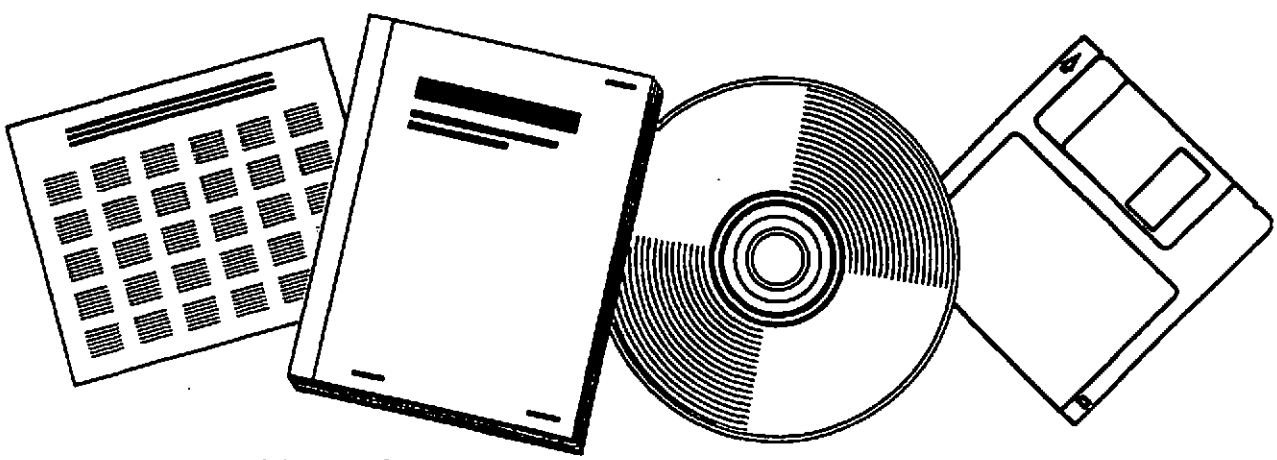
PB80190226

NTIS®
Information is our business.

CODING MANUAL TO HANDLE DATA FROM NATIONWIDE SURVEY OF INDIVIDUALS, SPRING 1977-78

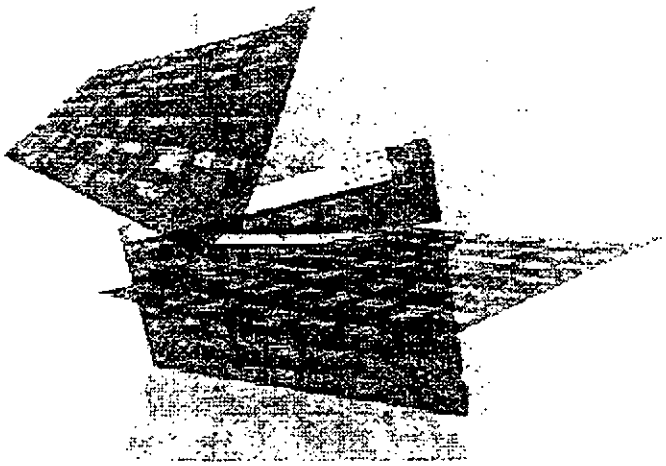
SCIENCE AND EDUCATION ADMINISTRATION, HYATTSVILLE, MD. CONSUMER FOOD ECONOMICS INST

01 NOV 1979



U.S. DEPARTMENT OF COMMERCE
National Technical Information Service

Tailored to Your Needs!



Selected Research In Microfiche

SRIM® is a tailored information service that delivers complete microfiche copies of government publications based on your needs, automatically, within a few weeks of announcement by NTIS.

SRIM® Saves You Time, Money, and Space!

Automatically, every two weeks, your SRIM® profile is run against all *new* publications received by NTIS and the publications microfiched for your order. Instead of paying approximately $15-30 for each publication, you pay only $2.50 for the microfiche version. Corporate and special libraries love the space-saving convenience of microfiche.

NTIS offers two options for SRIM® selection criteria:

Standard SRIM®–Choose from among 350 pre-chosen subject topics.

Custom SRIM®–For a one-time additional fee, an NTIS analyst can help you develop a keyword strategy to design your Custom SRIM® requirements. Custom SRIM® allows your SRIM® selection to be based upon *specific subject keywords*, not just broad subject topics. Call an NTIS subject specialist at (703) 605-6655 to help you create a profile that will retrieve only those technical reports of interest to you.

SRIM® requires an NTIS Deposit Account. The NTIS employee you speak to will help you set up this account if you don't already have one.

For additional information, call the NTIS Subscriptions Department at 1-800-363-2068 or (703) 605-6060. Or visit the NTIS Web site at *http://www.ntis.gov* and select SRIM® from the pull-down menu.

U.S. DEPARTMENT OF COMMERCE
Technology Administration
National Technical Information Service
Springfield, VA 22161 (703) 605-6000
http://www.ntis.gov

PB80190226

REPORT DOCUMENTATION PAGE	1. REPORT NO. USDA/DF-80/004a	2.	

4. Title and Subtitle: Coding Manual to Handle Data from Nationwide Survey of dividuals, Spring 1977-78	5. Report Date: 11/1/79
7. Author(s)	8. Performing Organization Rept. No. CFE(Adm.) - 352
9. Performing Organization Name and Address: Consumer Food Economics Insitute, Room 304 - Federal Building, 6505 Belcrest Road, Hyattsville, Maryland 20782	10. Project/Task/Work Unit No.
	11. Contract(C) or Grant(G) No. (C) (G)
12. Sponsoring Organization Name and Address: Consumer Food Economics Institute, Room 304 - Federal Building, 6505 Belcrest Road, Hyattsville, Maryland 20782	13. Type of Report & Period Covered: Final, Spring 1978
	14.

15. Supplementary Notes

For Magnetic Tape see:

16. Abstract (Limit: 200 words)

This document gives the food codes that were used in the Nationwide Survey of Individuals, Spring 1977-78. Along with the code is a complete description of the food item and the gram weight equivalent of several household measures for each food item. The manual is ranged with the codes in ascending order. The codes contain seven numeric characters.

17. Document Analysis a. Descriptors

Food Consumption Survey Data
Individual Intake Data
1977 Survey Data
Dietary Data
Nutrient Content of Diets of Individuals

b. Identifiers/Open-Ended Terms

REPRODUCED BY: U.S. Department of Commerce, National Technical Information Service, Springfield, Virginia 22161 NTIS

c. COSATI Field/Group

18. Availability Statement: Release Unlimited

19. Security Class (This Report): Unclassified	21. No. of Pages
20. Security Class (This Page): Unclassified	22. Price



INDIVIDUAL CODE BOOK ERRORS

p. 53	213-0300	Code out of sequence
p. 64	221-0131	...cooked with added fat or NS as to cooking method, lean and fat eaten or...
p. 130	251-7013	Tripe, battered, fried 1 cubic inch.....11g NS = 85g
p. 130	251-7022	P.R. Stewed chitterlings (Cuajo guisado)
p. 135	252-2141	Add 1 link (4" long x 7/8" dia) = 13g
p. 154	261-1343	Include should be "albacore"; instead of "abalone"
p. 161	261-5100	1 oz, cooked (yield after bone removed)=17g
p. 168	261-5185	(Include red Hawaiian U'u) 1 oz, raw, dressed (yield after cooking, bone removed) = 19g
p. 206	272-5031	1 cup = 210g
p. 350 should be	562-0500 562-0050	Buckwheat groats
p. 567	631-0713	(Discontinued Code) Banana, fried 1 banana 11" long.....263g NS = 132g 1 cup.....150g 1/16/80
p. 113	241-0822	Insert skin not eaten; delete "or NS as to skin" 1/21/80
p. 278	511-0504	Add toasted
p. 569	924-1701	(DISCONTINUED CODE) Sesame Seed Beverage with sugar 1 cup.....240g NS = 240g 2/21/80

