

U. S. DEPARTMENT OF AGRICULTURE.
OFFICE OF EXPERIMENT STATIONS.

THE CHEMICAL COMPOSITION

OF

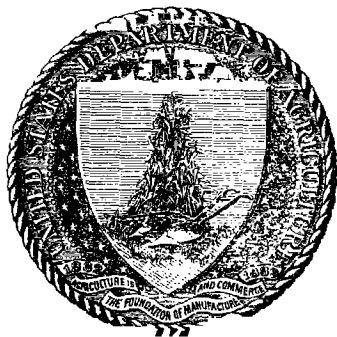
AMERICAN FOOD MATERIALS.

BY

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LETTER OF TRANSMITTAL.

U. S. DEPARTMENT OF AGRICULTURE,
OFFICE OF EXPERIMENT STATIONS,
Washington, D. C., January 27, 1896.

SIR: I have the honor to transmit herewith a tabular summary of analyses made in the United States of materials used for the food of man, prepared by W. O. Atwater, Ph. D., and Chas. D. Woods, B. S., under instructions from this Office.

Interest in problems relating to the food and nutrition of man is already widespread and sincere. Investigations are now being made on this subject under the auspices of the United States Department of Agriculture, the State of Connecticut, and several experiment stations. Agricultural colleges and other institutions of learning, as well as benevolent organizations and private individuals, are also taking up the work.

The time is not far distant when it will be generally recognized that man should pay at least as much attention to problems relating to his own food as to the study of the food of domestic animals. In connection with studies of the food of man in this country a standard table of analyses of American food products is very much needed. An instance of its value may not be inappropriate. Much work is at present being done to learn the dietary conditions of people in various circumstances in different regions of the country. Often it is possible to gather the needed statistics of food consumed, but for lack of laboratory conveniences it is not possible to analyze each article of food even if adequate samples for analysis could be secured. The nutritive value of dietaries might, however, in such cases be estimated with sufficient accuracy for most purposes from such a table as is contained in this bulletin.

For many years one of the chief authorities on this subject has been König's "Chemie der menschlichen Nahrungs- und Genussmittel." This includes many analyses of American food products, but they are not grouped by themselves nor are they readily available for distinctively American work.

Several American compilations have been made which cover the ground in part. Bulletin No. 11 of this Office, which contains Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff," includes many analyses of corn, flour, and similar products. The first

extended series of investigations of American food products was made in the years 1878-1881 by Professor Atwater under the auspices of the United States Fish Commission. This included a large number of analyses of food fishes and invertebrates. In connection with this work, analyses of meats and other food materials were made under the auspices of the Smithsonian Institution. The first accurate investigations of the chemical and economical statistics of food consumption in the United States were undertaken in the year 1886 by Carroll D. Wright, chief of the Massachusetts Bureau of Labor and Statistics, now United States Commissioner of Labor, in cooperation with Professor Atwater. Many analyses have also been made as part of the chemical work of the Storrs Agricultural Experiment Station in Connecticut, which has cooperated with the United States Department of Labor in dietary studies. The result of all this work was embodied in a table published in Bulletin 21 of this Office and reprinted in the Yearbook of this Department for 1894.

A large number of specimens of food have since been analyzed, in connection with studies of dietaries and otherwise, in New England, New York, New Jersey, Pennsylvania, Indiana, Missouri, Tennessee, Alabama, and Illinois (Chicago). The Division of Chemistry of this Department has analyzed a considerable number and others have accumulated in various ways. The most extended investigation in this line was performed at the instance of the World's Columbian Commission under the direction of Professor Atwater. Some five hundred specimens of food products collected at the World's Fair were analyzed at Chicago or at Middletown, Conn. The details still await publication, but the final results have been included with others in the present compilation.

In the present publication it is the intention to give the maximum, minimum, and average of all the analyses which have been made of American food products up to date, excepting butter and other dairy products. The ground has been thoroughly gone over and upward of 2,600 analyses have been compiled. As a necessary basis for this table the individual analyses have been collated in detail and will be available for publication hereafter. The number of analyses of butter and other dairy products is so great, and the literature of the subject is so large, that a compilation of the results may be appropriately taken up in a special publication.

In the present form the standard table of food analyses is more complete and satisfactory than any similar table which has preceded it, and I respectfully recommend its publication as Bulletin No. 28 of this Office.

A. C. TRUE,
Director.

Hon. J. STERLING MORTON,
Secretary of Agriculture.

THE CHEMICAL COMPOSITION OF AMERICAN FOOD MATERIALS.

INTRODUCTION.

Until about the year 1880 those who wished to know about the chemical composition and nutritive values of food materials were compelled to depend upon analyses of European products, and most of those analyses had been made in German laboratories. Of late, American investigations have accumulated and the results have been collated from time to time. The tables of composition of American food products, embraced in this publication, embody such analyses as the compilers have been able to find on record up to July 1, 1895. The individual analyses in most cases have not been given, but only the maximum, minimum, and average figures. This table is intended to replace previous ones and to serve as a standard for reference until it shall, in its turn, be replaced by larger and more complete compilations.

BRIEF HISTORY OF FOOD ANALYSIS.

The first effective impulse to the systematic investigation of the chemistry of food was given by Liebig some fifty years ago. Nearly all of our definite knowledge of the chemical composition of food materials and their nutritive value, however, has accumulated within comparatively a few years past. The earliest European analyses made in such ways as to render them comparable with those of to-day are perhaps those of milk by Boussingault and Le Bel, reported in 1831. The methods of analysis at that time were naturally imperfect. Then, and for some years afterwards, the chief stress was laid upon the proportions of carbon and nitrogen. Liebig and his followers, Playfair, Boeckman, and others, in the forties and later, analyzed a considerable number of foods and feeding stuffs by methods more or less analogous to those now followed. It was not until the so-called Weende method, as proposed by Henneberg, came into general use about 1864 that any considerable number of chemists undertook a systematic study of food materials from the standpoint of their nutritive values. The Weende method has been used for some thirty years in Europe, America, and Asia. Individual investigators and associations of chemists have studied its details and devised ways by which it might be improved. Minor alterations have been adopted, and in several countries details have been agreed on officially by organizations representing experiment stations and Gov-

ernment officers charged with the responsibility of making analyses in the interests of the public. The methods followed in different countries agree so closely that for the last twenty years it has been possible to accept analyses by chemists in different parts of the world and compare them one with another without hesitation. The first analyses made by modern methods in the United States were a series of analyses of Indian corn in 1869.¹ Excepting the investigations of Professor Storer, at the Bussey Institute, little work in this line was done until the establishment of the experiment stations. Since that time a large number of analyses have been made. Jenkins and Winton's "Compilation of Analyses of American Feeding Stuff's" includes analyses of grain and vegetables and is complete up to 1891. A very large number of analyses of food fishes, oysters, etc., have been published. Many analyses of meat, flour, etc., have been made in connection with dietary studies. In the present compilation the results of all these have been included, as well as the analyses of some 500 specimens of food made at the instance of the World's Columbian Commission and not yet published in detail.

Up to the present time no standard work has existed in English giving the results of American analyses of American materials used as the food of man. König's classic compilation² includes many of them, but they do not form a chapter by themselves. They are included in the average of results from many other sources, but are not readily available for American work.

CONTENTS OF THE TABLE OF ANALYSES.

The following tabular statement shows the number of specimens of each of the several classes of foods included in this compilation. The vegetable food materials include all those used for the food of man, of which analyses are given in Jenkins and Winton's compilation, and all the others that we have been able to find since that compilation was made. The "preserved" specimens were salted, pickled, canned, and other preserved meats, fish, milk, vegetables, and the like. The analyses of meats include analyses of whole sides, which were divided into "cuts," each "cut" being analyzed separately. The number of sides thus analyzed were: Beef, 12; veal, 6; lamb, 3; mutton, 32; pork, 3; total, 56.

In collating the material for the present compilation we have used the results of over 1,000 unpublished analyses by ourselves and associates.

No attempt has been made to collect here all of the published analyses of milk and butter. Such a task would be difficult because of the large number of analyses made for inspection and otherwise, and the

¹On the proximate Composition of Several Varieties of American Maize, by W. O. Atwater, American Journal of Science and Arts, XLVII, Nov., 1869.

²Chemie der menschlichen Nahrungs- und Genussmittel.

number and diversity of the publications in which they are scattered. The figures in the table are estimates based on the data conveniently at hand, and suffice to show the range of variation and the average composition.

Number of analyses of specimens of American foods included in the compilation from which the figures in the table of composition of foods were obtained.

Food materials.	Fresh specimens.	Preserved specimens.	Total.
ANIMAL FOODS.			
Beef.....	336	78	414
Veal.....	88		88
Lamb.....	13	1	14
Mutton.....	77	2	79
Pork.....	61	71	132
Sausage.....			41
Fish.....	109	31	140
Shellfish, etc.....	61	10	71
Powl.....	20	4	24
Eggs.....			39
Cheese.....			87
Condensed milk.....			7
Soups.....		26	26
Miscellaneous.....			14
Total animal food materials.....			1,176
VEGETABLE FOODS.			
<i>Cereals, sugar, etc.</i>			
Barley meal.....	7		7
Buckwheat flour, etc.....	15		15
Corn meal, etc.....	25		25
Oat meal, etc.....	24		24
Rice.....	20		20
Rye flour and meal.....	7		7
Wheat flour.....	191		191
Other wheat preparations.....	95		95
Bread, crackers, cake, etc.....	184		184
Sugars, starches, etc.....	113		113
Total cereals, sugar, etc.....	621		621
<i>Vegetables.</i>			
Beets, turnips, and other roots.....	72	3	75
Beans and peas.....	33	159	192
Potatoes.....	75		75
Sweet potatoes.....	88	2	90
Other vegetables.....	65	114	179
Total vegetables.....	333	278	611
<i>Fruits, etc.</i>			
Fruits, nuts, etc.....	47	36	83
Fruits incompletely analyzed.....	76	5	81
Total fruits, nuts, etc.....	123	41	164
Total vegetable food materials.....			1,396
Total food materials.....			2,572

It thus appears that not far from 2,600 analyses of American food products, exclusive of butter and milk, are now available. These give a tolerably fair idea of the range of variation and the average composition of the more important food materials used for the food of man in the United States. More analyses are of course desirable, but they will naturally accumulate in connection with food investigations and dietary studies now being carried on. It is perhaps hardly worth while at present to make more analyses of the more common materials—as meat, flour, and the like—except in so far as they will have use in

connection with such studies. There are, however, some classes of materials—as canned foods and fish—of which further analyses might be made with advantage simply to learn more of their nutritive value.

EXPLANATIONS OF TERMS.

COMPOSITION OF FOOD MATERIALS.

Ordinary food materials, such as meat, fish, eggs, potatoes, wheat, etc., consist of—

Refuse.—As the bones of meat and fish, shells of shellfish, skin of potatoes, bran of wheat, etc.

Edible portion.—As the flesh of meat and fish, the white and yolk of eggs, wheat flour, etc. The edible portion consists of *water* and *nutritive ingredients* or *nutrients*.

The principal kinds of nutritive ingredients are *protein*, *fats*, *carbohydrates*, and *ash* or *mineral matters*.

The water and refuse of various foods and the salt of salted meat and fish are called nonnutrients. In comparing the values of different food materials for nourishment they are left out of account.

Protein.—Protein is commonly obtained by multiplying the total nitrogen by 6.25.¹ It includes three principal classes of substances:

(1) Proteids, including (a) albuminoids: e. g., albumen of eggs; myosin, the basis of muscle (lean meat); the albuminoids which make up the gluten of wheat, etc., and (b) gelatinoids, constituents of connective tissue which yield gelatin and allied substances, e. g., collagen of tendon, ossein of bone.

(2) "Nitrogenous extractives" or meat basis of flesh, i. e., of meats and fish. These include creatin and allied compounds, and are the chief ingredients of beef tea and most meat extracts.

(3) Amids. This term is frequently applied to the nitrogenous non-albuminoid compounds of vegetable foods and feeding stuffs, among which are amido-acids, such as aspartic acid and asparagin. Some of them are more or less allied in chemical constitution to the nitrogenous extractives of muscle.

Fats.—Under fats is included the total ether extract. Familiar examples of fat are fat of meat, fat of milk, oil of corn, wheat, etc. The ingredients of the "ether extract" of animal and vegetable foods and feeding stuffs, which it is customary to group together roughly as fats, include with the true fats various other substances, as lecithins and chlorophylls.

Carbohydrates.—Carbohydrates are usually determined by difference, and include sugars, starches, cellulose, gums, woody fiber, etc.

Ash or *mineral matters* include potassium, sodium, calcium, and magnesium chlorids, sulphates, and superphosphates.

¹ In the flesh of meats and fish, which contain practically no carbohydrates, the figures given in the table for protein were obtained by difference, that is, by adding the percentages of water, fat, and ash, and subtracting from 100.

Fuel value.—Fuel value represents the number of calories of heat which one pound of a given material would yield upon combustion, allowance being made for the nitrogenous products of metabolism of protein compounds which are not consumed in the body.

CUTS OF MEATS.

The methods of cutting sides of beef, mutton, and veal and pork into parts and the terms used for the "cuts," as these parts are commonly called, vary in different localities. The terms here used will be made more clear by the following diagrams:¹

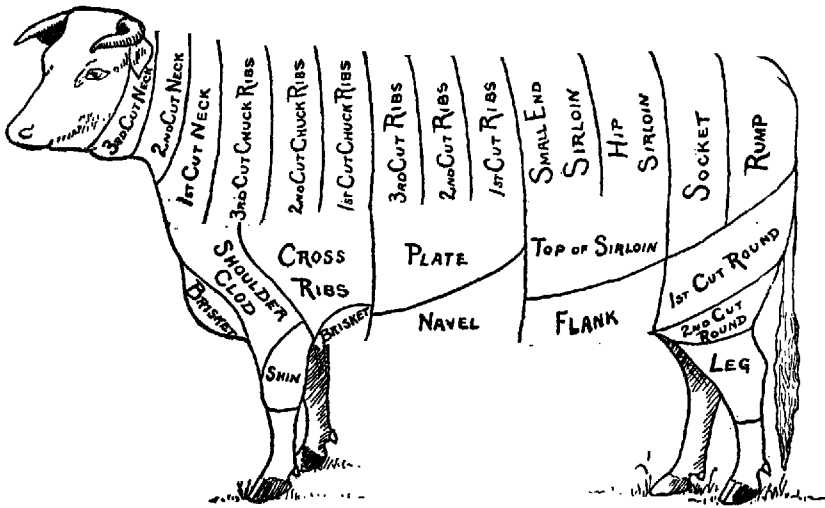


FIG. 1.—Diagram of cuts of beef.

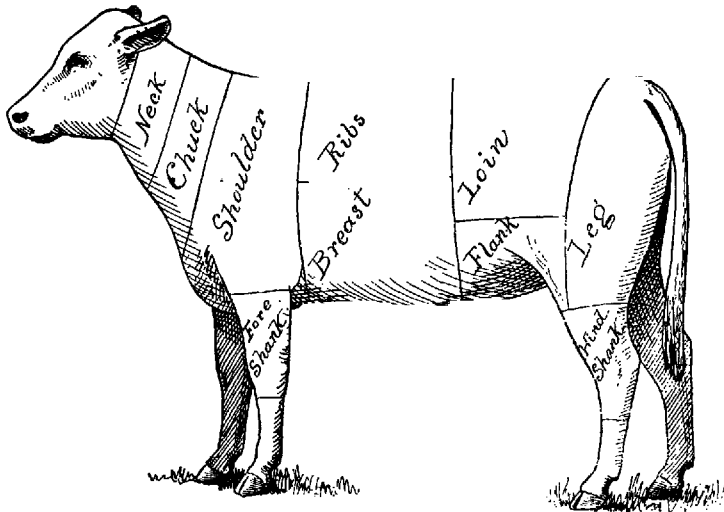


FIG. 2.—Diagram of cuts of veal.

¹From Farmers' Bulletin No. 34.

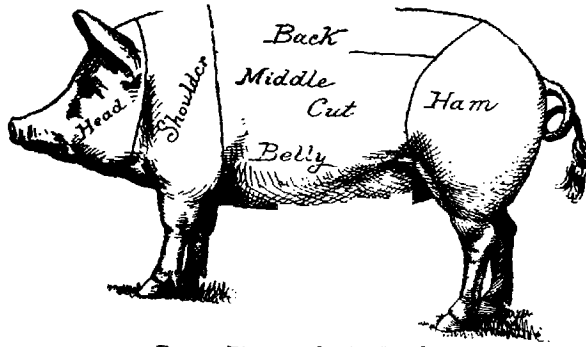


FIG. 3.—Diagram of cuts of pork.

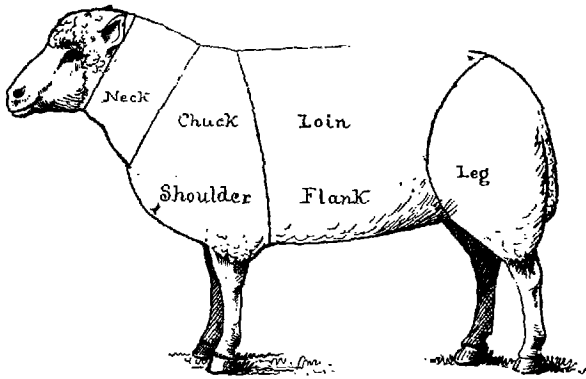


FIG. 4.—Diagram of cuts of mutton.

COMPOSITION OF AMERICAN FOOD PRODUCTS.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
ANIMAL FOOD.									
<i>Beef, fresh.</i>									
risket:									
Medium fat	{ Edible portion	1		47.4	14.6	37.2		0.8	1,840
	{ As purchased	1	14.3	40.6	12.5	31.9		.7	1,580
huck, including shoulder:									
Very lean...	{ Edible portion	{ Min ..	2	71.7	19.6	3.9		1.0	560
		{ Max ..	2	73.8	21.3	7.7		1.0	690
		{ Avg ..	2	72.8	20.4	5.8		1.0	625
		{ Min ..	2	17.4	59.2	16.2	3.2	.8	460
		{ As purchased	{ Max ..	2	18.4	60.2	17.4	6.4	.8
		{ Avg ..	2	17.9	59.7	16.8	4.8	.8	515
Lean.....	{ Edible portion	{ Min ..	9	69.8	19.4	5.8		.9	615
		{ Max ..	9	73.4	20.5	9.0		1.1	755
		{ Avg ..	9	71.2	19.9	7.8		1.1	700
		{ Min ..	9	18.1	47.6	14.3	4.5	.7	475
		{ As purchased	{ Max ..	9	33.1	58.3	16.8	7.6	.9
		{ Avg ..	9	23.7	54.3	15.2	6.0	.8	535
Medium fat.	{ Edible portion	{ Min ..	7	64.3	18.0	9.5		.9	770
		{ Max ..	7	69.7	19.8	15.2		1.0	1,005
		{ Avg ..	7	67.8	19.0	12.3		.9	870
		{ Min ..	7	10.5	46.3	14.0	7.7	.7	625
		{ As purchased	{ Max ..	7	28.1	60.3	16.8	12.4	.8
		{ Avg ..	7	17.0	56.3	15.7	10.2	.8	720
Fat.....	{ Edible portion	{ Min ..	4	59.9	17.7	17.1		.8	1,050
		{ Max ..	4	64.2	18.2	21.1		1.0	1,230
		{ Avg ..	4	62.3	18.0	18.8		.9	1,125
		{ Min ..	3	12.0	48.4	14.7	14.8	.6	915
		{ As purchased	{ Max ..	3	19.2	55.9	18.0	17.1	.8
		{ Avg ..	3	14.7	53.3	15.4	15.9	.7	955
Very fat....	{ Edible portion	{ Min ..	2	50.7	18.6	26.1		.8	1,425
		{ Max ..	2	55.7	17.3	31.9		.9	1,655
		{ Avg ..	2	53.2	16.9	29.0		.9	1,540
		{ Min ..	2	11.2	36.5	11.3	17.1	.6	930
		{ As purchased	{ Max ..	2	34.5	45.0	14.8	28.3	.7
		{ Avg ..	2	22.8	40.8	13.0	22.7	.7	1,200
All analyses	{ Edible portion	{ Min ..	24	50.7	16.6	3.9		.8	560
		{ Max ..	24	73.8	21.3	31.9		1.0	1,615
		{ Avg ..	24	67.3	19.1	12.6		1.0	885
		{ Min ..	23	10.5	38.5	11.3	3.2	.6	460
		{ As purchased	{ Max ..	23	34.5	60.3	17.4	28.3	.8
		{ Avg ..	23	19.9	54.1	15.3	9.9	.8	705
huck ribs:									
Lean.....	{ Edible portion	1		66.2	18.0	14.8		1.0	960
	{ As purchased	1	9.8	59.7	16.3	13.3		.9	865
Medium fat.	{ Edible portion	{ Min ..	4	52.8	16.1	20.1		.8	1,175
		{ Max ..	4	61.4	19.0	30.3		1.1	1,580
		{ Avg ..	4	57.3	17.4	24.4		.9	1,355
		{ Min ..	4	5.4	45.7	13.5	17.7	.7	1,035
		{ As purchased	{ Max ..	4	19.7	54.4	15.6	28.6	.9
		{ Avg ..	4	13.8	49.3	15.0	21.1	.8	1,170
Fat.....	{ Edible portion	1		51.3	16.0	32.0		.7	1,650
	{ As purchased	1	15.0	43.6	13.6	27.2		.6	1,400
All analyses	{ Edible portion	{ Min ..	6	51.3	16.0	14.8		.7	960
		{ Max ..	6	66.2	19.0	32.0		1.0	1,650
		{ Avg ..	6	57.8	17.3	24.0		.9	1,335
		{ Min ..	6	5.4	43.6	13.5	13.3	.6	865
		{ As purchased	{ Max ..	6	19.7	59.7	16.3	27.2	.9
		{ Avg ..	6	13.3	50.1	15.0	20.8	.8	1,155
Flank:									
Very lean...	{ Edible portion	1		69.6	21.2	8.3		.9	745
	{ As purchased	1	.7	69.2	21.0	8.2		.9	735
Lean.....	{ Edible portion	{ Min ..	2	66.0	19.4	12.4		.9	895
		{ Max ..	2	67.0	20.0	13.7		1.0	940
		{ Avg ..	2	66.3	19.7	13.0		1.0	915
		{ Min ..	2	2.0	64.6	19.0	12.1	1.0	875
		{ As purchased	{ Max ..	2	2.3	65.3	19.6	13.2	1.0
		{ Avg ..	2	2.1	64.9	19.3	12.7	1.0	895

