

Calorie Factor & Instruction Booklet



Guidebook to
Calorie Counting

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Introduction

Thank you for purchasing an EatSmart Product. Your EatSmart Precision Elite Kitchen Scale has been specifically designed for your use, with an easy to use interface and superior EatSmart accuracy and design.

Your EatSmart Precision Elite comes with the following:

- Calorie Factor & Instruction Booklet
- 4 AAA Batteries
- 2 Year EatSmart Guarantee

Please read the Calorie Factor & Instruction Booklet carefully before using your scale.

Please fill out your purchase information for future reference:

Date Purchased: _____

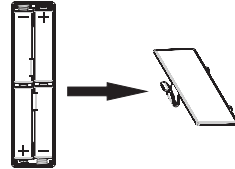
Place of Purchase: _____

Order ID (if any): _____

Operation

Battery Installation and First Time Setup

1. This scale operates on 4 AAA batteries. Unwrap batteries before proceeding.
2. Locate the battery cover on the underside of the unit. Press the battery cover tab inward and lift to remove.
3. Insert batteries as indicated by the polarity symbols (+ and -) marked inside the battery compartment. Close the cover.
4. Place the scale back on its feet on a hard, flat surface and press the “ON/OFF/TARE” button  to turn on.



Notes

1. New batteries should last for approximately one year under moderate use (less than three times daily). Batteries included with your scale are trial batteries and may last a shorter length of time.
2. Dispose of batteries within the legal restrictions of local government.

Weighing Operation

Your EatSmart Precision Elite operates as a multifunction weighing apparatus, useful for a variety of everyday tasks around the home and office. No special programming or setup is required.

1. Place your scale on a hard, flat surface and turn it on.

2. The scale will count down 3-2-1 and go to zero.

3. Select your desired measurement unit. The scale has four units of measurement: grams, kilograms, ounces and pounds. You can switch this unit by pressing the UNIT button  on the face of your scale at any time.

When the unit of measurement is set to grams, once you exceed 999 grams, the unit converts to kilograms. When the unit of measurement is set to oz (ounces) once you exceed 15.95 ounces, unit converts to lb: oz. For example, an item that weighs 17.8 oz will register 1 lb: 1.8 oz. on the Precision Elite.

4. Place your item on the scale. Place an item on the center of the scale. The weight will appear.

5. Weigh another item or turn your scale off. If you are weighing a series of ingredients the three minute time-out will reset each time a new item is placed on the scale so you never lose a weight mid-recipe again! When activity has stopped your scale will stay on for three minutes before turning off automatically. To manually shut off your scale. Hold the “ON/OFF/TARE” button  for 2 seconds to shut off scale.

The Tare Function

The tare function allows you to automatically return the scale to zero at any time, enabling you to subtract the weight of a plate or weigh multiple items in a row.

1. Weigh an item normally.

2. Press the “ON/OFF/TARE” button . This will reset the weight to zero.

3. Add the next ingredient/item to the scale and weigh.

4. Hold the “ON/OFF/TARE” button  for 2 seconds to shut off scale or scale will automatically shut off in 3 minutes

5. Weigh another item or turn your scale off. When activity has stopped, your scale will stay on for three minutes. If you are weighing a series of ingredients, the three minute time-out will reset each time a new item is placed on so you never loose a weight mid-receipt

again! To manually shut off your scale. Hold the “ON/OFF/TARE” button  for 2 seconds to shut off scale.

Specifications

Model: EatSmart Precision Elite Kitchen Scale – ESKS-10
Capacity: 15 lbs/7kg
Measurement Units: Grams / Kilograms / Ounces / Pounds
Graduation: 1 gram / .05 ounces
Low Battery Indicator “Lo”
Overload Indicator “OL”
Unit Dimensions: Approximately 10” x 7.5” x 1.25”
Unit Weight: Approximately 1 lb. 9 ounces
Power: 4 AAA Batteries (included)

Warranty

The EatSmart warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years (excluding batteries) from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification. Should this scale require service (or replacement at our option) while under warranty, please contact EatSmart for return authorization and troubleshooting.

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state. NOT LEGAL FOR TRADE.

1-866-843-3905 (8AM to 5PM MST, Monday through Friday)

Made in China.

EatSmart

www.eatsmartproducts.com

Troubleshooting

Problem	Solution
Scale displays “Err”	Place scale on hard, flat surface. Allow scale to shut off and restart.
Low battery indicated “Lo” No power	Check batteries for proper installation (polarities are correct). Replace all four worn batteries.
Overload indicated “OL”	Too much weight has been placed on the scale and it is overcapacity. Remove weight before proceeding.
Other conditions	Call EatSmart Products for support at 1-866-843-3905 (8AM to 5PM MST)

Care & Maintenance

To maintain your EatSmart Kitchen Scale in the best possible condition follow these directions as closely as possible.

- 1. Store and operate the unit in safe dry location.** Drastic changes in temperature over time can affect the quality of weight measurement. Do not expose to direct sunlight, extreme hot/cold or humidity.
- 2. Clean with a soft, damp cloth.** Avoid abrasive cleaners and never sink or submerge in water.
- 3. Remove batteries if not in use for three months or longer.**
- 4. Use unit consistent with instructions provided in this manual.**

Calorie Counting Using the Calorie-Factor

The Calorie-Factor is a number, calculated using USDA data that represents the amount of calories present per gram of food.

The EatSmart Precision Elite Kitchen Scale, when used in conjunction with this booklet, allows you to count calories easily. Starting on the next page is a Calorie-Factor Chart that contains a list of foods and their corresponding Calorie-Factors. As an example, the entry for whole wheat bread is shown below:

Bread, Whole-Wheat	2.47 calories/ gram
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By weighing an edible portion of food (in grams only) on your scale and multiplying it by the appropriate Calorie-Factor, you can determine the calories in that particular portion.

Instructions:

1. Turn the scale on in **GRAMS** mode. (**IMPORTANT:** You must use **GRAMS**-this will not work with any other unit of measure)
2. If using a plate or bowl, place it on the scale and tare it to zero.
3. Place an edible portion of food, minus pits, peels, rinds or bones, onto the plate.
4. Multiply the weight (in grams) by the Calorie Factor assigned to the food.
5. The resulting number is the calories for that portion size.

You can also calculate a Calorie-Factor from packaged foods and save them at the back of this booklet. The Nutrition Facts panel on a box of Kashi Crunch cereal says that the total calories are 180 and one serving is 28 grams. To figure out the Calorie-Factor, divide calories (180) by the serving size (28) in grams. The answer is 6.4 calories per gram. Multiply the weight of this cereal on the scale by 6.4 to determine the total calories for your portion.

You don't need to know about the calories in ALL foods, just the foods you eat. Many people eat the same foods over and over. Start with the foods you eat most often or with the ones you enjoy the most.