INDIVIDUAL CODEBOOK ERRORS

p. 18	113-1020	Delete "lowfat"; insert "skim" instead
p. 427	674-0900	DISCONTINUED CODE 3/10/80 Delete entire entry; duplicates 133-1400
	674-1100	DISCONTINUED CODE 3/10/80 Delete entire entry; duplicates 133-1110
p. 567	674-0900	DISCONTINUED CODE 3/10/80 Butterscotch pudding, baby food 1 jar (4-1/2 oz) (Gerber) ------ 128 g NS ---------- 64 g 1 tbsp ---------- 14 g
	674-1100	DISCONTINUED CODE 3/10/80 Chocolate pudding, baby food 1 jar (4-1/2 oz) (Gerber, Beechnut) ---------- 128 g NS ---------- 64 g 1 tbsp ---------- 14 g
p. 271	421-1001	Code correction = 414-1001 3/10/80
p. 124	251-1005	1 oz, cooked ---------- 28 g, not 25 g 1 oz, raw (yield after cooking) ---------- 25 g, not 28 g
p. 264	414-2010	1 cup ---------- 240 g, not 202 g
p. 390	621-2110	1 cup ---------- 123 g, not 41 g
p. 398	631-2700	1 cubic inch ---------- 11 g, not 12 g
p. 53	213-0200	1 oz, cooked (yield after bone removed) ---------- 11 g
p. 69	222-0431	1 oz, raw (yield after cooking) ---------- 24 g, not 25 g
p. 83	231-1101	1 oz, cooked (yield after bone removed) ---------- 19 g
p. 86	232-0201	1 oz, cooked (yield after bone removed) 19 g
p. 121	242-0500	1 oz, cooked (yield after bone removed) ---------- 16 g

INDIVIDUAL CODEBOOK ERRORS

p. 123	244-0000	1 oz, cooked (yield after bone removed)	14 g
	244-0101	1 oz, cooked (yield after bone removed)	19 g
	244-0210	1 oz, cooked (yield after bone removed)	17 g
p. 124	251-1000	1 oz raw (yield after cooking)	21 g
p. 141	261-1046	1 oz cooked (yield after bone removed)	27 g
p. 155	261-5001	1 oz cooked (yield after bone removed)	19 g
p. 188	262-0605	1 oz	28 g
		1 small squid	42 g
p. 189	263-0700	1 oz, cooked (yield after shell removed)	8 g
p. 204	272-4006	1 cup	210 g
		1 oz	28 g, not 85 g
p. 205	272-5003	1 cup	210 g
p. 206	272-5030	1 cup	210 g

6/4/80

1-b

ADDITIONS

p. 130 Hog Lights (lungs)	251-7035	1 cup.....140g	
p. 344 Pretzels, chocolate coated	544-0820	1.....11g	
p. 357 Corn flour, corn bran flour, oat flour, fortified with vitamins and minerals, ready-to-eat (include corn bran)	573-0900	2/3 cup.....28g 1 cup.....43g	NS = 28g
p. 358 Oats, extruded, with honey, wheat germ, nuts, vitamins and iron, ready-to-eat (include Honey Nut Cheerios)	574-0900	1 cup.....25g	NS = 25g
p. 364 High Protein cereal with apple and orange, baby, dry, instant	578-0210	1 tbsp.....2.4g 1/8 cup.....5g 6 tbsp.....14g	NS = 14g
p. 393 Apricots, cooked or canned, drained solids	631-0318	1 half.....15g	
p. 550 Soft drink, ale type (include Ale-8)	924-1701	1 cup.....240g 1 fl oz.....30g	NS = 240g
p. 553 Citrus fruit juice (60%) drink (include Five Alive)	925-1125	1 cup.....247g 1 fl oz.....31g	NS = 247g
p. 563 Chili powder	003-0080	1 tbsp.....6g	

June 2, 1980

MANUAL OF FOOD CODES AND CONVERSIONS OF MEASURES TO GRAM-WEIGHT FOR USE WITH INDIVIDUAL FOOD INTAKE DATA FROM 1977-78 NATIONWIDE FOOD CONSUMPTION SURVEY

UNITED STATES DEPARTMENT OF AGRICULTURE
Science and Education Administration
Human Nutrition Center
Consumer and Food Economics Institute

Working copy - November 1, 1979

CONTENTS

	Page
Outline of coding system	1
Index of food codes	9
Major food groups: Codes, descriptions, measures, weights	
1 Milk and milk products	15
2 Meat, poultry, fish and mixtures	49
3 Eggs, mixtures, substitutes	253
4 Dry legumes, nuts, seeds	259
5 Grain products	275
6 Fruits	381
7 Vegetables	428
8 Fats, oils, and salad dressings	513
9 Sugars, sweets and beverages	519
0 Food items for which no nutritive values are assigned	563
Appendix A.--Ready-to-eat cereals	565
Appendix B.--Discontinued codes	567

Food codes are assigned to individual foods or to groups of similar items based on frequency of reportings, comparability in product form and/or nutritional content, or importance as a source of one or more nutrients. In some instances, trade names are used as examples to facilitate selection of appropriate codes. Listings of food brands included under a food code are not necessarily all-inclusive. Mention of a trade name does not constitute an endorsement of the product by USDA to the exclusion of products not mentioned.

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS	MINOR FOOD SUBGROUPS
1 MILK AND MILK PRODUCTS	11 Milk and Milk Drinks	111 Milk, fluid-pasteurized, filled, buttermilk, dry reconstituted
		112 Milk, concentrated fluid (canned)
		113 Milk, imitation
		114 Yogurt
		115 Chocolate, malted, shakes, other flavored milk drinks
		116 Meal replacements with milk
		117 Baby formulas
		118 Milk, dry and powdered mixtures with dry milk, not reconstituted
	12 Cream and Cream Substitutes	121 Sweet dairy cream (fluid whipped or dry)
		122 Sweet cream and whipped cream substitutes
		123 Sour dairy cream
	13 Milk Desserts	131 Milk desserts, frozen
		132 Milk desserts, not frozen
		133 Baby foods with milk
		134 Milk sauces and gravies
		135 Other milk products
	14 Cheeses	141 Natural cheese
		142 Cottage cheese
		143 Cream cheese
		144 Processed cheeses and cheese spreads
		145 Imitation cheese
		146 Cheese mixtures
		147 Cheese soups
2 MEAT, POULTRY, FISH AND MIXTURES	21 Beef	210 Meat, NFS, and beef, NFS
		211 Beef steak with bone
		212 Beef steak without bone
		213 Beef cuts with bone, not steaks
		214 Beef slices or chunks
		215 Ground beef patties, meat balls
		216 Other beef items
		217 Baby or junior beef
	22 Pork	220 Pork, NFS
		221 Pork chops
		222 Pork steak or cutlet
		223 Ham
		224 Pork roasts, not ham

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS	MINOR FOOD SUBGROUPS
		225 Canadian bacon
		226 Bacon and salt pork, fat back
		227 Misc. pork cuts
		228 Baby or junior pork, ham, meat sticks
	23 Lamb, Veal, Game, Other Carcass Meat	230 Lamb, NFS
		231 Lamb
		232 Veal
		233 Game
		234 Baby veal or lamb
	24 Poultry	241 Chicken
		242 Turkey
		243 Duck
		244 Rock cornish game hen and other poultry
		247 Baby or junior poultry
	25 Organ Meats, Sausages Lunchmeats, Spreads	251 Organ meats and mixtures
		252 Frankfruters, sausages, lunchmeats, meat spreads
	26 Fish and Shellfish	261 Finfish
		262 Other seafood
		263 Shellfish
	27 Meat, poultry, or fish Combined with Nonmeat Items	271 Meat, poultry or fish in gravy, sauce, or creamed
		272 Meat, poultry or fish combinewd with starch items
		273 Meat, poultry or fish with starch and vegetable
		274 Meat, poultry or fish with vegetable, excluding white potatoes
		275 Sandwiches (reported as a unit) with meat, poultry or fish
		276 Baby foods, combination with meat, poultry or fish
	28 Plate Meals, Frozen and not Frozen, and Soups and Gravies, with Meat, Poultry or Fish Base, Plain Gelatin Drinks	281 Frozen plate meals
		283 Soups, broths, extracts, from meat, poultry or fish base
		284 Gelatin drink, plain
		285 Gravies, meat or poultry base made with water

