

FOOD CODE

CONTENTS

A.....	2
B.....	3
C.....	7
D.....	14
E.....	14
F.....	15
G.....	16
H.....	17
I.....	18
J.....	18
K.....	19
L.....	19
M.....	20
N.....	22
O.....	23
P.....	24
R.....	28
S.....	29
T.....	32
V.....	34
W.....	34
Y.....	35
Z.....	36

A

Alfalfa sprouts, raw	159
Alfredo egg noodles, dry mix	818
All Bran cereal	99
Almonds Nuts	995
Anchovy Fish, canned in oil	20
Angelfood cake	668
Apple cinnamon cereal	100
Apple jacks cereal	101
Apple juice, bottled or canned	973
Apple juice, concentrate, frozen, undiluted	974
Apple juice, frozen, concentrate, diluted	975
Apple pie	66
Apple Pie Filling	987
Apples, dried	327
Apples, fresh, peeled	326
Apples, fresh, with skin	325
Apples, stewed with added sugar	328
Apples, stewed without added sugar	329
Applesauce, canned, sweetened	330
Applesauce, canned, unsweetened	331
Apricots, canned, halves, heavy syrup	333
Apricots, canned, halves, juice pack	334
Apricots, dried	335
Apricots, fresh	332
Artichokes, cooked, drained	160
Asian pears, fresh	336
Asparagus Soup, condensed, canned prep. w. milk	51
Asparagus, canned, spears, drained	163
Asparagus, frozen, cooked, drained	162

A**B**Asparagus, raw, cooked, drained **161****C**Avocados, fresh, without skin & pit **337****D****E****F****G**Bacon bits **925****H**Bagels, cinnamon-raisin **2****I**Bagels, egg **3****J**Bagels, plain **1****K**Baked beans, with franks, canned **977****L**Baked potato, with cheese, fast food **86****M**Baking powder, sodium aluminium sulfate **926****N**Baking soda **929****O**Bamboo shoots, canned, drained **164****P**Banana bread, recipe, margarine **4****Q**Banana cream pie, prep. from recipe **87****R**Bananas, fresh **338****S**Bar, fruit & juice, frozen **774****T**Barbecue sauce **911****U**Barley, cooked **5****V**Basic 4 cereal **102****W**Bass, freshwater, cooked, dry heat **497****X**Bass, sea, cooked, dry heat **498****Y**Bean sprouts cooked, drained **166****Z**Bean sprouts, raw **165**Beans, baked, plain or vegetarian, canned **546**Beans, black, dry, cooked **540**Beans, Great Northern, dry cooked **541**Beans, Kidney, red, canned **549**Beans, Lima, dry, cooked, large **543****B**

Beans, pinto, canned	89
Beans, Pinto, dry, cooked	545
Beans, white, canned	551
Beef bouillon, dry mix, unprepared	903
Beef broth, bouillon, condensed, prep. w. water	882
Beef gravy, canned	921
Beef noodle soup, condensed, prep. w. water	883
Beef stew, canned	821
Beef stock, home prepared	908
Beef, bottom round, cooked, lean	402
Beef, bottom round, cooked, lean & fat	401
Beef, braised (brisket) or pot roast, lean & fat	403
Beef, braised or pot roast, lean	404
Beef, canned, corned	405
Beef, Eye of round, lean	407
Beef, Eye of round, lean & fat	406
Beef, ground, 73%, grilled	410
Beef, ground, 85%, grilled	408
Beef, ground, crumbles, 75%, cooked, pan-browned	939
Beef, ground, crumbles, 80%, cooked, pan-browned	937
Beef, ground, crumbles, 85%, cooked, pan-browned	938
Beef, ground, grilled 80%	409
Beef, jerky	411
Beef, liver, fried	412
Beef, rib roast, oven cooked, lean	414
Beef, rib roast, oven cooked, lean & fat	413
Beef, sirloin steak, grilled, lean & fat	415
Beef, steak, porterhouse, grilled, lean	420
Beef, steak, sirloin, grilled, lean	416
Beef, steak, T-bone, grilled, lean	418
Beef, steak, tenderloin, grilled, lean	419

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A		
B	Beer, light	954
C	Beer, regular	953
D	Beets, canned, drained	179
E	Beets, green, leaves & stems, cooked, drained	181
F	Beets, whole or slices, cooked, drained	177
G	Bell pepper, green or red, cooked, drained	266
H	Bell pepper, green or red, fresh	264
I	Biscuits, plain or buttermilk, recipe, 2% milk	6
J	Biscuits, refrigerated dough, baked, regular	7
K	Black eye peas, dry, cooked	547
L	Black eye peas, raw, cooked, drained	167
M	Black eye peas, frozen, cooked, drained	168
N	Blackberries, canned, heavy syrup	340
O	Blackberries, fresh	339
P	Blackberries, frozen	90
Q	Blue cheese	597
R	Blue cheese dressing, low fat	800
S	Blue cheese dressing, regular	799
T	Blueberries, fresh	341
U	Blueberries, frozen, sweetened	342
V	Blueberry pie	67
W	Blueberry pie filling, canned	972
X	Bologna, beef	476
Y	Bologna, beef and pork	477
Z	Bologna, turkey	478
	Boston Cream Pie	669
	Bratwurst, beef & pork, smoked	479
	Bratwurst, pork, cooked	480
	Braunschweiger (liver sausage, pork)	481
	Bread crumbs, dry, grated, plain	26
	Bread crumbs, dry, grated, seasoned	27