Cost of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Flank—Continued.										
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
Medium fat.	Edible portion	Min	4	57.4	17.4	18.7		.7	1,130	
		Max	4	62.2	18.2	24.3		.9	1,350	
	As purchased	Min	4	59.8	17.9	21.5		.8	1,240	
		Max	4	1.1	52.3	15.7	18.5		.8	1,115
Fat	Edible portion	Min	4	11.8	61.4	18.0	24.0		.9	1,330
		Max	4	3.8	57.5	17.2	20.7		.8	1,195
	As purchased	Min	3	53.5	15.4	27.2		.8	1,465	
		Max	3	54.9	17.4	30.3		.8	1,565	
Very fat	Edible portion	Min	2	51.2	16.6	28.4		.8	1,505	
		Max	2	1.7	49.1	14.2	26.7		.7	1,435
	As purchased	Min	2	8.3	53.9	16.9	27.7		.8	1,435
		Max	2	5.0	51.5	15.6	27.2		.7	1,435
All analyses	Edible portion	Min	2	27.4	12.0	43.8		.7	2,100	
		Max	2	41.9	13.6	59.9		.7	2,750	
	As purchased	Min	2	34.7	12.8	51.8		.6	2,425	
		Max	2	.4	24.3	10.6	43.6		.6	2,090
Loin:	Edible portion	Min	2	11.5	41.8	13.5	53.0		.7	2,435
		Max	2	6.0	33.0	12.0	48.3		.7	2,260
	As purchased	Min	12	27.4	12.0	8.3		.7	745	
		Max	12	69.6	21.2	59.9		1.0	2,750	
Lean:	Edible portion	Min	12	56.1	17.3	25.8		.8	1,410	
		Max	11	.4	24.3	10.6	8.2		.6	735
	As purchased	Min	11	17.8	69.2	21.0	53.0		1.0	2,435
		Max	11	3.8	54.4	16.7	24.3		.8	1,335
Medium fat.	Edible portion	Min	1	71.3	18.7	9.0		1.0	730	
		Max	1	20.4	56.8	14.9	7.2		.7	580
	As purchased	Min	12	63.1	13.1	11.5		.7	730	
		Max	12	74.7	23.1	15.0		1.2	990	
Lean.	Edible portion	Min	12	67.0	19.3	12.7		1.0	895	
		Max	11	6.7	52.1	15.4	10.0		.6	645
	As purchased	Min	11	21.0	66.2	19.8	13.0		1.0	860
		Max	11	13.1	58.2	16.7	11.1		.9	780
Medium fat.	Edible portion	Min	28	56.5	10.6	16.1		.5	1,030	
		Max	28	68.3	20.2	23.7		2.2	1,350	
	As purchased	Min	28	60.5	18.3	20.2		1.0	1,190	
		Max	28	4.1	44.4	8.5	13.7		4	861
Fat	Edible portion	Min	28	58.1	19.0	22.7		1.9	1,290	
		Max	28	13.0	52.6	15.9	17.6		.9	1,040
	As purchased	Min	6	52.1	15.8	25.1		.8	1,375	
		Max	6	56.9	17.8	29.6		.9	1,560	
Very fat	Edible portion	Min	6	54.7	16.8	27.6		.9	1,475	
		Max	6	5.9	44.3	13.8	23.6		.7	1,280
	As purchased	Min	6	15.0	53.6	16.1	25.9		.9	1,380
		Max	6	10.2	49.2	15.8	24.0		.8	1,305
All analyses	Edible portion	Min	2	51.1	16.3	31.5		.8	1,635	
		Max	2	51.3	16.5	31.6		.9	1,635	
	As purchased	Min	2	51.2	16.4	31.5		.9	1,635	
		Max	2	3.6	45.2	14.4	27.8		.7	1,440
Loin, boneless strip:	Edible portion	Min	2	49.2	15.9	30.4		.9	1,580	
		Max	2	7.8	47.2	15.1	29.1		.8	1,510
	As purchased	Min	49	51.1	10.6	9.0		.5	730	
		Max	49	74.7	23.1	31.6		2.2	1,635	
Lean, as purchased.	Edible portion	Min	49	61.2	18.3	19.5		1.0	1,160	
		Max	43	3.6	44.3	8.5	7.2		4	580
	As purchased	Min	48	22.1	66.2	19.8	30.4		1.9	1,580
		Max	48	12.6	53.3	15.9	17.3		.9	1,025
Medium fat, as purchased.	Edible portion	Min	1	77.2	18.0	4.0		.8	500	
		Max	1	66.3	20.5	12.2		1.0	895	
	As purchased	Min	2	55.0	19.3	19.2		1.0	1,170	
		Max	2	60.5	22.7	20.5		1.2	1,285	
Fat, as purchased.	Edible portion	Min	2	58.1	21.0	19.8		1.1	1,230	
		Max	1	53.6	16.8	28.8		.8	1,530	
	As purchased	Min	1	50.9	16.0	32.4		.7	1,665	
		Max	6	50.9	18.0	4.0		1	590	
All analyses, as purchased.	Edible portion	Min	6	77.2	22.7	32.4		1.2	1,665	
		Max	6	60.7	18.9	19.5		.9	1,175	
	As purchased	Min	1	72.1	20.5	6.4		1.0	650	
		Max	1	68.5	19.8	10.7		.9	820	
Loin, sirloin butt:	Edible portion	Min	2	60.4	18.9	14.7		.9	995	
		Max	2	63.7	20.5	19.8		1.1	1,190	
	As purchased	Min	2	62.1	19.7	17.2		1.0	1,095	
		Max	1	58.6	17.1	23.5		.8	1,310	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Loin, sirloin butt—Continued.									
Very fat, as purchased	1		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
	6		51.6	16.6	31.0		.8	1,615	
All analyses, as purchased	Min		51.6	16.6	6.4		.8	650	
	Max		72.1	20.5	31.0		1.1	1,615	
	Avg	6	62.5	18.9	17.7		.9	1,100	
Loin, tenderloin:									
Lean, as purchased	Min		62.6	16.7	17.2		.9	1,055	
	Max		64.2	17.6	19.8		1.0	1,145	
	Avg	3	63.4	17.2	18.5		.9	1,100	
Medium fat, as purchased	Min		53.5	11.3	21.6		.6	1,120	
	Max		66.5	16.9	29.9		.8	1,545	
	Avg	4	57.1	14.8	27.3		.8	1,430	
All analyses, as purchased	Min		53.5	11.3	17.2		.6	1,055	
	Max		64.2	17.6	29.9		1.0	1,545	
	Avg	6	59.2	15.6	24.4		.8	1,320	
Loin, top of sirloin:									
Medium fat, { Edible portion	1		42.2	13.3	43.7		.8	2,080	
As purchased	1	3.2	40.9	12.9	42.3		.7	2,025	
Loin, trimmings:									
Lean	Edible portion	Min	2	65.3	18.8	13.6		.9	925
		Max	2	66.7	18.8	15.0		.9	985
		Avg	3	66.0	18.8	14.3		.9	955
	As purchased	Min	2	31.9	10.9	3.2		.2	165
		Max	2	83.2	45.4	12.8		.6	630
		Avg	2	57.6	28.1	8.0		.4	400
Medium fat	Edible portion	1	54.5	15.9	28.7		.9	1,505	
	As purchased	1	38.0	33.7	9.9		.6	935	
Fat	Edible portion	Min	3	45.8	14.4	36.0		.7	1,785
		Max	3	48.9	14.8	38.6		.8	1,905
		Avg	3	47.7	14.6	36.9		.8	1,830
	As purchased	Min	3	31.6	12.2	4.0		.2	510
		Max	3	73.3	33.2	10.0		.5	1,230
		Avg	3	46.6	25.7	7.8		.4	945
All analyses	Edible portion	Min	6	45.8	14.4	13.6		.7	925
		Max	6	66.7	18.8	36.9		.9	1,830
		Avg	6	55.0	16.2	28.0		.8	1,480
	As purchased	Min	6	31.6	10.9	3.2		.2	165
		Max	6	83.2	45.4	12.8		.6	1,230
		Avg	6	48.8	27.9	8.2		.4	775
Navel	Edible portion	1	47.6	15.1	36.5		.8	1,820	
As purchased	1	11.4	42.2	18.4	32.3		.7	1,610	
Neck:									
Very lean	Edible portion	1	71.8	22.3	4.9		1.0	625	
	As purchased	1	35.2	46.5	14.5	3.2		.6	495
Lean	Edible portion	1	71.0	20.0	8.0		1.0	710	
	As purchased	1	29.0	50.4	14.2	5.7		.7	505
Medium fat	Edible portion	Min	10	60.5	18.4	11.5		.8	850
		Max	10	67.9	20.4	19.8		.9	1,165
		Avg	10	63.4	19.2	16.5		1.1	1,055
	As purchased	Min	10	19.5	37.8	12.4		.5	665
		Max	10	37.5	50.8	16.0		.8	890
		Avg	10	27.6	45.9	13.9		.7	760
All analyses	Edible portion	Min	12	60.5	18.4	4.9		.8	625
		Max	12	71.8	22.3	19.8		1.1	1,185
		Avg	12	64.8	19.5	14.8		.9	990
	As purchased	Min	12	19.5	37.8	12.4		.5	405
		Max	12	37.5	50.8	16.0		.8	890
		Avg	12	28.4	46.3	13.9		.7	710
Plate:									
Very lean	Edible portion	Min	2	67.0	19.8	10.6		.9	815
		Max	2	68.7	20.0	11.9		1.1	875
		Avg	2	67.9	19.9	11.2		1.0	840
	As purchased	Min	2	18.3	47.1	14.1		.8	610
		Max	2	29.7	56.1	16.1		.8	685
		Avg	2	24.0	51.6	15.1		.8	640
Lean	Edible portion	Min	3	60.8	8.6	16.5		.4	855
		Max	3	74.5	17.8	20.8		.9	1,205
		Avg	3	65.9	14.6	18.8		.7	1,065
	As purchased	Min	3	15.7	51.3	6.9		.3	685
		Max	3	19.8	59.8	14.9		.7	1,015
		Avg	3	17.3	54.4	12.2		.6	880
Medium fat	Edible portion	Min	6	48.7	14.7	25.0		.7	1,360
		Max	6	57.5	16.7	35.6		.9	1,780
		Avg	6	53.5	15.6	30.1		.8	1,560
	As purchased	Min	6	13.1	42.2	12.0		.6	1,120
		Max	6	18.3	49.0	14.1		.7	1,545
		Avg	6	15.2	45.4	13.2		.7	1,320

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbolydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Beef, fresh—Continued.										
Plate—Continued.			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Fat.....	Edible portion	Min	22	44.4	12.4	39.4		.7	1,950	
		Max	22	45.0	15.4	41.9		.8	2,000	
		Avg	22	44.7	13.9	40.7		.7	1,975	
	As purchased	Min	22	15.0	36.4	10.6	32.4		.5	1,600
		Max	22	17.9	38.3	12.6	35.6		.7	1,700
Avg	22	16.5	37.8	11.6	34.0		.6	1,650		
Very fat.....	Edible portion	1		34.6	9.8	55.1		.5	2,505	
	As purchased	1	9.0	31.4	8.9	60.2		.5	2,285	
All analyses	Edible portion	Min	14	34.6	8.6	10.6		.4	815	
		Max	14	98.7	20.0	55.1		1.1	2,505	
		Avg	14	55.6	15.4	28.2		.8	1,475	
	As purchased	Min	14	9.0	31.4	6.9	8.3		.3	610
		Max	14	29.7	59.8	16.1	50.2		.8	2,285
Avg	14	16.7	46.0	12.7	23.9		.7	1,245		
Ribs:										
Very lean.....	Edible portion	1		72.6	21.1	5.6		.7	630	
	As purchased	1	26.7	58.2	15.5	4.1		.5	460	
Lean.....	Edible portion	Min	6	66.0	16.9	9.8		.8	780	
		Max	6	69.5	20.8	14.0		1.0	915	
		Avg	6	67.9	19.1	12.0		1.0	860	
	As purchased	Min	6	12.8	46.7	12.4	6.8		.6	530
		Max	6	32.0	60.7	17.1	11.0		.9	745
Avg	6	22.6	52.6	14.4	9.3		.7	670		
Medium fat.	Edible portion	Min	14	49.9	15.9	18.0		.8	1,095	
		Max	14	63.0	18.0	32.9		1.1	1,690	
		Avg	14	55.4	16.9	26.3		.9	1,445	
	As purchased	Min	14	15.3	40.2	12.0	12.8		.4	780
		Max	14	28.7	49.9	14.6	26.5		.9	1,360
Avg	14	20.4	43.8	13.4	21.8		.7	1,150		
Fat.....	Edible portion	Min	8	47.4	14.8	33.9		.6	1,715	
		Max	8	50.2	16.5	36.8		.8	1,830	
		Avg	8	48.1	15.4	35.8		.7	1,795	
	As purchased	Min	7	6	34.3	11.0	27.9		.5	1,410
		Max	7	24.4	47.8	15.6	39.9		.7	1,890
Avg	7	16.1	39.5	12.6	31.2		.6	1,550		
All analyses	Edible portion	Min	29	47.4	14.8	5.6		.6	630	
		Max	29	72.6	20.8	36.8		1.1	1,830	
		Avg	29	56.6	17.1	25.5		.8	1,395	
	As purchased	Min	28	6	34.3	11.0	4.1		.4	460
		Max	28	32.6	60.7	17.1	39.0		.9	1,890
Avg	28	20.2	44.9	13.6	20.6		.7	1,120		
Rib rolls:										
Very lean, as purchased.....	Min	2		73.3	19.6	4.6		1.0	590	
	Max	2		74.0	21.1	5.4		1.0	595	
	Avg	2		73.7	20.3	5.0		1.0	595	
Lean, as purchased.....	Min	3		67.3	18.5	8.4		.9	730	
	Max	3		70.5	20.1	13.3		.9	905	
	Avg	3		69.0	19.5	10.5		1.0	805	
Medium fat, as purchased.....	Min	4		60.7	18.0	15.3		.9	985	
	Max	4		65.6	19.1	20.4		.9	1,195	
	Avg	4		63.9	18.5	16.7		.9	1,050	
Fat, as purchased.....	Min	2		50.5	16.3	30.5		.8	1,595	
	Max	2		52.4	16.8	32.1		.8	1,685	
	Avg	2		51.5	16.4	31.3		.8	1,630	
All analyses, as purchased.....	Min	11		50.5	16.3	4.6		.8	590	
	Max	11		74.0	21.1	32.1		1.0	1,685	
	Avg	11		64.8	18.7	15.6		.9	1,005	
Rib trimmings:										
Very lean.....	Edible portion	1		71.6	20.9	6.5		1.0	665	
	As purchased	1	42.6	41.1	12.0	3.7		.6	360	
Medium fat	Edible portion	Min	7		49.3	14.3	17.9		.8	1,095
		Max	7		62.9	18.3	35.7		.9	1,775
		Avg	7		57.4	16.8	25.0		.8	1,370
	As purchased	Min	7	31.0	30.3	8.8	12.3		.4	710
		Max	7	44.8	43.2	12.6	22.0		.6	1,100
Avg	7	34.8	37.4	10.9	16.3		.6	890		
Fat.....	Edible portion	Min	2		45.9	13.6	35.4		.7	1,765
		Max	2		49.2	14.7	39.8		.7	1,925
		Avg	2		47.6	14.1	37.6		.7	1,850
	As purchased	Min	2	30.1	28.5	8.4	24.8		.4	1,200
		Max	2	37.9	34.4	10.2	24.8		.5	1,235
Avg	2	34.0	31.5	9.3	24.8		.4	1,220		
Very fat.....	Edible portion	1		33.9	10.7	54.9		.5	2,515	
	As purchased	1	20.9	26.8	8.4	48.5		.4	1,990	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, fresh—Continued.</i>										
lb trimmings—Continued.				<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	Edible portion	Min.	11	33.9	10.7	8.5		.5	665	
		Max.	11	71.6	20.9	54.9		1.0	2,515	
		Avg.	11	54.7	16.1	28.4		.8	1,500	
	As purchased.	Min.	11	20.9	26.8	8.4	3.7		.4	380
		Max.	11	44.8	43.2	12.6	43.5		.6	1,990
		Avg.	11	34.1	35.7	10.5	19.2		.5	1,005
lbs. cross:										
Very lean....	Edible portion	1		65.8	18.4	14.9		.9	970	
	As purchased	1	12.8	57.4	14.1	18.0		.7	850	
Medium fat....	Edible portion	1		43.9	13.7	41.6		.8	2,010	
	As purchased	1	12.2	39.6	12.0	36.5		.7	1,765	
All analyses	Edible portion	Min.	2	43.9	13.7	14.9		.8	970	
		Max.	2	65.8	18.4	41.6		.9	2,010	
		Avg.	2	54.9	16.0	28.3		.8	1,491	
	As purchased.	Min.	2	12.2	38.6	12.0	19.0		.7	855
		Max.	2	12.8	57.4	14.1	36.5		.7	1,765
		Avg.	2	12.5	48.0	14.1	24.7		.7	1,305
Round:										
Very lean....	Edible portion	Min.	4	72.2	22.0	1.3		1.0	465	
		Max.	4	75.4	22.2	4.5		1.2	600	
		Avg.	4	73.6	22.1	3.2		1.1	545	
	As purchased	Min.	4	9.1	59.6	18.3	1.3		1.0	455
		Max.	4	17.4	72.8	21.4	3.7		1.1	525
		Avg.	4	10.2	66.1	19.9	2.8		1.0	490
Lean.....	Edible portion	Min.	25	68.6	19.0	5.1		.3	590	
		Max.	25	73.6	22.1	10.0		1.3	795	
		Avg.	25	70.3	20.9	7.7		1.1	715	
	As purchased	Min.	23	4.8	57.2	16.9	4.6		.3	540
		Max.	23	17.3	68.8	20.3	9.4		1.2	735
		Avg.	23	8.8	64.2	18.9	7.1		1.0	650
Medium fat....	Edible portion	Min.	16	62.6	18.6	10.6		.9	815	
		Max.	16	68.4	21.6	17.8		1.2	1,095	
		Avg.	16	65.8	19.7	13.6		1.0	935	
	As purchased	Min.	15	3.7	57.6	16.8	10.1		.8	780
		Max.	15	11.2	65.9	19.9	16.6		1.0	1,025
		Avg.	15	7.7	60.7	18.1	12.6		.9	870
Fat, as purchased		1	57.8	18.9	22.8		1.0	1,295		
Very fat....	Edible portion	1		56.8	17.0	24.7		.9	1,370	
	As purchased	1	6.4	53.2	16.5	23.1		.8	1,250	
All analyses	Edible portion	Min.	47	56.8	17.6	1.3		.3	465	
		Max.	47	75.4	22.2	24.7		1.3	1,370	
		Avg.	47	68.5	20.4	10.0		1.1	800	
	As purchased	Min.	44	3.7	53.2	16.5	1.3		.3	455
		Max.	44	17.4	72.8	21.4	23.1		1.2	1,280
		Avg.	44	8.5	68.0	18.7	8.8		1.0	720
Round steak, second cut:										
Medium fat....	Edible portion	1		69.5	20.6	8.6		1.3	745	
	As purchased	1	32.1	47.2	14.0	5.8		.9	605	
Rump:										
Very lean....	Edible portion	Min.	4	67.4	21.2	3.2		1.1	535	
		Max.	4	74.2	21.5	10.0		1.2	820	
		Avg.	4	70.0	21.4	7.4		1.2	710	
	As purchased	Min.	4	9.9	57.6	17.8	2.9		1.0	489
		Max.	4	17.3	67.8	21.2	9.8		1.1	810
		Avg.	4	7.5	64.7	19.8	6.9		1.1	660
Lean.....	Edible portion	Min.	2	62.1	19.2	10.5		1.0	820	
		Max.	2	68.3	20.2	17.7		1.0	1,105	
		Avg.	2	65.2	19.7	14.1		1.0	960	
	As purchased	Min.	2	9.0	46.8	13.8	7.2		.7	560
		Max.	2	31.5	56.5	17.5	16.1		.9	1,005
		Avg.	2	20.2	51.7	15.7	11.6		.8	780
Medium fat....	Edible portion	Min.	8	53.8	15.8	20.3		.8	1,190	
		Max.	8	60.9	17.9	29.6		.9	1,545	
		Avg.	8	56.7	16.8	25.6		.9	1,395	
	As purchased	Min.	8	6.6	39.9	11.5	15.3		.6	895
		Max.	8	27.8	52.0	15.3	25.0		.8	1,335
		Avg.	8	21.4	44.5	13.2	20.2		.7	1,095
Fat.....	Edible portion	Min.	4	45.2	14.5	33.6		.7	1,710	
		Max.	4	49.9	15.7	39.4		.8	1,935	
		Avg.	4	48.1	14.9	36.3		.7	1,810	
	As purchased	Min.	4	17.9	34.3	10.8	23.1		.5	1,175
		Max.	4	31.3	39.7	12.1	32.3		.6	1,590
		Avg.	4	23.2	36.9	11.4	27.9		.6	1,390
Very fat....	Edible portion	1		40.2	14.7	44.3		.8	2,145	
	As purchased	1	16.2	33.7	12.3	37.2		.6	1,800	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, fresh—Continued.</i>										
Rump—Continued.										
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	Edible portion	Min ..	19	40.2	14.5	3.2		.7	535	
		Max ..	19	74.2	21.5	36.3		1.2	1,810	
		Avg ..	19	57.7	17.6	23.8		.9	1,330	
		Min ..	19	6.6	34.3	10.8	2.9		.6	480
		Max ..	19	31.5	67.8	21.2	32.3		1.1	1,590
	As purchased	Avg ..	19	18.5	47.3	14.4	19.0		1,070	
Shank, fore:										
Very lean	Edible portion	Min ..	2	73.8	20.8	2.3		1.0	520	
		Max ..	2	74.6	22.7	3.6		1.2	510	
		Avg ..	2	74.2	21.8	2.9		1.1	530	
		Min ..	2	35.9	44.1	13.3	1.4		.6	310
		Max ..	2	40.2	47.9	13.6	2.3		.7	345
	As purchased	Avg ..	2	38.1	46.0	13.5	1.8		330	
Lean	Edible portion	Min ..	5	69.9	20.1	5.3		.9	610	
		Max ..	5	73.2	23.3	7.9		1.1	705	
		Avg ..	5	71.5	21.4	6.1		1.0	655	
		Min ..	5	25.6	36.4	11.7	3.3		.4	365
		Max ..	5	48.0	52.3	17.4	5.2		.8	465
	As purchased	Avg ..	5	36.5	45.4	13.6	3.9		420	
Medium fat	Edible portion	Min ..	5	65.5	19.2	9.9		.9	775	
		Max ..	5	70.0	20.2	14.2		.9	960	
		Avg ..	5	67.9	19.6	11.6		.9	855	
		Min ..	5	33.0	39.3	11.6	6.1		.6	475
		Max ..	5	40.0	45.3	13.1	8.5		.6	580
	As purchased	Avg ..	5	36.9	42.9	12.3	7.3		535	
Very fat	Edible portion	Min ..	1	59.0	18.6	21.6		.8	1,255	
		Max ..	1	40.7	12.9	14.9		.6	870	
		Avg ..	1	30.9						
		Min ..	13	59.0	18.6	2.3		.8	520	
		Max ..	13	74.6	23.3	21.6		1.2	1,255	
All analyses	Edible portion	Avg ..	13	69.6	20.5	9.0		.9	790	
		Min ..	13	25.6	36.4	11.6	1.4		.4	310
		Max ..	13	40.2	52.3	17.4	14.9		.8	870
		Avg ..	13	36.5	44.1	13.1	5.7		.6	485
			As purchased	Avg ..	13					
Shank, hind:										
Lean	Edible portion	Min ..	5	71.3	20.4	4.3		.9	575	
		Max ..	5	73.6	21.6	7.3		1.2	685	
		Avg ..	5	72.6	21.1	5.3		1.0	615	
		Min ..	5	50.0	27.3	7.9	1.7		.4	235
		Max ..	5	62.2	36.4	10.7	3.2		.5	305
	As purchased	Avg ..	5	56.6	31.6	9.1	2.2		260	
Medium fat	Edible portion	Min ..	6	65.3	18.5	9.6		.8	775	
		Max ..	6	69.5	20.6	15.4		1.0	995	
		Avg ..	6	67.8	19.8	11.5		.9	855	
		Min ..	6	52.0	29.8	8.6	4.5		.4	365
		Max ..	6	56.0	32.4	9.6	7.1		.4	465
	As purchased	Avg ..	6	53.9	31.3	9.1	5.3		395	
Fat	Edible portion	Min ..	1	61.4	18.9	18.8		.9	1,145	
		Max ..	1	51.6	29.7	9.2	9.1		.4	565
		Avg ..	12	61.4	18.5	4.3		.8	575	
		Min ..	12	73.6	21.6	18.8		1.2	1,145	
		Max ..	12	69.2	20.3	9.5		1.0	780	
All analyses	Edible portion	Avg ..	12	50.0	27.3	7.9	1.7		.4	235
		Min ..	12	62.2	36.4	10.7	9.1		.5	555
		Max ..	12	64.8	31.3	9.2	4.3		.4	365
		Avg ..	12							
			As purchased	Avg ..	12					
Shoulder clod: ¹										
Very lean	Edible portion	Min ..	2	75.1	22.3	1.3		1.1	470	
		Max ..	2	75.2	22.4	1.4		1.2	475	
		Avg ..	2	75.2	22.3	1.4		1.1	475	
		Min ..	2	12.5	62.3	18.4	1.1		1.0	390
		Max ..	2	17.1	65.8	19.6	1.2		1.0	410
	As purchased	Avg ..	2	14.8	64.1	19.0	1.1		400	
Lean	Edible portion	Min ..	3	71.4	20.0	4.7		1.1	570	
		Max ..	3	74.2	21.9	6.7		1.1	670	
		Avg ..	3	72.5	20.9	5.5		1.1	625	
		Min ..	2	7.3	65.1	18.5	4.3		1.0	525
		Max ..	2	8.8	68.8	19.0	6.1		1.1	610
	As purchased	Avg ..	2	8.1	66.9	18.8	5.2		575	
Medium fat	Edible portion	Min ..	14	64.0	17.3	7.1		.8	625	
		Max ..	14	74.5	20.7	16.4		1.4	1,030	
		Avg ..	14	68.3	19.3	11.3		1.1	835	
		Min ..	12	7.0	59.7	14.3	5.6		.7	525
		Max ..	12	27.7	62.3	18.4	14.4		1.1	925
	As purchased	Avg ..	12	16.4	56.8	11.1	9.8		715	