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS	MINOR FOOD SUBGROUPS
3 EGGS, MIXTURES, SUBSTITUTES	31 Eggs	311 Chicken eggs
		312 Other poultry eggs
	32 Eggs Mixtures	321 Egg dishes
		322 Egg sandwiches
		323 Egg soups
		324 Meringues
	33 Egg Substitutes	330 Substitutes, NFS
		331 Made from powdered mixtures
		332 Made from frozen mixtures
		333 Made from liquid mixtures
	34 Baby Food - Eggs	341 Egg yolk
4 DRY LEGUMES, NUTS, SEEDS	41 Legumes	411 Cooked or canned dried beans
		412 Cooked or canned dried bean, mixtures
		413 Cooked dried peas, and lentils mixtures
		414 Soybean dried products
		415 Frozen meals with dried beans or peas as main course
		416 Soups, mainly legumes
		417 Baby foods legumes
		418 Meat substitutes
		419 Meat substitute sandwiches
	42 Nuts and Nut Butters and Mixtures	421 Nuts
		422 Nut butters
		423 Nut butter sandwiches
		424 Coconut beverages and mixtures
		425 Nut mixtures
	43 Seeds and Seed Mixtures	431 Seeds
	44 Carob and Carob Products	441 Carob powders
		442 Carob chips
5 GRAIN PRODUCTS	50 Flour	500 Flour and dry mixes
		510 Breads, rolls, NFS
	51 Yeast Breads, Rolls	511 White bread, rolls
		512 Whole wheat bread, rolls
		513 Cracked wheat bread, rolls
		514 Rye bread, rolls
		515 Oatmeal bread
		516 Multigrain bread
		517 Cottonseed bread
		518 Other breads
	52 Quick Bread	521 Biscuits
		522 Cornbread and corn muffins
		523 Other muffins, popovers
		524 Quickbreads excluding cornbread and muffins

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS		MINOR FOOD SUBGROUPS	
	53	Cakes, Cookies, Pies and Pastries	531	Cakes
			532	Cookies
			533	Pies
			534	Cobblers, eclairs, turnovers, other pastries
			535	Danish, breakfast pastries, bars, and doughnuts
			536	Coffee cake, not yeast type
	54	Crackers and Salt, Snacks from Grain or Grain Products	541	Sweet crackers
			542	Low sodium (dietary) crackers
			543	Non-sweet crackers
			544	Salty snack products from grain sources
	55	Pancakes, Waffles, French Toast	551	Pancakes
			552	Waffles
			553	French toast
			554	Crepes
			555	Flour water patties
			556	Flour milk patties
			557	Rice flour cakes
	56	Cooked Pastes and Cooked Cereals	561	Pastes
			562	Cooked cereals
	57	Ready-to-Eat Cereals	571	Cereal, ready-to-eat, NFS
			571	Buckwheat cereal
			572	Bran cereals
			573	Corn cereals
			574	Oat cereals
			575	Rice cereals
			576	Wheat cereals
			577	Multigrain cereals
			578	Baby cereals
			579	Other cereals
	58	Mixtures, Mostly Grains	581	Mixtures with animal protein
			582	Mixtures without animal protein
			583	Frozen plate meals
			584	Soups with grain product as main ingredient
			585	Baby food mixtures with animal protein
6 FRUITS	61	Citrus Fruits, Juices	611	Citrus fruits
			612	Citrus fruit juices
	62	Dried Fruits	621	Dried fruits

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS	MINOR FOOD SUBGROUPS
	63 Fruits, Berries, (exclude citrus, dried)	631 Fruit, exclude berries
		632 Berries
		633 Mixtures of 2 or more fruits
		634 Mixtures of fruits berries and non-fruit items
	64 Fruit Juices, Nectars (exclude citrus)	641 Juices
		642 Nectars
	67 Baby or Strained and Junior Fruits and Juices	671 Fruits and fruit mixtures
		672 Juices
		673 Fruits with cereal
		674 Fruit desserts and puddings
7 VEGETABLES	71 White Potatoes	710 White Potatoes, NFS
		711 Baked, Boiled, canned
		712 Chips, sticks
		713 Creamed, scalloped, au gratin
		714 Fried
		715 Mashed, stuffed, puffs
		716 Salad
		717 Special recipes
		718 Soups
		719 Puerto Rican Starchy vegetables
	72 Dark-Green Vegetables	721 Dark-green leafy vegetables
		722 Dark-green, not leafy vegetables
		723 Dark-green vegetable soups
	73 Deep-Yellow Vegetables	731 Carrots
		732 Pumpkin
		733 Squash
		734 Sweet potatoes
		735 Deep-yellow vegetable soups
	74 Tomatoes	741 Raw tomatoes
		742 Cooked tomatoes
		743 Tomato juice
		744 Tomato sauces
		745 Tomato mixtures
		746 Tomato soups
		747 Tomato sandwiches

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS		MINOR FOOD SUBGROUPS	
	75	Other Vegetables and Vegetable Mixtures	751	Raw vegetables
			752	Cooked or canned vegetables with or without added fat
			753	Cooked vegetables, mixture of 2 or more vegetables (include nuts) with or without added fat
			754	Cooked vegetables with sauces, batters, casseroles
			755	Olives, pickles, relishes (exclude tomatoes)
			756	Vegetable soups
	76	Baby or Strained and Junior Vegetables and Mixtures, Mostly Vegetables	761	Dark green vegetables
			762	Deep yellow vegetables
			764	Vegetables other than dark green, deep yellow and tomato
			765	Potato mixtures with meat
			766	Vegetable mixtures and meat with cereal
			767	Vegetable mixtures and liver with cereal
	77	Vegetable Mixtures with Animal Protein	771	White Potato Mixtures
			772	P.R. Starchy Vegetable (viandas) mixtures
			773	Other Vegetable Mixtures
			775	P.R. Stews or soups with starchy vegetables (viandas)
8 FATS, OILS AND SALAD DRESSINGS	81	Fats	811	Table fats
			812	Cooking fats
			813	Other fats
	82	Oils	821	Vegetable oils
	83	Salad Dressings	831	Regular type
			832	Low-calorie type
9 SUGAR, SWEETS AND BEVERAGES	91	Sugar and sweets	911	Sugars
			912	Sugar replacements or substitutes
			913	Syrups, honey, molasses
			914	Jellies, jams, preserves
			915	Gelatin desserts, salads
			916	Ices, popsicles
			917	Candies
			918	Chewing gum and cough drops

FOOD GROUP CODES

MAJOR FOOD GROUPS	MAJOR FOOD SUBGROUPS	MINOR FOOD SUBGROUPS
	92 Non-Alcoholic Beverages	921 Coffee
		922 Coffee substitutes
		923 Tea
		924 Soft drinks
		925 Fruitades and drinks
		926 Non-fruit beverage
		929 Sugar concentrate with vitamin C, powdered not reconstituted
	93 Alcoholic Beverages	931 Beers and ales
		932 Cordials and liqueurs
		933 Cocktails
		934 Wines
		935 Distilled liquors
0 FOOD ITEMS FOR WHICH NO NUTRITIVE VALUES ARE ASSIGNED	00 Blank	001 Artificial sweeteners
		002 Extracts, flavors, vinegar
		003 Seasonings, spices, herbs
		004 Vitamins, minerals, supplements
		009 Cooking oils sprays or sticks

Index of Food Codes

Item	Code
Alcoholic beverages	
See Beverages, alcoholic	93
Baby foods	
Beef	217
Cereals	578
Cottage cheese	142
Custard pudding	133
Eggs	341, 342
Fruit with cereal	673
Fruit desserts, puddings	674
Fruit juice	672
Fruit, plain, mixtures	671
Ham	228
Lamb	234
Meat sticks	228
Mixtures	
with meat, poultry	276
with cereal, meat	585
with meat, vegetable, cereal	766, 767
with potato	765
Pork	228
Poultry	247
Split pea	417
Veal	234
Vegetables	
Spinach	761
Carrots	762
Squash	762
Sweetpotato	762
Other vegetables	764
Soup	764
Baby formulas	117
Beans, baked or cooked dry beans	
Beans	411
Mixtures	412
Soybean products	414
Berries	632
Mixtures	634
Beverages, alcoholic	
Ale	931
Beer	931
Brandy	935
Cocktails	933
Cordials	932
Gin	935
Liqueurs	932
Rum	935
Vodka	935
Wines	934
Whiskey	935
Beverages, nonalcoholic	
Coffee	921
Coffee substitutes (Postum, chicory)	922
Fruit drinks	925
Nonfruit drinks	926
Soft drinks	924
Tea	923
Biscuits	
Baking powder type	521
Boston cream pie	
See cakes	531
Bread, rolls, buns (yeast breads, rolls)	51
Bread, rolls, NFS	510
Cracked wheat bread, rolls	513
Oatmeal bread	515
Rye bread, rolls	514
White bread, rolls	511
Whole wheat bread, rolls	512
Breakfast bars	535
Breakfast, instant	116
Butter	811
Cakes	531
Cheesecake	146
Candy	917
Cereals	
Cooked cereals	562
Ready-to-eat cereals	57
Bran cereals	572
Buckwheat cereals	571
Corn cereals	573