Bread flour	45
Bread Sticks	121
Bread stuffing, dry mix	28
Bread, dinner roll, whole wheat	93
Bread, garlic	103
Bread, roll, French	98
Breakfast bar, cereal crust, fruit filling, fat free	29
Breakfast sandwich, egg & sausage, fast food	837
Brie, cheese	148
Broccoli, fresh, cooked, drained	185
Broccoli, frozen, drained	186
Broccoli, in cheese flavored sauce, frozen	187
Broccoli, raw, spear	183
Broccoli-cheese soup, condensed, prep. w. whole milk	875
Brown sugar	763
Brownies, commercial, without icing, fat free	671
Brownies, commercial, without icing, regular	670
Brownies, dry mix, low fat	672
Brussel sprouts, frozen, cooked, drained	188
Brussel sprouts, fresh, cooked, drained	189
Buckwheat flour, whole groat	46
Bulgur, cooked	34
Burrito, beans & cheese, fast food	841
Burrito, beans & meat, fast food	842
Butter, salted	782
Butter, unsalted	783
Buttermilk	649
Butternut, frozen, cooked, mashed	304

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Cabbage, Napa	193
Cabbage, Pak choi or bok choy	192
Cabbage, red, raw, shredded	194
Cabbage, savoy, raw, shredded	195
Cabbage,cooked	191
Cabbage,fresh, shredded	190
Caesar dressing, low fat	802
Caesar dressing, regular	801
Cake flour	47
Cakes, dry mix, Angelfood	673
Cakes, dry mix, yellow, light, water, egg whites, no frosting	674
Camembert cheese	598
Canola oil	791
Carambola / starfruit, fresh	343
Caramel, chocolate flavored roll	699
Caramel, plain	698
Carrot juice, canned	196
Carrots, baby	198
Carrots, canned	172
Carrots, fresh	197
Carrots, fresh, cooked, drained	199
Carrots, frozen, cooked, drained	200
Cashews, salted, dry roasted	554
Catfish, breaded, fried	499
Cauliflower, fresh	201
Cauliflower, fresh, cooked, drained	202
Cauliflower, frozen, cooked, drained	203
Celery seed	931
Celery, cooked	206

Celery, fresh	204
Chard, Swiss, fresh	209
Cheddar cheese	599
Cheddar cheese soup, condensed, prep. w. whole milk	876
Cheddar cheese, low fat	600
Cheerios cereal	104
Cheese cracker	725
Cheese sauce, ready to serve	912
Cheese, American, pasteurized process, fat free	623
Cheese, American, pasteurized process, regular	622
Cheese, cottage, creamed with fruit	602
Cheese, cottage, large or small curd	601
Cheese, cottage, low fat (1%)	604
Cheese, cottage, low fat (2%)	603
Cheese, cottage, nonfat	605
Cheese, Provolone	174
Cheese, shredded	609
Cheese, Swiss, pasteurized process	624
Cheeseburger, double, regular, 3-piece bun, plain, fast food	846
Cheeseburger, double, regular, lettuce, tomato, mayo, fast food	843
Cheeseburger, double, regular, plain, fast food	845
Cheeseburger, single, large, lettuce, tomato, mayo, large, fast food	848
Cheeseburger, single, regular, lettuce, tomato, mayo, fast food	844
Cheeseburger, single, regular, plain	847
Cheesecake	675
Cheesecake, no bake, prep. from mix	176
Cherries, sour, red, pitted, canned, water pack	344
Cherries, sweet, fresh, without pits	345
Cherry pie	68
Cherry pie filling, canned	346
Chestnuts, European, roasted, shelled	556

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B	Chex mix	746
C	Chex, corn cereal	105
D	Chex, honey nut cereal	106
E	Chex, multi bran cereal	107
F	Chex, rice cereal	108
G	Chex, wheat cereal	109
H	Chicken broth, ready to serve, low fat, low salt	896
I	Chicken fillet (breaded & fried) sandwich, plain, fast food	849
J	Chicken giblets, simmered	435
K	Chicken gravy, canned	922
L	Chicken noodle soup, condensed, prep. w. water	884
M	Chicken noodle soup, dry mix, prep. w. water	906
N	Chicken noodle soup, ready to serve, chunky	893
O	Chicken noodle soup, ready to serve, low fat, low salt	897
P	Chicken nuggets, boneless (breaded & fried), plain, fast food	850
Q	Chicken pot pie, frozen	822
R	Chicken stock, home prepared	909
S	Chicken, breast, meat only, fried	429
T	Chicken, breast, meat only, grilled	430
U	Chicken, canned, meat only, with broth	442
V	Chicken, Cornish game hens, meat & skin, roasted	443
W	Chicken, dark meat, meat only, fried	431
X	Chicken, dark meat, meat only, roasted	432
Y	Chicken, drumstick, meat & skin, fried, batter	433
Z	Chicken, drumstick, meat & skin, fried, flour	434
	Chicken, light meat, meat only, fried	436
	Chicken, light meat, meat only, roasted	437
	Chicken, liver, simmered	444
	Chicken, meat & skin, fried, batter	426
	Chicken, meat & skin, fried, flour	427
	Chicken, meat & skin, roasted	428