For healthy recipes, please visit our blog at www.eatsmartblog.com

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
FRUIT GROUP		KIWI FRUIT, RAW	0.61
		KUMQUATS, RAW	0.71
APPLES, DRIED	2.43	LEMON, W/ PEEL, RAW	0.20
APPLES, W/ SKIN, RAW	0.52	LEMON, W/O PEEL, RAW	0.29
APPLES, W/O SKIN, BOILED	0.53	LIMES, RAW	0.30
APPLES, W/O SKIN, RAW	0.48	LOQUATS, RAW	0.47
APRICOTS, DRIED	2.41	MANGOS, RAW	0.65
APRICOTS, RAW	0.48	NECTARINES, RAW	0.44
AVOCADO, CALIFORNIA, RAW	1.67	OLIVES, BLACK (CANNED), LARGE	0.81
AVOCADO, FLORIDA, RAW	1.20	OLIVES, GREEN, PICKLED	1.45
AVOCADOS, ALL COMMON VAR, RAW	1.60	ORANGE RIND, RAW	0.97
BANANAS, RAW	0.89	ORANGES, COMMON VAR, RAW	0.47
BLACKBERRIES, RAW	0.43	ORANGES, FLORIDA, RAW	0.46
BLUEBERRIES, RAW	0.57	ORANGES, NAVELS, RAW	0.49
CANTALOUPE, RAW	0.34	ORANGES, VALENCIAS, RAW	0.49
CASABA MELON, RAW	0.28	PAPAYA, RAW	0.39
CHERRIES, SOUR, RAW	0.50	PASSIONFRUIT ("GRANADILLA"), RAW	0.97
CHERRIES, SWEET, RAW	0.63	PEACHES, DRIED	2.39
CLEMENTINES, RAW	0.47	PEACHES, RAW	0.39
COCONUT, DRIED	6.60	PEARS, ASIAN, RAW	0.42
COCONUT, RAW	3.54	PEARS, DRIED	2.62
CRABAPPLES, RAW	0.76	PEARS, RAW	0.58
CRANBERRIES, DRIED, SWEETENED	3.08	PERSIMMONS, NATIVE, RAW	1.27
CRANBERRIES, RAW	0.46	PINEAPPLE, RAW	0.50
CURRENT, BLACK (EUROPEAN), RAW	0.63	PLANTAINS, COOKED	1.16
CURRENT, RED AND WHITE, RAW	0.56	PLANTAINS, RAW	1.22
DATES	2.82	PLUM, RAW	0.46
FIGS, DRIED	2.49	POMEGRANATE, RAW	0.68
GOOSEBERRIES, RAW	0.44	PRICKLY PEAR, RAW	0.41
GRAPEFRUIT, COMMON VAR, RAW	0.32	PRUNES, DRIED, UNCOOKED	2.40
GRAPES, RED OR GREEN SEEDLESS, RAW	0.69	PRUNES, STEWED W/ ADDED SUGAR	1.24
GUAVA, RAW	0.68	RAISINS, GOLDEN SEEDLESS	3.02
HONEYDEW, RAW	0.36	RAISINS, SEEDLESS	2.99
HUCKLEBERRY, RAW	0.37	RASPBERRIES, RAW	0.52

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
FRUIT GROUP		CABBAGE, SAVOY, RAW	0.27
		CARROTS, BABY, RAW	0.35
RHUBARB, RAW	0.21	CARROTS, BOILED	0.35
STRAWBERRIES, RAW	0.32	CARROTS, RAW	0.41
TANGERINES ("MANDARIN ORNG."), RAW	0.53	CAULIFLOWER, BOILED	0.23
WATERMELON, RAW	0.30	CAULIFLOWER, RAW	0.25
VEGETABLE GROUP		CELERY, BOILED	0.18
		CELERY, RAW	0.16
ALFALFA SPROUTS, RAW	0.23	CHICORY ("WITLOOF"), RAW	0.17
ARTICHOKES, BOILED	0.53	CHICORY GREENS, RAW	0.23
ARTICHOKES, RAW	0.47	CHICORY ROOT, RAW	0.73
ASPARAGUS, BOILED	0.22	CHIVES, RAW	0.30
ASPARAGUS, RAW	0.20	COLESLAW, HOME PREP	0.78
BAMBOO SHOOTS, BOILED	0.12	COLLARDS (GREENS), BOILED	0.26
BAMBOO SHOOTS, RAW	0.27	COLLARDS (GREENS), RAW	0.30
BEAN SPROUTS (MUNG), BOILED	0.21	CORN, SWT WHITE, BOILED	1.08
BEAN SPROUTS (MUNG), RAW	0.30	CORN, SWT WHITE, RAW	0.86
BEAN SPROUTS (MUNG), STIR-FRIED	0.50	CORN, SWT YELLOW, BOILED	1.08
BEETS, BOILED	0.44	CORN, SWT YELLOW, RAW	0.86
BEETS, RAW	0.43	CUCUMBER, PEELED, RAW	0.12
BROCCOLI RAAB, BOILED	0.33	CUCUMBER, UNPEELED, RAW	0.15
BROCCOLI RAAB, RAW	0.22	DANDELION GREENS, BOILED	0.33
BROCCOLI, BOILED	0.35	DANDELION GREENS, RAW	0.45
BROCCOLI, CHINESE, BOILED	0.22	EDAMAME	1.22
BROCCOLI, RAW	0.34	EGGPLANT, BOILED	0.35
BRUSSEL SPROUTS, BOILED	0.36	EGGPLANT, RAW	0.24
BRUSSEL SPROUTS, RAW	0.43	ENDIVE (INCLUDING ESCAROLE), RAW	0.17
CABBAGE ("BOK CHOY"), BOILED	0.12	GARLIC, RAW	1.49
CABBAGE ("BOK CHOY"), RAW	0.13	GINGER ROOT, RAW	0.80
CABBAGE, COMMON VAR, BOILED	0.23	KALE, BOILED	0.28
CABBAGE, COMMON VAR, RAW	0.24	KALE, RAW	0.50
CABBAGE, RED, BOILED	0.29	LEEKS (BULB AND LEAF), BOILED	0.31
CABBAGE, RED, RAW	0.31	LEEKS (BULB AND LEAF), RAW	0.61
CABBAGE, SAVOY, BOILED	0.24	LETTUCE, BOSTON, RAW	0.13

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
VEGETABLE GROUP (cont.)		PEPPERS, SWEET GREEN, BOILED	0.28
LETTUCE, GREEN LEAF, RAW	0.15	PEPPERS, SWEET GREEN, RAW	0.20
LETTUCE, ICEBERG, RAW	0.14	PEPPERS, SWEET GREEN, SAUTEED	1.27
LETTUCE, RED LEAF, RAW	0.16	PEPPERS, SWEET RED, BOILED	0.28
LETTUCE, ROMAINE OR COS, RAW	0.17	PEPPERS, SWEET RED, RAW	0.31
MUSHROOMS, BROWN VAR, RAW	0.27	PEPPERS, SWEET RED, SAUTEED	1.33
MUSHROOMS, OYSTER, RAW	0.43	PEPPERS, SWEET YELLOW, RAW	0.27
MUSHROOMS, PORTABELLA, GRILLED	0.35	PICKLES, DILL	0.12
MUSHROOMS, PORTABELLA, RAW	0.26	PICKLES, DILL, LOW SODIUM	0.18
MUSHROOMS, SHITAKE, COOKED	0.56	PICKLES, SOUR	0.11
MUSHROOMS, SHITAKE, DRIED	2.96	PICKLES, SWEET	0.91
MUSHROOMS, SHITAKE, STIR-FRIED	0.48	POTATO SALAD, HOME PREP	1.43
MUSHROOMS, WHITE, BOILED	0.28	POTATOES, AU GRATIN, HOME PREP	1.32
MUSHROOMS, WHITE, MICROWAVED	0.44	POTATOES, HASH BROWN, HOME PREP	2.65
MUSHROOMS, WHITE, RAW	0.22	POTATOES, MASHED, HOME PREP	1.13
MUSHROOMS, WHITE, STIR-FRIED	0.26	POTATOES, PEELED, BAKED	0.93
MUSTARD GREENS, BOILED	0.15	POTATOES, PEELED, BOILED	0.87
MUSTARD GREENS, RAW	0.26	POTATOES, RED, WHOLE, BAKED	0.89
OKRA, BOILED	0.22	POTATOES, RED, WHOLE, RAW	0.70
OKRA, RAW	0.31	POTATOES, RUSSET, WHOLE, BAKED	0.97
ONION, BOILED	0.44	POTATOES, RUSSET, WHOLE, RAW	0.79
ONION, RAW	0.40	POTATOES, SCALLOPED, HOME PREP	0.88
ONION, SWEET, RAW	0.32	POTATOES, SKIN ONLY, BAKED	1.98
ONION, YELLOW, SAUTEED	1.32	POTATOES, SKIN ONLY, BOILED	0.78
PARSNIPS, BOILED	0.71	POTATOES, UNPEELED, MICROWAVED	1.05
PARSNIPS, RAW	0.75	POTATOES, UNPEELED, RAW	0.77
PEAS, GREEN, BOILED	0.84	PUMPKIN, BOILED AND MASHED	0.20
PEAS, GREEN, RAW	0.81	RADICCHIO, RAW	0.23
PEAS, SPLIT, BOILED	1.18	RADISHES, RAW	0.16
PEAS, SPLIT, RAW	3.41	RUTABAGAS, BOILED	0.39
PEPPERS, GREEN CHILI, RAW	0.40	RUTABAGAS, RAW	0.36
PEPPERS, JALAPENO, RAW	0.30	SCALLIONS, RAW	0.32
PEPPERS, RED CHILI, RAW	0.40	SHALLOTS, RAW	0.72
		SPINACH, BOILED	0.23