Preceding page blank

Item	Code
Multigrain cereals	577
Oat cereals	574
Rice cereals	575
Wheat cereals	576
Cheese	
Natural cheeses	141
Cottage cheeses	142
Cream cheeses	143
Processed and cheese spreads	144
Imitation cheeses	145
Cheesecake	
See cheese mixtures	146
Cobblers	534
Cocktails	933
Coffee	921
Coffee cake	
Yeast type	511-6
Nonyeast type	536
Cookies	532
Cornbreads	522
Cracker Jack	544
Crackers	54
Sweet crackers	541
Low-sodium crackers	542
Crackers, not sweet	543
Cream	12
Sweet, dairy	121
Sour, dairy	123
Cream substitutes	
Sour cream	123-2
Sweet cream	122
Whipped cream	122
Crepes	
Without filling	554
With meat filling	581
With dessert filling	534
Danish pastries	535
Dips	
Cheese base	146
Sour cream base	123
Doughnuts	535
Eggnog	115
Eggs	3
Egg substitutes	33
Fats	81
Table fats	811
Cooking fats	812
Fats other than table and cooking	813
Fish	26
Flour milk patties	556
Flour water patties	555
Frankfurters	252
French toast	553
Frozen meals	
Meat, poultry, or fish as main course	281
Beans or peas, dry cooked as main course	415
Grain product as main course ingredient	583
Fruit	6
Berries	632
Citrus fruits	611
Citrus juices	612
Dried fruits	621
Fruits other than citrus, dried, or berries	631
Fruit juices, excluding citrus	641
Fruit mixtures, fruits only	633
Fruit mixtures, with nonfruit item(s)	634
Fruit nectars	642

Index of Food Codes (con.)

Item	Code
Fruit drinks, fruit ades	925
Gelatin	
Drink	284
Desserts, salads	915
Gravies	
Meat base made with water	285
Made with milk	134
Gum, chewing	918
Honey	813
Ice cream	131
Ice milk	131
Ices	916
Instant breakfast	116
Jams (jellies, preserves)	914
Juices	
Fruit, citrus	612
Fruit, noncitrus	641
Fruit juice, baby food	672
Vegetable, tomato juice	743
Vegetable, carrot juice	731
, other juice	751
Legumes	41
Lunchmeats	252
Meat substitutes	418
Pastrami	216
Macaroni	561
Margarine	811
Marmalades	914
Meal replacements	
Instant breakfasts, etc.	116
Meat	2
Meat spreads	252
Meat substitutes	418
Milk	111
Milk, nondairy, imitation	113
Mixtures	
Baby foods, see baby foods	
Beans, dry	412
Cheese mixtures	146
Egg dishes	321
Frozen meals, see frozen meals	
Fruit mixtures	633, 634
Grain products as major component	581, 582
Meat, poultry, fish	
in gravy or sauce	271
with starchy item	272
with starchy item and vegetable	273
with vegetable(s), excluding potatoes	274
Milk	
Desserts	131, 132
Drinks	115
Gravy	134
Sauces	134
Sandwiches, see sandwiches	
Soups, see soups	
Vegetable mixtures	713, 716, 717, 745, 753, 754
Molasses	913
Muffins	
Corn muffins	522
Muffins, not cornbread type	523
Noodles	561
Nuts	421
Oils	821
Olives	755

Index of Food Codes (con.)

Item	Code
Oxtails	213
Pancakes	551
Pastrami	216
Peanut butter	422
Peas, cooked dry	413
Pickles	755
Pies	533
Popcorn	544
Popovers	523
Popsickles	916
Poptarts	535
Potato chips	712
Potatoes, white	71
sweet	734
Poultry	24
Chicken	241
Turkey	242
Duck	243
Rock Cornish hen	244
Puddings	
Milk desserts	132
Plum pudding	531
Baby foods--fruit puddings	674
Relishes	755
Rice	562
Rice breakfast cereals	575
Rice flour cakes	557
Salad dressings	83
Regular type	831
Low-calorie type	832
Salads	
Fruit salads	633
Vegetable salads	634
Potato	716
Dark green vegetable	721
Carrot	731
Tomato	741
Other vegetable salads	751
Gelatin salads	915
Fish salads	274-5
Meat salads	274-1, 274-2
Poultry salads	274-4
Sandwiches	
Cheese filling	146-4
Egg filling	322
Meat, poultry, fish filling	275
Peanut butter, other nut butter fillings	423
Tomato filling	747
Sauces	
White sauce	134
Cheese sauce	146
Gravies	134, 285
Tomato catsup	744
Tomato sauce	744
Sausages	252
See also Luncheon meats under Meat substitutes	
Seeds	431, 432
Sirups	913
Snack items	
Candy	917
Corn chips, puffs	544
Moo munchies	135
Nuts	421
Pernuts, soynuts	414
Popcorn	544
Potato chips	712
Pretzels	544
Soft drinks	924
Soy nuts	414

Index of Food Codes (con.)

Item	Code
Soups	
Beans, dry, as major ingredient	416
Grain product as a major ingredient	584
Peas, split or dry	416
Meat, poultry, fish base	283
Vegetable, potato	718
Vegetable, dark green	723
Vegetable, tomato	746
Vegetable, other	756
Spaghetti	
Plain	561
With sauce	581
Sugars	911
Sugar substitutes, replacements	912
Sweeteners, artificial	001
Tea	923
Thick shakes	115
Tomatoes	74
Turnovers, fruit	534
TV dinners	
See frozen meals	281, 415, 583
Variety meats	251
Brains	251-5
Heart	251-2
Kidney	251-3
Liver	251-1
Sweetbreads	251-4
Tongue	251-6
Other	251-7
Vegetables	7
Raw	
Carrots	731
Green leafy	721
Tomatoes	741
Vegetables, other than carrots, green leafy, tomatoes	751
Cooked, dark-green	72
Deep-yellow	73
Carrots	731
Pumpkin	732
Squash, winter	733
Sweetpotatoes	734
Other	
Potatoes	71
Vegetable protein	
See Meat substitutes	418
Waffles	552
Yogurt	114

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1)				
MILK AND MILK DRINKS: (Subgroup Code 11)				
Milk, human	110-0000	1/8 cup	30.8	
Milk, fluid (regular, filled, buttermilk, dry reconstituted): (Subgroup code 111)				
Milk, NFS*	111-0000	1 cup**	244	244
		1 tbsp***	15	
Milk, cow's, fluid whole (Include 3.5%, 3.8% milk, fresh milk, NFS, raw milk, leche fresca)	111-1100	1 cup	244	244
		1/8 cup	30	
Milk, cow's, fluid, whole, low-sodium	111-1110	1 cup	244	244
		1 tbsp	15	
Milk, cow's, fluid, lowfat	111-1200	1 cup	245	245
		1/8 cup	31	
Milk, cow's, fluid, lowfat 2% (Include Hi-Protein milk, ...tified milk)	111-1211	1 cup	245	245
...cow's, fluid, ac...ilus	111-1212	1 cup	245	245
Milk, ...'s, fluid, lowfat 1%	111-1221	1 cup	245	245
Milk, ... fluid, skim or nonfat ...r less butterfat)	111-1300	1 cup	245	245
Milk, cow's, fluid, skim, non-fat dry milk solids added	111-1310	1 cup	245	245
		1 tbsp	15	
Milk, cow's, fluid, filled (with vegetable oil)	111-1400	1 cup	244	244
Milk, cow's, fluid, filled (with vegetable oil) whole	111-1410	1 cup	244	244