Chicken, rice, vegetable soup, ready to serve, low fat, low salt	898
Chicken, Rotisserie, light meat, meat only, roasted	445
Chicken, thigh, meat & skin, fried, batter	438
Chicken, thigh, meat & skin, fried, flour	439
Chicken, vegetable soup, ready to serve, chunky	894
Chicken, wing, meat & skin, fried, batter	440
Chicken, wing, meat & skin, fried, flour	441
Chickpeas, canned	558
Chickpeas, dry, cooked	557
Chili con carne with beans, canned	823
Chili con carne, fast food	851
Chili pepper, fresh, green or red	261
Chili powder	932
Chips, baked	178
Chives, fresh	207
Chocolate bar, milk, plain	700
Chocolate bar, milk, with almonds	701
Chocolate bar, milk, with peanuts, Mr. Goodbar	702
Chocolate bar, Special dark, sweet (Hershey)	708
Chocolate cake with chocolate frosting	676
Chocolate chip cookie, commercial, low fat	711
Chocolate chip cookie, commercial, regular	710
Chocolate chip cookie, dough refrigerated, commercial	712
Chocolate chips, semi sweet	704
Chocolate chips, white	705
Chocolate coated peanuts	706
Chocolate coated raisins	707
Chocolate cookie cream filling	719
Chocolate cream pie	69
Chocolate flavored syrup, fudge type	768
Chocolate flavored syrup, thin	767

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B	Chocolate milk, commercial	655
C	Chocolate milk, commercial, low fat	657
D	Chocolate milk, reduced fat, commercial	656
E	Chocolate powder mix	969
F	Chocolate, baking, unsweetened, liquid	934
G	Chocolate, baking, unsweetened, solid	933
H	Chocolate, bar, white	180
I	Chorizo, beef & pork	482
J	Cilantro, fresh	208
K	Cinnamon	935
L	Cinnamon Life cereal	110
M	Clam chowder soup, Manhattan, condensed, prep. w. water	885
N	Clam chowder soup, New England, condensed, prep. w. whole milk	877
O	Clam chowder, New England, ready to serve, low fat, low salt	899
P	Clam, breaded, fried	501
Q	Clam, canned, drained solids	502
R	Clementines	945
S	Cocoa Krispies cereal	111
T	Cocoa powder, unsweetened	936
U	Cocoa puffs cereal	112
V	Coconut cream	182
W	Coconut, raw, shredded, dried, sweetened	560
X	Coconut, raw, shredded, not packed	559
Y	Cod, baked or broiled	503
Z	Coffee cake	677
	Coffee, brewed	970
	Coffee, espresso	971
	Cola	960
	Cola, diet	961
	Coleslaw dressing	803
	Coleslaw, fast food	852

Coleslaw, home made	210
Collards, fresh, cooked, drained	211
Collards, frozen, cooked, drained	212
Complete Wheat Bran flakes cereal	113
Condensed milk, sweetened, canned	651
Cones, ice cream	184
Cookie, butter, commercial	709
Corn chips, plain	747
Corn dog, frozen	824
Corn flour, masa	48
Corn Grits, white or yellow	88
Corn Pops cereal	116
Corn syrup, light	769
Corn, cream style, canned	216
Corn, fresh, kernels on the cob	213
Corn, frozen, kernels on the cob	214
Corn, kernels, fresh	215
Corn, whole kernel, canned	217
Cornbread, mix	35
Cornbread, recipe, 2% milk	36
Cornflakes, General Mills, Total cereal	114
Cornflakes, Kellogg's	115
Commeal, yellow, dry, regular	38
Cornmeal, yellow, dry, whole grain	37
Comstarch	39
Couscous, cooked	40
Crab, Alaskan King, cooked	504
Crab, cake, egg, onion, margarine, fried	506
Crab, meat, canned	505
Cracked wheat bread	8
Crackers, with cheese filling	205

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B	Cranberries, dried, sweetened	347
C	Cranberry juice cocktail	990
D	Cranberry sauce, sweetened, canned	348
E	Cream cheese, fat free	608
F	Cream cheese, low fat	607
F	Cream cheese, regular	606
G	Cream of Celery soup, condensed, prep. w. whole milk	878
H	Cream of chicken soup, condensed, prep. w. water	886
H	Cream of chicken soup, condensed, prep. w. whole milk	879
I	Cream of mushroom soup, condensed, prep. w. water	887
J	Cream of mushroom soup, condensed, prep. w. whole milk	880
K	Cream of wheat, quick	92
L	Cream of wheat, regular	91
L	Cream product, whipped topping, frozen	636
M	Cream, coffee	626
N	Cream, Half and half	625
O	Cream, powdered	633
O	Cream, powdered with whole milk	634
P	Cream, pressurized	635
Q	Crisphead, iceberg, leaf	236
R	Crisphead, iceberg, shredded	237
S	Crispix cereal	117
T	Crisps Potato, plain	218
T	Croissants	221
U	Croutons, seasoned	41
V	Cucumber, peeled	219
W	Cucumber, unpeeled	220
X	Cupcake with frosting	687
Y	Currants, dried	349
Z		

