whole milk

FOOD NAME	FOOD#
Clam chowder,new england	681
Cream of Chicken	682
Cream of mushroom	683
Tomato	684

Canned,condensed,prepared with water

Beef broth,bouillon	685
Beef noodle	686
Chicken noodle	687
Chicken & Rice	688
Clam chowder,manhattan	689
Cream of Chicken	690
Cream of Mushroom	691
Minestrone	692
Pea,green	693
Tomato	694
Vegetable beef	695
Vevetarian vegetable	696

Canned,ready to serve,chunky

Chicken noodle	697
Chicken,vegetable	698
Vegetable beef	699

**Canned,ready to serve,low fat,
reduced sodium**

Chicken broth	700
Chicken noodle	701
Chicken,rice,vegetable	702
Clam chowder,new england	703
Lentil	704
Minestrone	705
Vegetable	706

Dehydrated unprepared

Beef bouillon	707
Onion	708

Dehydrated prepared with water

Chicken noodle	709
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FOOD NAME	FOOD#
Onion	710

Home prepared stock

Beef	711
Chickes	712
Fish	713

Ready to serve sauces

Barbecue	714
Cheese	715
Nacho cheese	716
Salsa	717
Soy	718
Spaghetti/marinara/pasta	719
Teriyaki	720
Worcestershire	721

Gravies,canned

Beef	722
Chicken	723
Mushroom	724
Turkey	725

SUGARS & SWEETS

Caremal,plain	726
Caramel, chocolact flavored roll	727
Carob	728
Chocolate,milk,plain	729
Chocolate,milk,with almonds	730
Chocolate,milk,with peanuts, MR.GOODBAR(HERSHEY)	731
Chocolate chips,milk	732
Chocolate Chips,Semisweet	733
Chocolate chips,white	734
Chocolate coated,peanuts	735
Chocolate coated,raisins	736
Gummy bears	737
Hard candy	738
Jelly beans	739

FOOD NAME	FOOD#
Marshmallows,miniature	740
Marshmallows,regular	741
M&M's,peanut(M&M MARS)	742
M&M's,plain(M&M MARS)	743
Milky Way(M&M MARS)	744
REESE'S Peanut butter cup(HERSHEY)	745
SNICKERS bar (M&M MARS)	746
SPECIAL DARK,sweet chocolate (HERSHEY)	747
Frosting,ready to eat ,chocolate	748
Frosting,ready to eat,vanilla	749
Frozen,fruit & juice bar	750
Ice pop	751
Italian ices	752
Gelatin,deseert powder & water,regular	753
Gelatin,dessert powder & water, reduced calorie	754
Honey	755
Jams& Preserves	756
Jellies	757
Puddings	
Dry mix & 2% milk,chocolate,instant	758
Dry mix & 2% milk,chocolate, regular,cooked	759
Dry mix & 2% milk,vanilla,instant	760
Dry mix & 2% milk,vanilla, regular,cooked	761
Ready to eat,regular,chocolate	762
Ready to eat,regular,rice	763
Ready to eat,regular,tapioca	764
Ready to eat,regular,vanilla	765
Ready to eat,fat free,chocolate	766
Ready to eat,fat free,tapioca	767
Ready to eat,fat free,vanilla	768

FOOD NAME	FOOD#
Sugar	
Brown,packed	769
Brown,unpacked	770
White,granulated	772
White,powdered,unsifted	775
Syrup	
Thin.chocolate flavored	777
Chocolate flavored, fudge type	778
Corn,light	779
Maple	780
Molasses	781

VEGETABLES & VEGETABLE PRODUCTS

Alfaifa sprouts,raw	783
Artichokes,cooked,drained	784
Asparagus,raw,cooked,drained	786
Asparagus,frozen,cooked,drained	788
Asparagus,canned,spears,drained	790
Bamboo shoots,canned,drained	792
Beans	
lima,Ford Hooks,frozen,cooked,drained	793
Lima,baby,frozen,cooked,drained	794
Snap,green,raw,cooked,drained	795
Snap,yellow,raw,cooked,drained	796
Snap,green ,frozen,cooked,drained	797
Snap, yellow,frozen,cooked,drained	798
Snap, green,canned, drained	799
Snap, yellow,canned, drained	800
Bean sprouts,raw	801
Bean sprouts,cooked,drained	802
Beets	
Sliced,cooked,drained	803
Whole,cooked,drained	804
Slices,canned,drained	805
Whole,canned,drained	806

FOOD NAME **FOOD#**

Greens,leaves,& stems, cooked,drained	807
Black eyed peas,raw,cooked,drained	808
Black eyed peas,frozen,cooked,drained	809
Broccoli	
Raw,chopped or diced	810
Raw,spear	811
Raw,flower cluster	812
Raw,cooked,drained,chopped	813
Raw,cooked,drained,spear	814
Frozen,drained,chopped	815
Brussel sprouts,raw,cooked,drained	816
Brussel sprouts,frozen,cooked,drained	817
Cabbage,raw,shredded	818
Cabbage,cooked	819

**Cabbage, chinese,shredded,
cooked,drained**

Pak choi or bok choy	820
Pe tsai	821
Cabbage,red,raw,shredded	822
Cabbage,savoy,raw,shredded	823

Carrots

Carrot juice,canned	824
Raw	825
Baby	827
Raw; cooked,sliced,drained	828
Frozen;cooked,sliced,drained	829
Canned,sliced,drained	830

Cauliflower

Raw	831
Raw,cooked,drained	833
Frozen;cooked,drained	835

Celery

Raw,stalk	836
Pieces,diced	837
Cooked,drained,stalk	838

FOOD NAME **FOOD#**

Chives,raw,chopped	840
Cilantro, raw	841
Coleslaw,home prepared	842
Collards,cooked,drained,chopped,raw	843
Collards,frozen,cooked,drained,chopped	844