* Not Further Specifed
** Standard Measuring Cup, 8 fluid ounces
*** One-sixteenth of the Standard Measuring Cup, 1/2 fluid ounce, or 1 tablespoon

Preceding page blank

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, fluid (regular, filled, buttermilk, dry reconstituted): (Subgroup Code 111) -- Continued				
Milk, cow's, fluid, filled (with vegetable oil) lowfat	111-1420	1 cup	245	245
Buttermilk, fluid (Include Kefir Milk)	111-1500	1 cup	245	245
		1/8 cup	31	
Milk, goat's, fluid, whole	111-1600	1 cup	244	244
Milk, dry, reconstituted, NFS	111-2000	1 cup	245	245
Milk, dry, reconstituted, whole	111-2110	1 cup	244	244
Milk, dry, reconstituted, lowfat	111-2121	1 cup	245	245
Milk, dry, reconstituted, nonfat	111-2130	1 cup	245	245
Buttermilk, dry, reconstituted	111-2200	1 cup	245	245
Milk, goat's, dry, reconstituted	111-2300	1 cup	244	244
Milk, concentrated, fluid (canned): (Subgroup code 112)				
Milk, evaporated, NFS	112-1000	1/2 cup	126	
		1/4 cup	63	63 (if on cereal)
		1 tbsp	16	16 (if in coffee)
Milk, evaporated, undiluted	112-1010	1 cup	252	
		1/2 cup	126	126 (as a drink)
		1/4 cup	63	63 (if on cereal)
		1 tbsp	16	16 (if in coffee)
Milk, evaporated, diluted	112-1020	1 cup	244	244
Milk, evaporated, whole	112-1100	1/2 cup	126	126 (as a drink)
		1/4 cup	63	63 (if on cereal)
		1 tbsp	16	16 (if in coffee)

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, concentrated, fluid (canned): (Subgroup Code 112) -- Continued				
Milk, evaporated, whole, undiluted	112-1110	1/2 cup	126	126 (a a drin
		1/4 cup	63	63 (if cerea
		1/8 cup	32	
		1 tbsp	16	16 (if coffe
Milk, evaporated, whole, diluted	112-1120	1 cup	244	244
Milk evaporated, lowfat (2%)	112-1150	1/2 cup	128	
		1/4 cup	64	
Milk, evaporated, skim	112-1200	1/2 cup	128	128 (a a drin
		1/4 cup	64	64 (if cerea
		1 tbsp	16	16 (if coffe
Milk, evaporated, skim, undiluted	112-1210	1/2 cup	128	128 (a a drin
		1/4 cup	64	64 (if cerea
		1 tbsp	16	16 (if coffe
Milk, evaporated, skim, diluted	112-1220	1 cup	245	245
Milk, evaporated, filled with vegetable oil	112-1300	1/2 cup	126	
		1/4 cup	63	63 (if cerea
		1 tbsp	16	16 (if coffe
Milk, evaporated, filled with vegetable oil, undiluted	112-1310	1 cup	252	
		1/2 cup	126	126 (a a drin
		1/4 cup	63	63 (if cerea
		1 tbsp	16	16 (if coffe

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, concentrated, fluid (canned): (Subgroup Code 112) -- Continued				
Milk, evaporated, filled with vegetable oil, diluted	112-1320	1 cup	244	244 (as a drink)
		1/4 cup	61	
		1 tbsp	15	
Milk, evaporated, goat's	112-1400	1 cup	252	
		1/2 cup	126	126 (as a drink)
		1/4 cup	63	63 (if on cereal)
		1 tbsp	16	
Milk, condensed, sweetened	112-2000	1/8 cup	38	38
Milk, condensed, sweetened, undiluted	112-2010	1 cup	306	38
		1/8 cup	38	
Milk, condensed, sweetened, diluted	112-2020	1 cup	272	68
		1/4 cup	68	
Imitation milk: (Subgroup Code 113)				
Milk, imitation, fluid, soy base	113-1000	1 cup	244	122
Milk, imitation, lowfat, fluid, soy base	113-1010	1 cup	245	245
Milk, imitation, lowfat, fluid, soy base	113-1020	1 cup	245	245
		1/2 cup	123	
Milk, soy, fluid, canned, not baby's	113-2000	1 cup	254	127
Milk, soy, dry, reconstituted, not baby's	113-3000	1 cup	245	123

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Yogurt: (Subgroup Code 114)				
Yogurt, NFS (Include plain acidophilus)	114-1000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, homemade	114-1100	1 cup (8 fl oz)	245	245
Yogurt, whole milk	114-1110	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, lowfat	114-1120	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla or coffee flavor, NFS	114-2000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla or coffee flavor, whole milk	114-2100	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla or coffee flavor, lowfat	114-2200	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, chocolate, NFS	114-2500	1 cup	245	
Yogurt, fruit variety, NFS	114-3000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit variety, whole milk	114-3100	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit variety, lowfat	114-3200	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit variety, artificially sweetened	114-4000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vegetable, NFS	114-5000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vegetable, lowfat	114-5100	1 8 oz container 1 cup (8 fl oz)	227 245	227

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Yogurt: (Subgroup Code 114) -- Continued				
Yogurt, frozen dessert	114-6000	1 8 oz container	227	227
		1 cup (8 fl oz)	193	
Yogurt, frozen, chocolate coated,	114-6100	1 bar	41	41
Yogurt, frozen, carob coated,	114-6110	1 bar	41	41
Yogurt, frozen, sandwich	114-6120	1 sandwich	85	85
Chocolate, malted, shakes, other flavored milk drinks: (Subgroup Code 115)				
Milk, chocolate (Include chocolate milk NS as to milk or drink)	115-1100	1 cup	250	250
Milk, chocolate, whole, milk base	115-1110	1 cup	250	250
Milk, chocolate, lowfat milk base (Include chocolate milk drink)	115-1120	1 cup	250	250
Milk, chocolate, skim milk base	115-1130	1 cup	250	250
Powdered whole milk with chocolate	115-1150	1 cup	250	188
		6 fl oz	188	
Cocoa, hot chocolate, homemade, NFS	115-1200	1 cup	250	250
P.R. - Spanish style hot chocolate drink (Chocolate Espanol)	115-1250	6 fl oz	180	180
(Include chocolate milk beverage made with evaporated milk)		8 fl oz	240	240

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Chocolate, malted, shakes, other flavored milk drinks: (Subgroup Code 115) -- Continued				
Cocoa (or chocolate) and sugar mixture, milk added, NFS	115-1300	1 cup	250	188
		3/4 cup	188	
Cocoa (or chocolate) and sugar mixture, whole milk added	115-1310	1 cup	250	188
		3/4 cup	188	
Cocoa (chocolate) and sugar mixture, lowfat milk added	115-1320	1 cup	250	188
		3/4 cup	188	
Cocoa (chocolate) and sugar mixture, skim milk added	115-1330	1 cup	250	188
		3/4 cup	188	
Cocoa with sugar and dry milk mixture, water added	115-1410	1 oz packet with 6 fl oz water	206	206
		1 cup	256	
Cocoa with sugar and lowfat dry milk, water added	115-1420	1 packet (34 g. dry mix with 6 fl oz water)	212	212
		1 cup	256	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Chocolate, malted, shakes, other flavored milk drinks: (Subgroup Code 115) -- Continued				
Cocoa with nonfat dry milk, no sugar, water added	115-1430	1 packet (34 g. dry mix with 6 fl oz water)	212	212
		1 cup	256	
Cocoa (or chocolate) and sugar mixture fortified with vitamins, minerals, milk added, NFS	115-1510	1 cup	250	
		3/4 cup	188	188
Milk beverage, made with milk, flavors other than chocolate	115-1900	1 cup	250	250
Milk beverage, beads, chocolate, reconstituted with whole milk	115-1910	1 cup	250	250
Milk, malted	115-2000	1 cup	235	235
		1/4 cup	59	
		1/8 cup	29	
Milk, malted, chocolate	115-2100	1 cup	235	235
		1/4 cup	59	
		1/8 cup	29	
Milk, malted, chocolate, low-calorie	115-2101	1 cup	235	235
Milk, malted, natural flavor	115-2200	1 cup	235	235
		1/4 cup	59	
		1/8 cup	29	
Egg Nog, NFS	115-3100	1 cup	254	254