D

Danish pastry, cream cheese	678
Danish pastry, fruit	679
Dates, without pits	350
Dill dip	632
Dill weed, fresh	222
Doughnut, cake	680
Doughnut, glazed	681
Dried beef, cured	483
Duck, meat & skin, roasted	446
Duck, meat only, roasted	447
Duck, Pekin, breast, meat & skin, boneless, roasted	448

E

Eel, cooked, dry heat	507
Egg bread	9
Egg omelet, plain	596
Egg, hard boiled, no shell	592
Egg, poached with salt	593
Egg, scrambled, margarine, whole milk, salt	594
Egg, substitute, liquid	595
Egg, white, fresh	590
Egg, whole, fresh	589
Egg, whole, fried	573
Egg, yolk, fresh	591
Eggnog	658
Eggplant, cooked, drained	223
Enchilada beef with cheese, fast food	262
Enchilada sauce, ready to serve	913

A		
B	Endive, curly, Escarole, fresh	224
C	English muffin, plain	42
D		
E	Fennel, bulb, raw	228
F	Feta cheese	610
G	Fig Bar, cookie	713
H	Figs, dried	351
	Figs, fresh	265
I	Fish (breaded & fried) sandwich, tartar sauce, cheese, fast food	855
J	Fish fillet, battered or breaded and fried	508
K	Fish stick & portion, breaded, frozen, preheated	509
L	Fish stock, home prepared	910
M	Flounder or Sole, baked or broiled	510
N	Flour, wheat whole grain	267
O	French bread	10
P	French dressing, low fat	805
	French dressing, regular	804
Q	French fried onions	941
R	French fries, fast food	856
	French fries, frozen, oven heated	278
S	French toast with butter, fast food	838
	French toast, frozen	44
T	French toast, recipe, 2% milk, fried	43
U	Froot loops cereal	118
V	Frosted flakes cereal	119
W	Frosted Mini Wheats cereal, regular or bite size	120
X	Frosting, chocolate, ready to eat	772
	Frosting, vanilla, ready to eat	773
Y	Fruit cocktail, canned, heavy syrup	352
Z	Fruit cocktail, canned, juice pack	353

F

Fruit punch drink	991
Fruitcake	682

G

Garlic, raw	225
Gelatin, dessert powder & water, low fat	778
Gelatin, dessert powder & water, regular	777
Gin, rum, shooters, tequila, vodka, whisky (80 proof)	955
Ginger ale	962
Ginger root, raw	227
Golden Grahams cereal	122
Goose, meat & skin, roasted	449
Goose, meat only, roasted	450
Goose, Pate de foi gras (goose liver pate)	451
Gouda cheese	611
Graham cracker, plain	726
Graham, crackers, crushed	727
Granola bar, hard, plain	30
Granola bar, soft, chocolate chip	31
Granola bar, soft, raisin	32
Grape drink	992
Grape juice, canned or bottled	982
Grape juice, concentrate, frozen, sweetened, diluted	984
Grape juice, concentrate, frozen, sweetened, undiluted	983
Grape leaves, canned	226
Grape soda	963
Grapefruit juice, canned, sweetened	979
Grapefruit juice, canned, unsweetened	978
Grapefruit juice, concentrate, frozen, unsweetened, diluted	981
Grapefruit juice, concentrate, frozen, unsweetened, undiluted	980
Grapefruit juice, pink or white, fresh	976

A		
B	Grapefruit, canned, light syrup	356
C	Grapefruit, fresh without peel, pink or red	354
D	Grapefruit, fresh without peel, white	355
E	Grapes, seedless, fresh	357
F	Green beans (snap), canned, drained	175
F	Green beans (snap), frozen, cooked, drained	173
G	Green beans (snap), raw, cooked, drained	171
H	Guacamole	944
	Gummy bears	688
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H

	Haddock, baked or broiled	511
	Halibut, baked or broiled	512
	Ham cheese stuffed sandwich, frozen	825
	Ham, canned	462
	Ham, cooked, extra lean	485
	Ham, cooked, regular	484
	Ham, cured, lean & fat	464
	Ham, fresh, cooked, lean & fat	463
	Ham, honey, smoked, cooked	486
	Ham, leg, roasted piece, lean & fat	465
	Hamburger, double, large, lettuce, tomato, mayo, fast food	859
	Hamburger, single, large, lettuce, tomato, mayo, fast food	860
	Hamburger, double, regular, lettuce, tomato, mayo, fast food	857
	Hamburger, single, regular, lettuce, tomato, mayo, fast food	858
	Hard candy	689
	Hash brown potatoes, fast food	839
	Hashed browns, frozen	279
	Hashed browns, home made	280
	Hazelnuts, chopped	561
	Hearts of palm, canned	229

Herb tea	996
Herring, pickled	513
Honey	779
Honey Nut Cheerios cereal	123
Honey Nut Clusters cereal	124
Horseradish, prepared	940
Hot dog / Frankfurter, beef	487
Hot dog / Frankfurter, beef & pork	488
Hot dog, chili, fast food	862
Hot dog, plain, fast food	861
Hummus, commercial	562

I

Ice Cream Strawberry	293
Ice cream, chocolate	639
Ice cream, chocolate, low fat	640
Ice cream, soft serve, vanilla	643
Ice cream, vanilla	641
Ice cream, vanilla, low fat	642
Ice cream, vanilla, soft serve, cone, fast food	853
Ice pop	775
Indian fry bread (Naan)	11
Italian bread	12
Italian dressing, low fat	807
Italian dressing, regular	806
Italian ice cream, restaurant prepared	776
Italian salad dressing, fat free	294