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>VEGETABLE GROUP</u> (cont.)		<u>MEAT AND POULTRY</u>	
SPINACH, RAW	0.23	BEEF	
SQUASH, SUMMER (ALL VAR), BOILED	0.20	BRISKET (FLAT HALF), BRAISED	2.05
SQUASH, SUMMER (ALL VAR), RAW	0.16	BRISKET (POINT HALF), BRAISED	2.44
SQUASH, WINTER (ALL VAR), BAKED	0.37	CHUCK, ARM POT ROAST, BRAISED	2.14
SQUASH, WINTER (ALL VAR), RAW	0.34	CHUCK, BLADE ROAST, BRAISED	2.53
STRING BEANS, GREEN, BOILED	0.35	CHUCK, MOCK TENDER STEAK, BRAISED	1.60
STRING BEANS, GREEN, RAW	0.31	CHUCK, SHOULDER ROAST, ROASTED	1.72
STRING BEANS, YELLOW, BOILED	0.35	CHUCK, SHOULDER STEAK, BRAISED	1.92
STRING BEANS, YELLOW, RAW	0.31	CHUCK, TOP BLADE, BROILED	2.03
SUCCOTASH, BOILED	1.15	CORNEB BEEF (CURED), COOKED	2.51
SWEET POTATO, CANDIED, HOME PREP	1.44	FLANK, FLANK CUTS, BROILED	1.86
SWEET POTATO, PEELED, BOILED	0.76	GROUND (70% LEAN), BAKED	2.41
SWEET POTATO, UNPEELED, BAKED	0.90	GROUND (70% LEAN), BROILED	2.73
SWEET POTATO, UNPEELED, RAW	0.86	GROUND (70% LEAN), RAW	3.32
SWISS CHARD, BOILED	0.20	GROUND (75% LEAN), BAKED	2.54
SWISS CHARD, RAW	0.19	GROUND (75% LEAN), BROILED	2.78
TOMATOES, CHERRY	0.18	GROUND (75% LEAN), RAW	2.93
TOMATOES, ORANGE, RAW	0.16	GROUND (80% LEAN), BAKED	2.54
TOMATOES, RED, RAW	0.18	GROUND (80% LEAN), BROILED	2.71
TOMATOES, RED, STEWED	0.79	GROUND (80% LEAN), RAW	2.54
TOMATOES, SUN-DRIED	2.58	GROUND (85% LEAN), BAKED	2.40
TOMATOES, SUN-DRIED, IN OIL	2.13	GROUND (85% LEAN), BROILED	2.50
TOMATOES, YELLOW, RAW	0.15	GROUND (85% LEAN), RAW	2.15
TURNIP GREENS, RAW	0.32	GROUND (90% LEAN), BAKED	2.14
TURNIPS, BOILED	0.22	GROUND (90% LEAN), BROILED	2.17
TURNIPS, RAW	0.28	GROUND (90% LEAN), RAW	1.76
WATER CHESTNUTS, RAW	0.97	GROUND (95% LEAN), BAKED	1.74
WATERCRESS, RAW	0.11	GROUND (95% LEAN), BROILED	1.71
YAM, BOILED OR BAKED	1.16	GROUND (95% LEAN), RAW	1.37
YAM, RAW	1.18	LIVER, BRAISED	1.91
ZUCCHINI, BOILED	0.16	LIVER, PAN-FRIED	1.75
ZUCCHINI, RAW	0.16	LOIN, BOTTOM SIRLOIN BUTT, RAW	1.54

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
MEAT AND POULTRY (cont.)			
BEEF (continued)			
LOIN, BOTTOM SIRLOIN BUTT, ROASTED	1.82	RIB, ROASTED	2.32
LOIN, BOTTOM SIRLOIN STK, BROILED	2.50	SHOULDER, ARM, BRAISED	2.79
LOIN, PORTERHOUSE STEAK, BROILED	2.12	SHOULDER, ARM, BROILED	2.00
LOIN, T-BONE STEAK, BROILED	1.89	SHOULDER, ARM, ROASTED	1.92
LOIN, TENDERLOIN, BROILED	1.93	SHOULDER, BLADE, BRAISED	2.88
LOIN, TENDERLOIN, ROASTED	2.22	SHOULDER, BLADE, BROILED	2.11
LOIN, TOP LOIN, BROILED	1.82	SHOULDER, BLADE, ROASTED	2.09
LOIN, TOP SIRLOIN, BROILED	1.83	STEW / KABOB MEAT, BRAISED	2.23
PASTRAMI (CURED)	1.47	STEW / KABOB MEAT, BROILED	1.86
PLATE, SKIRT STEAK (INSIDE), BROILED	2.05	VEAL	
PLATE, SKIRT STEAK (OUTSIDE), BRLD	2.33	BREAST, BONELESS, BRAISED	2.18
RIB, LARGE END (RIBS 6-9), BROILED	2.24	GROUND, BROILED	1.72
RIB, LARGE END (RIBS 6-9), ROASTED	2.38	LEG, TOP ROUND, BRAISED	2.03
RIB, SMALL END (RIBS 10-12), BROILED	1.95	LEG, TOP ROUND, BREADED, PAN-FRIED	2.16
RIB, SMALL END (RIBS 10-12), ROASTED	2.18	LEG, TOP ROUND, PAN-FRIED	1.83
ROUND, BOTTOM ROUND, BRAISED	2.14	LEG, TOP ROUND, ROASTED	1.50
ROUND, BOTTOM ROUND, ROASTED	1.77	LOIN, BRAISED	2.26
ROUND, EYE ROUND, ROASTED	1.62	LOIN, ROASTED	1.75
ROUND, TIP ROUND, ROASTED	1.74	RIB, BRAISED	2.18
ROUND, TOP ROUND, BRAISED	1.99	RIB, ROASTED	1.77
ROUND, TOP ROUND, BROILED	1.86	SHANK, BRAISED	1.77
SAUSAGE, FRESH, COOKED	3.32	SHOULDER, ARM, BRAISED	2.01
SAUSAGE, SMOKED	3.12	SHOULDER, ARM, ROASTED	1.64
LAMB (Lean Cuts)		SHOULDER, BLADE, BRAISED	1.98
FORESHANK, BRAISED	1.87	SHOULDER, BLADE, ROASTED	1.71
GROUND, BROILED	2.83	SIRLOIN, BRAISED	2.04
LEG, SHANK HALF, ROASTED	1.80	SIRLOIN, ROASTED	1.68
LEG, SIRLOIN HALF, ROASTED	2.04	STEW / KABOB MEAT, BRAISED	1.88
LOIN, BROILED	2.16	PORK	
LOIN, ROASTED	2.02	BACON (CURED), BAKED	5.48
RIB, BROILED	2.35	BACON (CURED), CANADIAN, BROILED	1.85
		BACON (CURED), CANADIAN, UNHEATED	1.57
		BACON (CURED), MICROWAVED	5.05
		BACON (CURED), PAN FRIED	5.33