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Chocolate, malted, shakes, other flavored milk drinks: (Subgroup Code 115) -- Continued				
Egg Nog, made with 2% lowfat milk	115-3150	1 cup	254	254
Egg Nog, made with half and half	115-3200	1 cup	254	254
Egg Nog, beads reconstituted	115-3300	1 cup	254	254
Milk shake, NFS (Include frappe)	115-4100	10 fl oz 1 cup	320 256	320
Milkshake with fruit	115-4101	1 cup 10 fl oz	256 320	256
Milk shake, chocolate	115-4102	1 cup	256	256
Milk shake, fountain type	115-4110	10 fl oz 1 cup	320 256	320
Milk shake, fountain type, chocolate	115-4111	10 fl oz 1 cup	320 256	320
Milk shake, fountain type, flavors other than chocolate	115-4112	10 fl oz 1 cup	320 256	320
Milkshake, low calorie, chocolate	115-4114	1 cup	256	256
Milk shake, low calorie, not chocolate	115-4115	1 cup	256	256
Thick shake mix, made up with milk, NFS	115-4120	1 container (11 oz) 1 fl oz	313 25	313
Thick shake mix, made up with milk, chocolate	115-4121	1 container (10.6 oz) 1 fl oz	300 25	300

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Chocolate, malted, shakes, other flavored milk drink: (Subgroup Code 115) -- Continued				
Thick shake mix, made up with milk, flavors other than chocolate	115-4122	1 container (11 oz) 1 fl oz	313 25	313
Milk shake, canned, chocolate	115-4131	1 can (1 cup) (8 fl oz) 1 can (10 fl oz) 1 can (12-1/2 fl oz)	256 320 400	256
Milk shake, canned, flavors other than chocolate	115-4132	1 can (1 cup) (8 fl oz) 1 can (10 fl oz) 1 can (12-1/2 fl oz)	256 320 400	256
Milk shake, frozen, chocolate	115-4133	1 can (9-1/4 fl oz) 1 fl oz	289 31	289
Milk shake, frozen, flavors other than chocolate	115-4134	1 can (9-1/4 fl oz) 1 fl oz	289 31	289
Milk shake with malt (Include malted milk with ice cream)	115-4140	1 cup 1 fl oz	256 32	256
Thick shake, NFS	115-4200	1 container (11 oz) 1 fl oz	313 25	313
Thick shake, chocolate, carry-out type	115-4210	1 container (10.6 oz) 1 fl oz	300 25	300
Thick shake, flavors other than chocolate, carry-out type	115-4220	1 container (11 oz) 1 cup	313 196	313
P.R. - Milk fruit drinks (Champola de frutas)	115-5110	8 oz, glass	240	240

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Chocolate, malted, shakes, other flavored milk drink: (Subgroup Code 115)-- Continued				
Milk, with coffee, NFS (assume 2 tsp sugar) (Include Cafe con Leche)	115-6101	1 cup 3/4 cup	243 182	182
Milk, with coffee, no sugar	115-6102	1 cup 3/4 cup	243 182	182
Milk with decaffeinated coffee	115-6105	1 cup	243	243
Milk with tea	115-7101	1 cup	243	243
Milk, skim with tea	115-7102	1 cup	243	243
Milk with bitter orange tea	115-7105	1 cup	243	243
Meal replacements with milk, fluid: (Subgroup 116)				
Instant breakfast, fluid, canned	116-1100	1 can (10 fl oz) 1 cup	313 250	313
Instant breakfast, powder, milk added (Include instant breakfast, NFS)	116-1200	1 packet (35.1 g) in 8 fl oz milk 1 cup 1/8 cup	279 265 33	279
Diet beverage, liquid, canned	116-2100	1 can (8 fl oz) 1 can (10 fl oz) 1/8 cup	256 313 31	256
Diet beverage, powder, reconstituted	116-2200	1 packet (28 g) in 6 fl oz skim milk 1 cup	212 256	212

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Meal replacements with milk, fluid: (Subgroup Code 116) -- Continued				
High calorie beverage, canned or powdered, reconstituted (Include Nutrament)	116-3100	1 can (2-1/2 fl oz)	71	250
		1 cup	250	
		1 can (12-1/2 fl oz)	399	
Meal Supplement or replacement, milk base, high protein, liquid (Include Sustacal)	116-4100	1 fl oz	32	
Baby formula: (Subgroup Code 117)				
Baby formula, NFS	117-0010	1 fl oz	31	
Baby formula, milk base, ready to use liquid, canned (Include Enfamil, Similac) (Include Similac, NFS)	117-1020	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, milk base, weaning type, ready to use liquid, canned (Include Similac Advance)	117-1021	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, iron fortified, milk base, ready to use liquid, canned (Include Similac with iron, SMA with iron, Enfamil with iron)	117-1040	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Baby formula: (Subgroup Code 117) -- Continued				
Baby formula, soy base, ready to use liquid, canned (Include Mull Soy, Nursoy, Prosobee, Isomil, Soyalac)	117-1060	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, milk base, liquid concentrate, diluted (Include Enfamil, Similac)	117-2010	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, milk base, weaning type, liquid concentrate, diluted (Include Similac Advance)	117-2011	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, iron fortified, milk, base, liquid concentrate, diluted (Include Enfamil with iron, Similac with iron, SMA with iron)	117-2020	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, meat base, liquid concentrate, diluted (Include Gerber Formula)	117-2030	1 fl oz	30.3	
		4 fl oz (small)	121	121
		6 fl oz (medium)	182	182
		8 fl oz (large)	242	242

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Baby formula: (Subgroup Code 117) -- Continued				
Baby formula, soy base, liquid concentrate, diluted (Include I-Soyalac, Neomull-soy, Prosobee, Isomil, Soyalac)	117-2040	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, soy base, liquid concentrate, carbohydrate free, dilute with 12.8% carbohydrate solution (Include Cho-free)	117-2042	1 fl oz	31	
Baby formula, milk base, made from powdered concentrate (Include Enfamil, Similac)	117-3010	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248
Baby formula, protein hydrolysate, made from powdered concentrate (Include Probana)	117-3011	1 fl oz	30.6	
		4 fl oz (small)	122	122
		6 fl oz (medium)	184	184
		8 fl oz (large)	245	245
Baby formula, protein hydrolysate, iron fortified, made from powdered concentrate (Include Nutramigen, Pregestimil)	117-3020	1 fl oz	30.6	
		4 fl oz (small)	122	122
		6 fl oz (medium)	184	184
		8 fl oz (large)	245	245
Baby formula, iron fortified, milk base made from powdered concentrate (SMA with iron) plus whole fluid milk	117-3025	8 fl oz	248	248
Baby formula, soy base, made from powdered concentrate (Include Soyalac)	117-3030	1 fl oz	31	
		4 fl oz (small)	124	124
		6 fl oz (medium)	186	186
		8 fl oz (large)	248	248

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, dry and powdered mixtures with dry milk, not reconstituted: (Subgroup Code 118)				
Milk, dry, not reconstituted, NFS	118-1000	1 cup	68	23
Milk, dry, whole, not reconstituted, NFS	118-1100	1 cup	128	
		1/8 cup	16	
Milk, dry, whole, instant, not reconstituted	118-1110	1 cup	70	23
		1/8 cup	23	
Milk, dry, lowfat, (not instant) not reconstituted	118-1200	1 cup	120	
		1/8 cup	15	
Milk, dry, nonfat, instant, not reconstituted (Note: 1/3 cup makes 8 fl oz reconstituted milk)	118-1300	1 cup	68	23
		1-1/3 cup (3.2 oz envelope)	91	
		1/3 cup	23	
Buttermilk, dry, not reconstituted	118-2000	1 tbsp	6.5	
		1 cup	120	
Whey, sweet, dry	118-2500	1 cup	145	8
		1 tbsp	8	
Cocoa (or chocolate) with dry milk and sugar, not reconstituted	118-3010	1 oz package	28	28
(Include cocoa mix, NFS)		1 tbsp	8	
Chocolate, instant, dry, fortified with vitamins and minerals	118-3014	1 tbsp	8	8
Cocoa, powder, not reconstituted (no dry milk)	118-3015	1 tbsp	8	28