¹ Including in most cases some bone.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Proteins.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
<i>Beef, fresh—Continued.</i>									
Shoulder clod—Continued.									
			<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calorific.</i>
Fat.....	Edible portion	{ Min. 4	56.2	17.1	18.59	1,150
		{ Max. 4	62.1	21.0	21.6	1.2	1,300	
	As purchased	{ Avg. 4	60.5	18.8	19.7	1.0	1,180	
		{ Min. 3	11.0	49.9	14.8	16.58	1,005
		{ Max. 3	13.3	54.8	18.6	19.0	1.0	1,155
		{ Avg. 3	11.9	62.8	16.7	17.79	1,000
All analyses	Edible portion	{ Min. 23	56.2	17.1	1.38	470
		{ Max. 23	75.2	22.4	21.6	1.4	1,300	
	As purchased	{ Avg. 23	68.1	19.7	11.1	1.1	835	
		{ Min. 19	7.3	49.9	14.5	1.17	390
		{ Max. 19	27.7	68.8	19.6	19.2	1.1	1,155
		{ Avg. 19	14.6	57.9	16.8	9.7	1.0	725
Shoulder and chuck (see Chuck).									
Socket.....	{ Edible portion	1	57.1	16.7	25.2	1.0	1,375
	{ As purchased	1	35.8	36.7	10.7	16.26	880
Fore quarter:									
Very lean.....	{ Edible portion	1	72.3	20.8	6.09	640
	{ As purchased	1	23.2	55.5	16.0	4.67	490
Lean.....	Edible portion	{ Min. 3	67.5	16.1	12.17	810
		{ Max. 3	71.1	19.1	12.79	890	
	As purchased	{ Avg. 3	68.8	18.0	12.48	860	
		{ Min. 3	19.7	53.4	12.1	9.15	910
		{ Max. 3	24.9	54.3	15.3	10.07	700
		{ Avg. 3	21.8	53.8	14.1	9.76	670
Medium fat.	Edible portion	{ Min. 6	57.8	17.3	17.18	1,065
		{ Max. 6	63.6	18.4	27.6	1.0	1,485	
	As purchased	{ Avg. 6	60.2	17.5	21.49	1,230	
		{ Min. 6	16.8	47.7	13.3	13.66	790
		{ Max. 6	23.9	51.8	14.6	20.27	1,210
		{ Avg. 6	19.3	48.6	14.1	17.37	990
Fat.....	{ Edible portion	1	53.5	15.8	30.07	1,560
	{ As purchased	1	21.7	41.9	12.4	23.46	1,220
Very fat.....	{ Edible portion	1	44.6	14.0	40.77	1,980
	{ As purchased	1	12.6	11.5	13.6	31.76	1,590
All analyses	Edible portion	{ Min. 12	44.6	14.0	6.07	640
		{ Max. 12	72.3	20.8	40.79	1,980	
	As purchased	{ Avg. 12	61.5	17.5	20.28	1,180	
		{ Min. 12	12.6	41.5	12.1	9.16	610
		{ Max. 12	24.9	54.3	15.3	31.77	1,590
		{ Avg. 12	19.8	49.3	14.1	16.17	940
Hind quarter:									
Very lean.....	{ Edible portion	1	72.4	20.8	5.8	1.0	630
	{ As purchased	1	18.8	58.7	16.9	4.88	520
Lean.....	Edible portion	{ Min. 3	65.9	18.8	12.2	1.0	875
		{ Max. 3	67.5	19.5	14.3	1.0	955	
	As purchased	{ Avg. 3	66.9	19.2	12.9	1.0	900	
		{ Min. 3	16.2	54.7	15.6	10.28	730
		{ Max. 3	17.0	56.5	16.3	11.99	790
		{ Avg. 3	16.5	55.9	16.0	10.88	755
Medium fat.	Edible portion	{ Min. 7	55.7	17.1	16.88	1,050
		{ Max. 7	63.9	18.7	26.3	1.0	1,430	
	As purchased	{ Avg. 7	60.2	17.9	21.99	1,220	
		{ Min. 7	14.1	44.4	13.6	14.37	890
		{ Max. 7	20.2	54.0	15.8	21.08	1,140
		{ Avg. 7	16.4	50.4	14.9	17.58	1,045
Fat.....	{ Edible portion	1	52.1	16.4	30.78	1,600
	{ As purchased	1	14.1	50.0	14.8	20.47	1,135
All analyses	Edible portion	{ Min. 12	52.1	16.4	5.88	630
		{ Max. 12	72.4	20.8	30.7	1.0	1,600	
	As purchased	{ Avg. 12	62.2	18.4	18.59	1,120	
		{ Min. 12	14.1	44.4	13.6	4.87	520
		{ Max. 12	20.2	58.7	16.9	26.99	1,140
		{ Avg. 12	16.3	52.0	15.3	15.68	945
Side, native, not including tallow.	Edible portion	{ Min. 6	47.8	15.1	12.57	880
		{ Max. 6	67.5	19.1	36.49	1,815	
	As purchased	{ Avg. 6	57.1	17.2	24.98	1,370	
		{ Min. 6	13.2	41.5	13.1	10.16	715
		{ Max. 6	19.2	51.9	15.5	31.68	1,575
		{ Avg. 6	17.0	47.5	14.3	20.57	1,130
Side, Colorado, not including tallow.	Edible portion	{ Min. 3	62.0	17.6	15.78	1,010
		{ Max. 3	64.9	18.6	19.59	1,150	
	As purchased	{ Avg. 3	63.4	18.0	17.79	1,080	
		{ Min. 3	16.8	48.5	13.8	12.77	815
		{ Max. 3	21.8	52.8	15.1	25.28	900
		{ Avg. 3	19.2	51.3	14.6	14.27	870

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Food value per pound.
ANIMAL FOOD—continued.								
<i>Beef, fresh—Continued.</i>								
		Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Calories.
Side, Texas, not including tallow.	Edible portion	{ Min .. 3	67.3	17.1	5.9	655
		{ Max .. 3	72.4	20.8	14.8	1.0	945
		{ Avg .. 3	69.0	19.1	11.0	820
As purchased.		{ Min .. 3	18.0	53.3	13.6	4.7	595
		{ Max .. 3	21.2	57.0	16.4	11.7	745
		{ Avg .. 3	20.0	55.2	15.3	8.8	655
Side, Colorado and native. ¹	Edible portion	{ Min .. 8	54.8	17.1	12.5	881
		{ Max .. 8	67.5	19.1	27.1	1,370
		{ Avg .. 8	60.6	17.7	20.8	1,205
As purchased.		{ Min .. 8	15.5	44.2	15.8	10.1	715
		{ Max .. 8	21.8	54.0	15.5	21.9	1,135
		{ Avg .. 8	18.3	49.7	14.5	16.8	980
Side: All analyses	Edible portion	{ Min .. 12	47.8	15.1	5.9	635
		{ Max .. 12	72.4	20.8	36.4	1.0	1,815
		{ Avg .. 12	61.7	17.8	19.6	1,155
As purchased.		{ Min .. 12	13.2	41.5	13.1	4.7	595
		{ Max .. 12	21.8	57.0	16.4	31.6	1,575
		{ Avg .. 12	18.3	50.4	14.6	16.0	945
Hearts, as purchased.		{ Min .. 2	56.5	15.8	14.6	910
		{ Max .. 2	68.7	16.3	26.2	1.0	1,410
		{ Avg .. 2	62.6	16.0	20.4	1.0	1,160
Kidney, as purchased.		{ Min .. 2	75.7	16.1	2.4	1.1	430
		{ Max .. 2	78.7	17.6	7.1	1.1	1.3	600
		{ Avg .. 2	76.7	16.9	4.8	1.2	525
Liver, as purchased.		{ Min .. 3	69.5	20.1	5.2	1.3	635
		{ Max .. 3	69.9	23.1	5.7	3.5	1.5	670
		{ Avg .. 3	69.8	21.6	5.4	1.8	1.4	665
Lungs, as purchased.	1	79.7	16.1	3.2	1.0	435	
Marrow, as purchased.	1	3.3	2.6	92.8	1.3	3,965	
Sweetbreads, as purchased.	1	70.9	15.4	12.1	1.6	795	
Tallow (kidney fat), as purchased.		{ Min .. 7	8.2	1.6	70.7	3,115
		{ Max .. 7	21.9	7.2	88.9	3,800
		{ Avg .. 7	15.0	4.8	79.0	3,460
Tongue.	Edible portion	1	63.5	17.4	18.0	1.1	1,085
	As purchased	1	15.1	53.9	14.8	15.3	920
<i>Beef, cooked.</i>								
Sandwich meats, as purchased.		{ Min .. 3	56.3	27.2	8.6	2.5	850
		{ Max .. 3	61.2	28.8	13.6	3.1	1,060
		{ Avg .. 3	58.3	27.9	11.0	2.8	985
<i>Beef, canned.</i>								
Boiled, as purchased.	1	51.8	24.4	22.5	1.3	1,405	
Cheek, ox, as purchased.	1	66.1	22.3	8.4	3.2	770	
Chili con carne, as purchased.	1	75.4	13.3	4.6	4.0	2.7	515	
Collaps, minced, as purchased.	1	72.3	17.9	6.8	1.1	1.9	645	
Corned, cooked.		{ Min .. 6	45.1	25.6	12.0	3.4	1,090
		{ Max .. 6	58.3	34.2	16.4	7.3	1,215
		{ Avg .. 6	53.1	28.5	14.0	4.4	1,120
Fat, as purchased.		{ Min .. 4	49.7	22.7	19.9	2.0	1,310
		{ Max .. 4	53.2	26.3	21.8	4.1	1,555
		{ Avg .. 4	51.6	24.7	20.7	3.0	1,330
Very fat, as purchased.		{ Min .. 2	43.2	19.6	29.2	4.6	1,625
		{ Max .. 2	45.7	21.1	31.1	6.1	1,675
		{ Avg .. 2	44.5	20.3	30.1	5.4	1,650
All analyses, as purchased.		{ Min .. 12	43.2	19.6	12.9	2.9	1,090
		{ Max .. 12	58.3	34.2	31.1	6.1	1,675
		{ Avg .. 12	51.2	25.9	18.9	4.0	1,280
Dried, as purchased.		{ Min .. 2	44.2	37.1	4.8	9.8	945
		{ Max .. 2	45.3	40.1	6.1	12.6	970
		{ Avg .. 2	44.8	38.6	5.4	11.2	950
Kidneys, stewed, as purchased.		{ Min .. 2	70.9	14.6	4.9	2.1	580
		{ Max .. 2	72.9	22.1	5.4	4.3	2.8	620
		{ Avg .. 2	71.9	18.4	5.1	2.1	2.5	595
Luncheon, as purchased.	1	52.9	26.4	15.9	1.8	1,160	
Ox palate, as purchased.		{ Min .. 2	69.6	15.9	9.4	740
		{ Max .. 2	73.1	19.0	10.6	2.0	750
		{ Avg .. 2	71.4	17.4	10.0	1.2	745
Roast, as purchased.		{ Min .. 4	55.8	19.3	9.0	1.2	935
		{ Max .. 4	62.8	30.8	23.6	1.4	1,360
		{ Avg .. 4	58.9	25.0	14.8	1.3	1,090
Steak, rump, as purchased.	1	56.3	23.5	18.7	1.5	1,225	
Sweetbreads, as purchased.	1	69.0	19.5	9.5	2.0	765	
Ox tails, as purchased.	1	67.9	24.6	6.3	1.2	725	

¹ Excepting native "extra fat."

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
<i>Beef, canned—Continued.</i>										
			<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calories.</i>	
Tongue, ground, as purchased.....	{ Min ..	6	42.5	20.2	21.6	2.9	1,300	
	{ Max ..	6	54.9	22.8	32.6	5.1	1,750	
	{ Avg. ..	6	49.9	21.0	25.1	4.0	1,450	
Tongue, whole, as purchased.....	{ Min ..	5	42.4	18.6	15.7	3.0	1,090	
	{ Max ..	5	57.4	23.0	32.7	6.3	1,725	
	{ Avg. ..	5	51.3	21.5	23.2	4.0	1,380	
Tripe, as purchased.....	{ Min ..	12	68.9	16.2	2.64	420	
	{ Max ..	12	80.2	16.6	14.56	915	
	{ Avg. ..	12	74.6	16.4	8.55	665	
<i>Beef, corned and pickled.</i>										
Brisket, corned.....	{ Edible portion.....	1	50.9	18.7	21.7	5.7	1,390	
	{ As purchased.....	1	21.4	40.0	14.7	19.4	4.5	1,090
Corned beef:	{ Min ..	9	40.1	12.9	11.9	2.0	830	
	{ Max ..	9	65.9	18.1	41.1	6.7	1,975	
	{ Avg. ..	9	54.5	15.6	25.5	4.4	1,365	
All analyses	{ Min ..	9	1.9	34.3	11.4	11.3	1.9	790
	{ Max ..	9	14.6	60.9	16.9	37.2	6.4	1,785
	{ Avg. ..	9	9.4	49.6	14.2	22.8	4.0	1,225
Extra mess.....	{ Edible portion.....	1	37.0	11.8	47.2	4.0	2,210	
	{ As purchased.....	1	10.4	33.1	10.6	42.3	3.6	1,950
Flank, corned.....	{ Min ..	2	42.2	12.9	24.9	2.8	1,340	
	{ Max ..	2	56.5	15.5	41.1	3.1	1,975	
	{ Avg. ..	2	49.9	14.2	33.0	2.9	1,690	
As purchased.....	{ Min ..	2	9.6	39.0	11.7	21.2	2.5	1,140
	{ Max ..	2	14.6	48.3	19.2	37.2	2.7	1,785
	{ Avg. ..	2	12.1	43.	12.4	29.2	2.6	1,465
Mess.....	{ Min ..	2	31.7	10.6	40.2	4.1	1,940	
	{ Max ..	2	42.4	13.3	48.7	9.0	2,250	
	{ Avg. ..	2	37.0	12.0	44.5	6.5	2,100	
As purchased.....	{ Min ..	2	7.1	29.5	9.8	34.6	3.5	1,675
	{ Max ..	2	13.8	36.6	11.5	45.3	8.3	2,090
	{ Avg. ..	2	10.5	33.0	10.7	39.9	5.9	1,885
Plate, corned.....	{ Edible portion.....	1	40.1	13.3	41.9	4.7	2,015	
	{ As purchased.....	1	14.5	34.3	11.4	35.8	4.0	1,720
Rump, corned.....	{ Min ..	3	50.2	13.3	13.0	2.0	885	
	{ Max ..	3	65.9	18.1	30.2	4.9	1,550	
	{ Avg. ..	3	58.1	15.3	23.3	3.3	1,270	
As purchased.....	{ Min ..	3	5.0	47.5	13.9	12.1	1.9	820
	{ Max ..	3	7.7	60.8	16.7	28.5	4.7	1,460
	{ Avg. ..	3	6.0	54.5	14.4	22.0	3.1	1,195
Spiced, rolled, as purchased.....	1	30.0	11.8	51.4	6.8	2,390		
Tongue, pickled.....	{ Min ..	2	50.9	8.0	15.3	3.1	795	
	{ Max ..	2	73.6	17.0	25.8	6.3	1,405	
	{ Avg. ..	2	62.3	12.5	20.5	4.7	1,100	
As purchased.....	{ Min ..	2	2.1	45.8	7.8	15.0	3.1	780
	{ Max ..	2	10.0	72.0	15.3	23.3	5.6	1,265
	{ Avg. ..	2	6.0	58.9	11.6	20.3	4.3	1,025
Tripe, pickled, as purchased.....	{ Min ..	2	84.0	7.2	.81	181	
	{ Max ..	2	91.1	13.5	1.8	.5	.3	325	
	{ Avg. ..	2	87.4	10.9	1.2	.3	.2	260	
<i>Beef, dried, etc.</i>										
Dried and salted, Uruguay, as purchased.....	1	30.7	46.8	5.6	16.9	1,110		
Dried in the sun, Mexico, as purchased.	{ Min ..	2	14.4	47.0	11.8	7.2	1,370	
	{ Max ..	2	24.3	47.0	31.4	16.9	2,200	
	{ Avg. ..	2	19.4	47.0	21.6	12.0	1,785	
Dried, salted, and smoked, as purchased.	{ Min ..	5	24.3	26.3	4.2	.2	6.3	740	
	{ Max ..	5	59.2	47.0	11.8	2.7	16.9	1,370	
	{ Avg. ..	5	50.8	31.8	6.8	.6	10.0	890	
<i>Veal, fresh.</i>										
Breast:	{ Min ..	2	68.4	18.8	8.0	1.0	635	
	{ Max ..	2	72.2	22.5	8.0	1.1	755	
	{ Avg. ..	2	70.3	20.7	8.0	1.0	721	
Lean.....	{ Min ..	2	15.1	46.8	15.4	5.5	.7	521	
	{ Max ..	2	31.6	61.3	16.0	6.8	.8	545	
	{ Avg. ..	2	23.4	54.0	15.7	6.2	.7	555	
Medium fat.....	{ Min ..	5	65.1	18.2	12.0	1.0	850	
	{ Max ..	5	68.4	19.4	15.4	1.0	900	
	{ Avg. ..	5	66.4	18.8	13.8	1.0	930	
As purchased.....	{ Min ..	5	15.7	48.5	14.0	9.4	.7	670	
	{ Max ..	5	25.4	55.7	16.2	12.8	.8	825	
	{ Avg. ..	5	20.6	52.7	14.9	11.0	.8	740	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.		
			Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Calories.		
ANIMAL FOOD—continued.											
Veal, fresh—Continued.											
Medium fat	Edible portion	Min	6	69.8	18.7	4.3		.9	535		
		Max	6	75.8	20.0	9.2		1.1	760		
		Avg	6	72.6	19.5	6.9		1.0	655		
		As purchased	Min	6	23.5	34.8	10.0	3.1		.6	385
			Max	6	50.0	56.1	14.5	6.2		.8	530
			Avg	6	31.5	40.9	13.3	4.6		.7	440
Medium fat	Edible portion	Min	8	70.8	19.2	3.4		1.0	525		
		Max	8	75.5	21.2	8.6		1.1	750		
		Avg	8	72.5	20.2	6.2		1.1	635		
		As purchased	Min	8	22.7	42.2	12.4	2.5		.7	390
			Max	8	41.3	58.3	15.7	6.8		.8	555
			Avg	8	26.0	53.0	14.7	4.6		.8	470
Fat	Edible portion	1		67.8	20.6	11.1		1.1	840		
	As purchased	1	22.4	52.6	15.5	8.6		.9	650		
All analyses	Edible portion	Min	9	67.8	19.2	3.4		1.0	525		
		Max	9	75.5	21.2	11.1		1.1	840		
		Avg	9	72.0	20.1	6.8		1.1	660		
		As purchased	Min	9	22.4	42.2	12.4	2.5		.7	390
			Max	9	41.3	58.3	15.7	6.8		.9	650
			Avg	9	26.4	53.0	14.8	5.0		.8	485
ump	Edible portion	1		62.6	20.1	16.2		1.1	1,055		
	As purchased	1	30.2	43.7	14.0	11.3		.8	735		
hank, fore	Edible portion	Min	6	72.5	18.9	4.1		1.0	525		
		Max	6	75.8	20.6	6.4		1.0	640		
		Avg	6	74.0	19.8	5.2		1.0	590		
		As purchased	Min	6	20.4	35.1	9.0	2.2		.5	285
			Max	6	52.5	58.6	16.0	4.2		.8	475
			Avg	6	40.4	44.1	11.8	3.1		.6	350
hank, hind	Edible portion	Min	6	73.4	17.9	3.0		.9	510		
		Max	6	76.2	20.5	6.7		1.1	615		
		Avg	6	74.5	19.9	4.6		1.0	565		
		As purchased	Min	6	61.1	25.9	6.7	1.3		.4	190
			Max	6	64.7	29.3	8.0	2.5		.4	390
			Avg	6	62.7	27.8	7.4	1.7		.4	210
Fat	Edible portion	1		68.1	20.0	10.7		1.2	825		
	As purchased	1	51.4	33.1	9.7	5.2		.6	400		
All analyses	Edible portion	Min	7	68.1	17.9	3.0		.9	510		
		Max	7	76.2	20.5	10.7		1.2	825		
		Avg	7	73.6	19.9	5.5		1.0	600		
		As purchased	Min	7	51.4	25.9	6.7	1.3		.4	190
			Max	7	64.7	33.1	9.7	5.2		.6	400
			Avg	7	61.1	28.6	7.7	2.2		.4	235
Shoulder and hank.	Edible portion	1		65.6	19.7	13.5		1.2	935		
	As purchased	1	24.3	49.7	14.9	10.2		.9	710		
Shoulder	Edible portion	Min	2	64.7	19.0	6.2		1.1	645		
		Max	2	71.9	20.7	15.2		1.2	995		
		Avg	2	68.3	19.9	10.7		1.1	820		
		As purchased	Min	2	11.5	50.6	14.8	5.5		.9	570
			Max	2	21.8	63.7	18.3	11.9		1.0	780
			Avg	2	16.6	57.2	16.6	8.7		.9	675
Fore quarter	Edible portion	Min	6	69.9	18.6	5.5		.8	585		
		Max	6	74.8	20.5	10.6		1.1	795		
		Avg	6	71.7	19.4	8.0		.9	700		
		As purchased	Min	6	19.3	51.8	12.7	4.1		.6	435
			Max	6	26.0	56.6	15.9	7.8		.8	585
			Avg	6	24.5	54.2	14.6	6.0		.7	525
Hind quarter	Edible portion	Min	6	68.4	19.4	5.6		.8	600		
		Max	6	75.8	20.4	11.2		1.2	835		
		Avg	6	70.9	19.8	8.3		1.0	720		
		As purchased	Min	6	19.0	53.7	15.3	4.4		.6	545
			Max	6	24.0	58.4	16.2	9.2		.9	685
			Avg	6	20.7	56.2	15.7	6.6		.8	570
Side	Edible portion	Min	6	69.2	19.2	5.5		.9	590		
		Max	6	74.3	20.4	10.3		1.1	800		
		Avg	6	71.3	19.6	8.1		1.0	705		
		As purchased	Min	6	18.6	53.3	14.7	4.3		.7	480
			Max	6	24.9	57.3	15.9	8.4		.9	680
			Avg	6	22.6	55.2	15.1	6.3		.8	545