J

Jalapenos peppers, canned	263
Jams	780

A		
B	Jelly beans	690
C	Jerusalem artichoke, fresh	230
D	Jicama, raw	952
E		
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M	Lam, leg, lean, roasted	500
N	Lamb, chops, cooked, lean	422
O	Lamb, chops, cooked, lean & fat	421
P	Lamb, ground, cooked, grilled	417
Q	Lamb, leg, roasted, lean & fat	425
R	Lamb, loin grilled, lean	424
S	Lamb, loin, grilled, lean & fat	423
T	Lamb, rib, lean, cooked, roasted	493
U	Lard	784
V	Lasagna with meat & sauce	826
W	Lasagna, vegetable	827
X	Leeks, cooked, drained	234
Y	Lemon juice, canned or bottled, unsweetened	361
Z	Lemon juice, fresh	360
	Lemon lime soda	964
	Lemon meringue pie	70
	Lemonade, concentrate, frozen prepared	993

K

L

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

M

M&M's, peanut (M&M Mars)	693
M&M's, plain (M&M Mars)	694
Macademia nuts, dry roasted, salted	564
Macaroni pasta, cooked	142
Macaroni, beef, frozen, Healthy choice	819
Mackerel, cooked	515
Mandarin oranges, light syrup	364
Mangos, fresh, without skin & pit	365
Maple syrup	770
Maraschino Cherries, canned, drained	366
Margarine, regular (80% fat)	785
Margarine, spread (40%)	789
Margarine, spread (60% fat)	787
Marshmallows, miniature	691

A		
B	Marshmallows, regular	692
C	Mashed potatoes, fast food	863
D	Matzo cracker, plain	52
E	Mayo type salad dressing, Miracle whip, light	553
F	Mayo type salad dressing, Miracle whip, regular	550
F	Mayonaise, fat free	810
G	Mayonaise, light (cholesterol free)	809
H	Mayonaise, regular	808
H	Meatballs with pasta sauce, canned	654
I	Meatballs with pasta sauce, frozen	650
J	Melba toast, plain	728
K	Melon, Cantaloupe, wedge without rind	367
L	Melon, Honeydew, wedge without rind	368
L	Mexican rice, side dish, dry mix	831
M	Milk, evaporated, canned, skim milk	653
N	Milk shake, thick, chocolate	659
O	Milk shake, thick, vanilla	660
O	Milk, evaporated, canned, whole milk	652
P	Milk, low fat (1%)	647
Q	Milk, nonfat/skim	648
R	Milk, reduced fat (2%)	646
S	Milk, whole (3.25%)	645
S	Milk, evaporated, canned, skim milk	53
T	Milky way (M&M Mars)	695
U	Minestrone soup, condensed, prep. w. water	888
V	Minestrone soup, ready to serve, low fat, low salt	901
W	Mixed grain bread	13
X	Mixed nuts with peanuts, dry roasted, salted	703
X	Mixed nuts with peanuts, oil roasted, salted	732
Y	Molasses syrup	771
Z	Monterey cheese	612
	Mozzarella cheese sticks	829

Mozzarella cheese, whole milk	613
Muenster cheese	614
Muffins, blueberry, commercial	53
Muffins, blueberry, mix	54
Muffins, bran with raisins	55
Muffins, corn mix	57
Muffins, corn, commercial	56
Muffins, oatbran, commercial	58
Mushroom gravy, canned	923
Mushroom, Shitake, dried	246
Mushrooms, canned, drained	244
Mushrooms, cooked, drained	243
Mushrooms, fresh	242
Mushrooms, Shitake, cooked	245
Mussels, steamed	516
Mustard greens, cooked, drained	247
Mustard, prepared, yellow	942

N

Nacho cheese sauce, ready to serve	914
Nachos with cheese, fast food	764
Natural Cereal 100%, Oats, honey and raisins	128
Natural Cereal 100%, Oats, honey and raisins, low fat	129
Nature Valley, Granola, cereal	127
Nectarines, fresh	369
Neufchatel cheese	615
Noodles, chow mein, canned	143
Noodles, egg, regular, cooked	144
Noodles, egg, spinach, cooked	145
Noodles, Japanese, soba, cooked	146
Nutella hazelnut spread	943

A		
B	Nutri grain cereal bar, fruit	33
C	Nuts, almonds, shelled	539
D	Nuts, Brazil, shelled	552
E	Nuts, cashews, salted, oil roasted	555
F		
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	O	
	Oat bran, uncooked	59
	Oatmeal bread	14
	Oatmeal cookie, fat free	716
	Oatmeal cookie, regular, large	714
	Oatmeal cookie, soft type	715
	Oatmeal, apples & cinnamon, instant	95
	Oatmeal, maple & brown sugar, instant	96
	Oatmeal, plain, instant, fortified	94
	Oatmeal, plain, regular, quick or instant, nonfortified	97
	Ocean perch, cooked	517
	Okra, frozen, cooked, drained	249
	Okra, raw, cooked, drained	248
	Olives, black, canned, ripe	372
	Olives, green, pickled	371
	Onion rings, breaded, fried, fast food	864
	Onion soup, dry mix, prep. w. water	907
	Onion soup, dry mix, unprepared	904
	Onion, dehydrated flakes	252
	Onion, fresh	250
	Onion, fresh, cooked, drained	251
	Onion, Spring, fresh	253
	Orange juice, all varieties, fresh	985
	Orange juice, canned, unsweetened	986
	Orange juice, diluted	989
	Orange juice, undiluted	988