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, dry and powdered mixtures with dry milk, not reconstituted: (Subgroup Code 118) -- Continued				
Cocoa (or chocolate) flavored beverage powder, not reconstituted	118-3016	1 cup	135	28
		1/8 cup	17	
Milk, malted, dry mix, not reconstituted)	118-3020	1 tbsp	8	26
		1 cup	135	
Milk shake mix, dry, not reconstituted	118-3030	1 cup	135	
		1/8 cup	17	
Milk shake mix, chocolate, dry mix, not reconstituted	118-3031	1/8 cup	17	34
Milk beverage, powders, dry, not reconstituted	118-3040	1 cup	135	
		1/8 cup	17	
Instant breakfast, powder, not reconstituted	118-3080	1 packet	35	35
		1 tbsp	9	
High calorie milk beverage powder, not reconstituted (Include Nutrament)	118-3085	1/4 cup	30	30
Protein supplement, milk base, powdered (Include Meritene)	118-3090	4 tbsp	32	32
		1 tbsp	8	
Nutrient Supplement, low calorie, powdered (Include Dietene)	118-3095	4 tbsp	28	28
		1 tbsp	7	
Protein Supplement, milk base, sodium controlled, powdered (Include Lonalac)	118-3096	1 cup	125	31
		1/4 cup	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK AND MILK DRINKS: (Subgroup Code 11) -- Continued				
Milk, dry and powdered mixtures with dry milk, not reconstituted: (Subgroup Code 118) -- Continued				
Meal Replacement, protein type, milk base, powdered (Include Slim-Fast)	118-3097	2 tbsp 1 tbsp	28 14	28
Protein Supplement, milk base, low lactose, powdered (Include Sustacal Powder)	118-3098	1 packet	54	54
Nutrient supplement, milk base, powdered (Include Sustagen)	118-3099	2/3 cup	100	100
Diet powder, nonfat dry milk and egg white base, mineral fortified (Include Optifast)	118-3100	1 serving (.66 oz)	19	19
Milk, Tiger's	118-4010	1 cup 1 tbsp 2 tbsp	120 7.5 15	8
Milk, beverage, beads, not reconstituted	118-4110	1 tbsp	7	21
Milk beverage beads, chocolate, not reconstituted	118-4111	1 tbsp	7	21
CREAM AND CREAM SUBSTITUTES: (Subgroup Code 12)				
Sweet dairy cream: (Subgroup Code 121)				
Cream, NFS	121-0010	1 tbsp 1/4 cup	15 60	15 (if in coffee) 60 (if on cereal)
Cream, light, fluid (Include Coffee cream, table cream)	121-1010	1 tbsp 1/4 cup 1 cup	15 60 240	15 (if in coffee) 60 (if on cereal)

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CREAM AND CREAM SUBSTITUTES: (Subgroup Code 12) -- Continued				
Sweet dairy cream: (Subgroup Code 121) -- Continued				
Cream, light, powdered	121-1020	1 cup	120	8
		1 tbsp	8 (7.5)	
		1 packet	2.8	
Cream, light, whipped	121-1030	1 cup	120	15
		1/4 cup	30	
		1/8 cup	15	
Cream, half and half	121-2010	1 tbsp	15	15 (if in coffee)
		1/4 cup	60	60 (if in cereal)
		1 cup	242	
		individual container (1/2 fl oz)	15	15
Cream, heavy whipping, fluid	121-3010	1 tbsp	15	30
		1 cup	238	
		1/4 cup	59	
		1/8 cup	30	
Cream, heavy, whipped	121-3020	1/2 cup	60	15
		1/8 cup	15	
		1 tbsp	8	
Cream, whipped, NFS	121-4000	1 tbsp	8	8
Cream, whipped, pressure container	121-4010	1/2 cup	30	8
		1/4 cup	15	
		1 tbsp	4	
		1/8 cup	8	
Sweet cream and whipped cream substitutes: (Subgroup code 122)				
Cream substitute, NFS	122-0010	1 tbsp	15	15 (if in coffee)
Cream substitute frozen	122-1010	1/2 cup	120	15
		1 tbsp	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CREAM AND CREAM SUBSTITUTES: (Subgroup Code 12) -- Continued				
Sweet cream and whipped cream substitutes: (Subgroup Code 122) -- Continued				
Cream substitute, liquid	122-1020	1 cup	240	15
		1 tbsp	15	
		1 individual container	15	
Cream substitute, liquid concentrate	122-1030	1 cup	252	16
		1 tbsp	16	
		1 tsp	5	
Cream substitute, powdered	122-1040	1 cup	94	6
		1 tbsp	6	
		1 tsp	2	
		1 packet	3	
Whipped topping, NFS	122-2000	1 cup	75	9
		1/8 cup	9	
		1 tbsp	5	
Whipped topping, nondairy, pressurized can	122-2010	1 cup	70	9
		1/8 cup	9	
		1 tbsp	4	
Whipped topping, nondairy, frozen	122-2020	1 cup	75	9
		1/8 cup	9	
		1 tbsp	5	
Whipped cream substitute, non-dairy, made from powdered mix	122-2030	1 cup	80	10
		1/8 cup	10	
		1 tbsp	5	
		1 package yields	160	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CREAM AND CREAM SUBSTITUTES: (Subgroup Code 12) -- Continued				
Sweet cream and whipped cream substitutes: (Subgroup Code 122) -- Continued				
Whipped cream substitute, non-dairy, dietetic, made from powdered mix	122-2040	1 cup	80	10
		1/8 cup	10	
Sour cream: (Subgroup Code 123)				
Sour cream, NFS	123-1010	1 cup	230	29
		1/8 cup	29	
		1 tbsp	12	
Sour cream, half and half	123-1020	1 cup	242	30
		1/8 cup	30	
		1 tbsp	15	
Sour cream, imitation (non-dairy)	123-2010	1 cup	230	29
		1/8 cup	29	
		1 tbsp	14	
Sour cream, filled, sour dressing, nonbutterfat	123-2020	1 cup	235	29
		1/8 cup	29	
		1 tbsp	15	
Dip, sour cream base (Include Buttermilk Type) (Include onion dip, NFS)	123-5000	1 cup	230	29
		1/8 cup	29	
		1 tbsp	12	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13)				
Frozen desserts with milk: (Subgroup Code 131)				
Ice cream, NFS	131-1000	1 cup	133	67
		1/2 cup	67	
		1 slice	66	
Ice cream, flavors other than chocolate	131-1010	1 cup	133	67
		1 dip	67	
		1 small dip	44	
		1 large dip	89	
		1 small dip (school lunch)	53	
		1 slice	66	
		1 dixie cup	58	
		1 dixie cup (school lunch)	50	
		1 small serving (1/2 NS)	34	
Ice cream, chocolate	131-1011	1 cup	133	67
		1 dip	67	
		1 small dip	44	
		1 large dip	89	
		1 small dip (school lunch)	53	
		1 slice	66	
		1 dixie cup	58	
		1 dixie cup (school lunch)	50	
		1 small serving (1/2 NS)	34	
Ice cream, soft serve, flavors other than chocolate	131-1020	1 cup	173	87
		1/2 cup	87	
Ice cream, soft serve, chocolate	131-1021	1 cup	173	87
		1/2 cup	87	
Ice cream, dietary	131-1030	1 cup	131	66
		1/2 cup	66	
Ice cream, imitation (with vegetable fat) (Include Mellorine)	131-1040	1 cup	133	67
		1/2 cup	67	
Ice cream made from dry mix	131-1050	1 cup	133	67
		1/2 cup	67	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Frozen desserts with milk -- (Subgroup Code 131) -- Continued				
Ice cream bar, NFS	131-2005	1 bar	49	49
		1 cup	133	
Ice cream, bar or stick, chocolate covered	131-2010	1 bar	49	49
		1 Heath bar	64	
Ice cream, cake covered	131-2030	3 oz	85	85
Ice cream sandwich	131-2050	1 regular	85	85
		1 small	56	
Ice cream with cone, nut covered	131-2070	1 cone	60	60
		1 cup	133	
Ice cream cone, NFS	131-2071	single dip	72	72
Ice cream with cone, chocolate covered or dipped	131-2072	1 cone	77	77
Ice cream cone, chocolate	131-2073	1 cone	72	72
Ice cream sodas, flavors other than chocolate	131-2080	10 fl oz	240	240
Ice cream soda, chocolate	131-2081	10 fl oz	240	240
Ice cream sundae, NFS as to type	131-2100	1 sundae	175	175
		1 cup	142	
Ice cream sundae, fruit (Include Banana Split, Fruit Parfait)	131-2110	1 sundae	175	175
		1 banana split	425	
		1 cup	142	
Ice cream sundae, prepackaged type	131-2120	3.5 oz	100	100