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.			
ANIMAL FOOD—continued.											
Veal, fresh—Continued.											
Heart, as purchased	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.			
Kidney, as purchased	1		73.2	16.2	9.6		1.0	705			
	1		74.7	16.6	7.4		1.3	625			
Liver, as purchased	}	Min	72.4	19.8	4.0		1.2	500			
		Max	73.7	21.0	4.6		1.3	645			
		Avg	73.1	20.4	5.3		1.3	605			
Lungs, as purchased	1		76.8	17.1	5.0		1.1	530			
Lamb, fresh.											
Breast	{	Edible portion	1	56.2	19.2	23.6	1.0	1,355			
Leg, hind:	{	As purchased	1	19.1	45.5	15.5	.8	1,095			
Medium fat.	{	Edible portion	Min	63.1	18.1	15.3	1.1	1,000			
			Max	64.7	18.9	17.6	1.2	1,080			
			Avg	63.9	18.5	16.3	1.1	1,040			
		As purchased	Min	17.0	52.4	15.0	12.6	.9	820		
			Max	17.7	53.3	15.5	14.6	1.0	895		
	Avg	2	17.4	52.9	15.2	13.6	.9	865			
Fat	{	Edible portion	1	54.6	17.1	27.4	.9	1,475			
		As purchased	1	13.4	47.3	14.8	23.7	.8	1,275		
Very fat	{	Edible portion	1	51.8	17.2	30.1	.9	1,590			
		As purchased	1	7.0	48.2	16.0	28.0	.8	1,430		
			1	51.8	17.1	15.3	.9	1,000			
All analyses	{	Edible portion	Min	64.7	18.9	30.1	1.2	1,580			
			Max	58.6	17.8	22.6	1.0	1,285			
			Avg	4	7.0	47.3	14.8	12.6	.8	820	
		As purchased	Min	4	17.7	53.3	16.0	28.0	1.0	1,480	
			Max	4	13.8	50.8	15.3	19.7	.9	1,115	
Loin, without kidney and tallow:											
Medium fat.	{	Edible portion	Min	4	48.6	15.5	25.1	.8	1,410		
			Max	4	54.8	19.0	35.1	1.1	1,770		
			Avg	4	53.1	17.6	28.3	1.0	1,520		
		As purchased	Min	4	12.2	40.8	13.0	21.1	.7	1,180	
			Max	4	17.4	48.1	16.7	29.5	.9	1,485	
	Avg	4	14.8	45.3	15.0	24.1	.8	1,395			
Neck	{	Edible portion	1	56.7	17.5	24.8	1.0	1,375			
		As purchased	1	17.7	46.7	14.4	20.4	.8	1,130		
Shoulder	{	Edible portion	1	51.8	17.5	29.7	1.0	1,580			
		As purchased	1	20.3	41.3	14.0	23.6	.8	1,255		
Fore quarter	{	Edible portion	1	55.1	18.1	25.8	1.0	1,425			
		As purchased	1	18.8	44.7	14.7	21.0	.8	1,160		
Hind quarter	{	Edible portion	1	60.9	19.0	19.1	1.0	1,160			
		As purchased	1	15.7	51.3	16.0	16.1	.9	975		
Side, without kidney and tallow.	{	Edible portion	Min	3	56.8	16.5	21.2	1.0	1,225		
			Max	3	60.0	18.5	25.7	1.1	1,490		
			Avg	3	58.2	17.6	23.2	1.0	1,305		
		As purchased	Min	3	17.3	46.1	13.4	16.6	.8	960	
			Max	3	21.6	47.9	15.3	20.9	.9	1,130	
	Avg	3	19.3	47.0	14.2	18.7	.8	1,055			
Lamb, canned.											
Tongue	{	Edible portion	1	67.4	14.3	17.8	.5	1,015			
	{	As purchased	1	2.6	65.7	13.9	17.3	.5	990		
Mutton, fresh.											
Chuck:	{	Medium fat.	Edible portion	Min	6	47.9	13.6	26.0	.7	1,400	
				Max	6	56.7	16.4	37.4	1.2	1,835	
				Avg	6	50.9	14.6	33.6	.9	1,690	
			As purchased	Min	6	14.4	36.6	10.5	20.6	.5	1,115
				Max	6	25.2	45.1	13.1	29.7	.7	1,485
			Avg	6	21.3	39.9	11.5	26.7	.6	1,340	
		Fat	{	Edible portion	Min	2	37.6	13.3	42.5	.7	2,040
					Max	2	43.5	14.2	47.2	1.0	2,255
					Avg	2	40.6	13.7	44.9	.8	2,150
				As purchased	Min	2	14.9	32.0	10.9	34.8	.6
Max	2				18.1	35.6	12.1	40.1	.9	1,910	
	Avg	2	16.5	33.8	11.5	37.5	.7	1,790			
Very fat	{	Edible portion	1	29.9	9.4	60.1	.6	2,710			
		As purchased	1	13.8	25.3	8.1	51.8	.5	2,330		

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Mutton, fresh—Continued.</i>									
Chuck—Continued.		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
All analyses	{ Edible portion	Min..	9	29.9	9.4	26.0	.6	1,400	
		Max..	9	56.7	16.4	60.1	1.2	2,719	
		Avg..	9	46.3	13.8	39.1	.8	1,905	
		Min..	9	13.8	25.8	8.1	20.6	.5	1,115
		Max..	9	25.2	45.1	13.1	51.8	.9	2,335
	{ As purchased..	Avg..	9	19.4	37.0	11.1	31.8	.7	1,550
Flank:									
Medium fat, as purchased	{	Min..	7	38.7	11.9	32.1	.5	1,650	
		Max..	7	51.2	16.0	45.0	.8	2,195	
		Avg..	7	45.8	14.8	38.7	.7	1,910	
Very fat, as purchased	{	Min..	2	25.0	9.5	54.7	.6	2,530	
		Max..	2	32.7	12.0	64.9	.6	2,915	
		Avg..	2	28.9	10.7	59.8	.6	2,725	
All analyses, as purchased	{	Min..	9	25.0	9.5	32.1	.5	1,650	
		Max..	9	51.2	16.0	64.9	.8	2,915	
		Avg..	9	42.0	13.9	48.4	.7	2,090	
Leg. hind:									
Lean	{ Edible portion	Min..	3	66.6	18.5	11.9	1.0	865	
		Max..	3	68.3	19.6	13.0	1.2	905	
		Avg..	3	67.4	19.1	12.4	1.1	830	
		Min..	3	3.4	51.0	14.1	9.3	.8	655
		Max..	3	23.7	65.0	19.0	11.5	1.1	810
	{ As purchased..	Avg..	3	16.8	56.1	15.9	10.8	.9	730
Medium fat.	{	Min..	10	58.4	17.3	14.6	.9	935	
		Max..	10	67.2	19.0	22.6	1.0	1,290	
		Avg..	10	62.8	18.2	18.0	1.0	1,100	
		Min..	10	9.8	48.0	13.2	11.0	.7	710
		Max..	10	26.0	55.7	17.1	19.3	.9	1,100
	{ As purchased..	Avg..	10	18.0	51.4	14.9	14.9	.8	905
Fat	{	Edible portion	1	55.0	17.0	11.9	.9	1,490	
		As purchased	1	12.4	48.2	14.8	28.8	.8	1,280
All analyses	{ Edible portion	Min..	14	55.0	17.0	11.9	.9	1,490	
		Max..	14	68.3	19.6	27.1	1.2	1,490	
		Avg..	14	63.2	18.3	17.5	1.0	1,080	
		Min..	14	3.4	48.0	13.2	9.3	.7	655
		Max..	14	26.0	65.0	19.0	23.8	1.1	1,280
	{ As purchased..	Avg..	14	17.4	52.2	15.1	14.5	.8	895
Loin, without kidney and tallow:									
Medium fat.	{ Edible portion	Min..	12	44.9	13.8	26.8	.7	1,440	
		Max..	12	55.9	19.5	37.6	.9	1,865	
		Avg..	12	50.1	15.9	33.2	.8	1,695	
		Min..	11	11.7	38.1	11.8	20.9	.5	1,100
		Max..	11	19.3	46.8	14.9	32.9	.8	1,615
	{ As purchased..	Avg..	11	16.3	42.2	13.2	28.6	.7	1,450
Fat	{	Min..	3	42.0	13.9	40.9	.7	1,985	
		Max..	3	44.3	14.6	43.3	.8	2,085	
		Avg..	3	43.3	14.2	41.7	.8	2,025	
		Min..	3	11.3	37.1	12.3	36.0	.6	1,790
		Max..	3	12.0	39.3	12.9	38.2	.7	1,840
	{ As purchased..	Avg..	3	11.7	38.3	12.5	36.8	.7	1,795
Very fat	{	Edible portion	1	30.8	10.0	58.7	.5	2,665	
		As purchased	1	9.0	28.1	9.1	58.4	.4	2,425
All analyses	{ Edible portion	Min..	16	30.8	10.0	26.8	.5	1,440	
		Max..	16	55.9	19.5	58.7	.9	2,665	
		Avg..	16	47.6	15.2	36.4	.8	1,820	
		Min..	15	9.0	28.1	9.1	20.9	.4	1,160
		Max..	15	19.3	46.8	14.9	33.4	.8	2,425
	{ As purchased..	Avg..	15	14.2	40.5	12.8	31.9	.6	1,585
Neck:									
Medium fat.	{ Edible portion	Min..	9	54.7	12.4	17.8	.8	1,110	
		Max..	9	61.9	19.2	29.5	1.8	1,525	
		Avg..	9	58.2	16.3	24.5	1.0	1,335	
		Min..	9	17.2	38.7	8.1	14.0	.5	835
		Max..	9	34.9	48.6	15.1	24.5	.8	1,265
	{ As purchased..	Avg..	9	28.4	41.6	11.7	17.6	.7	960
Very fat	{	Edible portion	1	42.1	13.6	42.5	.8	2,090	
		As purchased	1	16.1	35.3	11.4	36.5	.7	1,750
All analyses	{ Edible portion	Min..	10	42.1	12.4	17.8	.8	1,110	
		Max..	10	61.9	19.2	29.5	1.8	2,090	
		Avg..	10	56.6	16.0	26.4	1.0	1,410	
		Min..	10	16.1	35.3	8.1	14.0	.5	835
		Max..	10	34.9	48.6	15.1	36.5	.7	1,750
	{ As purchased..	Avg..	10	27.2	41.0	11.7	19.4	.7	1,085

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Mutton, fresh—Continued.										
Shoulder:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Lean.....	{ Edible portion.....	1		67.2	18.9	12.9		1.0	895	
	{ As purchased.....	1	25.3	50.2	14.2	9.6		.7	670	
Medium fat.....	{ Edible portion { Min.....	6		58.6	15.8	15.6		.9	995	
	{ Max.....	6		65.2	18.2	24.3		1.0	1,320	
	{ Avg.....	6		61.9	17.3	19.9		.9	1,160	
	{ As purchased { Min.....	6	14.6	45.2	12.1	13.4		.6	825	
Fat.....	{ Edible portion { Max.....	6		55.7	15.5	18.8		.8	1,075	
	{ Avg.....	6	21.7	48.5	13.5	15.6		.7	910	
Very fat.....	{ Edible portion.....	1		53.0	15.9	30.3		.8	1,570	
	{ As purchased.....	1	19.5	42.7	12.8	24.4		.6	1,270	
All analyses.....	{ Edible portion { Min.....	9		48.4	15.2	35.6		.8	1,785	
	{ Max.....	9		67.2	18.9	35.0		1.0	1,785	
	{ Avg.....	9		60.0	17.1	25.0		.9	1,245	
	{ As purchased { Min.....	9	14.6	39.3	12.1	13.4		.6	825	
Fore quarter.....	{ Edible portion { Max.....	9		26.4	15.5	28.9		.8	1,455	
	{ Avg.....	9	21.5	47.0	13.4	17.4		.7	985	
Hind quarter, without tallow and kidney.....	{ Edible portion { Min.....	9		37.2	11.7	25.6		.7	1,385	
	{ Max.....	9		57.1	17.0	50.4		1.1	2,345	
	{ Avg.....	9		51.7	15.0	32.4		.9	1,615	
	{ As purchased { Min.....	9	15.7	31.4	9.9	20.4		.5	1,085	
Side, including tallow.....	{ Edible portion { Max.....	9		24.9	13.7	42.4		.8	1,975	
	{ Avg.....	9	21.1	40.6	11.9	25.7		.7	1,305	
	{ Edible portion { Min.....	9		40.4	12.9	21.4		.6	1,225	
	{ Max.....	9		60.4	17.4	46.1		1.0	2,135	
Side, not including tallow.....	{ Edible portion { Avg.....	9		54.8	16.2	28.2		.8	1,495	
	{ As purchased { Min.....	9	9.8	36.5	11.2	17.7		.8	1,015	
	{ Max.....	9	20.2	50.0	14.7	41.5		.8	1,905	
	{ Avg.....	9	16.7	45.6	13.5	23.5		.7	1,245	
Heart, as purchased.....	{ Edible portion { Min.....	25		48.9	14.0	14.7		1.0	905	
	{ Max.....	25		65.9	18.4	37.8		.9	1,805	
	{ Avg.....	25		54.2	16.0	28.9		.9	1,515	
	{ As purchased { Min.....	25	13.0	38.8	11.7	11.2		.6	705	
Kidney, as purchased.....	{ Edible portion { Max.....	25		22.8	55.2	14.0		.8	1,605	
	{ Avg.....	25	18.1	45.4	12.7	23.1		.7	1,215	
	{ Edible portion { Min.....	9		38.8	12.3	23.4		.7	1,305	
	{ Max.....	9		58.8	16.9	48.3		.9	2,205	
Kidney and kidney fat, as purchased.....	{ Edible portion { Avg.....	9		53.1	15.6	30.5		.8	1,505	
	{ As purchased { Min.....	9	12.9	33.8	10.7	18.8		.6	1,005	
	{ Max.....	9	22.7	47.3	14.0	32.0		.8	1,905	
	{ Avg.....	9	19.0	43.0	12.7	24.6		.7	1,275	
Kidney fat, tallow, as purchased.....	{ Edible portion { Min.....	2		67.4	15.6	11.9		.9	705	
	{ Max.....	2		71.6	18.3	13.4		.9	905	
	{ Avg.....	2		69.5	17.0	12.6		.9	815	
	{ As purchased { Min.....	1		78.7	16.8	12.5		1.3	405	
Liver, as purchased.....	{ Edible portion { Max.....	1		18.8	4.3	76.5		.4	3,305	
	{ Avg.....	2		2.9	1.1	94.9		.1	4,005	
	{ As purchased { Max.....	2		3.9	1.2	95.8		.1	4,005	
	{ Avg.....	2		3.4	1.1	95.4		.1	4,005	
Lungs, as purchased.....	{ Edible portion { Min.....	2		52.7	22.0	4.7	2.1	1.4	605	
	{ Max.....	2		69.8	24.2	13.2	7.9	2.2	1,105	
	{ Avg.....	2		61.2	23.1	9.0	5.0	1.7	905	
	{ As purchased { Min.....	2		74.6	18.8	2.6		1.2	405	
Mutton, canned.....	{ Edible portion { Max.....	2		77.1	21.5	2.9		1.3	505	
	{ Avg.....	2		75.9	20.1	2.8		1.2	405	
Corned, as purchased.....		1		45.8	27.2	22.8		4.2	1,405	
Tongue, as purchased.....		1		47.6	23.6	24.0		4.8	1,405	
Pork.										
Chuck ribs and shoulder:										
Medium fat.....	{ Edible portion { Min.....	2		50.3	16.8	30.4		.9	1,105	
	{ Max.....	2		51.9	16.9	31.0		.9	1,105	
	{ Avg.....	2		51.1	16.9	31.1		.9	1,105	
	{ As purchased { Min.....	2	15.9	40.1	13.5	25.4		.7	1,105	
Chuck ribs and shoulder:	{ Edible portion { Max.....	2		20.3	43.6	14.1	25.6		.8	1,105
	{ Avg.....	2	18.1	41.8	13.8	25.5		.8	1,105	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohy- drates.	Ash.	Fuel value per pound.		
		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.		
ANIMAL FOOD—continued.										
<i>Pork—Continued.</i>										
Flank cut	Edible portion	Min ..	3	58.0	16.2	19.49	1,175	
		Max ..	3	60.7	18.9	26.9	1.0	1,430	
	Avg ..	3	59.0	17.8	22.2	1.0	1,265		
	As purchased ..	Min ..	3	68.6	14.8	4.5	5.02	295
		Max ..	3	75.5	18.5	5.8	8.43	455
		Avg. ¹	3	71.2	17.0	5.1	6.43	365
Head	Edible portion	Min ..	3	38.4	10.5	34.56	1,720	
		Max ..	3	50.5	14.2	50.58	2,330	
	Avg ..	3	45.3	12.7	41.37	1,980		
	As purchased ..	Min ..	3	51.7	10.7	3.0	8.22	410
		Max ..	3	77.2	18.5	5.1	24.43	1,125
		Avg. ¹	3	68.4	18.7	3.8	13.92	655
Head cheese	Edible portion	Min ..	2	43.8	19.4	27.4	3.4	1,550	
		Max ..	2	48.1	21.1	33.4	3.4	1,770	
	Avg ..	2	46.0	20.2	30.4	3.4	1,660		
As purchased ..	1	12.1	42.3	18.6	24.0	3.0	1,360		
Loin:	Edible portion	Min ..	1	60.3	19.7	19.0	1.0	1,165	
		Max ..	1	28.5	15.1	14.58	595	
Lean	Edible portion	Min ..	11	49.3	14.9	25.08	1,405	
		Max ..	11	55.2	19.5	35.2	1.0	1,785	
	Avg ..	11	52.0	16.8	30.39	1,590		
	As purchased ..	Min ..	11	11.5	40.5	13.0	20.87	1,170
		Max ..	11	19.3	48.9	16.3	31.18	1,555
		Avg ..	11	15.8	43.8	14.1	25.67	1,340
Fat	Edible portion	Min ..	3	39.7	12.0	38.86	1,890	
		Max ..	3	46.7	13.7	48.68	2,245	
	Avg ..	3	42.1	12.2	45.07	2,125		
	As purchased ..	Min ..	3	10.1	34.9	9.9	30.46	1,480
		Max ..	3	21.8	36.5	10.7	43.70	2,030
		Avg ..	3	14.6	35.7	10.4	38.76	1,825
All analyses	Edible portion	Min ..	15	39.7	12.0	19.06	1,165	
		Max ..	15	60.3	19.7	48.6	1.0	2,245	
	Avg ..	15	50.5	16.1	32.59	1,670		
	As purchased ..	Min ..	15	10.1	34.9	9.9	14.56	895
		Max ..	15	23.5	46.1	16.3	43.78	2,030
		Avg ..	15	16.0	42.3	13.5	27.57	1,410
Middle cuts	Edible portion	Min ..	3	46.0	14.5	34.97	1,755	
		Max ..	3	49.4	15.2	38.88	1,905	
	Avg ..	3	48.2	14.8	36.37	1,810		
	As purchased ..	Min ..	3	79.0	11.6	3.6	8.22	410
		Max ..	3	76.4	13.8	4.4	11.62	570
		Avg. ¹	3	71.2	13.8	4.2	10.62	525
Shoulder cut	Edible portion	Min ..	3	44.0	12.0	33.06	1,060	
		Max ..	3	51.7	14.5	42.18	2,020	
	Avg ..	3	47.4	13.2	38.77	1,880		
	As purchased ..	Min ..	3	56.8	18.9	5.0	12.13	610
		Max ..	3	63.4	19.3	5.7	18.23	875
		Avg. ²	3	59.6	19.1	5.3	15.73	760
Tenderloin, as purchased	Min ..	3	62.4	18.8	12.3	1.0	895		
	Max ..	3	66.4	20.3	17.1	1.0	1,085		
	Avg ..	3	65.1	19.5	14.4	1.0	970		
Back fat, as purchased	Min ..	3	5.5	2.0	86.71	3,705		
	Max ..	3	19.5	2.7	92.42	3,935		
	Avg ..	3	7.7	2.3	89.91	3,585		
Belly fat, as purchased	Min ..	3	11.0	3.2	78.62	3,400		
	Max ..	3	16.7	4.6	85.62	3,670		
	Avg ..	3	13.8	4.1	81.92	3,530		
Ham fat, as purchased	Min ..	3	8.3	2.3	87.21	3,725		
	Max ..	3	10.2	3.3	89.22	3,810		
	Avg ..	3	9.1	2.7	88.02	3,765		
Jowl fat, as purchased	Min ..	3	13.3	4.3	72.82	3,180		
	Max ..	3	21.2	5.7	82.23	3,550		
	Avg ..	3	16.0	5.0	78.82	3,420		
<i>Pork ham and shoulder.</i>										
Ham, fresh	Edible portion	Min ..	4	57.7	17.7	12.19	870	
		Max ..	4	67.6	19.3	22.4	1.1	1,295	
	Avg ..	4	62.8	18.5	17.7	1.0	1,090		
	As purchased ..	Min ..	4	11.6	7.6	6.14	435	
		Max ..	4	58.5	51.1	16.6	19.39	1,145
		Avg ..	4	42.4	35.7	10.7	10.66	645

¹ Refuse includes fat trimmings.