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
MEAT AND POULTRY (cont.)			
PORK (continued)			
BACON (CURED), RAW	4.58	LOIN, TOP LOIN, BONELESS, BROILED	1.73
GROUND PORK, COOKED	2.97	LOIN, TOP LOIN, BONELESS, PAN-BROIL	1.69
GROUND PORK, RAW	2.63	LOIN, TOP LOIN, BONELESS, PAN-FRIED	2.25
LEG, RUMP HALF (HAM), ROASTED	2.06	LOIN, TOP LOIN, BONELESS, ROASTED	1.73
LEG, SHANK HALF (HAM), ROASTED	2.15	SAUSAGE, ITALIAN, COOKED	3.44
LEG, WHOLE (HAM), CURED, ROASTED	1.57	SHOULDER, ARM ("PICNIC"), BRAISED	2.48
LEG, WHOLE (HAM), CURED, UNHEATED	1.47	SHOULDER, ARM ("PICNIC"), ROASTED	2.28
LEG, WHOLE (HAM), ROASTED	2.11	SHOULDER, BLADE ("BOSTON"), BRAISED	2.33
LIVER, BRAISED	1.65	SHOULDER, BLADE ("BOSTON"), BRLD	2.27
LOIN, BACKRIBS (LEAN & FAT), ROASTED	3.70	SHOULDER, BLADE ("BOSTON"), RSTD	2.32
LOIN, BLADE, BRAISED	2.25	SIRLOIN, BONELESS, BRAISED	1.75
LOIN, BLADE, BROILED	2.34	SIRLOIN, BONELESS, BROILED	1.93
LOIN, BLADE, PAN-FRIED	2.41	SIRLOIN, BONELESS, ROASTED	1.98
LOIN, BLADE, ROASTED	2.47	SIRLOIN, BRAISED	1.97
LOIN, CENTER LOIN, BRAISED	2.02	SIRLOIN, BROILED	2.13
LOIN, CENTER LOIN, BROILED	1.80	SIRLOIN, ROASTED	2.04
LOIN, CENTER LOIN, PAN-FRIED	2.32	SPARERIBS, LEAN AND FAT, BRAISED	3.97
LOIN, CENTER LOIN, ROASTED	1.99	CHICKEN	
LOIN, CENTER RIB, BONELESS, BRAISED	2.11	ALL DARK MEAT, ROASTED	2.05
LOIN, CENTER RIB, BONELESS, BROILED	2.16	ALL WHITE MEAT, ROASTED	1.73
LOIN, CENTER RIB, BONELESS, PAN-FRY	2.24	BREAST, MEAT & SKIN, BATTERED, FRIED	2.60
LOIN, CENTER RIB, BONELESS, ROASTED	2.14	BREAST, MEAT & SKIN, FLOURED, FRIED	2.22
LOIN, CENTER RIB, BRAISED	2.06	BREAST, MEAT & SKIN, ROASTED	1.97
LOIN, CENTER RIB, BROILED	1.86	BREAST, MEAT & SKIN, SW	1.84
LOIN, CENTER RIB, PAN-FRIED	2.18	BREAST, MEAT ONLY, FRIED	1.87
LOIN, CENTER RIB, ROASTED	2.23	BREAST, MEAT ONLY, ROASTED	1.65
LOIN, COUNTRY STYLE RIBS, BRAISED	2.47	BREAST, MEAT ONLY, STEWED	1.51
LOIN, COUNTRY STYLE RIBS, ROASTED	2.47	DRMSTCK, MT. & SKIN, BATTERED, FRIED	2.68
LOIN, TENDERLOIN, BROILED	1.87	DRMSTCK, MT. & SKIN, FLOURED, FRIED	2.45
LOIN, TENDERLOIN, ROASTED	1.43	DRUMSTICK, MEAT & SKIN, ROASTED	2.16
LOIN, TOP LOIN, BONELESS, BRAISED	2.02	DRUMSTICK, MEAT & SKIN, STEWED	2.04
		DRUMSTICK, MEAT ONLY, FRIED	1.95
		DRUMSTICK, MEAT ONLY, ROASTED	1.72
		DRUMSTICK, MEAT ONLY, STEWED	1.69

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>MEAT AND POULTRY (cont.)</u>		HOT DOG, BEEF	3.30
CHICKEN (continued)		HOT DOG, BEEF AND PORK	3.05
LIVER, SIMMERED	1.67	LIVERWURST	3.05
THIGH, MEAT & SKIN, BATTERED, FRIED	2.77	PASTRAMI, BEEF	0.95
THIGH, MEAT & SKIN, FLOURED, FRIED	2.62	PEPPERONI	4.94
THIGH, MEAT & SKIN, ROASTED	2.47	ROAST BEEF	1.17
THIGH, MEAT & SKIN, STEWED	2.32	SALAMI, PORK	4.07
THIGH, MEAT ONLY, FRIED	2.18	SAUSAGE, ITALIAN STYLE, SWEET	1.49
THIGH, MEAT ONLY, ROASTED	2.09	TURKEY BREAST	1.04
THIGH, MEAT ONLY, STEWED	1.95	TURKEY, ROTISSERIE CUT	1.12
WING, MEAT & SKIN, BATTERED, FRIED	3.24	<u>FISH AND SEAFOOD</u>	
WING, MEAT & SKIN, FLOURED, FRIED	3.21	FISH	
WING, MEAT & SKIN, ROASTED	2.90	ANCHOVY, RAW	1.31
WING, MEAT & SKIN, STEWED	2.49	BASS (FRESHWATER), BAKED	1.46
WING, MEAT ONLY, FRIED	2.11	BASS (STRIPED), BAKED	1.24
WING, MEAT ONLY, ROASTED	2.03	BLUEFISH, BAKED	1.59
WING, MEAT ONLY, STEWED	1.81	BURBOT, BAKED	1.15
TURKEY		BUTTERFISH, BAKED	1.87
ALL DARK MEAT, ROASTED	1.87	CARP, BAKED	1.62
ALL WHITE MEAT, ROASTED	1.57	CATFISH, BAKED	1.05
BREAST, MEAT & SKIN, ROASTED	1.89	CATFISH, FRIED	2.29
GROUND, COOKED	2.35	CAVIAR, BLACK OR RED	2.52
LEG, MEAT & SKIN, ROASTED	2.08	COD (ATLANTIC), BAKED	1.05
SAUSAGE, COOKED	1.96	COD (ATLANTIC), DRIED & SALTED	2.90
WING, MEAT & SKIN, ROASTED	2.29	COD (PACIFIC), BAKED	1.05
DELI MEAT		COD (PACIFIC), RAW	0.82
BOLOGNA, BEEF	3.11	CROAKER, BREADED, FRIED	2.21
BRATWURST, PORK	3.33	CUTTLEFISH, STEAMED	1.58
CHICKEN BREAST, ROASTED, FAT FREE	0.79	EEL, BAKED	2.36
CHORIZO	4.55	FLOUNDER, BAKED	1.17
CORNEBEEF LOAF, JELLIED	1.53	GROUPEB, BAKED	1.18
HAM, HONEY SMOKED	1.22	HADDOCK, BAKED	1.12
HAM, REGULAR	1.63	HADDOCK, SMOKED	1.16