Orange soda	967
Orange, fresh, without peel & seeds	370
Oyster, breaded, fried	519
Oyster, raw meat only	518

P

Pancakes, butter & syrup, fast food	840
Pancakes, complete mix	61
Pancakes, frozen, ready	60
Pancakes, mix, 2% milk, egg & oil	62
Papayas, fresh	373
Parmesan cheese	616
Parsley, fresh	254
Parsnips, cooked, drained	255
Pasta, fresh-refrigerated, plain, cooked	147
Pastrami, beef, cured	489
Pea soup, condensed, prep. w. water	889
Pea, navy, dry, cooked	544
Peach pie	781
Peaches, canned, heavy syrup	375
Peaches, canned, juice pack	376
Peaches, dried	377
Peaches, fresh	374
Peanut butter cookie, commercial	717
Peanut butter cookie, recipe with margarine	718
Peanut butter, reduced fat, smooth	572
Peanut butter, regular, chunk	571
Peanut butter, regular, smooth	570
Peanuts, dry roasted	565
Peanuts, dry roasted, salted	567

A		
B	Peanuts, dry roasted, unsalted	568
C	Peanuts, oil roasted	566
D	Peanuts, oil roasted, salted	569
E	Pears, canned, heavy syrup	379
F	Pears, canned, juice pack	380
F	Pears, fresh	378
G	Peas, Black eye, canned	548
H	Peas, green, canned, drained	258
I	Peas, green, frozen, cooked, drained	259
I	Peas, sugar snap, fresh, cooked, drained	256
J	Peas, sugar snap, frozen, cooked, drained	257
K	Pecan pie	71
L	Pecans, halves	574
L	Pepperoni pizza, frozen, cooked	786
M	Pepperoni, pork, beef	490
N	Peppers, banana, fresh	260
O	Pickles, cucumber, dill	269
O	Pickles, relish, sweet	270
P	Pie crust, baked, frozen	64
Q	Pie crust, baked, recipe	63
R	Pie crust, graham cracker	65
S	Pimento, canned	268
T	Pine nuts, shelled	575
T	Pineapple juice, unsweetened, canned	386
U	Pineapple, canned, chunks/crushed, heavy syrup	382
V	Pineapple, canned, slices, heavy syrup	383
W	Pineapple, canned, slices, juice pack	385
X	Pineapple, canned, slices/chunks/crushed, juice pack	384
Y	Pineapple, fresh, diced	381
Z	Pistachio nuts, dry roasted, salt, shelled	576
	Pita bread	15

Pizza, cheese, fast food	865
Pizza, meat and vegetable, frozen, cooked	788
Pizza, pepperoni, fast food	866
Plantain, without peel, fresh	387
Plantains, cooked	966
Plums, fresh	388
Pollock, baked or broiled	520
Pomegranate, fresh	790
Popcorn, air popped, unsalted	748
Popcorn, caramel, peanuts	750
Popcorn, cheese flavor	751
Popcorn, oil popped, salted	749
Pork and beans with tomato sauce, canned	832
Pork chop, cooked, roasted	521
Pork steak, cooked, grilled	794
Pork tenderloin, grilled, lean	471
Pork, bacon, Canadian, cured, cooked	461
Pork, bacon, cured, cooked	460
Pork, rib roast, lean & fat	466
Pork, ribs, backrubs, lean & fat, cooked,	467
Pork, ribs, spareribs, lean & fat, cooked, braised	468
Pork, sausage, cooked, link	469
Pork, sausage, cooked, patty	470
Potato au gratin, dry mix, prep. w. butter	276
Potato au gratin, home made, prep w. butter	277
Potato chips, fat free	755
Potato chips, low fat	754
Potato chips, plain, salted	752
Potato chips, sour cream & onion	753
Potato pancakes, home made	284
Potato salad, home made	285

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B	Potato, baked with skin	271
C	Potato, baked, flesh only	272
D	Potato, baked, skin only	273
E	Potato, mashed, dehydrated flakes, whole milk, butter, salt	281
F	Potato, mashed, home made, whole milk	282
F	Potato, mashed, home made, whole milk, margarine	283
G	Potato, peeled after boiling	274
H	Potato, peeled before boiling	275
I	Potato, scalloped, dry mix, whole milk, butter	286
I	Potato, scalloped, home made, butter	287
J	Pound cake, butter	683
K	Pound cake, fat free	684
L	Pretzels, stick	756
L	Pretzels, twisted	757
M	Product 19 cereal	130
N	Provolone cheese	617
O	Prune juice, canned or bottled	391
P	Prunes, dried, pitted, uncooked	389
P	Prunes, stewed, unsweetened	390
Q	Pudding, chocolate, dry mix prepared w 2% milk, regular, cooked	736
R	Pudding, chocolate, dry mix prepared w. 2% milk, instant	735
S	Pudding, chocolate, ready to eat, fat free	743
T	Pudding, chocolate, ready to eat, regular	739
U	Pudding, rice, ready to eat, regular	740
U	Pudding, tapioca, ready to eat, regular	741
V	Pudding, tapioca, ready to eat, fat free	744
W	Pudding, vanilla, dry mix prepared w 2% milk, regular, cooked	738
X	Pudding, vanilla, dry mix prepared w. 2% milk, instant	737
Y	Pudding, vanilla, ready to eat, regular	742
Y	Pudding, vanilla, ready to eat, fat free	745
Z	Puff pastry, frozen, ready-to-bake, baked	766