² Refuse mostly fat and skin.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbonydrates.	Ash.	Fuel value per pound.		
ANIMAL FOOD—continued.											
<i>Pork, ham and shoulder—Continued.</i>											
Ham, smoked:			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>		
Lean.....	Edible portion	Min.....	3	49.5	19.8	17.0	5.4	1,085		
		Max.....	3	57.4	20.7	24.4	5.8	1,415		
		Avg.....	3	53.5	20.2	20.8	5.5	1,255		
	As purchased..	Min.....	3	8.4	45.3	17.0	14.5	4.8	930	
		Max.....	3	14.3	49.2	19.0	22.3	5.0	1,295	
		Avg.....	3	11.5	47.2	17.9	18.5	4.9	1,115	
Medium fat.....	Edible portion	Min.....	13	35.5	12.4	30.3	2.7	1,680		
		Max.....	13	45.6	21.5	44.7	7.4	2,105		
		Avg.....	13	40.7	15.5	39.1	4.7	1,940		
	As purchased..	Min.....	13	6.7	27.3	10.2	24.5	2.4	1,360	
		Max.....	13	28.4	42.5	17.7	39.9	0.0	1,885	
		Avg.....	13	14.4	34.0	13.3	33.4	4.0	1,665	
Fat.....	Edible portion	Min.....	3	22.4	14.3	54.56	2,585		
		Max.....	3	29.7	16.7	56.8	6.5	2,674		
		Avg.....	3	25.5	15.4	53.8	3.3	2,640		
	As purchased..	Min.....	2	2.0	22.0	14.0	51.95	2,460	
		Max.....	2	4.8	28.3	14.5	55.6	6.4	2,605	
		Avg.....	2	3.4	25.2	14.2	53.8	3.4	2,535	
All analyses	Edible portion	Min.....	19	22.4	12.4	17.06	1,085		
		Max.....	19	57.4	21.5	56.8	6.5	2,674		
		Avg.....	19	40.3	16.2	38.8	4.7	1,940		
	As purchased..	Min.....	18	2.0	22.0	10.2	14.55	930	
		Max.....	18	28.4	49.2	19.0	55.6	6.4	2,605	
		Avg.....	18	12.7	35.9	14.1	33.2	4.1	1,665	
Ham, smoked, boiled, no bone, as purchased.....	1		39.2	18.2	37.0	5.6	1,900			
Ham, boneless, raw, without case, as purchased.....	Min.....	4		10.3	11.4	17.3	4.4	1,090		
	Max.....	4		55.9	19.4	38.9	7.4	1,905		
	Avg.....	4		50.1	15.4	28.5	6.0	1,490		
Ham, luncheon, boneless, without case, cooked, as purchased.....	Min.....	2		47.8	22.8	19.4	5.0	1,285		
	Max.....	2		50.5	25.1	22.7	6.7	1,380		
	Avg.....	2		49.2	24.0	21.0	5.8	1,330		
Ham, deviled, as purchased.....	Min.....	4		38.4	17.9	29.5	2.3	1,595		
	Max.....	4		49.4	20.5	38.9	4.4	1,980		
	Avg.....	4		45.3	18.9	32.9	2.9	1,740		
Shoulder, fresh.....	Edible portion	Min.....	5		45.8	14.0	18.57	1,095	
		Max.....	5		63.6	17.0	37.79	1,890	
		Avg.....	5		54.3	15.5	29.48	1,530	
	As purchased..	Min.....	5		7.1	28.4	7.6	8.24	490
		Max.....	5		55.4	49.4	13.8	31.98	1,590
		Avg.....	5		32.5	35.9	10.4	20.75	1,065
Shoulder, smoked:											
Medium fat.....	Edible portion	Min.....	3		41.5	14.6	28.8	5.5	1,515	
		Max.....	3		49.6	16.5	35.0	8.2	1,750	
		Avg.....	3		45.0	15.8	32.5	6.7	1,665	
	As purchased..	Min.....	3		17.4	34.3	11.7	23.7	4.5	1,250
		Max.....	3		19.4	40.8	13.6	28.2	6.8	1,430
		Avg.....	3		18.2	36.8	12.9	26.6	5.5	1,360
Fat.....	Edible portion	Min.....	2		22.6	14.5	49.0	4.7	2,345	
		Max.....	2		30.4	14.9	58.2	5.7	2,725	
		Avg.....	2		28.5	14.7	53.6	5.2	2,535	
	As purchased..	Min.....	2		14.1	16.7	10.7	42.1	3.5	2,015
		Max.....	2		26.0	26.1	12.8	43.1	4.0	2,020
		Avg.....	2		20.0	21.4	11.8	42.6	4.2	2,015
All analyses	Edible portion	Min.....	5		22.6	14.5	28.8	4.7	1,515	
		Max.....	5		49.6	16.5	58.2	8.2	2,725	
		Avg.....	5		37.6	15.3	41.0	6.1	2,015	
	As purchased..	Min.....	5		14.1	16.7	10.7	23.7	3.5	1,250
		Max.....	5		26.0	40.8	13.6	43.1	6.8	2,020
		Avg.....	5		18.9	30.7	12.4	33.0	5.0	1,625
Shoulder, dried and smoked, Swedish imported, lean, as purchased.....	1		47.8	32.6	12.8	6.8	1,145			
<i>Pork, salted and pickled.</i>											
Dry salted backs	Edible portion	Min.....	2		17.0	5.7	71.6	2.2	3,180	
		Max.....	2		17.6	8.6	73.8	3.5	3,220	
		Avg.....	2		17.3	7.2	72.7	2.8	3,200	
	As purchased..	Min.....	2		7.0	15.8	5.3	85.0	2.1	2,890
		Max.....	2		9.2	15.9	7.8	68.6	3.3	2,995
		Avg.....	2		8.1	15.9	6.5	66.8	2.7	2,940

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Pork, salted and pickled—Continued.</i>									
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>	
Dry salted belly.	Edible portion	Min	2	17.2	6.7	71.5	3.2	3,150	
		Max	2	18.1	6.8	72.9	3.6	3,200	
		Avg	2	17.7	6.7	72.2	3.4	3,175	
	As purchased	Min	2	7.1	15.6	6.0	66.1	3.0	2,900
		Max	2	9.3	16.8	6.3	66.4	3.4	2,920
Avg	2	8.2	16.2	6.2	66.2	3.2	2,910		
Salt pork, clear fat, as purchased.	Min	6	3	6	82.8	2.6	3,510		
	Max	6	12.2	4.5	94.1	4.5	4,010		
	Avg	6	7.3	1.8	87.2	3.7	3,715		
Salt pork, lean ends.	Edible portion	Min	4	18.2	6.6	62.3	5.3	2,895	
		Max	4	22.2	9.4	69.8	6.1	3,070	
		Avg	4	19.9	7.3	67.1	5.7	2,965	
	As purchased	Min	4	9.0	16.2	5.8	53.6	4.8	2,410
		Max	4	14.0	19.1	8.0	63.5	5.5	2,790
Avg	4	11.2	17.6	6.5	59.6	5.1	2,635		
Tongue	Edible portion	Min	2	51.8	17.6	16.5	.5	1,025	
		Max	2	65.4	18.4	23.1	6.7	1,315	
		Avg	2	58.6	18.0	19.8	3.6	1,170	
	As purchased	Min	2	1.2	49.1	17.4	16.3	.5	1,010
		Max	2	5.2	64.6	17.5	21.9	6.3	1,250
Avg	2	3.2	56.8	17.5	19.1	3.4	1,180		
Feet	Edible portion	Min	2	61.7	12.9	11.5	.9	725	
		Max	2	74.7	19.2	18.1	1.0	1,120	
		Avg	2	68.2	16.1	14.8	.9	925	
	As purchased	Min	2	26.7	34.4	9.4	8.5	.5	535
		Max	2	44.3	54.7	10.7	10.1	.7	625
Avg	2	35.5	44.6	10.0	9.3	.6	580		
Bacon, smoked:									
Lean	Edible portion	1	32.7	16.4	45.2	5.7	2,210		
	As purchased	1	9.6	29.6	14.9	40.8	5.1	2,000	
		12	7.7	6.8	57.4	2.7	2,640		
Medium fat	Edible portion	Min	12	26.9	13.4	79.7	7.9	3,510	
		Max	12	18.2	10.0	67.2	4.6	3,020	
		Avg	12	2.9	7.1	6.2	52.7	2.4	2,420
	As purchased	Min	12	13.0	24.8	12.1	72.8	7.2	3,200
		Max	12	8.0	16.8	9.2	61.8	4.2	2,780
Avg	12	7.7	7.7	6.8	45.2	2.7	2,210		
All analyses	Edible portion	Min	13	32.7	16.4	45.2	7.9	3,510	
		Max	13	19.3	10.5	65.5	4.7	2,960	
		Avg	13	2.9	7.1	6.2	40.8	2.4	2,000
	As purchased	Min	13	13.0	29.6	14.9	72.8	5.1	3,200
		Max	13	8.1	17.8	9.6	60.2	4.3	2,720
<i>Pork, organs and sides.</i>									
Heart, as purchased	1	75.6	17.1	6.3	1.0	585			
Kidney, as purchased	1	79.5	15.2	4.1	1.2	455			
Liver, as purchased	1	71.4	21.3	4.6	1.4	610			
Lungs, as purchased	1	83.9	11.8	4.0	.9	390			
Pork side ¹	Edible portion	Min	3	25.2	7.8	59.1	.4	2,655	
		Max	3	31.8	8.9	65.0	.5	2,915	
		Avg	3	29.4	8.5	61.7	.4	2,780	
	As purchased	Min	3	7.9	24.1	7.2	51.1	.4	2,295
		Max	3	18.5	27.5	7.8	60.4	.4	2,685
Avg	3	11.2	26.1	7.5	54.8	.4	2,455		
<i>Pork, canned.</i>									
Head, as purchased	1	60.1	17.8	19.3	2.8	1,145			
<i>Sausage.</i>									
Arles	Edible portion	1	17.2	24.9	50.6	7.3	2,600		
	As purchased	1	5.2	16.3	23.6	48.0	6.9	2,465	
Banquet	Edible portion	1	82.7	17.9	15.7	3.7	995		
	As purchased	1	1.6	61.7	17.7	16.4	3.6	980	
Bologna	Edible portion	Min	7	53.5	15.0	11.1	3.0	820	
		Max	7	67.0	20.7	24.0	5	1,290	
		Avg	7	59.5	18.6	18.2	1	1,115	
	As purchased	Min	4	2.4	51.6	14.6	13.9	3.0	935
		Max	4	4.5	59.9	20.0	23.4	5.0	1,260
Avg	4	3.3	55.2	18.0	19.7	3.8	1,165		

¹ Lard and other fats included.² Refuse, skin.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
Sausage—Continued.								
Bologna, dried and smoked, Swedish	1		27.6	27.6	32.6	3.9	8.3	1,960
{ Edible portion	1	3.0	26.8	26.8	31.6	3.3	8.0	1,900
{ As purchased ¹	1		20.6	25.9	41.2	4.5	7.6	2,310
Bologna, cervelat, imported, as purchased	1		23.2	27.2	42.0		7.6	2,280
Farmer { Edible portion	1	3.0	22.2	26.5	40.4		7.3	2,195
{ As purchased	1		40.3	17.9	14.8		7.7	975
Frankfort, as purchased	6		63.8	33.1	25.9	2.4	8.1	1,710
{ Min	6		55.5	21.7	18.8		3.6	1,205
{ Max	6		35.6	29.4	37.3	3.4	4.3	2,185
{ Avg	6	2.2	25.1	28.7	36.5	3.3	4.2	2,135
Holstein { Edible portion	1		32.5	32.5	27.2		8.0	1,750
{ As purchased ¹	1	10.0	20.2	29.1	24.5		7.2	1,575
Lyons { Edible portion	1		25.7	8.8	28.2		1.9	1,460
{ As purchased ¹	1		54.4	15.9	56.8	3.5	2.7	2,635
Pork, as purchased	9		38.7	12.8	46.4	8	2.3	2,170
{ Min	9		25.7	8.8	28.2		1.9	1,460
{ Max	9		54.4	15.9	56.8	3.5	2.7	2,635
{ Avg	9		38.7	12.8	46.4	8	2.3	2,170
Pork sausage meat, as purchased	1		46.2	17.9	32.5		3.4	1,705
{ Min	2		28.6	22.5	37.8		6.9	2,015
{ Max	2		32.4	22.7	42.0		7.1	2,190
{ Avg	2		30.5	22.6	39.9		7.0	2,105
Salmi { Edible portion	2	7.5	26.5	20.2	33.6		6.4	1,795
{ As purchased	2	11.0	28.8	20.8	38.8		6.4	2,025
{ Min	2	9.3	27.6	20.5	36.2		6.4	1,910
{ Max	2		20.0	22.8	43.0		7.3	2,265
{ Avg	2		25.0	26.6	45.7		8.0	2,425
Summer { Edible portion	3		23.2	24.6	44.5		7.7	2,385
{ As purchased	3	5.2	18.2	21.6	41.6		6.9	2,200
{ Min	3	8.9	23.7	24.3	42.6		7.0	2,200
{ Max	3	7.0	20.9	23.0	42.1		7.0	2,200
{ Avg	3		46.4	17.3	33.1		3.2	1,720
Tongue, as purchased	1		46.4	17.3	33.1		3.2	1,720
Sausage, canned.								
Beef, as purchased	1		59.6	17.8	20.6		2.0	1,200
Bologna (Italian), as purchased	1		42.6	23.2	27.8		6.4	1,605
Frankfort, as purchased	1		72.7	14.6	9.9		2.8	690
Oxford, as purchased	1		23.9	9.9	58.5	.6	2.1	2,650
Pork { Edible portion	1		56.6	16.6	24.8		2.0	1,355
{ As purchased	1	12.6	49.5	14.5	21.6		1.8	1,180
Soups.								
Asparagus, cream of, as purchased	1		87.4	2.5	3.2	5.5	1.4	285
{ Min	2		96.5	1.7		.1	.9	40
{ Max	2		96.6	2.4	.1	.3	1.4	50
{ Avg	2		96.5	2.0	.1	.2	1.2	45
Celery, cream of, as purchased	1		88.6	2.1	2.8	5.0	1.5	250
{ Min	2		93.2	3.2		1.2	.9	90
{ Max	2		94.5	3.9	.2	1.7	1.2	105
{ Avg	2		93.8	3.6	.1	1.5	1.0	100
Chicken, as purchased	2		86.8	3.0		3.8	1.3	135
{ Min	2		86.8	3.0		3.8	1.3	135
{ Max	2		91.7	4.6	1.7	5.5	1.4	260
{ Avg	2		89.2	3.8	.9	4.7	1.4	200
Chicken gumbo, as purchased	2		96.0	2.5		.4	1.1	55
Consommé, as purchased	1		86.8	2.5	1.9	7.8	1.0	275
Corn, cream of, as purchased	1		95.9	2.7		.5	.9	60
Julienne, as purchased	1		83.3	3.7	2.0	4.3	1.1	255
{ Min	3		87.6	5.0	6.4	5.6	1.3	435
{ Max	3		85.7	4.5	3.5	5.1	1.2	325
{ Avg	3		88.9	4.5	.5	1.6	1.2	160
Mock turtle	2		90.8	5.9	1.3	3.9	1.4	210
{ Min	2		89.8	5.2	.9	2.4	1.3	185
{ Max	2		87.2	3.3		3.8	1.1	145
{ Avg	2		91.3	4.1	.3	7.6	1.3	215
Mullagatawny, as purchased	2		89.3	3.7	1	5.7	1.2	180
{ Min	2		88.3	3.9	.5	4.2	1.3	175
{ Max	2		89.4	4.1	2.1	4.3	1.9	245
{ Avg	2		88.8	4.0	1.3	4.3	1.6	210
Ox tail { Edible portion	1		87.8	3.8	.5	4.2	1.9	170
{ As purchased	1	1.8	81.6	2.6		6.9	1.0	220
{ Min	2		88.5	5.8	1.0	11.1	1.5	315
{ Max	2		85.1	4.2	.5	9.0	1.2	265
{ Avg	2		87.7	2.6	2.7	5.7	1.3	270
Pea, cream of green, as purchased	1		89.7	1.7	.9	5.3	1.2	180
{ Min	2		90.4	1.9	1.2	6.0	1.7	185
{ Max	2		90.0	1.8	1.1	5.6	1.5	185
{ Avg	2							

¹ Refuse, skin or case.² Refuse, liquid.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.									
<i>Soups—Continued.</i>									
Turtle, green, as purchased	1	<i>Per ct.</i>	<i>Per ct.</i> 86.6	<i>Per ct.</i> 6.1	<i>Per ct.</i> 1.9	<i>Per ct.</i> 3.9	<i>Per ct.</i> 1.5	<i>Calories.</i> 270	
Vegetable, as purchased	1		95.7	2.0		.5	.9	65	
<i>Poultry and game, fresh.</i>									
Chicken	Edible portion	Min.	2	72.2	21.1	1.8	1.0	460	
		Max.	2	76.3	24.5	1.9	1.4	535	
	As purchased	Min.	2	74.2	22.8	1.8	1.2	500	
		Max.	2	31.4	44.6	14.4	1.1	315	
	As purchased	Min.	2	38.2	52.4	15.1	1.2	330	
		Avg.	2	34.8	48.5	14.8	1.1	325	
Fowl	Edible portion	Min.	5	62.8	11.8	12.5	1.0	890	
		Max.	5	71.0	21.1	15.9	1.3	1,020	
	As purchased	Min.	5	18.0	38.3	9.7	7.2	1.1	965
		Max.	5	42.7	58.2	14.8	13.0	1.1	510
	As purchased	Min.	5	30.0	45.6	13.4	10.2	1.1	740
		Avg.	5	37.9	46.7	13.7	10.2	1.1	680
Goose	Edible portion	Min.	2	46.7	16.3	30.2	.7	1,330	
		Max.	2	42.3	13.0	43.9	.8	2,360	
	As purchased	Min.	2	17.6	27.8	7.2	29.8	.5	2,995
		Max.	2	26.7	36.5	13.4	37.8	.7	1,730
	As purchased	Min.	2	22.2	33.1	10.3	33.8	.6	1,620
		Avg.	2	29.5	37.9	11.7	30.2	.7	1,330
Turkey	Edible portion	Min.	3	49.5	18.9	8.7	.9	810	
		Max.	3	66.1	23.9	30.7	1.3	1,650	
	As purchased	Min.	3	55.5	20.6	22.9	1.0	1,350	
		Max.	3	17.1	41.1	15.5	5.9	.7	550
	As purchased	Min.	3	32.4	44.7	16.1	25.5	.9	1,365
		Avg.	3	22.7	42.4	15.7	18.4	.8	1,070
Chicken, gizzard, as purchased	1		72.5	24.7	1.4	1.4	520		
Chicken, heart, as purchased	1		72.0	21.1	5.5	1.4	625		
Chicken, liver, as purchased	1		69.3	22.4	4.2	2.4	635		
Quail, as purchased	1		73.8	19.4	5.8	1.0	605		
Goose, gizzard, as purchased	1		62.6	16.6	15.9	3.7	1.2	980	
Turkey, gizzard, as purchased	1		62.7	20.5	14.5	1.2	1.1	1,015	
Turkey, heart, as purchased	1		68.6	17.2	18.2	4.0	1.0	875	
Turkey, liver, as purchased	1		69.6	22.9	5.2	.6	1.7	655	
<i>Poultry and game, canned.</i>									
Chicken, as purchased	1		46.9	20.5	30.0		2.6	1,645	
Plover, as purchased	1		57.7	22.4	10.2	7.6	2.1	990	
Quail, as purchased	1		66.9	21.8	8.0	1.7	1.6	775	
Turkey, as purchased	1		47.4	20.7	29.2		2.7	1,615	
<i>Fish.</i>									
Alewife, whole	Edible portion	Min.	2	72.7	18.8	3.8	1.5	510	
		Max.	2	75.9	19.5	6.0	1.5	615	
	As purchased	Min.	2	49.4	36.9	9.5	1.9	.8	255
		Max.	2	49.5	38.3	9.9	3.0	.8	310
	As purchased	Min.	2	49.5	37.6	9.7	2.4	.8	280
		Avg.	2	49.5	37.6	9.7	2.4	.8	280
Bass, black, whole	Edible portion	Min.	2	74.8	19.2	1.0	1.2	400	
		Max.	2	78.6	21.5	2.5	1.2	505	
	As purchased	Min.	2	76.7	20.4	1.7	1.2	450	
		Max.	2	53.6	34.6	8.5	.4	.5	175
	As purchased	Min.	2	56.0	34.7	10.0	1.1	.6	230
		Avg.	2	54.8	34.6	9.3	.8	.5	205
As purchased	Min.	1	81.6	16.7	.5	1.2	.3	330	
	Max.	1	63.5	29.8	6.1	.2	.4	120	
Bass, sea, whole	Edible portion	1	79.3	18.8	.5	1.4	.3	370	
	As purchased	1	56.1	34.8	8.3	.2	.6	160	
Bass, striped, whole	Edible portion	Min.	6	75.8	16.9	2.1	.9	405	
		Max.	6	79.6	19.3	4.6	1.4	525	
	As purchased	Min.	6	77.7	18.3	2.8	1.2	460	
		Max.	5	48.6	32.5	7.2	.7	.5	170
	As purchased	Min.	5	57.1	39.7	9.7	1.6	.6	240
		Avg.	5	56.0	35.1	8.8	1.1	.5	200
Bass, striped, entrails removed, as purchased	Min.	4	51.2	37.4	8.7	2.2	.5	255	
	Max.	4	77.0	17.4	.6	.7	.3	350	
Blackfish, whole	Edible portion	Min.	4	81.0	19.0	2.8	1.4	470	
		Max.	4	79.1	18.5	1.3	1.1	400	
	As purchased	Min.	2	50.2	29.2	6.3	.2	.2	125
		Max.	2	64.1	33.7	8.3	1.2	.6	205
	As purchased	Min.	2	60.1	31.5	7.8	.7	.4	165
		Avg.	2	60.1	31.5	7.8	.7	.4	165

Composition of American food products—Continued.

Food materials.		Number of analyses.	Moisture.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
ANIMAL FOOD—continued.										
Fish—Continued.										
			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.	
Blackfish, entrails removed, as purchased.	{ Min	2	53.6	33.5	7.9	4		.4	165	
	{ Max	2	57.8	36.4	8.7			.6	190	
	{ Avg	2	55.7	35.0	8.3	5		.5	175	
Bluefish, entrails removed.	{ Edible portion	1		78.5	19.0	1.2		1.3	405	
	{ As purchased	1	48.6	40.3	9.8	6		.7	205	
Buffalo-fish, entrails removed.	{ Edible portion	1		78.6	17.9	2.3		1.2	430	
	{ As purchased	1	52.5	37.3	8.5	1.1		.6	205	
Butter-fish, whole.	{ Edible portion	1		70.0	17.8	11.0		1.2	795	
	{ As purchased	1	42.8	40.1	10.2	6.3		.6	455	
Cisco, whole.	{ Edible portion	1		76.1	19.1	3.5		1.3	505	
	{ As purchased	1	42.7	48.6	11.0	2.0		.7	290	
	{ Edible portion	{ Min	5	80.7	15.0	3		1.0	285	
		{ Max	5	83.5	17.6	5		1.3	340	
		{ Avg	5	82.6	15.8	4		1.2	310	
Cod, whole.	{ Min	2	48.5	35.1	7.7	1		.6	145	
	{ Max	2	56.5	42.3	8.3	3		.6	165	
	{ Avg	2	52.5	38.7	8.0	2		.6	155	
	{ As purchased	{ Min	3	25.5	55.3	9.9		.8	190	
		{ Max	3	33.7	62.1	11.4	3		.9	220
		{ Avg	3	29.9	58.5	10.6	2		.8	205
		{ Min	3	81.8	15.0	1		.8	300	
		{ Max	3	83.5	17.2	5		1.0	330	
		{ Avg	3	82.5	16.3	3		.9	315	
Cod, sections, as purchased.										
	{ Edible portion	1		79.7	18.6	5		1.2	365	
	{ As purchased	1	9.2	72.4	16.9	5		1.0	335	
Cusk, entrails removed.	{ Edible portion	1		82.0	18.9	2		.9	325	
	{ As purchased	1	40.3	49.0	10.1	1		.5	190	
	{ Edible portion	{ Min	2	69.8	17.6	7.0		.9	660	
		{ Max	2	73.4	19.0	10.3		1.1	790	
		{ Avg	2	71.6	18.3	9.1		1.0	725	
Eels, salt water, dressed.	{ Min	2	19.0	54.9	14.3	6.4		.7	535	
	{ Max	2	21.4	59.4	14.9	8.1		.9	620	
	{ Avg	2	20.2	57.2	14.6	7.2		.8	575	
	{ As purchased	{ Min	3	83.4	12.9	4		1.2	275	
		{ Max	3	85.0	14.7	7		1.3	300	
		{ Avg	3	84.2	13.9	6		1.3	285	
Flounder, whole.	{ Min	2	56.2	27.2	5.2	2		.5	120	
	{ Max	2	66.8	37.0	6.1	3		.5	130	
	{ Avg	2	61.5	32.1	5.6	3		.5	115	
	{ As purchased	{ Min	1	57.0	35.8	6.3	3		.6	180
		{ Max	4	80.3	15.9	1		1.0	305	
		{ Avg	4	82.6	18.4	4		1.6	350	
Haddock, entrails removed.	{ Min	4	81.7	16.8	3		1.2	325		
	{ Max	4	48.0	38.5	7.8	1		.5	150	
	{ Avg	4	52.9	42.9	8.9	2		.8	170	
	{ As purchased	{ Min	4	51.0	40.0	8.2		.6	160	
		{ Max	1	83.1	15.2	7		1.0	310	
		{ Avg	1	52.5	39.5	7.2		.5	145	
	{ Edible portion	{ Min	3	70.1	17.5	2		.9	420	
		{ Max	3	79.2	19.4	10.6		1.2	785	
		{ Avg	3	75.4	18.3	5		1.1	560	
Halibut, steaks or sections.	{ Min	3	11.2	60.9	13.4	1		.7	320	
	{ Max	3	23.1	62.6	16.1	9.4		1.0	695	
	{ Avg	3	17.7	61.9	15.1	4.4		.9	465	
	{ As purchased	{ Min	2	69.0	18.5	3		1.5	490	
		{ Max	2	76.0	19.2	11.0		1.6	810	
		{ Avg	2	72.5	18.9	7.1		1.5	650	
Herring, whole.	{ Min	2	39.3	37.3	10.0	1		.8	300	
	{ Max	2	46.0	46.1	11.7	5.9		1.0	435	
	{ Avg	2	42.6	41.7	10.9	3.9		.9	370	
	{ Edible portion	1		79.2	18.7	9		1.2	385	
	{ As purchased	1	56.6	34.4	8.1	4		.5	170	
Kingfish, whole.	{ Edible portion	1		71.1	14.9	13.3		.7	840	
	{ As purchased	1	45.8	38.5	8.1	7.2		.4	455	
Lamprey, whole.	{ Min	6	64.0	17.5	2		1.0	430		
	{ Max	6	78.7	19.3	7		1.5	1,022		
	{ Avg	6	73.4	18.2	7.1		1.3	640		
Mackerel, whole.	{ Min	5	33.8	35.8	8.4	1		.6	300	
	{ Max	5	57.9	48.5	12.1	10.7		1.0	870	
	{ Avg	5	44.6	40.4	10.0	4.3		.7	374	
	{ As purchased	1	40.7	43.7	11.4	3.5		.7	360	
Mackerel, entrails removed, as purchased.										
	{ Edible portion	1		74.9	19.3	4		1.2	55	
	{ As purchased	1	57.9	31.5	8.1	2.0		.5	230	
Muskellunge, whole.	{ Edible portion	1		76.3	19.6	2.5		1.6	47	
	{ As purchased	1	49.2	38.7	10.0	1.3		.8	24	