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>FISH AND SEAFOOD</u>		SALMON (PINK OR HUMPBAC), BAKED	1.49
FISH (cont.)		SALMON (PINK OR HUMPBAC), RAW	1.16
HALIBUT, BAKED	1.40	SALMON (SOCKEYE), BAKED	2.16
HERRING (ATLANTIC), BAKED	2.03	SALMON (SOCKEYE), RAW	1.68
HERRING (ATLANTIC), PICKLED	2.62	SARDINE, CANNED IN OIL, DRAINED	2.08
HERRING (PACIFIC), BAKED	2.50	SEA BASS, BAKED	1.24
LINGCOD, BAKED	1.09	SHARK, BATTERED, FRIED	2.28
LOX (SMOKED SALMON)	1.17	SMELT, BAKED	1.24
MACKEREL (ATLANTIC), BAKED	2.62	SNAPPER, BAKED	1.28
MACKEREL (KING), BAKED	1.34	SOLE, BAKED	1.17
MACKEREL (PACIFIC OR JACK), BAKED	2.01	SQUID, FRIED	1.75
MACKEREL (SPANISH), BAKED	1.58	STURGEON, BAKED	1.35
MAHI MAHI (DOLPHINFISH), BAKED	1.09	STURGEON, SMOKED	1.73
MONKFISH, BAKED	0.97	SURIMI	0.99
MULLET, STRIPED, BAKED	1.50	SWORDFISH, BAKED	1.55
OCTOPUS, STEAMED	1.64	TILAPIA, BAKED	1.28
ORANGE ROUGHY, BAKED	1.05	TROUT (RAINBOW), BAKED	1.50
PERCH, BAKED	1.17	TROUT, BAKED	1.90
PIKE (NORTHERN), BAKED	1.13	TUNA (BLUEFIN), BAKED	1.84
POLLOCK (ATLANTIC), BAKED	1.18	TUNA (BLUEFIN), RAW	1.44
POLLOCK (WALLEYE), BAKED	1.13	TUNA (YELLOWFIN), BAKED	1.39
POMPANO, BAKED	2.11	TUNA (YELLOWFIN), RAW	1.08
ROCKFISH, BAKED	1.21	TURBOT, BAKED	1.22
ROE (FISH EGGS), COMMON VAR, RAW	1.43	WALLEYE, BAKED	1.19
SABLEFISH, BAKED	2.50	WHITEFISH, SMOKED	1.08
SABLEFISH, SMOKED	2.57	WHITING, BAKED	1.16
SALMON (ATLANTIC), BAKED	1.82	YELLOWTAIL (AMBERJACK), BAKED	1.87
SALMON (ATLANTIC), RAW	1.42	YELLOWTAIL (AMBERJACK), RAW	1.46
SALMON (CHINOOK OR KING), BAKED	2.31	SHELLFISH	
SALMON (CHINOOK OR KING), RAW	1.79	ABALONE, FRIED	1.89
SALMON (CHINOOK OR KING), SMOKED	1.17	CLAM, BREADED, FRIED	2.02
SALMON (COHO), BAKED	1.84	CLAM, CANNED, DRAINED	1.48
SALMON (COHO), RAW	1.46	CLAM, STEAMED	1.48
		CONCH, BAKED OR BROILED	1.30

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>FISH AND SEAFOOD</u> (cont.)		MARGARINE SPREAD (80% FAT), SALTED	7.13
<u>SHELLFISH</u> (continued)		MARG. SPREAD (80% FAT), UNSALTED	7.13
CRAB (BLUE), STEAMED	1.02	MARGARINE STICK (80% FAT), SALTED	7.17
CRAB (DUNGENESS), STEAMED	1.10	MARG. STICK (80% FAT), UNSALTED	7.19
CRAB (KING), STEAMED	0.97	<u>CHEESE</u>	
CRAB (QUEEN OR SNOW), STEAMED	1.15	AMERICAN	3.75
CRAB CAKES	1.55	AMERICAN, FAT FREE	1.48
CRAYFISH, STEAMED	0.82	AMERICAN, LOW FAT	1.80
LOBSTER (NORTHERN), STEAMED	0.98	AMERICAN, REDUCED FAT	2.40
LOBSTER (SPINY OR ROCK), STEAMED	1.43	BLUE (INCL. GORGONZOLA & STILTON)	3.53
MUSSEL (BLUE), STEAMED	1.72	BRICK	3.71
OYSTER (EASTERN), BAKED	0.72	BRIE	3.34
OYSTER (EASTERN), BREADED, FRIED	1.97	CAMEMBERT	3.00
OYSTER (EASTERN), RAW	0.68	CHEDDAR	4.03
OYSTER (EASTERN), STEAMED	1.37	CHEDDAR, LOW-FAT	1.73
OYSTER (PACIFIC), RAW	0.81	CHEDDAR, LOW SODIUM	3.98
OYSTER (PACIFIC), STEAMED	1.63	CHESHIRE	3.87
OYSTER, CANNED	0.69	COLBY	3.94
SCALLOP, BREADED, FRIED	2.15	COLBY, LOW-FAT	1.73
SCALLOP, STEAMED	1.12	COLBY, LOW SODIUM	3.98
SHRIMP, BREADED, FRIED	2.42	EDAM	3.57
SHRIMP, RAW	1.06	FETA	2.64
SHRIMP, STEAMED	0.99	FONTINA	3.89
<u>DAIRY GROUP</u>		GOAT (HARD)	4.52
<u>BUTTER AND MARGARINE</u>		GOAT (SOFT)	2.68
BUTTER, SALTED	7.17	GOUDA	3.56
BUTTER, SALTED, WHIPPED	7.17	GRUYERE	4.13
BUTTER, UNSALTED	7.17	LIMBURGER	3.27
MARG. SUBSTITUTE (SMART BALANCE)	6.05	MONTEREY ("JACK")	3.73
MARG. SUB., LITE (SMART BALANCE)	3.37	MOZZARELLA (PART SKIM MILK)	2.54
MARGARINE (60% / BUTTER (40%) BLND	7.14	MOZZARELLA (WHOLE MILK)	3.00
MARGARINE SPREAD (0% FAT)	0.44	MOZZARELLA, NON-FAT	1.49
		MUENSTER	3.68
		MUENSTER, NON-FAT	2.74