Puffed rice cereal	131
Puffed wheat cereal	132
Pumpernickel bread	16
Pumpkin pie	72
Pumpkin seeds, roasted, salt	577
Pumpkin, canned	289
Pumpkin, cooked, mashed	288

R

Radishes, raw	290
Raisin Bran cereal, General Mills, Total	133
Raisin Bran cereal, Kellogg's	134
Raisin bread	17
Raisin Nut Bran cereal	135
Raisins, seedless	392
Ramen noodle soup, chicken flavor, dry mix, unprepared	905
Ranch dressing, fat free	813
Ranch dressing, low fat	812
Ranch dressing, regular	811
Raspberries, fresh	393
Raspberries, frozen, sweetened, thawed	394
Ravioli, tomato & meat sauce, canned	820
Red potato, with skin, baked	796
Reese's peanut butter cup (Hershey)	696
Refried beans, canned	578
Rhubarb, frozen, cooked with sugar	395
Rhubarb, frozen, cooked with sugar	797
Rice cake, brown rice, plain	158
Rice Krispies cereal	136
Rice krispies treat/bar, square	758

A		
B	Rice, brown, long grain, cooked	151
C	Rice, instant, cooked	156
D	Rice, instant, raw	155
E	Rice, noodles, cooked	150
F	Rice, white long grain, cooked	153
F	Rice, white long grain, instant	154
G	Rice, white long grain, raw	152
H	Rice, wild, cooked	157
I	Ricotta cheese, part skim milk	619
I	Ricotta cheese, whole milk	618
J	Rolls, dinner	73
K	Rolls, hamburger, hotdog	74
L	Romaine lettuce, shredded	241
L	Romaine lettuce, inner leaf	240
M	Romano cheese	620
N	Root beer soda	968
O	Roughy, orange, baked or broiled	522
P	Russian dressing, low fat	815
P	Russian dressing, regular	814
Q	Rutabagas, cooked, drained	291
R	Rye bread	18
S	Rye bread, light	19
S	Rye wafer, whole grain, plain	729
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	Salad dressing, ranch, fat free	828
	Salad dressing, Thousand Island, fat free	798
	Salad, chicken, no dressing, fast food	867
	Salami, beef & pork, cooked	491
	Salami, beef & pork, dry	492

Salisbury steak entire, frozen	833
Salmon, baked or broiled	523
Salmon, canned (pink), solids & liquid (include bones)	524
Salmon, smoked	525
Salsa	915
Saltine cracker, square	730
Sardine, Atlantic, canned in oil, drained solids (include bones)	526
Sauerkraut, canned	292
Scallop, cooked, breaded, fried	527
Scallop, steamed	528
Self rising flour	49
Sesame seeds	579
Shake, chocolate, fast food	868
Shake, vanilla, fast food	869
Shallots, fresh	295
Sherbert ice cream	644
Shortbread cookie, commercial, plain	720
Shortening, all purpose	927
Shredded Wheat cereal	137
Shrimp, breaded, fried	529
Shrimp, breaded, fried, fast food	870
Shrimp, canned, drained solids	530
Snack cake, chocolate, cream filled, frosting	685
Snack cake, chocolate, frosting, low fat	686
Snickers bar	697
Soup, cream of potato, condensed, canned, prep. w. milk	795
Sour cream, fat free	631
Sour cream, low fat	630
Sour cream, regular	629
Soy milk	582
Soy nuts, dry roasted	583

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B	Soy sauce	916
C	Soy, Miso	580
D	Soybeans, dry, cooked	581
E	Soybeans, green, cooked, drained	296
F	Spaghetti bolognese, frozen, Healthy Choice	834
F	Spaghetti pasta, whole wheat, cooked	149
G	Spaghetti sauce	917
H	Special K cereal	138
I	Spinach soufflé, home-prepared	835
I	Spinach, canned, drained	300
J	Spinach, fresh	297
K	Spinach, fresh, cooked, drained	298
L	Spinach, frozen, cooked, drained	299
L	Squash, baked	303
M	Standard cracker, round or bite sized	731
N	Strawberries, fresh, large	396
O	Strawberries, fresh, medium	397
O	Strawberries, frozen, sweetened, thawed	398
P	String cheese	946
Q	Sub sandwich, cold cuts	928
R	Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast food	871
S	Sub sandwich, roast beef, mayo, vegetable, fast food	872
S	Sub sandwich, tuna salad, mayo, lettuce, fast food	873
T	Sugar cookie, commercial	721
U	Sugar cookie, dough, refrigerated	722
V	Sugar cookie, recipe, margarine	723
W	Summer sausage, cervelat, beef & pork	494
X	Sundae, hot fudge, fast food	854
Y	Sunflower seeds, dry roasted, salt	586
Y	Sweet & sour chicken, canned	965
Z	Sweet 'n sour sauce	918