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Perch, white, whole.	Edible portion	Min	75.6	17.7	2.5	1.1	485	
		Max	75.8	20.4	5.6	1.3	565	
		Avg	75.7	19.1	4.0	1.2	525	
		Min	61.8	27.8	6.5	1.0	185	
		Max	63.2	28.9	7.8	2.1	210	
	As purchased	Avg	62.5	28.4	7.2	1.5	.4	195
Perch, pike (wall-eyed pike).	Edible portion	1	79.7	18.4	.5	1.4	365	
	As purchased	1	57.3	34.1	7.9	.2	.6	155
Perch, yellow, whole.	Edible portion	Min	78.1	17.9	.6	1.1	360	
		Max	80.4	19.5	1.1	1.3	410	
		Avg	79.3	18.7	.8	1.2	385	
As purchased	1	62.7	30.0	6.7	2	4	135	
Perch, yellow, dressed, as purchased	1	35.1	50.7	12.6	.7	.9	265	
Pickereel (pike), whole.	Edible portion	Min	79.5	18.4	.5	1.0	365	
		Max	79.9	18.9	.6	1.2	375	
		Avg	79.8	18.0	.5	1.1	365	
As purchased	3	45.4	40.8	9.7	.2	.6	190	
	Max	48.7	43.6	10.2	.3	.7	200	
	Avg	47.1	42.2	9.8	.2	.7	190	
Pickereel (pike), entrails removed, as purchased	1	42.7	45.7	10.7	.3	.6	210	
Pike, gray, whole.	Edible portion	1	80.8	17.3	.8	1.1	355	
	As purchased	1	63.2	29.7	6.4	.3	.4	130
Pollock, dressed	Edible portion	1	76.0	21.7	.8	1.5	440	
	As purchased	1	28.5	54.3	15.5	.6	1.1	315
Pompano, whole	Edible portion	Min	67.4	18.1	1.6	1.0	405	
		Max	78.2	19.2	13.5	1.0	925	
		Avg	72.8	18.7	7.5	1.0	665	
		Min	42.4	38.8	9.9	.8	.5	220
		Max	48.6	40.2	10.5	7.3	.5	525
	As purchased	Avg	45.5	39.5	10.2	4.3	.5	370
Porgy, whole	Edible portion	Min	72.0	17.5	1.5	1.4	390	
		Max	79.7	19.3	7.9	1.4	685	
		Avg	75.0	18.5	5.1	1.4	560	
		Min	57.3	27.8	6.1	.5	.5	135
		Max	65.1	31.1	3.2	3.4	.6	295
	As purchased	Avg	60.0	29.9	7.4	2.1	.6	225
Red grouper, entrails removed.	Edible portion	Min	79.0	18.4	.5	1.1	365	
		Max	79.9	19.2	.7	1.2	385	
		Avg	79.5	18.8	.6	1.1	375	
		Min	55.8	34.8	8.2	.2	.5	160
		Max	55.9	35.3	8.5	.3	.5	170
	As purchased	Avg	55.9	35.0	8.4	.2	.5	165
Red snapper, whole.	Edible portion	Min	77.3	18.3	.5	1.3	360	
		Max	79.8	19.9	1.9	1.3	440	
		Avg	78.5	19.2	1.0	1.3	400	
		Min	39.6	36.8	9.2	.4	.6	190
		Max	52.5	47.2	12.0	.9	.8	260
	As purchased	Avg	46.1	42.0	10.6	.6	.7	220
Red snapper, entrails and gills removed, as purchased	1	45.3	43.7	10.0	.3	.7	200	
Salmon, whole	Edible portion	Min	61.0	17.3	10.2	1.1	855	
		Max	69.5	24.5	15.0	1.6	1,005	
		Avg	65.2	20.6	12.8	1.4	925	
		Min	30.8	30.0	7.7	5.4	.6	370
		Max	56.3	45.0	14.8	10.0	1.0	670
	As purchased	Avg	39.2	39.4	12.4	8.1	.9	570
Salmon, entrails removed, as purchased.	Edible portion	Min	23.8	45.0	12.4	6.6	.9	510
		Max	35.2	51.2	14.6	9.5	.9	675
		Avg	29.5	48.1	13.5	8.1	.8	590
Salmon, California, sections.	Edible portion	Min	62.7	17.0	16.5	1.0	1,030	
		Max	64.5	18.0	19.2	1.1	1,125	
		Avg	63.6	17.5	17.9	1.0	1,080	
As purchased	1	10.3	57.9	16.1	14.8	.9	925	
Shad, whole.	Edible portion	Min	65.3	17.8	6.5	.9	630	
		Max	73.6	20.0	13.6	1.5	940	
		Avg	70.6	18.6	9.5	1.3	745	
		Min	44.4	30.3	7.4	2.9	.6	260
		Max	58.8	39.5	10.5	7.3	.8	505
	As purchased	Avg	50.1	35.2	9.2	4.8	.7	375
Shad roe, as purchased	1	71.2	20.9	3.8	2.6	1.5	600	
Sheepshead, whole.	Edible portion	Min	72.0	18.9	.7	1.1	380	
		Max	79.1	20.2	6.7	1.3	660	
		Avg	75.6	19.5	3.7	1.2	520	
As purchased	1	66.0	26.9	6.4	.2	.5	125	

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.									
Fish—Continued.									
Sheepshead, entrails removed, as purchased.		1	56.5	31.3	8.9	2.9			235
Skate, lobe of body.	{ Edible portion	1		32.2	15.3	1.4		1.1	345
	{ As purchased.	1	51.0	40.2	7.5	.7			170
Smelt, whole.	{ Edible portion	{ Min		78.2	15.9	1.6		1.4	400
		{ Max		80.2	18.8	1.9		2.0	420
		{ Avg		79.2	17.3	1.8		1.7	410
	{ As purchased.	{ Min	34.8	39.9	9.6	.8		1.7	215
		{ Max	49.0	52.3	10.4	1.2	1.3	245	
		{ Avg	41.9	46.1	10.0	1.0	1.0	230	
Spanish mackerel, whole.	{ Edible portion	1		68.1	21.0	9.4		1.5	790
	{ As purchased.	1	34.6	44.5	13.7	6.2		1.0	515
Sturgeon, anterior sections.	{ Edible portion	1		78.7	18.0	1.9		1.4	415
	{ As purchased.	1	14.4	67.4	15.4	1.0		1.2	365
Trout, brook, whole.	{ Edible portion	{ Min		75.8	18.4	.8		1.0	380
		{ Max		79.8	20.0	2.9		1.4	495
		{ Avg		77.8	18.9	2.1		1.2	440
	{ As purchased.	{ Min	45.2	38.6	9.2	.4		.5	225
		{ Max	50.1	43.8	10.2	1.5	.7	255	
		{ Avg	48.1	40.4	9.8	1.1	.6	230	
Toucod, whole.	{ Edible portion	1		81.5	17.1	.4		1.0	335
	{ As purchased.	1	59.9	32.7	6.8	.2		.4	181
Turbot, whole.	{ Edible portion	1		71.4	12.9	14.4		1.3	85
	{ As purchased.	1	47.7	37.3	6.4	7.5		.7	44
Weakfish, whole.	{ Edible portion	1		79.0	17.4	2.4		1.2	42
	{ As purchased.	1	51.9	38.0	8.4	1.1		.6	204
Whitfish, whole.	{ Edible portion	1		69.8	22.1	6.5		1.6	68
	{ As purchased.	1	53.5	32.5	10.3	3.0		.7	32
<i>Fish, preserved and canned.</i>									
Cod, salt.	{ Edible portion	{ Min		53.5	21.2	.3		24.3	40
		{ Max		53.6	21.7	.4		25.0	42
		{ Avg		53.6	21.4	.4		24.6	41
	{ As purchased.	{ Min	24.3	40.0	15.7	.3		18.4	30
		{ Max	25.5	40.5	16.4	.4		18.5	32
		{ Avg	24.9	40.3	16.0	.4		18.4	31
Cod, boneless, salt, as purchased.	{ Edible portion	1		54.4	22.2	.3		23.1	42
Haddock, smoked.	{ Edible portion	1		72.5	23.7	.2		3.6	45
	{ As purchased.	1	32.2	49.2	16.1	.1		2.4	30
Haddock, smoked, canned, cooked, as purchased.	{ Edible portion	{ Min		68.7	21.8	2.3		7.2	50
		{ Max		47.7	18.1	14.4		14.9	38
		{ Avg		51.1	23.0	15.6		15.2	1.05
	{ As purchased.	{ Min	5.9	44.9	18.7	13.6		13.9	9
		{ Max	8.0	47.0	21.6	14.4		14.0	9
		{ Avg	7.0	46.0	19.1	14.0		13.9	94
Herring, smoked, entrails removed.	{ Edible portion	1		34.6	36.4	15.8		13.2	1.3
	{ As purchased.	1	44.4	19.2	20.2	8.8		7.4	74
Lamprey, canned, Russia.	{ Edible portion	1		63.3	16.9	12.2	3.6	4.0	8
	{ As purchased.	1	18.2	51.7	13.8	10.0	3.0	3.3	74
Mackerel, salt, entrails removed.	{ Edible portion	1		42.2	22.0	22.6		13.2	1.3
	{ As purchased.	1	22.9	32.5	17.0	17.4		10.2	1.0
Mackerel, salt, dressed.	{ Edible portion	{ Min		43.2	16.9	24.9		12.0	1.3
		{ Max		43.6	17.7	27.9		13.8	1.4
		{ Avg		43.4	17.3	26.4		12.9	1.4
	{ As purchased.	{ Min	17.0	38.8	13.7	19.3		10.0	1.0
		{ Max	22.4	35.8	14.0	23.2		10.8	1.2
		{ Avg	19.7	34.8	13.9	21.2		10.4	1.1
Mackerel, salt, canned, as purchased.		1		68.2	19.9	8.7		3.2	.7
Mackerel, salt, canned in oil.	{ Edible portion	1		58.2	22.0	14.1	1.6	4.1	1.0
	{ As purchased.	1	31.5	39.9	15.0	9.7	1.1	2.8	.7
Minogy, pickled, canned.	{ Edible portion	1		56.5	21.9	18.6		3.4	1.1
	{ As purchased.	1	18.7	46.0	17.8	15.1		2.0	.9
Pilchard in tomatoes, canned, Russia, as purchased.		1		52.7	27.5	15.8		4.0	1.1
		6		57.5	17.2	2.4		1.8	
Salmon, canned.	{ Edible portion	{ Min		71.1	23.7	21.5	7.1	2.5	1.1
		{ Max		64.9	20.7	10.8	1.2	2.4	
		{ Avg		3	11.7	54.6	18.8	7.0	1.5
	{ As purchased.	{ Min	3	16.9	58.2	20.3	9.8		2.4
		{ Max	3	14.2	56.8	19.5	7.5		2.0
		{ Avg	3		56.4	25.3	12.7		5.6
Sardines, canned.	{ Edible portion	1		56.4	25.3	12.7		5.6	1.1
	{ As purchased.	1	5.0	53.6	24.0	12.1		5.3	

¹ Refuse, oil.

² Refuse, liquids.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—continued.								
<i>Fish, preserved and canned—Continued.</i>								
Sturgeon, dried, { Edible portion	1	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Russia. { As purchased	1	12.7	44.1	28.1	8.4	7.8	1,005
Sturgeon, caviare, pressed, Russia, as purchased	1	38.1	30.0	19.7	7.6	4.6	1,580
Tunny, canned, as purchased	1	73.7	21.5	4.1	1.7	575
Tunny, canned, { Edible portion	1	51.3	23.8	20.0	4.3	1,295
in oil, Russia. { As purchased	1	16.7	42.7	20.3	16.7	3.6	1,058
<i>Shellfish, etc., fresh.</i>								
Clams, long, in shell. { Edible portion { Min	4	85.0	8.1	1.0	1.6	2.0	225
	4	86.1	9.0	1.2	2.5	3.0	255
	4	85.8	8.6	1.0	2.5	2.6	240
	4	39.9	47.2	4.4	.5	.9	.2	120
As purchased	4	45.2	51.7	5.2	.7	1.5	1.7	150
	4	41.9	49.9	5.0	.6	1.1	1.5	140
Clams, round, in shell. { Edible portion { Min	1	86.2	6.5	.4	4.2	2.7	215
	1	67.5	28.0	2.1	.1	1.4	.9	70
Clams, round, from shell, as purchased	1	80.8	10.6	1.1	5.2	2.3	340
Crabs, hard, { Edible portion	1	77.1	16.6	2.0	1.2	3.1	415
whole. { As purchased	1	52.4	36.7	7.9	.9	.6	1.5	195
Crayfish, a b d o - men. { Edible portion { Min	1	81.2	16.0	.5	1.0	1.3	335
	1	86.6	10.9	2.1	.1	.1	.2	45
Lobster, whole. { Edible portion { Min	4	68.6	11.6	1.5	1.6	290
	4	84.3	25.4	2.5	.9	4.0	555
	4	79.2	16.4	1.8	.4	2.2	390
	4	44.0	18.0	4.4	.56	115
As purchased	4	73.7	47.2	6.5	.9	.4	1.1	165
	4	61.7	30.7	5.9	.7	.2	.8	145
Mussels. { Edible portion { Min	1	84.2	8.7	1.1	4.1	1.9	285
	1	46.7	44.9	4.6	.6	2.2	1.0	150
Oysters in the shell. { Edible portion { Min	34	80.5	4.2	.6	1.8	1.2	135
	34	90.9	10.0	1.9	6.7	2.8	380
	34	86.9	6.2	1.2	3.7	2.0	230
	34	74.0	10.7	.5	.1	.2	.2	30
As purchased	34	88.3	23.1	1.8	.4	1.3	.6	65
	34	81.4	16.1	1.2	.2	.7	.4	45
Oysters, "solids," as purchased. { Min	6	85.2	5.7	.9	1.7	.7	175
	6	81.0	6.6	1.8	5.6	1.1	305
	6	85.3	6.1	1.4	3.3	.9	235
Scallops, as purchased. { Min	2	77.8	14.5	1.1	1.3	310
	2	82.8	15.1	.3	5.6	1.5	385
	2	80.3	14.8	.1	3.4	1.4	315
Terrapin. { Edible portion	1	74.5	21.0	3.5	1.0	540
	1	75.4	18.3	5.2	.92	135
Turtle, green, whole. { Edible portion	1	79.8	18.5	.5	1.2	365
	1	76.0	19.2	4.4	.13	86
<i>Shellfish, canned.</i>								
Clams, long, as purchased	1	84.5	9.0	1.3	2.9	2.3	275
Clams, round, as purchased	1	82.9	10.5	.8	3.0	2.8	285
Crabs, as purchased. { Min	2	78.9	15.6	.8	.8	1.8	340
	2	81.0	16.0	2.3	.7	2.1	410
	2	80.0	15.8	1.5	.7	2.0	370
Lobsters, as purchased. { Min	5	76.2	16.7	.5	.5	2.1	340
	5	79.4	19.5	1.7	.6	2.8	445
	5	77.8	18.1	1.1	.5	2.5	395
Oysters, as purchased. { Min	3	84.6	7.0	2.0	4.1	1.2	285
	3	86.0	8.0	2.2	5.2	1.4	310
	3	85.2	7.4	2.1	4.0	1.3	300
Shrimps, as purchased	1	70.8	25.4	1.0	.2	2.6	520
<i>Eggs.</i>								
Hens' eggs. { Edible portion { Min	39	68.2	9.8	9.16	650
	39	75.3	17.4	15.1	1.6	885
	39	73.5	14.9	10.6	1.0	725
As purchased	39	10.5	66.0	13.1	9.59	645
<i>Dairy products, etc.</i>								
Butter	82.4	3,475
Whole milk	87.0	3.8	4.0	5.0	.7	325
Skim milk	90.5	3.4	.3	5.1	.7	170
Buttermilk	91.0	3.0	.5	4.8	.7	165

¹ Refuse, oil.

² Refuse of whole.

³ Average per cent shell in several determinations.

⁴ Average per cent butter fat found in the 90-day Columbian butter test.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
			Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calori
ANIMAL FOOD—continued.								
<i>Dairy products, etc.—Continued.</i>								
Condensed milk	{ Min		25.7	6.0	4.4	44.4	1.9	1.1
	{ Max		37.3	10.4	9.8	56.9	2.1	1.5
	{ Avg		30.5	8.2	7.1	52.3	1.9	1.4
Cream	{ Avg		74.0	2.5	18.5	4.5	.5	1.9
Cheese:								
American pale	1		31.6	28.8	36.2		3.4	2.0
American red	1		28.6	29.6	38.3		3.5	2.1
Boudar	1		55.2	15.4	21.7	.7	7.0	1.2
Cheddar	1		35.6	28.2	32.0		4.2	1.8
Cheshire	1		37.1	26.9	31.6		4.4	1.8
Crown brand	1		31.4	5.2	58.0	2.2	3.2	2.5
Dutch	1		35.2	37.1	17.7		10.0	1.4
Brie	1		60.2	15.9	21.0	1.4	1.5	1.2
Imitation old English	1		20.7	30.1	42.7	1.3	5.2	2.3
Limburger	1		42.1	23.0	20.4	.4	5.1	1.6
	{ Min		42.7	15.1	22.3	.2	2.3	1.1
	{ Max		57.2	22.3	32.5	2.9	2.5	1.1
	{ Avg		50.0	18.7	27.4	1.5	2.4	1.5
Pineapple	{ Min		11.6	27.0	33.3	2.2	5.1	1.1
	{ Max		31.0	34.5	45.2	3.1	6.2	2.0
	{ Avg		23.0	29.9	38.9	2.6	5.6	2.2
Roquefort	1		39.3	22.6	29.5	1.8	6.8	1.7
	{ Min		28.9	26.1	33.2	.9	4.4	1.1
	{ Max		33.8	29.1	36.7	1.7	5.2	2.2
	{ Avg		31.4	27.6	34.9	1.3	4.8	2.0
Swiss	19		27.0	17.9	25.0		2.5	1.1
	{ Min		38.0	37.0	44.6	8.8	4.8	2.2
	{ Max		33.0	36.0	31.2	2.3	3.8	1.9
	{ Avg		33.7	37.0	34.2	3.3	4.0	1.9
Whole milk ²	19		38.0	37.0	44.6	8.8	4.8	2.2
	{ Min		34.8	23.5	23.7	2.3	3.2	1.1
	{ Max		42.0	27.6	34.5	4.9	3.4	1.1
	{ Avg		38.2	25.4	29.5	3.6	3.3	1.7
Partly skimmed ²	3		41.2	26.3	6.8	2.0	2.4	1.1
	{ Min		53.1	38.4	27.8	9.0	5.1	1.1
	{ Max		45.7	31.5	16.4	2.2	4.2	1.3
	{ Avg		47.9	25.9	31.7		4.5	1.8
Imitation full cream, Oleo	1		37.0	25.9	31.7		4.5	1.8
<i>Miscellaneous.</i>								
Gelatine	{ Min		9.6	82.2			1.4	1.1
	{ Max		15.4	88.3	.4		4.4	1.1
	{ Avg		13.6	84.2	.1		2.1	1.1
Isinglass, sturgeon	1		19.0	77.4	1.6		2.0	1.1
Spinal column, sturgeon	1		17.7	76.9	.8		4.6	1.1
	{ Min		20.8	81.4	.8	56.7	1.1	1.1
	{ Max		39.7	14.6	2.2	87.4	7.1	1.1
	{ Avg		27.7	6.7	1.4	60.2	4.0	1.1
Mince-meat, commercial	3		56.6	3.4	4.9	28.6	1.0	1.1
	{ Min		56.9	4.7	7.3	34.1	2.5	1.1
	{ Max		56.8	4.0	6.1	31.3	1.8	1.1
	{ Avg							
Mince-meat, homemade	2							
Animal and other fats, except butter:					100.0			4.5
Tallow, refined					100.0			4.5
Lard, refined					100.0			4.5
Cottolene					100.0			4.5
Oleomargarine	{ Min		6.9	.1	74.9		3.1	3.1
	{ Max		11.5	4.8	88.8		12.9	3.1
	{ Avg		9.8	1.3	82.7		6.7	3.1
VEGETABLE FOOD.								
<i>Wheat flours, meals, etc.</i>								
California fine flour	{ Min		12.4	7.2	1.2	73.9	.4	1.1
	{ Max		15.6	8.8	1.6	77.8	.5	1.1
	{ Avg		13.8	7.9	1.4	76.4	.5	1.1
Entire wheat flour	{ Min		10.1	13.1	1.9	89.5	1.0	1.1
	{ Max		13.1	15.5	2.1	72.1	1.5	1.1
	{ Avg		12.1	14.2	1.9	70.6	1.2	1.1
	{ Min		10.3	11.3	1.5	86.0	1.7	1.1
	{ Max		13.7	15.5	3.6	72.0	2.4	1.1
	{ Avg		11.8	13.7	2.2	70.3	2.0	1.1
Graham flour	6		12.1	8.5	2.0	75.8	1.6	1.1
	{ Min		9.3	10.0	1.0	84.2	.7	1.1
	{ Max		12.6	17.9	3.9	75.9	2.0	1.1
	{ Avg		11.4	13.9	2.6	70.8	1.3	1.1
	{ Min		9.4	8.3	.6	70.0	.3	1.1
	{ Max		14.3	14.9	2.0	77.9	.8	1.1
	{ Avg		12.5	11.3	1.1	74.6	.5	1.1
Low grade flour	6							
	{ Min							
	{ Max							
	{ Avg							
Roller process flour	100							
	{ Min							
	{ Max							
	{ Avg							