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
DAIRY GROUP (cont.)		FROZEN YOGURT, VANILLA	1.63
CHEESE (cont.)		ICE CREAM, CHOCOLATE	2.16
NEUFCHATEL	2.60	ICE CREAM, CHOCOLATE, LIGHT	2.01
PARMESAN, GRATED	4.31	ICE CREAM, STRAWBERRY	1.92
PARMESAN, HARD	3.92	ICE CREAM, VANILLA	2.01
PROVOLONE	3.51	ICE CREAM, VANILLA, LIGHT	1.65
QUESO ANEJO	3.73	SOUR CREAM, FAT FREE	0.74
QUESO ASADERO	3.56	SOUR CREAM, LIGHT	1.36
QUESO CHIHUAHUA	3.74	SOUR CREAM, REGULAR	2.14
RICOTTA (PART SKIM)	1.38	YOGURT, FRUIT BOTTOM, LOW-FAT	0.99
RICOTTA (WHOLE MILK)	1.74	YOGURT, FRUIT BOTTOM, NON-FAT	0.95
ROMANO (PECORINO OR CAPRINO)	3.87	YOGURT, PLAIN, LOW-FAT	0.63
ROQUEFORT	3.69	YOGURT, PLAIN, MADE W/ SKIM MILK	0.56
SWISS	3.80	YOGURT, PLAIN, MADE W/ WHOLE MILK	0.61
TILSIT	3.40	YOGURT, VANILLA, LOW-FAT	0.85
EGGS		GRAIN GROUP	
EGG, FRIED	1.96	BAGELS & ENGLISH MUFFINS	
EGG, HARD-BOILED	1.55	BAGEL, CINN. RAISIN, TOASTED	2.94
EGG, OMELET	1.57	BAGEL, CINNAMON RAISIN	2.73
EGG, POACHED	1.42	BAGEL, EGG	2.78
EGG, RAW	1.43	BAGEL, OAT BRAN	2.55
EGG, SCRAMBLED	1.67	BAGEL, PLAIN, POPPY, ONION, OR SES.	2.75
EGG, WHITE ONLY	0.48	BAGEL, PLN, POPPY, ONION, SES., TSTD	2.57
EGG, YOLK ONLY	3.17	ENGLISH MUFFIN, CINN-RAISIN	2.40
OTHER DAIRY		ENGLISH MUFFIN, CINN-RAISIN, TOASTED	2.76
COTTAGE CHEESE, CREAMED	1.03	ENGLISH MUFFIN, MIXED-GRAIN	2.35
COTTAGE CHEESE, LOW-FAT (1%)	0.72	ENGLISH MUFFIN, MIXED-GRAIN, TSTD	2.55
COTTAGE CHEESE, LOW-FAT (2%)	0.90	ENGLISH MUFFIN, PLAIN	2.35
COTTAGE CHEESE, NON-FAT	0.85	ENGLISH MUFFIN, PLAIN, TOASTED	2.70
CREAM CHEESE	3.49	BAKED GOODS	
CREAM CHEESE, FAT FREE	0.96	BROWNIES	4.05
CREAM CHEESE, LOW FAT	2.31	CAKE, ANGELFOOD	2.58
FROZEN YOGURT, CHOCOLATE	1.27	CAKE, CHEESECAKE	3.21

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
GRAIN GROUP (cont.)		DANISH, NUT	4.30
BAKED GOODS (cont.)		DOUGHNUT, CHOCOLATE FROSTED	4.52
CAKE, CHOCOLATE W/ CHOC FROSTING	3.67	DOUGHNUT, CHOCOLATE GLAZED	4.17
CAKE, FRUITCAKE	3.24	DOUGHNUT, CRÈME FILLED	3.61
CAKE, POUND	3.88	DOUGHNUT, FRENCH CRULLER	4.12
CAKE, SPONGE	2.89	DOUGHNUT, GLAZED	4.26
CAKE, YELLOW W/ CHOC FROSTING	3.79	DOUGHNUT, JELLY	3.40
CAKE, YELLOW W/ VANILLA FROSTING	3.73	DOUGHNUT, PLAIN (OLD FASHIONED)	4.18
CINNAMON ROLL W/ FROSTING	3.62	DOUGHNUT, WHEAT, GLAZED	3.60
COFFEECAKE, CHEESE	3.39	ÉCLAIR, CHOCOLATE GLAZED	2.62
COFFEECAKE, CHOCOLATE FROSTED	3.31	GRAHAM CRACKER, CHOCOLATE	4.84
COFFEECAKE, CINNAMON W/ CRUMBS	4.18	GRAHAM CRACKER, HONEY	4.23
COOKIE, BUTTER	4.67	MUFFIN, BLUEBERRY	3.93
COOKIE, CHOCOLATE CHIP	4.89	MUFFIN, CORN	3.05
COOKIE, CHOCOLATE CHIP, LOW-FAT	4.53	MUFFIN, OAT BRAN	2.70
COOKIE, COCONUT MACAROON	4.04	MUFFIN, PLAIN, PREP W/ 2% MILK	2.96
COOKIE, FIG BAR	3.48	PIE, APPLE	2.37
COOKIE, FUDGE	3.49	PIE, BLUEBERRY	2.32
COOKIE, GINGERSNAP	4.16	PIE, BOSTON CRÈME	2.52
COOKIE, LADYFINGERS	3.65	PIE, CHERRY	2.60
COOKIE, OATMEAL	4.50	PIE, CHOCOLATE CRÈME	3.04
COOKIE, OATMEAL, FAT-FREE	3.26	PIE, COCONUT CRÈME	2.98
COOKIE, PEANUT BUTTER	4.77	PIE, COCONUT CUSTARD	2.60
COOKIE, RAISIN	4.01	PIE, EGG CUSTARD	2.10
COOKIE, SHORTBREAD	5.02	PIE, LEMON MERINGUE	2.68
COOKIE, SUGAR	4.78	PIE, PEACH	2.23
COOKIE, TEA BISCUIT	4.46	PIE, PECAN	4.00
CROISSANT, APPLE	2.54	PIE, PUMPKIN	2.10
CROISSANT, BUTTER	4.06	STRUDEL, APPLE	2.74
CROISSANT, CHEESE	4.14	WAFER W/ CRÈME FILLING (CHOC OR VAN)	5.11
DANISH, CHEESE	3.74	WAFER, CHOCOLATE	4.33
DANISH, CINNAMON	4.03	WAFER, VANILLA	4.73
DANISH, FRUIT	3.71	BREADS	
		BANANA, HOME PREP W/ 2% MILK	3.26

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
GRAIN GROUP (cont.)		FLOURS AND GRAINS	
BREADS (cont.)		BARLEY FLOUR OR MEAL	3.45
CORNBREAD, HOME PREP W/ 2% MILK	2.66	BARLEY, PEARLED, COOKED	1.23
CRACKED WHEAT	2.6	BARLEY, PEARLED, UNCOOKED	3.52
EGG (INCLUDING "CHALLAH")	2.83	BUCKWHEAT	3.43
EGG (INCLUDING "CHALLAH"), TOASTED	3.15	CORN FLOUR ("MAIZE"), ENRICHED	3.65
FRENCH (INCL. SOURDOUGH)	2.89	CORNMEAL, WHITE, DEGERMED	3.69
FRENCH (INCL. SOURDOUGH), TOASTED	3.19	CORNMEAL, YELLOW, DEGERMED	3.69
IRISH SODA, HOME PREP	2.9	CORNMEAL, YELLOW, WHOLE GRAIN	3.62
ITALIAN	2.71	CORNSTARCH	3.81
MIXED / WHOLE GRAIN	2.65	COUSCOUS, COOKED	1.12
MIXED / WHOLE GRAIN, TOASTED	2.88	COUSCOUS, DRY	3.76
OAT BRAN	2.36	FARINA, COOKED	0.48
OAT BRAN, TOASTED	2.59	FARINA, DRY	3.69
PITA (WHITE)	2.75	OAT BRAN	2.46
PITA (WHOLE-WHEAT)	2.66	OAT BRAN, COOKED	0.4
PUMPERNICKEL	2.5	RICE BRAN	3.16
PUMPERNICKEL, TOASTED	2.75	RYE FLOUR, DARK	3.24
RAISIN	2.74	RYE FLOUR, LIGHT	3.67
RAISIN, TOASTED	2.97	RYE FLOUR, MEDIUM	3.54
RICE BRAN	2.43	SEMOLINA, UNENRICHED	3.6
RICE BRAN, TOASTED	2.64	TAPIOCA, PEARL	3.58
RYE	2.58	WHEAT FLOUR, ALL PURP., BLEACHED	3.64
RYE, REDUCED CALORIE	2.03	WHEAT FLOUR, WHITE	3.61
RYE, TOASTED	2.84	WHEAT FLOUR, WHOLE GRAIN	3.39
WHEAT BRAN	2.48	ROLLS AND BISCUITS	
WHITE	2.66	BISCUIT, PLN OR BTTRMLK, HOME PREP	3.53
WHITE, HOME PREP W/ 2% MILK	2.85	BISCUIT, PLN OR BTTRMLK, STORE PREP	3.65
WHITE, REDUCED CALORIE	2.07	DINNER ROLL, EGG	3.07
WHITE, TOASTED	2.93	DINNER ROLL, FRENCH	2.77
WHOLE WHEAT	2.47	DINNER ROLL, RYE	2.86
WHOLE WHEAT, TOASTED	3.06	DINNER ROLL, WHEAT	2.73
		DINNER ROLL, WHOLE-WHEAT	2.66
		HAMB. / HOTDOG ROLL, MXD-GRN	2.63