Corn,sweet,yellow(cooked & drained)

Raw,kernels on cob	845
Frozen,kernels on cob	846
Kernels	847
Canned,cream style	848
Canned,whole kernel	849
Corn,sweet,white,cooked,drained	850
Cucumber,peeled	851
Cucumber,unpeeled	853
Dandelion greens,cooked,drained	855
Dill weed,raw	856
Eggplant,cooked,drained	857
Endive,curly(incl,Escarole),raw, small pieces	858
Garlic,raw	859
Hearts of palm,canned	860
Jerusalem artichoke,raw,sliced	861
Kale,cooked,drained,chopped,raw	862
Kale,frozen;cooked,drained,chopped	863
Kohlrabi,cooked,drained,slices	864
Leeks,bulb & lower leaf,chopped, diced,cooked,drained	865
Lettuce,raw(Butterhead,Boston types)	866
Crisphead,iceberg,leaf	868
Crisphead,iceberg	869
Looseleaf,leaf	871
Looseleaf,pieces,shredded	872
Romaine or cos,inner leaf	873
Romaine or cos,pieces,shredded	874

Mushrooms

Raw	875
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FOOD NAME	FOOD#
Cooked,drained	876
Canned,drained	877
Shitake,cooked	878
Shitake,dried	879
Mustard greens,cooked,drained	880
Okra,raw,sliced,cooked,drained	881
Okra,frozen;sliced,cooked,drained	882

Onions

Raw	883
Raw,cooked,drained	886
Dehydrated flakes	888
Spring,raw	889
Parsley,raw	891
Parsnips,sliced,cooke,drained	892
Peas,edible pod,raw; cooked,drained	893
Peas,edible pod,frozen;cooked,drained	894
Peas,green, canned,drained	895
Peas,green,frozen;boiled,drain	896

Peppers

Hot chili,raw,green	897
Hot chili,raw,red	898

Jalapenos

Canned,sliced,solids,liquid	899
Sweet,raw,green,chopped	900
Sweet,raw,red,chopped	903
Cooked,drained,chopped,green	905
Cooked,drained,chopped,red	906
Pimento,canned	907

Potatoes

Baked with skin	908
Baked,flesh only	909
Baked,skin only	910
Peeled after boiling	911
Peeled before boiling	912

FOOD NAME	FOOD#
Potato products	
Au gratin,dry mix,whole milk,butter	913
Au gratin,home recipe,butter	914
French fried,frozen,oven heated	915
Hashed brown,frozen	916
Hashed brown,home recipe	917
Mashed,dehy drated flakes, whole milk,butter,salt	918

Mashed,home recipe,whole milk	919
Mashed,home recipe,whole milk & margarine	920
Potato pancakes,home prepared	921
Potato salad,home prepared	922
Scalloped,dry mix,whole milk,butter	923
Scalloped,home recipe,butter	924
Pumpkin,cooked,mashed	925
Pumpkin,canned	926

VEGETABLES & VEGETABLE PRODUCTS cont.

Radishes,raw	927
Rutabagas,cooked,drained,cooked	928
Sauerkraut,canned,solids,liquid	929
Seaweed,keip,raw	930
Seaweed,Spirulina,deied	931
Shallots,raw,chopped	932
Soybeans,green,cooked,drained	933

Spinach

Raw	934
Raw,cooked,drained	936
Frozen;cooked,drained	937
Canned,drained,pieces	938

Squash

Summer,sliced,raw	939
Cooked,drained	940
Winter,baked,cubes	941

FOOD NAME **FOOD#**

Butternut,frozen,cooked,mash 942

Sweet potatoes

Cooked,baked with skin 943

Boiled,without skin 944

Candied 945

Canned,syrup,pack,drained 946

Tomatoes

Raw 947

Cherry 948

Canned,solids,liquid 950

Sundried,plain 951

Tomato juice,canned,salt 952

Canned,paste 953

Canned,puree 954

Canned,sauce 955

Canned,stewed 956

Turnips,cooked,cubed 957

Turnip greens,raw,cooked,drained 958

Turnip greens,frozen;cooked,drained 959

Vegetable juice,cocktail,canned 960

Vegetables,mixed,canned,drained 961

Vegetables,mixed,frozen;cooked,drained 962

Waterchestnuts,canned, 963

slices,solids,liquid

MISCELLANEOUS ITEMS

Bacon bits 964

Baking powder,sodium 965

aluminum sulfate

Baking powder,straight phosphate 966

Baking powder,low sodium 967

Baking soda 968

Catsup 969

Celery seed 970

Chili powder 971

Chocolate,unsweetened,baking,solid 972

FOOD NAME **FOOD#**

Chocolate,unsweetened,baking,liquid 973

Cinnamon 974

Cocoa powder,unsweetened 975

Cream of Tartar 976

Curry powder 977

Garlic powder 978

Horseradish,prepared 979

Mustard,prepared,yellow 980

Olives,canned,pickled,green 981

Olives,canned,ripe,black 982

Onion powder 983

Oregano,ground 984

Paprika 985

Parsley,dried 986

Pepper,black 987

Pickles(cucumber),dill,whols 988

Pickle relish,sweet 989

Potato chips,plain,salted 990

Potato chips,sour cream & onion 991

Potato chips,reduced fat 992

Potato chips,fat free 993

Vanilla extract 994

Vinegar,cider 995

Vinegar,distilled 996

Yeast,dry,active 997

Yeast,compressed 999