¹ Protein by difference.² American.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Wheat flours, meals, etc.—Continued.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Spring wheat flour	Min	19	8.8	8.6	.5	71.4	.3	1,430
	Max	19	13.5	14.4	1.3	78.5	1.1	1,715
	Avg	19	11.6	11.8	1.1	75.0	.5	1,660
Winter wheat flour	Min	13	10.3	8.5	.5	73.2	.4	1,530
	Max	13	14.4	12.3	1.3	78.5	.8	1,665
	Avg	13	12.5	10.4	1.0	75.6	.6	1,610
Unclassified flour	Min	31	10.7	8.4	.6	71.8	.3	1,625
	Max	31	13.5	13.3	1.5	78.9	1.8	1,675
	Avg	31	12.3	10.7	1.1	75.4	.5	1,650
Prepared flours	Min	7	8.0	9.0	.6	72.5	1.5	1,565
	Max	7	12.9	12.2	2.0	78.6	4.9	1,736
	Avg	7	10.8	10.1	1.2	74.3	3.6	1,620
Beck's Breakfastina	1	9.7	11.4	1.7	75.9	1.3	1,695	
Cerealine	1	10.6	9.4	1.0	78.6	.4	1,680	
Crushed wheat	Min	12	9.8	11.9	1.5	74.0	1.4	1,665
	Max	12	11.1	12.0	1.8	75.1	1.4	1,695
	Avg	12	10.5	11.9	1.7	74.5	1.4	1,680
Macaroni and vermicelli	Min	25	9.1	7.9	66.7	.3	1,540
	Max	25	12.3	16.6	5.2	78.4	7.0	1,770
	Avg	25	10.8	11.7	1.6	72.9	3.0	1,640
Rex wheat	1	10.4	11.4	2.1	74.5	1.6	1,685	
Wheat germ meal	1	11.7	11.4	2.2	78.7	1.0	1,675	
Wheatlet	1	10.4	12.3	1.4	75.0	.9	1,685	
White wheat farina	Min	12	8.7	10.4	1.0	77.0	.1	1,690
	Max	12	10.7	11.7	1.8	78.2	.4	1,715
	Avg	12	9.7	11.1	1.4	77.6	.2	1,710
<i>Other flours, meals, etc.</i>								
Barley meal	Min	3	9.9	9.0	1.5	70.4	1.6	1,535
	Max	3	13.6	12.7	3.2	74.5	3.8	1,681
	Avg	3	11.9	10.5	2.2	72.8	2.6	1,640
Barley, pearled	Min	2	9.8	8.4	.7	77.3	1.0	1,625
	Max	2	11.8	10.1	1.2	78.1	1.6	1,675
	Avg	2	10.8	9.3	1.0	77.6	1.3	1,660
Buckwheat flour	Min	10	12.1	3.9	.5	71.6	.5	1,560
	Max	10	17.6	8.2	1.8	80.7	1.3	1,630
	Avg	10	14.3	6.1	1.0	77.2	1.4	1,590
Buckwheat flour, self-rising	Min	3	11.2	5.5	.8	73.4	4.5	1,510
	Max	3	13.4	7.9	1.2	75.8	6.7	1,590
	Avg	3	12.2	6.8	1.0	74.7	5.3	1,560
Buckwheat, farina	Min	2	10.6	3.3	.3	83.4	.4	1,650
	Max	2	11.2	4.8	.6	84.8	.6	1,665
	Avg	2	10.9	4.1	.4	84.1	.5	1,660
Corn meal, bolted	Min	9	8.8	7.8	1.3	68.4	.5	1,535
	Max	9	17.9	9.7	4.0	80.3	1.9	1,720
	Avg	9	12.9	8.0	2.2	75.1	.9	1,655
Corn meal, un-bolted.	Min	5	10.9	7.8	4.5	73.4	1.3	1,720
	Max	5	14.2	8.6	4.7	75.4	1.4	1,740
	Avg	5	11.4	8.2	4.6	74.5	1.3	1,730
Corn meal, un-bolted, As purchased	Min	5	9.2	6.5	3.5	55.7	1.0	1,305
	Max	5	24.1	7.8	4.4	72.2	1.3	1,670
	Avg	5	10.5	7.3	4.1	66.7	1.2	1,550
Corn, hominy	Min	5	9.6	6.8	.4	77.3	.2	1,515
	Max	5	13.6	9.5	.7	81.3	.7	1,665
	Avg	5	11.9	8.2	.6	78.9	.4	1,615
Corn, pop, raw	Min	4	8.6	9.7	4.2	70.7	1.2	1,700
	Max	4	12.6	13.2	6.0	72.3	1.7	1,795
	Avg	4	10.8	11.2	5.2	71.4	1.4	1,755
Corn, pop, popped	Min	2	4.1	10.3	4.7	78.6	1.3	1,870
	Max	2	4.4	11.1	5.4	78.7	1.4	1,880
	Avg	2	4.3	10.7	5.0	78.7	1.3	1,875
Oatmeal	Min	13	2.9	12.9	6.0	64.5	1.5	1,815
	Max	13	8.8	19.1	8.8	70.2	2.2	1,870
	Avg	13	7.2	15.6	7.3	68.0	1.9	1,860
Oats, rolled	Min	11	1.8	14.6	5.8	62.8	1.7	1,760
	Max	11	11.2	18.4	8.8	71.8	2.5	1,975
	Avg	11	7.2	16.9	7.2	66.8	1.9	1,860
Rice	Min	13	11.4	5.9	.1	77.7	.3	1,600
	Max	13	13.3	9.5	.7	80.9	.5	1,655
	Avg	13	12.4	7.8	.4	79.0	.4	1,630
Rice, boiled	1	52.7	5.0	.1	41.9	.3	875	
Rice, flour	Min	5	3.7	4.7	1.7	57.3	6.6	1,590
	Max	5	11.5	12.0	12.7	79.2	10.7	1,810
	Avg	5	9.1	9.1	7.4	65.9	8.5	1,705

¹ Refuse, bran removed by sifting.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Other flours, meals, etc.—Continued.		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories.
Rye meal or flour	{ Min 7	11.9	6.0	.8	77.6	.6	1,615
	{ Max 7	13.6	8.8	1.3	79.8	.9	1,650
	{ Avg 7	12.7	7.1	.9	78.5	.8	1,630
<i>Bread, crackers, and pastry.</i>								
Bread:								
White	{ Min 108	26.0	7.3	.2	42.0	.6	940
	{ Max 108	49.1	15.4	3.8	60.7	1.9	1,415
	{ Avg 108	35.4	9.5	1.2	52.8	1.1	1,205
Brown	{ Min 1	40.0	5.0	2.4	50.7	1.9	1,135
	{ Max 2	28.4	6.9	2.3	40.3	3.0	975
	{ Avg 2	28.4	6.9	2.3	40.3	3.0	975
Corn, johnny cake	{ Min 1	47.5	10.1	3.1	54.3	4.1	1,330
	{ Max 2	38.0	8.5	2.7	47.3	8.5	1,150
	{ Avg 2	38.0	8.5	2.7	47.3	8.5	1,150
Cassava	{ Min 1	10.5	9.1	.3	79.0	1.1	1,650
	{ Max 1	35.7	11.1	2.4	48.6	2.2	1,210
	{ Avg 1	35.7	11.1	2.4	48.6	2.2	1,210
Graham	{ Min 2	30.5	7.4	1.4	53.3	1.4	1,230
	{ Max 2	34.2	9.5	2.3	58.4	1.6	1,320
	{ Avg 2	32.3	8.5	1.8	55.9	1.5	1,275
	{ Min 4	30.0	8.4	.4	52.2	1.0	1,180
	{ Max 4	35.0	11.1	1.2	59.7	2.1	1,305
	{ Avg 4	31.8	10.1	.7	55.9	1.5	1,255
Rye	{ Min 4	35.3	11.9	.3	51.5	1.0	1,190
	{ Max 4	26.7	8.5	9.6	54.4	.8	1,575
	{ Avg 4	26.7	8.5	9.6	54.4	.8	1,575
Rye and wheat	{ Min 1	31.2	8.5	2.0	52.5	1.1	1,300
	{ Max 2	34.0	9.6	3.9	55.8	1.4	1,300
	{ Avg 2	32.6	9.1	3.0	54.1	1.2	1,300
Rolls, milk	{ Min 3	18.4	8.6	.4	56.7	.7	1,350
	{ Max 3	26.9	11.9	9.4	64.7	1.0	1,610
	{ Avg 3	23.3	10.2	5.2	60.4	.9	1,530
Rolls, wheat, white	{ Min 3	18.4	8.5	.4	52.5	.7	1,300
	{ Max 3	26.9	11.9	9.4	64.7	1.0	1,610
	{ Avg 3	23.3	10.2	5.2	60.4	.9	1,530
Average all analyses of rolls	{ Min 6	18.4	8.5	.4	52.5	.7	1,300
	{ Max 6	26.9	11.9	9.6	64.7	1.4	1,610
	{ Avg 6	23.9	9.6	5.2	57.8	1.0	1,465
Biscuit	{ Min 1	22.9	9.3	13.7	52.6	1.5	1,730
	{ Max 1	23.6	9.4	7.2	59.1	.7	1,575
	{ Avg 1	23.6	9.4	7.2	59.1	.7	1,575
Buns, cinnamon	{ Min 2	26.6	7.6	6.8	49.0	.8	1,340
	{ Max 2	35.3	8.3	9.4	54.9	1.3	1,575
	{ Avg 2	31.0	8.0	8.1	51.9	1.0	1,455
Buns, hot cross	{ Min 4	23.6	7.6	4.8	49.0	.7	1,340
	{ Max 4	36.7	9.4	9.4	59.1	1.3	1,575
	{ Avg 4	30.5	8.3	7.1	58.2	.9	1,445
Average of all buns	{ Min 4	23.6	7.6	4.8	49.0	.7	1,340
	{ Max 4	36.7	9.4	9.4	59.1	1.3	1,575
	{ Avg 4	30.5	8.3	7.1	58.2	.9	1,445
Cake:								
Baker's	{ Min 1	28.3	4.6	5.9	60.5	.7	1,460
	{ Max 2	28.1	8.3	6.3	52.4	.7	1,395
	{ Avg 2	32.0	9.0	6.8	55.4	.7	1,485
Coffee	{ Min 1	30.1	8.6	6.6	53.9	.8	1,440
	{ Max 1	16.3	6.6	2.5	73.8	.8	1,600
	{ Avg 1	16.6	7.6	14.7	60.3	.8	1,890
Cup	{ Min 3	11.4	5.3	8.6	58.3	1.3	1,545
	{ Max 3	26.5	7.5	10.6	67.3	3.4	1,835
	{ Avg 3	17.7	6.2	9.4	64.3	2.4	1,705
Drop	{ Min 3	14.4	5.3	9.3	60.9	1.4	1,720
	{ Max 3	18.1	6.7	12.6	67.5	2.2	1,790
	{ Avg 3	16.9	6.2	10.5	64.7	1.7	1,760
Frosted	{ Min 1	16.1	5.4	9.5	64.7	4.3	1,705
	{ Max 1	18.5	7.1	9.3	63.9	1.2	1,715
	{ Avg 1	16.1	5.4	9.5	64.7	4.3	1,705
Fruit	{ Min 2	6.3	5.7	6.4	69.4	1.6	1,685
	{ Max 2	18.9	7.3	12.8	71.1	2.5	2,000
	{ Avg 2	11.6	6.5	9.6	70.3	2.0	1,830
Gingerbread	{ Min 8	6.3	4.6	2.5	52.4	.7	1,395
	{ Max 8	32.0	9.0	14.7	73.8	2.5	1,880
	{ Avg 8	20.4	7.0	8.1	63.4	1.1	1,650
Marble	{ Min 3	4.5	6.0	8.1	74.4	1.5	1,925
	{ Max 3	5.7	6.8	11.8	78.4	2.4	1,995
	{ Avg 3	5.1	6.5	9.5	76.9	2.0	1,950
Average of all cake ¹	{ Min 3	4.5	4.5	5.3	69.4	1.1	1,875
	{ Max 3	10.4	8.0	11.2	84.4	3.4	1,915
	{ Avg 3	7.1	6.8	8.0	75.3	1.9	1,900
Cookies, molasses	{ Min 1	8.2	10.7	9.9	68.8	2.4	1,895
	{ Max 1	6.9	9.2	13.6	69.4	.9	2,035
	{ Avg 1	7.0	9.3	13.1	69.2	1.4	2,010
Cookies, graham	{ Min 1	5.0	9.8	13.6	69.7	1.9	2,050
	{ Max 1	4.9	10.4	13.7	69.6	1.4	2,065
	{ Avg 1	4.9	10.4	13.7	69.6	1.4	2,065
Cookies, sugar	{ Min 2	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 2	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 2	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, Boston	{ Min 1	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 1	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 1	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, butter	{ Min 1	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 1	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 1	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, cream or milk	{ Min 1	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 1	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 1	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, graham	{ Min 1	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 1	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 1	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, oatmeal	{ Min 1	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 1	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 1	4.3	11.0	8.8	74.2	1.7	1,955
Crackers, oyster	{ Min 2	3.8	10.7	4.8	70.9	.9	1,855
	{ Max 2	4.8	11.3	12.7	77.5	2.6	2,055
	{ Avg 2	4.3	11.0	8.8	74.2	1.7	1,955

¹Except frosted, fruit, and gingerbread.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Prot.in.	Fat.	Carbobydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.									
<i>Bread, crackers, and pastry—Continued.</i>									
Crackers, pilot bread	1	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Per cent.</i>	<i>Calories.</i>	
Crackers, soda	1		7.9	12.4	4.4	74.2	1.1	1,795	
Doughnuts	5		8.0	10.3	9.4	70.5	1.8	1,900	
Jumbles	1		11.6	5.1	16.4	45.8	.6	1,850	
Pie, apple	3		25.8	7.6	25.7	63.2	1.4	2,155	
Pie, cream	2		17.9	6.6	21.9	52.6	1.0	2,025	
Pie, custard	1		24.6	6.3	15.7	51.9	1.3	1,745	
Pie, lemon	1		41.8	2.6	7.7	40.3	.9	1,180	
Pie, mince	2		45.5	3.8	11.3	43.3	2.8	1,295	
Pie, squash	1		43.3	3.3	9.8	41.7	2.0	1,250	
Average of all pie	10		27.8	5.6	6.9	54.1	1.1	1,430	
Pudding, tapioca	2		30.9	7.0	9.3	55.8	1.5	1,535	
Wafers, vanilla	1		29.4	6.3	8.1	54.9	1.3	1,480	
Honey, strained	30		62.4	4.2	6.3	26.1	1.0	830	
Molasses	12		47.4	3.6	10.1	37.4	1.5	1,190	
Sugar, extra C and similar sugars	30		34.1	5.5	9.7	30.4	1.3	1,115	
Sugar, granulated	30		51.1	7.5	14.5	44.0	1.9	1,530	
Sugar, maple	17		42.6	6.5	12.1	37.2	1.6	1,325	
Sirup, maple	50		64.2	4.4	8.4	21.7	1.3	840	
Starch	2		27.8	2.6	6.3	21.7	.9	840	
Tapioca	2		64.2	7.5	14.5	55.8	2.8	1,535	
Artichokes, as purchased	2		44.8	4.6	9.5	39.6	1.5	1,220	
Asparagus, as purchased	3		52.0	3.0	2.6	21.9	.9	570	
Beans, dried, as purchased	9		71.6	4.2	4.8	38.1	.9	990	
Beans, Lima, dried, as purchased	3		61.8	3.6	3.7	30.0	.9	780	
Beans, Lima, green, as purchased	1		5.8	6.8	15.7	71.2	.5	2,115	
Beets	17					68.1		1,265	
Brussels sprouts	1					80.7		1,500	
Cabbage	7					75.1		1,395	
Carrots	12		19.6			58.8	1.4	1,180	
Cauliflower	12		33.6	5.1	.1	73.2	7.2	1,400	
Celery	12		25.7	2.7		68.0	3.6	1,315	
Chicory	12					95.0		1,765	
Corn, sweet	17					100.0		1,860	
Corn, white	17					74.0		1,375	
Corn, yellow	17					95.2		1,770	
Cucumbers	50					82.8		1,540	
Eggplant	50					45.9		930	
Kelch	50					81.9		1,525	
Leeks	50					70.1		1,305	
Onions	2		10.8	.3	.2	86.6	.2	1,635	
Potatoes	2		12.3	.6	.3	88.4	.5	1,660	
Squash	2		11.6	.4	.3	87.5	.2	1,650	
Turnips	2					98.0		1,825	
Vegetables, ¹	2		77.5	2.2	.1	15.3	.9	330	
Artichokes, as purchased	2		81.5	2.9	.2	13.3	1.1	395	
Asparagus, as purchased	3		79.5	2.6	.2	16.7	1.0	365	
Beans, dried, as purchased	3		93.6	1.6	.2	3.1	.5	100	
Beans, Lima, dried, as purchased	3		94.0	2.1	.3	3.6	1.0	110	
Beans, Lima, green, as purchased	3		94.0	1.8	.2	3.3	.7	105	
Beets	9		10.4	19.9	1.4	57.2	2.7	1,540	
Brussels sprouts	9		15.5	26.6	3.1	63.5	4.4	1,690	
Cabbage	9		13.2	22.3	1.8	59.1	3.6	1,590	
Carrots	3		9.9	12.8	1.6	61.6	3.6	1,600	
Celery	3		12.2	20.9	1.9	70.1	4.7	1,645	
Chicory	3		11.1	15.9	1.8	67.1	4.1	1,620	
Cucumbers	1		68.5	7.1	.7	22.0	1.7	570	
Eggplant	2		83.5	1.7	.3	6.2	.7	165	
Kelch	2		91.0	2.8	.4	12.6	.8	300	
Leeks	2		87.3	2.2	.4	9.4	.7	235	
Onions	17		83.0	.9	.1	4.0	.7	115	
Potatoes	17		92.9	1.9	.2	13.7	1.3	300	
Squash	17		87.6	1.6	.1	9.6	1.1	210	
Turnips	17		70.0	1.3	.1	7.7	.9	170	
Vegetables, ¹	1		88.2	4.7	1.1	4.3	1.7	215	
Artichokes, as purchased	1		15.0	75.0	4.0	.9	3.7	1.4	180
Asparagus, as purchased	7		86.0	1.4	.1	3.4	.6	100	
Beans, dried, as purchased	7		94.3	2.9	.7	8.0	2.7	225	
Beans, Lima, dried, as purchased	7		90.3	2.1	.4	5.8	1.4	165	
Beans, Lima, green, as purchased	7		15.0	76.8	1.8	.3	4.9	1.2	140

¹Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible matter, skin, seeds, etc. The amount varies with the way they are prepared, and can not be accurately estimated. The figures given for refuse under vegetables approximately represent the average amount of refuse in these foods as ordinarily prepared.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Vegetables—Continued.								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calori</i>
Carrots.....	{ Edible portion { Min	17	83.1	.7		6.5	.6	1
	{ Max	17	91.1	2.0	.7	13.8	1.6	2
	{ Avg	17	88.2	1.1	.4	9.2	1.1	3
	{ As purchased { Avg	17	20.0	70.5	.9	3.7	.9	1
Cauliflower, head, as purchased.....		1	90.8	1.6	.8	6.0	.8	1
Celery, as purchased.....		1	94.4	1.4	.1	3.0	1.1	1
Corn, green (sweet), edible portion.....		1	81.3	2.8	1.1	14.1	.7	1
Cucumbers.....	{ Edible portion { Min	2	95.7	.8	.2	2.2	.5	
	{ Max	2	96.3	.8	.2	2.2	.9	
	{ Avg	2	96.0	.8	.2	2.5	.5	
	{ As purchased { Avg	2	15.0	81.6	.7	2.1	.4	
Eggplant, as purchased.....		1	92.9	1.2	.3	5.1	.5	1
Greens, as purchased.....	{ Edible portion { Min	2	81.4	2.4	.8	7.1	2.5	
	{ Max	2	84.4	5.2	1.0	10.6	4.6	
	{ Avg	2	82.9	3.8	.9	8.9	3.5	2
	{ As purchased { Min	2	90.9	1.7	.1	5.4	1.3	1
	{ Max	2	91.3	2.3	.1	5.6	1.3	1
	{ Avg	2	91.1	2.0	.1	5.5	1.3	1
Leeks.....	{ Edible portion { Avg	1	91.8	1.2	.5	5.8	.7	
	{ As purchased { Avg	1	15.0	78.0	1.0	4.5	.6	1
Lentils, as purchased.....		1	10.7	26.0	1.5	58.6	3.2	1.6
Lettuce.....	{ Edible portion { Min	6	91.5	1.0	.2	2.1	.8	
	{ Max	6	95.9	1.8	.6	4.9	1.2	
	{ Avg	6	94.0	1.3	.4	3.3	1.0	
	{ As purchased { Avg	6	18.0	77.1	1.1	3.2	.8	
Okra, as purchased.....		1	87.4	2.0	.4	9.5	.7	2
Onions.....	{ Edible portion { Min	8	81.5	.2	.2	4.4	.4	
	{ Max	8	93.5	4.4	.8	15.5	1.2	
	{ Avg	8	87.3	1.7	.4	9.9	.7	
	{ As purchased { Avg	8	10.0	78.6	1.5	8.9	.6	2
Parsnips.....	{ Edible portion { Min	2	79.5	1.5	.4	15.5	1.5	
	{ Max	2	80.3	1.9	.8	16.7	1.9	
	{ Avg	2	79.9	1.7	.6	16.1	1.7	
	{ As purchased { Avg	2	20.0	68.9	1.3	5.2	1.9	2
Peas, dried as purchased.....	{ Edible portion { Min	5	8.5	20.4	.9	50.1	2.2	1
	{ Max	5	15.0	26.3	1.3	67.4	2.9	1
	{ Avg	5	10.8	24.1	1.1	61.5	2.5	1.6
	{ As purchased { Min	11	10.0	19.3	1.2	53.1	2.9	1
	{ Max	11	20.9	23.0	1.6	65.4	3.8	1
	{ Avg	11	13.0	21.3	1.4	60.9	3.4	1.5
Peas, green.....	{ Edible portion { Avg	1	78.1	.5	.5	16.1	.9	
	{ As purchased { Avg	1	50.0	89.0	4.2	8.0	.5	
	{ As purchased { Avg	1	81.8	3.4	.4	13.7	.7	
Peas, sugar, green, as purchased.....		1	89.0	.5	.6	5.4	4.6	1
Pickles, cucumber, as purchased.....		1	87.5	1.2	.2	6.6	1.5	2
Pickles, horse-radish, as purchased.....		3	69.7	2.6	.1	20.2	1.9	
Potatoes, boiled, as purchased.....	{ Edible portion { Min	3	78.0	3.0	.4	25.5	1.4	
	{ Max	3	78.7	2.7	.2	22.3	1.1	
	{ Avg	3	78.7	2.7	.2	22.3	1.1	
	{ As purchased { Avg	1	1.8	7.6	35.5	50.6	4.5	2
Potato chips, fried, as purchased.....	{ Edible portion { Min	57	67.8	1.1	.2	15.6	.6	
	{ Max	57	82.2	3.0	.2	27.4	1.9	
	{ Avg	57	78.9	2.1	.1	18.0	.9	
	{ As purchased { Avg	57	15.0	67.1	1.8	15.3	.7	
Potatoes, raw.....	{ Edible portion { Min	58	45.8	.4	.2	17.1	.8	
	{ Max	88	79.0	3.6	1.3	49.1	2.0	1
	{ Avg	88	69.3	1.8	.7	27.1	1.1	
	{ As purchased { Avg	88	15.0	55.9	1.5	23.1	.9	
Potatoes, sweet.....	{ Edible portion { Min	3	92.3	.9	.1	3.9	.6	
	{ Max	3	94.4	1.1	.2	5.9	.7	
	{ Avg	3	93.1	1.0	.1	5.2	.6	
	{ As purchased { Avg	3	50.0	46.6	.5	2.6	.3	
Pumpkins.....	{ Edible portion { Min	3	86.6	.5		5.4	.7	
	{ Max	3	93.3	3.0	.3	8.3	1.8	
	{ Avg	3	90.8	1.4	.1	6.6	1.1	
	{ As purchased { Avg	3	30.0	63.6	1.0	4.6	.7	
Radishes.....	{ Edible portion { Min	2	92.7	.3	.1	2.9	.6	
	{ Max	2	96.1	.8	1.2	4.4	.9	
	{ Avg	2	94.4	.6	.7	3.6	.7	
	{ As purchased { Avg	2	40.0	66.6	.4	2.2	.4	
Rhubarb.....	{ Edible portion { Min	5	87.1	.9	.1	6.2	.7	
	{ Max	5	91.8	2.0	.3	10.3	1.4	
	{ Avg	5	88.9	1.3	.2	8.5	1.1	
	{ As purchased { Avg	5	30.0	62.2	.9	6.0	.8	