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>GRAIN GROUP</u> (cont.)		OTHER BREAD PRODUCTS	
ROLLS AND BISCUITS (cont.)		BREAD CRUMBS, PLAIN, GRATED	3.95
HAMB. / HOTDOG ROLL, PLAIN	2.79	BREAD CRUMBS, SEASONED, GRATED	3.83
HAMB. / HOTDOG ROLL, RED CAL	1.96	BREAD STICKS, PLAIN	4.12
PASTA AND RICE		CRACKERS, MATZO, EGG	3.91
MACARONI, COOKED	1.58	CRACKERS, MATZO, PLAIN	3.95
MACARONI, DRY	3.71	CRACKERS, MATZO, WHOLE WHEAT	3.51
MACARONI, WHOLE WHEAT , COOKED	1.24	CRACKERS, MELBA TOAST	3.90
MACARONI, WHOLE WHEAT , UNCKD	3.48	CRACKERS, SALTINES, NO FAT, LOW SOD	3.93
NOODLES, CELLOPHANE, DHYDRTD	3.51	CRACKERS, SALTINES, LOW SODIUM	4.34
NOODLES, CHOW MEIN	5.27	CRACKERS, WHOLE WHEAT	4.44
NOODLES, EGG, COOKED	1.38	CRACKERS, WHOLE WHT, LOW SODIUM	4.43
NOODLES, EGG, UNCOOKED	3.84	CROUTONS, PLAIN	4.07
NOODLES, RICE, COOKED	1.09	CROUTONS, SEASONED	4.65
NOODLES, RICE, UNCOOKED	3.64	TACO SHELLS, BAKED W/O SALT	4.68
NOODLES, SOBA , COOKED	0.99	TORTILLAS, CORN	2.22
NOODLES, SOBA, UNCOOKED	3.36	TORTILLAS, FLOUR	3.25
PASTA, FRESH REFRIG., COOKED	1.31	<u>NUTS AND LEGUMES</u>	
PASTA, HOMEMADE W/ EGG, COOKED	1.30	BEANS	
PASTA, HOMEMADE W/O EGG, COOKED	1.24	BLACK BEANS, BOILED	1.32
RICE, BROWN, LONG GRN, COOKED	1.11	BLACK EYED PEAS, BOILED	0.97
RICE, BROWN, LONG GRN, UNCKD	3.70	CHICKPEAS (GARBANZO), BOILED	1.64
RICE, WHITE, LNG GRN, PARBLD, CKD	1.23	FAVA BEANS, BOILED	1.10
RICE, WHITE, LNG GRN, PARBLD, UNCKD	3.74	GREAT NORTHERN BEANS, BOILED	1.18
RICE, WHITE, LONG GRAIN, COOKED	1.30	HUMMUS, HOME PREPARED	1.77
RICE, WHITE, LONG GRAIN, UNCOOKED	3.65	KIDNEY BEANS, BOILED	1.27
RICE, WILD, COOKED	1.01	LENTILS, BOILED	1.16
RICE, WILD, UNCOOKED	3.57	LIMA BEANS, BOILED	1.15
SPAGHETTI, COOKED W/ SALT	1.57	NAVY BEANS, BOILED	1.40
SPAGHETTI, COOKED W/O SALT	1.58	PINK BEANS, BOILED	1.49
SPAGHETTI, UNCOOKED	3.71	PINTO BEANS, BOILED	1.43
SPAGHETTI, WHOLE WHEAT, COOKED	1.24	SOYBEANS, BOILED	1.41
SPAGHETTI, WHOLE WHEAT, UNCKD	3.48	TOFU, FIRM	1.45

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>NUTS AND LEGUMES</u> (cont.)		PECANS, DRY ROASTED, UNSALTED	7.10
BEANS (cont.)		PINE NUTS, DRIED	6.73
TOFU, FRIED	2.71	PISTACHIOS	5.57
TOFU, REGULAR	0.76	PISTACHIOS, DRY ROASTED, SALTED	5.68
TOFU, SOFT	0.61	PISTACHIOS, DRY ROASTED, UNSALTED	5.71
WHITE BEANS, BOILED	1.39	TRAIL MIX, REGULAR	4.62
YELLOW, BOILED	1.44	TRAIL MIX, TROPICAL	4.07
NUTS		WALNUTS (BLACK)	6.18
ALMONDS	5.75	WALNUTS (ENGLISH)	6.54
ALMONDS, DRY ROASTED, SALTED	5.97	<u>SWEETS AND SNACKS</u>	
ALMONDS, DRY ROASTED, UNSALTED	5.97	CHOCOLATE, DARK	5.31
ALMONDS, HONEY RSTD, UNBLANCHED	5.94	CHOCOLATE, MILK	5.35
BRAZILNUTS, DRIED, UNBLANCHED	6.56	CHOCOLATE, MILK W/ ALMONDS	5.26
BUTTERNUTS, DRIED	6.12	CHOCOLATE, MILK W/ RICE	5.34
CASHEWS, DRY ROASTED, SALTED	5.74	CHOCOLATE, SEMI-SWEET	4.79
CASHEWS, DRY ROASTED, UNSALTED	5.74	CHOCOLATE, SWEETENED	5.05
CASHEWS, RAW	5.53	CHOCOLATE, WHITE	5.39
HAZELNUTS (FILBERTS)	6.28	FLAN, HOME PREP W/ 2% MILK	1.03
HAZELNUTS (FILBERTS), BLANCHED	6.29	FLAN, HOME PREP W/ WHOLE MILK	1.13
HAZELNUTS, DRY ROASTED	6.46	FROSTING, CHOCOLATE	3.97
HICKORYNUTS, DRIED	6.57	FROSTING, VANILLA	4.18
MACADAMIA	7.18	GELATIN DESSERT (JELLO)	0.62
MACADAMIA, DRY ROASTED, SALTED	7.16	GRANOLA BAR, HARD, CHOC CHIP	4.38
MACADAMIA, DRY ROASTED, UNSALTED	7.18	GRANOLA BAR, HARD, PEANUT BUTTER	4.83
MIXED NUTS, DRY ROASTED, SALTED	5.94	GRANOLA BAR, HARD, PLAIN	4.71
MIXED NUTS, DRY ROASTED, UNSALTED	5.94	GRANOLA BAR, SOFT, CHOC CHIP	4.18
MIXED NUTS, OIL ROASTED, SALTED	6.17	GRANOLA BAR, SOFT, PLAIN	4.43
MIXED NUTS, OIL ROASTED, UNSALTED	6.17	GRAN. BAR, SFT, PNT BTTR & CHOC CHIP	4.32
PEANUTS, DRY ROASTED, SALTED	5.85	GRANOLA BAR, SOFT, RAISIN	4.48
PEANUTS, DRY ROASTED, UNSALTED	5.85	POPCORN, AIR-POPPED	3.87
PEANUTS, RAW	5.67	POPCORN, LOW FAT/SOD, MICROWAVED	4.29
PECANS	6.91	POTATO CHIPS, BARBECUE	4.91
PECANS, DRY ROASTED, SALTED	7.10	POTATO CHIPS, PLAIN W/ SALT	5.47