Sweet potato, baked with skin	305
Sweet potato, boiled without skin	306
Sweet potato, candied	307
Sweet potato, canned, syrup pack, drained	308
Sweet rolls, cinnamon with raisins, commercial	75
Sweet rolls, cinnamon, refrigerated dough, baked with frosting	76
Swiss cheese	621
Swordfish, baked or broiled	531

T

Taco shell, baked	77
Taco, beef	874
Tahini	587
Tangerines mandarins, fresh, without peels & seeds	399
Tapioca, pearl, dry	78
Tea, instant, powder, prepared, unsweetened	997
Tea, lemon flavor, sweetened	998
Tea, lemon flavor, sweetened with sweetener	999
Teriyaki sauce	919
Thousand Island dressing, low fat	817
Thousand Island dressing, regular	816
Toasted Oatmeal, Quaker, Honey Nut	139
Toaster pastries, fruit	79
Toaster pastries, low fat	80
Toaster pastry, pop tarts, frosted	792
Toaster pastry, pop tarts, fruit	793
Tofu, firm	584
Tofu, soft	585
Tomato juice, canned, salt	313
Tomato soup, condensed, prep. w. water	890

A		
B	Tomato soup, condensed, prep. w. whole milk	881
C	Tomato, canned	311
D	Tomato, cherry	310
E	Tomato, fresh	309
F	Tomato, paste, canned	314
F	Tomato, sauce, canned	315
G	Tomato, stewed, canned	316
H	Tomato, sundries, plain	312
I	Tortellini, pasta with cheese filling, frozen	836
I	Tortilla chips, baked	760
J	Tortilla chips, nacho, low fat	762
K	Tortilla chips, nacho, regular	761
L	Tortilla chips, plain, regular	759
L	Tortilla wrap, corn	81
M	Tortilla wrap, flour	82
N	Total, Whole grain cereal	140
O	Trout, baked or broiled	532
P	Tuna canned, drained solids, oil pack, chunk light	534
P	Tuna canned, drained solids, water pack, chunk light	535
Q	Tuna canned, drained solids, water pack, solid white	536
R	Tuna salad, light tuna in oil, pickle relish, mayo type salad dressing	537
S	Tuna, baked or broiled	533
T	Turkey gravy, canned	924
U	Turkey, breast, meat & skin, roasted	452
U	Turkey, dark meat, meat & skin, roasted	453
V	Turkey, giblets, simmered	454
W	Turkey, ground, cooked	455
X	Turkey, light & dark meat, diced, seasoned	456
Y	Turkey, light meat, meat & skin, roasted	457
Y	Turkey, light meat, meat only, roasted	458
Z	Turkey, patties, breaded or battered, fried	459

Turkey, white, deli cut	496
Turnip greens, fresh, cooked, drained	318
Turnip greens, frozen, cooked, drained	319
Turnips, cooked, cubed	317

V

Vanilla extract	948
Vanilla wafer cookie, low fat	724
Veal, cutlet, braised, lean & fat	472
Veal, cutlet, breaded, cooked, lean & fat	473
Vegetable beef soup, condensed, prep. w. water	891
Vegetable juice, cocktail, canned	320
Vegetable soup, ready to serve, low fat, low salt	902
Vegetable Vegetarian soup, condensed, prep. w. water	892
Vegetable, beef soup, ready to serve, chunky	895
Vegetables, mixed, canned, drained	321
Vegetables, mixed, frozen, cooked, drained	322
Vegetarian burger patty, frozen, Morningstar farms	830
Venison, loin, cooked, broiled, lean	474
Venison, top round, cooked, broiled, lean	475
Vienna sausage	495
Vinegar, cider	949
Vinegar, distilled	950

W

Waffles, plain, frozen, toasted	84
Waffles, plain, low fat	85
Waffles, plain, recipe	83
Walleye, Pike	538
Walnuts, chopped	588
Water chestnuts, canned	323

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B	Watermelon, fresh, wedge	400
C	Wheat bread, light	21
D	Wheat flour, all purpose	50
E	Wheat thins crackers	733
F	Whites cereal	141
G	Whipped cream topping, pressurized	947
H	Whipping cream, unwhipped	627
I	Whipping cream, unwhipped, low fat	628
J	White bread	22
K	White bread, light	24
L	White bread, soft crumbs	23
M	White sugar, granulated	765
N	Whole wheat bread	25
O	Whole wheat crackers	734
P	Wine, red	957
Q	Wine, rose/blush	958
R	Wine, white	959
S	Worcestershire sauce	920
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Y

R	Yam, cooked, broiled, drained, or baked	324
S	Yeast, dry, active	951
T	Yoghurt, fruit flavored, low fat	662
U	Yoghurt, fruit flavored, non fat	664
V	Yoghurt, plain, low fat	663
W	Yoghurt, plain, nonfat	665
X	Yoghurt, plain, regular	666
Y	Yoghurt, vanilla or lemon, low fat	667
Z	Yogurt & juice blend	661
	Yogurt, soft serve, chocolate	637
	Yogurt, soft serve, vanilla	638

Z

Zucchini, cooked, drained

302

Zucchini, fresh

301

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