1 Refuse, pods.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Moisture.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
Vegetables—Continued.								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Sauerkraut, as purchased	1	86.3	1.5	.8	4.4	7.0		145
Spinach, as purchased	1	92.1	2.1	.5	3.1	1.9		120
Squash	} Edible portion	Min.	78.9	.6	.1	3.5	.4	90
		Max.	95.2	3.6	1.4	16.4	1.6	385
		Avg.	86.5	1.6	.6	10.4	.9	245
As purchased	7	50.0	.8	.3	5.2	.4		125
Tomato catsup, as purchased	1	77.7	2.0	.4	16.1	3.8		355
Tomatoes, as purchased	} Edible portion	Min.	91.3	.7	.3	2.2	.3	75
		Max.	96.3	1.0	.5	6.5	.7	160
		Avg.	94.1	.8	.4	8.9	.5	105
Turnips	} Edible portion	Min.	70.1	.7	.1	4.3	.6	120
		Max.	92.7	3.9	.4	23.8	2.1	520
		Avg.	88.9	1.4	.2	8.7	.8	195
As purchased	14	30.0	1.0	.1	6.1	.6		135
Yeast, as purchased	1	65.1	11.7	.4	21.0	1.8		625
Vegetables, canned.								
Artichokes, as purchased	} Edible portion	Min.	90.2	.5		3.2	1.4	85
		Max.	93.9	1.0		6.2	2.2	140
		Avg.	92.5	.8		5.0	1.7	110
Asparagus, as purchased	} Edible portion	Min.	92.9	.9		2.2	.8	70
		Max.	95.4	2.4	.2	4.1	1.8	120
		Avg.	94.4	1.5	.1	2.8	1.2	85
Beans and pork, baked, as purchased.	} Edible portion	Min.	50.9	5.1	1.3	13.1	1.7	425
		Max.	78.2	8.1	6.7	23.2	2.6	965
		Avg.	68.0	6.9	3.3	19.7	2.1	665
Beans, string, as purchased	} Edible portion	Min.	77.3	.6		2.0	.5	45
		Max.	96.3	4.0	.5	13.5	4.7	345
		Avg.	93.6	1.1	.1	8.9	1.3	95
Beans, French string, "haricot verts," as purchased.	} Edible portion	Min.	94.3	.9		2.1	.9	55
		Max.	96.1	1.4	.3	3.0	1.3	95
		Avg.	95.2	1.1	.1	2.5	1.1	70
Beans, French string, "haricot flageolets," as purchased.	} Edible portion	Min.	80.4	1.0		10.8	1.0	280
		Max.	83.9	5.2	.1	13.4	1.0	350
		Avg.	81.6	4.6	.1	12.5	1.2	320
Beans, French string, "haricot panaches," as purchased.	} Edible portion	Min.	86.1	3.7		9.2	1.0	240
		Max.	75.7	3.2	.2	10.5	1.0	280
		Avg.	83.9	5.6	.5	17.9	2.6	445
Beans, Lima, as purchased	} Edible portion	Min.	79.5	4.0	.3	14.6	1.6	360
		Max.	72.7	7.0	.2	18.5	1.6	480
		Avg.	93.7	1.5	.1	3.4	1.3	95
Brussels sprouts, as purchased	} Edible portion	Min.	68.3	2.2	.7	11.5	.5	310
		Max.	83.7	3.7	1.9	23.5	1.6	610
		Avg.	75.7	2.8	1.3	19.3	.9	465
Corn, green, as purchased	} Edible portion	Min.	83.6	1.2	.4	6.4	.5	160
		Max.	91.5	2.1	.4	12.7	1.2	295
		Avg.	87.6	1.6	.4	9.6	.8	225
Macedoine, ¹ as purchased	} Edible portion	Min.	91.5	.7		2.3	.8	55
		Max.	95.9	1.7		5.7	1.2	135
		Avg.	93.1	1.4		4.5	1.0	110
Okra, as purchased	} Edible portion	Min.	94.0	.5		3.3	.3	75
		Max.	94.9	.9	.2	3.9	1.7	95
		Avg.	94.4	.7	.1	3.6	1.2	85
Okra and tomatoes, as purchased	} Edible portion	Min.	91.4	1.1	.2	4.8	1.4	125
		Max.	92.3	1.2	.3	5.7	1.8	135
		Avg.	91.8	1.1	.3	5.2	1.6	130
Peas, green (<i>Pisum sativum</i>), as purchased.	} Edible portion	Min.	77.5	1.6		4.9	.3	130
		Max.	92.7	6.1	.8	17.4	2.0	415
		Avg.	85.3	3.6	.2	9.8	1.1	255
Potatoes, sweet, as purchased	} Edible portion	Min.	42.0	1.3	.3	29.2	.8	565
		Max.	68.4	2.6	.5	53.6	1.3	1,065
		Avg.	55.2	1.9	.4	41.4	1.1	820
Pumpkin, as purchased	} Edible portion	Min.	88.2	.5	.1	4.7	.4	100
		Max.	94.3	1.2	.4	9.6	1.5	205
		Avg.	91.6	.8	.2	6.7	.7	150
Squash, as purchased	} Edible portion	Min.	85.6	.2	.1	8.2	.2	185
		Max.	89.9	1.6	1.2	13.9	.7	260
		Avg.	87.6	.9	.5	10.5	.5	235
Succotash, as purchased	} Edible portion	Min.	71.4	2.9	.7	14.9	.7	375
		Max.	79.9	4.4	1.2	22.4	1.4	495
		Avg.	75.9	3.6	.9	18.7	.9	455
Tomatoes, as purchased	} Edible portion	Min.	93.0	.3	.2	2.3	.4	80
		Max.	95.6	1.6	.3	5.2	1.2	135
		Avg.	94.0	1.2	.3	4.0	.6	105

¹ A mixture of young vegetables.

Composition of American food products—Continued.

Food materials.		Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.	
VEGETABLE FOOD—continued.										
<i>Fruit, berries, etc., fresh.¹</i>										
			<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories</i>	
Apples	{ Edible portion	{ Min	10	77.3	.1	2	11.9	.2	304	
		{ Max	10	84.1	.8	1.4	21.3	.6	423	
		{ Avg	10	82.0	.5	.5	16.6	.4	341	
Apricots	{ As purchased	{ Avg	10	25.0	61.5	.4	.4	12.4	.8	255
		{ Edible portion	11	85.0	1.1		13.4	.5	277	
		{ Avg	11	6.0	79.9	1.0		12.6	.5	255
Bananas, yellow	{ Edible portion	{ Min	3	66.3	.6	2	15.4	.9	337	
		{ Max	3	82.1	1.6	1.4	29.8	1.1	640	
		{ Avg	3	74.1	1.2	.8	22.9	1.0	487	
	{ As purchased	{ Avg	3	40.0	44.5	.7	.5	13.7	.6	290
Blackberries, as purchased			1	88.9	.9	2.1	7.5	.6	245	
Cherries, edible portion			1	86.1	1.1	.8	11.4	.6	285	
Citron melons, dried, as purchased			1	25.6	.4	.6	72.5	.9	1,380	
Cranberries, as purchased	{ Edible portion	{ Min	2	87.8	.4	.6	9.3	.2	205	
		{ Max	2	89.4	.4	.6	9.3	.2	250	
		{ Avg	2	88.5	.5	.7	10.9	.2	235	
Figs, fresh, as purchased			23	79.1	1.5		18.4	.6	350	
Grapes	{ Edible portion	{ Min	4	78.8	1.3	1.7	17.7	.5	425	
		{ Max	4	25.0	59.1	1.0	1.3	13.3	.3	330
		{ Avg	4	88.4	.8	.3	8.2	.5	150	
Lemons	{ Edible portion	{ Min	2	90.2	1.1	1.5	8.5	.5	240	
		{ Max	2	89.3	1.0	.9	8.3	.5	210	
		{ Avg	2	30.0	62.5	.7	.6	5.8	.4	145
Lemons, whole fruit, as purchased			23	85.0	1.0	.1	13.4	.5	270	
Lemon juice, as purchased							9.8			
Muskmelons	{ Edible portion	{ Min	1	89.5	.6		9.3	.6	185	
		{ Max	1	50.0	44.8	.3	4.6	.8	90	
		{ Avg	1	82.9	.6		15.9	.6	305	
Nectarines	{ Edible portion	{ Min	1	6.6	77.4	.6		14.8	.6	285
		{ Max	13	88.3	.8	3	19.7	3	220	
		{ Avg	13	27.0	64.5	.6	3	7.1	3	160
Oranges	{ Edible portion	{ Min	1	83.9	.6	8	14.2	.5	310	
		{ Max	1	25.0	62.9	.5	.6	10.6	.4	235
		{ Avg	1	89.3	.4	.3	9.7	.3	200	
Pears	{ Edible portion	{ Min	3	78.4	1.0		20.1	.5	390	
		{ Max	1	4.8	74.6	1.0		19.1	.5	370
		{ Avg	20	80.2	.8		18.5	.5	360	
Plums	{ Edible portion	{ Min	1	5.8	75.6	.7		17.4	.5	335
		{ Max	1	85.8	1.0		12.6	.6	255	
		{ Avg	19	87.7	.6	.5	4.4	.4	120	
Strawberries	{ Edible portion	{ Min	19	94.0	1.1	1.1	9.7	.8	235	
		{ Max	19	90.9	1.0	.7	6.8	.6	175	
		{ Avg	19	10.0	81.8	.9	.6	6.1	.6	155
Watermelons	{ Edible portion	{ Min	1	92.9	.3	.1	6.5	.2	130	
		{ Max	1	58.0	39.0	.2		2.7	.1	55
		{ Avg	1	82.4	.7	3.0	13.5	.4	390	
<i>Fruit, dried.</i>										
Apples, dried, as purchased	{ Edible portion	{ Min	3	28.2	1.2	1.4	48.6	1.4	985	
		{ Max	3	47.4	1.7	5.0	62.8	2.7	1,405	
		{ Avg	3	36.2	1.4	3.0	57.6	1.8	1,225	
Apricots, dried, as purchased			4	32.4	2.9		53.3	1.4	1,230	
Currants, Zante, dried, as purchased	{ Edible portion	{ Min	2	20.6	1.0	1.2	60.0	2.2	1,195	
		{ Max	2	35.1	1.5	4.7	71.4	2.3	1,540	
		{ Avg	2	27.9	1.2	3.0	65.7	2.2	1,370	
Dates, dried	{ Edible portion	{ Min	1	20.8	2.2	5.1	70.4	1.5	1,565	
		{ Max	1	12.0	18.3	1.9	4.5	61.9	1.4	1,375
		{ Avg	1	22.5	5.1		70.0	2.4	1,395	
Figs, dried, as purchased			1	34.8	2.9	.6	60.5	1.2	1,205	
Grapes, ground, dried, as purchased			1	26.4	2.4	.8	68.9	1.5	1,360	
Prunes, dried	{ Edible portion	{ Min	4	15.0	32.4	2.0	.7	58.6	1.3	1,155
		{ Max	2	7.1	2.3	2.3	71.3	3.1	1,465	
		{ Avg	2	21.0	2.6	7.2	78.1	5.0	1,805	
Raisins, as purchased			2	14.0	2.5	4.7	74.7	4.1	1,635	

¹Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as the refuse. In others, as apples and pears, more or less edible material is ordinarily rejected with the skin, seeds, and other inedible materials. The edible material which is thus thrown away and would be properly classed with the waste is here classed with the refuse. The figures of fruits here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

²Fat not determined.

³Fat and ash not determined, but estimated from one incomplete analysis not here included.

⁴Average unknown number of analyses.

⁵Fat not determined.

Composition of American food products—Continued.

Food materials.	Number of analyses.	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—continued.								
<i>Fruit, canned.</i>								
		<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Per ct.</i>	<i>Calories.</i>
Apples, crab, as purchased	1	42.4	.8	2.4	54.4	.5	1,120
Raspberries, as purchased	1	40.0	.8	2.1	56.4	.7	1,150
Blueberries, as purchased	{	Min ..	84.9	.4	.4	12.2	.4	280
		Max ..	85.7	.8	.9	13.8	.5	280
		Avg ..	85.3	.6	.7	13.0	.4	280
Peaches, as purchased	1	83.7	.5	.2	5.3	.3	115
Pineapples, as purchased	1	61.8	.4	.7	36.4	.7	715
<i>Nuts.</i>								
Nuts, fresh	{	Min ..	29.2	6.1	6.4	38.3	1.5	1,185
		Max ..	44.9	8.0	10.8	54.0	1.8	1,480
		Avg ..	38.5	6.9	8.0	44.9	1.7	1,300
		As purchased ..	Avg ..	16.0	32.4	5.8	6.7	37.7
Nuts, dried	{	Min ..	4.8	9.0	6.6	65.7	2.6	1,840
		Max ..	6.6	11.6	15.3	75.0	2.9	2,085
		Avg ..	5.8	10.6	10.0	70.9	2.7	1,940
		As purchased ..	Avg ..	23.0	4.6	8.1	7.7	54.6
Coconut, prepared, as purchased ..	{	Min ..	2.8	6.0	51.0	24.1	1.2	2,990
		Max ..	4.3	6.5	63.7	39.0	1.4	3,260
		Avg ..	3.6	6.3	57.4	31.6	1.3	3,125
Peanuts	{	Min ..	4.9	19.5	32.3	15.3	1.9	2,415
		Max ..	13.2	29.1	48.8	40.4	2.4	2,885
		Avg ..	9.2	25.8	38.6	24.4	2.0	2,560
As purchased ..	Avg ..	33.0	6.2	17.3	25.9	16.8	1.3	1,718
<i>Miscellaneous.</i>								
Chocolate	1	10.8	12.5	47.1	26.8	3.3	2,720
Cocoa	{	Min ..	3.2	20.6	27.1	35.3	5.4	2,235
		Max ..	5.4	22.7	31.5	40.6	8.9	2,370
		Avg ..	4.6	21.6	28.9	37.7	7.2	2,320

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canned	39	Condensed milk	34
Buckwheat, farina	35	Cookies, molasses	36
flour	35	sugar	36
self-raising	35	Corn and tomatoes, canned	39
Buffalo fish	30	bread. (See Bread.)	
Buns, cinnamon	36	hominy	35
hot cross	36	green (sweet)	38
sugar	36	canned	39
Butter	33	meal	35
Buttermilk	33	pop	35
Butter-fish	30	popped	35
Cabbage	37	Cottolene	34
Cake, baker's	36	Cowpeas. (See Peas.)	
coffee	36	Crab apples. (See Apples.)	
cup	36	Crabs	33
drop	36	canned	33
frosted	36	Crackers, Boston	36
fruit	36	butter	36
gingerbread	36	cream or milk	36
marble	36	graham	36
sponge	36	oatmeal	36
Carrots	38	oyster	36
Catsup. (See Tomato.)		pilot bread	37
Cauliflower, head	38	soda	37
Caviare. (See Sturgeon.)		Cranberries	40
Celery	38	Crayfish	38
Cerealine	35	Crushed wheat	35
Cheese, American pale	34	Cream	34
red	34	Cucumber pickles. (See Pickles.)	
Boudon	34	Cucumbers	38
Brie	34	Currants, Zante, dried	40
Cheddar	34	Cusk	30
Cheshire	34	Dairy products, etc.	33, 34
Crown brand	34	Dates, dried	40
Dutch	34	Doughnuts	37
imitation full-cream, oleo	34	Eels	30
imitation old English	34	Eggplant	38
Limburger	34	Eggs	33
Neufchatel	34	hens'	33
partly skimmed	34	Figs	40
pineapple	34	dried	40
Roquefort	34	Fish, fresh	29-32
skim-milk	34	preserved and canned	32, 33
Swiss	34	Flounder	30
whole-milk	34	Flours, meals, etc.	35, 36
Cherries	40	Fowl	29
Chestnuts	41	Fruits, berries, etc., fresh	40
dried	41	canned	41
Chicken	29	dried	40
canned	29	Gelatine	34

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Gingerbread. (<i>See</i> Cake.)		Lobster	33
Gizzard, chicken	29	canned	33
goose	29	Lungs, beef	18
turkey	29	mutton	24
Goose	29	pork	27
gizzard	29	veal	22
heart	29	Macaroni and vermicelli	35
Grapes	40	Macedoine, canned	39
dried ground	40	Mackerel	30
Greens	38	salt	32
Haddock	30	canned	32
canned	32	Spanish	32
smoked	32	Meat stew. (<i>See</i> Soup.)	
Hake	30	Mince-meat	34
Halibut	30	Minogy, canned	32
smoked	32	Molasses	37
Ham. (<i>See</i> Pork.)		Mullet	30
smoked	26	Muskellunge	30
Haricots. (<i>See</i> Beans.)		Muskmellon	40
Heart, beef	18	Mussels	33
chicken	29	Mutton, canned	24
goose	29	corned	24
mutton	24	tongue	24
pork	27	fresh	22, 23
turkey	29	chuck	23, 23
veal	22	flank	23
Herring	30	fore quarter	24
smoked	32	heart	24
Honey, strained	37	hind quarter, without tallow	
Horse-radish, pickled. (<i>See</i> Pickles.)		and kidney	24
Isinglass	34	kidney	24
Johnnycake. (<i>See</i> Corn bread.)		fat	24
Jumbles	37	leg, hind	23
Kidney, beef	18	liver	24
canned	18	loin, without kidney and tal-	
mutton	24	low	23
pork	27	lungs	24
veal	22	neck	23
Kingfish	30	shoulder	24
Kohl rabi	38	side, including tallow	24
Laub, canned	19	not including tallow	24
tongue	22	Nectarine	40
fresh	22	Nuts	41
breast	22	Oatmeal	35
fore quarter	22	Oats, rolled	35
hind quarter	22	Okra	38
leg, hind	22	and tomatoes, canned	39
loin, without kidney and tallow	22	canned	39
neck	22	Oleomargarine	34
shoulder	22	Onions	38
side, without kidney and tallow	22	Oranges	40
Lamprey	30	Oysters	33
canned	32	canned	33
Lard	34	Parsnips	38
Leeks	38	Peaches, canned	41
Lemon juice	40	Peanuts	41
Lemons	40	Pears	40
Lentils	38	Peas, cowpeas	38
Lettuce	38	dried	38
Liver, beef	18	green	38
chicken	29	canned	39
mutton	24	sugar, green	38
pork	27	Perch, pike	31
turkey	29	white	31
veal	22	yellow	31

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Pickeral	31	Poultry and game	29
Pickles, cucumber	38	canned	29
horse-radish	38	Prunes	40
Pie, apple	37	dried	40
cream	37	Pudding, tapioca	37
custard	37	Pumpkins	38
lemon	37	canned	39
mince	37	Quail, canned	29
squash	37	Radishes	38
Pike	31	Raisins	40
Pilchard, canned	32	Raspberries	40
Pilot bread. (See Crackers.)		Red grouper	31
Pineapple	40	snapper	31
canned	41	Rex wheat	35
Plover, canned	29	Rhubarb	38
Plums	40	Rice	35
Pollock	31	boiled	35
Pompano	31	flour	35
Porgy	31	Rolls, milk	36
Pork and beans, baked, canned. (See Beans.)		water	36
canned	27	wheat, white	36
head	27	Ruta-bagas	38
fresh	24, 25	Rye meal or flour	38
back fat	25	Salmon	31
belly fat	25	California	31
chuck ribs and shoulder	24	canned	32
flank cut	25	Salt pork. (See Pork, salted and pickled.)	
ham fat	25	Sardines, canned	32
head	25	Sauerkraut	39
cheese	25	Sausage	27, 28
heart	27	Arles	27
jowl fat	25	banquet	27
kidney	27	beef, canned	28
liver	27	Bologna	27, 28
loin	25	canned	28
lungs	27	Cervelat. (See Sausage, bologna.)	
middle cuts	25	farmer	28
shoulder	26	Frankfort	28
cut	25	canned	28
side	27	Holstein	28
tenderloin	25	Lyons	28
ham and shoulder	25, 26	Oxford, canned	28
boneless, raw	26	pork	28
deviled	26	canned	28
fresh	25	sausage meat	28
luncheon, boneless, cooked	26	Salmi	28
smoked	26	summer	28
boiled, no bone	26	tongue	28
organs and sides	27	Scallops	33
salted and pickled	26, 27	Shad	31
bacon	27	roe	31
clear fat	27	Sheepshead	31, 32
dry-salted backs	26	Shellfish, etc., fresh	33
belly	27	canned	33
feet	27	Shrimps, canned	33
lean ends	27	Sirup, maple	37
tongue	27	Skate	32
shoulder, dried and smoked	26	Skim milk	33
fresh	26	Smelt	32
smoked	26	Soup	28, 29
Potato chips	38	asparagus	28
Potatoes, boiled	38	bouillon	28
raw	38	celery, cream of	28
sweet	38	chicken	28
canned	39	gumbo	28

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Soup, consommé	28	Turkey canned	29
corn, cream of	28	gizzard	29
Julienne	28	heart	29
meal-stew	28	liver	29
mock-turtle	28	Turnips	39
mulagatawny	28	Turtle, green	33
ox-tail	28	Veal, breast	19, 20
pea	28	fresh	19, 20
cream of green	28	chuck	20
tomato	28	flank	20
turtle, green	29	fore quarter	21
vegetable	29	heart	22
Spanish mackerel	32	hind quarter	21
Spinach	39	kidney	22
Spinal column, sturgeon	34	leg	20
Squash	39	cutlets	20
canned	39	liver	22
Starch	37	loin	20
Starches	37	with kidney	20
Strawberries	40	lungs	22
Sturgeon	32	neck	21
caviare	33	rib	21
dried	33	rump	21
spinal column	34	shank, fore	21
Succotash, canned	39	hind	21
Sugar, extra C	37	shoulder	21
granulated	37	and flank	21
maple	37	side	21
Sugars	37	Vegetable food	34-41
Sweetbreads, beef	18	miscellaneous	41
canned	18	Vegetables	37-39
Tallow	34	canned	39
Tapioca	37	Vermicelli. (<i>See</i> Macaroni.)	
pudding. (<i>See</i> Pudding.)		Wafers, vanilla	37
Terrapin	33	Watermelon	40
Tomato catsup	39	Weak fish	32
Tomatoes	39	Wheat flour, meals, etc.	34, 35
and corn, canned	39	California fine	34
okra, canned	39	entire wheat	34
canned	39	graham	34
Tomcod	32	low grade	34
Tongue, beef	18	prepared	35
canned	19	roller process	34
pickled	19	spring wheat	35
lamb, canned	22	unclassified	35
mutton, canned	24	winter wheat	35
pork, pickled	27	germ meal	35
sausage	28	Wheatlet	35
Trout	32	White fish	32
Tunny, canned	33	white farina	35
Turbot	32	Whole milk	33
Turkey	29	Whortleberries	40
		Yeast	39