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
<u>SWEETS AND SNACKS</u> (cont.)		OATMEAL (INSTANT), CINN & SPICE	1.07
POTATO CHIPS, PLAIN, UNSALTED	5.36	OATMEAL (INST.), MAPLE & BROWN SUG	1.01
POTATO CHIPS, SOUR CREAM & ONION	5.31	PANCAKES, BLUEBERRY, HOME PREP	2.22
PRETZEL, HARD W/ SALT	3.78	PANCAKES, PLAIN, HOME PREP	2.27
PRETZEL, HARD, WHOLE WHEAT	3.62	PANCAKES, W/ BUTTER & SYRUP	2.24
PRETZEL, SOFT W/OUT SALT	3.38	TOASTER PASTRIES, FRUIT FLAV., TSTD	4.09
PUDDING, BANANA, PREP W/ 2% MILK	1.05	WAFFLES, HOME PREP	2.91
PUDDING, BANANA, PREP W/ WHL. MILK	1.15	<u>LUNCH / DINNER</u>	
PUDDING, LEMON, PREP W/ 2% MILK	1.07	BEEF STEW, CANNED	0.95
PUDDING, LEMON, PREP W/ WHL MILK	1.15	BURRITO W/ BEAN, CHEESE AND BEEF	1.63
PUDDING, VANILLA, PREP W/ 2% MILK	1.01	CHEESEBURGER, PLAIN	3.05
PUDDING, VANILLA, PREP W/ WHL MILK	1.12	CHEESEBURGER, WITH KETCHUP	2.70
RICE PUDDING W/ 2% MILK	1.11	CHILI CON CARNE	1.01
RICE PUDDING W/ WHOLE MILK	1.21	FRENCH FRIES	3.19
<u>MEALS</u>		HAMBURGER, PLAIN	2.95
<u>BREAKFAST</u>		HAMBURGER, WITH KETCHUP	2.58
BAGEL W/ HAM, EGG AND CHEESE	2.53	HOTDOG, PLAIN	2.47
BAGEL W/ SAUSAGE, EGG AND CHEESE	2.95	LASAGNA W/ MEAT & SAUCE, FROZEN	1.27
BAGEL W/ STEAK, EGG AND CHEESE	2.82	PIZZA, CHEESE, FROZEN	2.68
BISCUIT W/ BACON AND EGG	3.05	PIZZA, PEPPERONI, FROZEN	2.96
BISCUIT W/ BACON, EGG AND CHEESE	3.01	SANDWICH, ROAST BEEF AND CHEESE	2.69
BISCUIT W/ HAM AND EGG	2.30	SANDWICH, STEAK	2.25
BISCUIT W/ STEAK AND EGG	2.77	TACO SALAD	1.41
BISCUIT WITH EGG	2.74	TUNA SALAD	1.87
ENG. MUFFIN. W/ CAN. BCN, EGG & CHS.	2.21	VEGETARIAN STEW	1.23
ENG. MUFFIN W/ SAUSAGE AND CHEESE	3.38	VEGGIE (SOY) BURGER	1.77
ENG. MUFFIN W/ SAUSAGE, EGG & CHS.	2.86	<u>OTHER FOODS</u>	
ENGLISH MUFFIN W/ BUTTER	3.00	<u>BEVERAGES</u>	
FRENCH TOAST W/ BUTTER	2.64	BEER, FULL CALORIE	0.43
FRENCH TOAST, HOME PREP W/ 2% MLK	2.29	BEER, LIGHT	0.29
GRANOLA, HOMEMADE	4.89	COFFEE	0.01
OATMEAL (INSTANT), APPLE & CINN.	0.87	JUICE, APPLE, UNSWEETENED	0.47
		JUICE, CRANBERRY COCKTAIL	0.54

FOOD DESCRIPTION	Cal F.	FOOD DESCRIPTION	Cal F.
OTHER FOODS (cont.)		SALAD DRESSING & CONDIMENTS	
BEVERAGES (continued)		BARBEQUE SAUCE	1.50
JUICE, GRAPE, UNSWEETENED	0.61	BLUE CHEESE, REDUCED CALORIE	0.86
JUICE, GRAPEFRUIT (PINK)	0.39	BLUE CHEESE, REGULAR	5.04
JUICE, GRAPEFRUIT (WHITE)	0.39	CAESAR, REDUCED CALORIE	1.10
JUICE, ORANGE	0.45	CAESAR, REGULAR	5.28
JUICE, TOMATO	0.17	FRENCH, REDUCED CALORIE	2.00
MILK, HALF AND HALF	1.30	FRENCH, REGULAR	4.57
MILK, LOW-FAT (1%)	0.42	GRAVY, BEEF, CANNED	0.53
MILK, REDUCED FAT (2%)	0.50	GRAVY, TURKEY, CANNED	0.51
MILK, SKIM OR FAT-FREE (0%)	0.34	HONEY	3.04
MILK, SOY (VANILLA OR ORIGINAL)	0.54	ITALIAN, REDUCED CALORIE	2.00
MILK, WHOLE (3.25%)	0.60	ITALIAN, REGULAR	2.91
MILKSHAKE, CHOCOLATE	1.27	JAM, COMMON VARIETIES	2.78
MILKSHAKE, VANILLA	1.48	KETCHUP	0.97
SODA, GINGER ALE	0.34	MAYONNAISE	3.90
SODA, ROOT BEER	0.41	MAYONNAISE, RED. CALORIE	3.33
SODA, COLA	0.37	MUSTARD	0.67
SPIRITS (ALL 80 PROOF VARIETIES)	2.31	OIL & VINEGAR, HOME PREP	4.49
TEA	0.01	PEANUT BUTTER, CHUNKY STYLE	5.89
WINE, RED	0.85	PEANUT BUTTER, SMOOTH STYLE	5.88
WINE, WHITE	0.82	RANCH, REDUCED CALORIE	2.19
OILS		RANCH, REGULAR	4.84
CANOLA OIL	8.84	RELISH, SWEET	1.30
COD LIVER OIL	9.02	RUSSIAN, REDUCED CALORIE	1.41
CORN OIL	8.84	RUSSIAN, REGULAR	3.55
COTTONSEED OIL	8.84	SALSA	0.27
OLIVE OIL	8.84	SOY SAUCE	0.60
PEANUT OIL	8.84	SUGAR, BROWN	3.80
SAFFLOWER OIL	8.84	SUGAR, GRANULATED	3.87
SESAME OIL	8.84	SYRUP, PANCAKE	2.34
SOYBEAN OIL	8.84	SYRUP, PANCAKE, REDUCED CALORIE	1.65
SUNFLOWER OIL	8.84	TOMATO PASTE	0.82
		TOMATO SAUCE	0.24

MY FAVORITES

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