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Frozen desserts with milk: (Subgroup Code 131) -- Continued				
Ice cream sundae, chocolate or fudge	131-2130	1 sundae	175	175
		1 cup	142	
Ice cream sundae, not fruit or chocolate (Include peanut butter parfait)	131-2140	1 cup	142	175
		1/2 cup	71	
		1 sundae	175	
Ice cream sundae, fudge, with cake	131-2150	1 sundae	175	175
Ice cream pie	131-2210	8" pie	794	113
		1/6 of pie	132	
		1/7 of pie	113	
		1/8 of pie	99	
		1 cup	142	
Ice milk, NFS	131-3010	1 cup	131	66
		1/2 cup	66	
Ice milk, flavors other than chocolate	131-3030	1 cup	131	66
Ice milk, chocolate	131-3031	1 cup	131	66
Ice milk, soft serve, flavors other than chocolate (Include frozen custard)	131-3060	1 cup	175	88
		1/2 cup	88	
Ice milk, soft serve, chocolate (Include frozen custard)	131-3061	1 cup	175	88
		1/2 cup	88	
Ice milk bar or stick, chocolate coated	131-4010	1 bar	41	41
Ice milk with cone	131-4050	single dip	65	65
		double dip	125	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Frozen desserts with milk: (Subgroup Code 131) -- Continued				
Ice milk creamsicle or dream-sicle	131-4070	1 sicle	41	41
Ice milk, fudgesicle	131-4090	1 sicle	58	58
Ice milk with sherbert or ice cream	131-4110	1 bar	102	102
Sherbert, all flavors	131-5000	1 cup	193	97
		1/2 cup	97	
		1 push up	85	
Milk dessert, frozen, dietary	131-6000	1 cup	131	66
		1/2 cup	66	
Baked Alaska	131-7000	1 baked Alaska	820	103
		1/6 portion	137	
		1/8 portion	103	
Milk desserts, not frozen: (Subgroup Code 132)				
Pudding, NFS	132-0011	1 cup	255	128
Pudding, bread, homemade (Include with raisins)	132-1011	1 cup	265	133
		1/2 cup	133	
P.R. - Puerto Rican bread pudding (Budin de pan)	132-1015	1 cup	175	95
P.R. - Diplomat pudding (Budin Diplomatico)	132-1016	1 cup	256	100
Pudding, cornstarch	132-1020	1 cup	255	128
Pudding, cornstarch, homemade	132-1021	1 cup	255	128
		1/2 cup	128	
Pudding, chocolate, NFS	132-1022	1 cup	260	130

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Milk desserts, not frozen: (Subgroup Code 132) -- Continued				
Pudding, chocolate, lowfat milk base	132-1023	1 cup 1/2 cup	260 130	130
Pudding, cornstarch, diet	132-1024	1 cup 1/2 cup	250 125	125
Pudding, chocolate, dietary, NFS	132-1025	1 cup 1/2 cup	260 130	130
P.R. - Rice flour cream Majarete (manjar blanco)	132-1026	1 cup 1 cereal bowl 3/4 custard cup 1 saucer	250 140 125 110	140
P.R. - Spanish custard (Natilla Espanol)	132-1027	1 deep dish 3/4 cup	182 182	182
Custard, NFS	132-1030	1 cup	265	133
Custard, homemade	132-1031	1 cup 1/2 cup	265 133	133
P.R. - Puerto Rican Custard (Flan)	132-1035	1 cup 1 custard cup	240 120	120
Fruit Custard, Puerto Rican Style	132-1036	1 cup 1 custard cup	240 120	120
Pudding, rice, homemade (Include rice pie)	132-1041	1 cup 1/2 cup	265 133	133
Pudding, tapioca, NFS	132-1050	1 cup 1/2 cup	165 83	83
Pudding, tapioca, homemade	132-1051	1 cup 1/2 cup	165 83	83
Pudding, tapioca, made from dry mix	132-1052	1 cup 1/2 cup	165 83	83

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Milk desserts, not frozen: (Subgroup Code 132) -- Continued				
Pudding, tapioca, chocolate	132-1053	1 cup	165	83
		1/2 cup	83	
Pudding, coconut, NFS	132-1061	1 cup	255	128
Pudding, Indian	132-1071	1 cup	265	133
		1/2 cup	133	
Pudding, pumpkin	132-1075	1 cup	265	133
		1/2 cup	133	
P.R. - Puerto Rican pumpkin pudding (Flan de calabaza)	132-1081	1 cup	262	100
		1 piece (2-1/2" x 2" x 1")	100	
P.R. - Fresh corn custard Mazamorra (Mundo Nuevo)	132-1082	1/2 cup	140	
		1/2 deep dish	130	
Pudding, prepared from dry mix, milk added, not chocolate	132-2011	1 cup	260	130
		1/2 cup	130	
Pudding, prepared from dry mix, milk added, chocolate	132-2012	1 cup	260	130
		1/2 cup	130	
Pudding, prepared from dry mix, dietary, milk added	132-2021	1 cup	250	125
		1/2 cup	125	
Pudding, canned, whole milk type (Include Whipped cream puddings)	132-3011	1 cup	250	142
		1 can (5 oz)	142	
Pudding, canned, dietary (lowfat milk base)	132-3012	1 cup	250	227
		1/2 cup	125	
		1 can (8 oz)	227	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
Milk desserts, not frozen (Subgroup Code 132) -- Continued				
Pudding, canned, chocolate, whole milk type	132-3013	1 cup	250	125
		1/2 cup	125	
Pudding, sodium-controlled, with milk base	132-4011	1 cup	250	125
		1/2 cup	125	
Pudding with fruit and vanilla wafers	132-4100	1 cup	164	82
		1/2 cup	82	
Mousse, chocolate	132-5000	1 cup	170	85
		1/2 cup	85	
Mousse, not chocolate, (Include fruit mousse)	132-5010	1 cup	170	85
		1/2 cup	85	
Chantilly Cream	132-5100	1 cup	120	16
		1 tbsp	8	
Baby food: (Subgroup Code 133)				
Baby food, custard pudding, not specified as to baby or junior-	133-1000	1 jar (4-1/2 oz)	128	64
		1 jar (7-3/4 oz)	220	
		1 cup	229	
Baby food, custard pudding, baby	133-1100	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Baby food, custard pudding, chocolate, baby	133-1110	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Baby food, custard pudding, junior	133-1200	1 jar (7-3/4 oz)	220	110
		1 cup	229	
Baby food, custard pudding, chocolate, junior	133-1210	1 jar (7-3/4 oz)	220	110
Baby food, caramel pudding	133-1400	1 jar (4-1/2 oz)	128	64

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
MILK DESSERTS: (Subgroup Code 13) -- Continued				
White sauces and gravies: (Subgroup Code 134)				
White sauce, milk sauce	134-1100	1 cup	250	31
		1/8 cup	31	
		1 tbsp	16	
Milk gravy, quick gravy	134-1200	1 cup	250	31
		1/8 cup	31	
		1 tbsp	16	
Other milk products: (Subgroup Code 135)				
Snack; milk protein base	135-1000	1 oz	28	
CHEESES: (Subgroup Code 14)				
Natural cheeses: (Subgroup Code 141)				
Cheese, NFS	141-0010	1 slice	28	28
		1 thin slice	14	
		1 tbsp	7	
		1 cup	113	
		1 cubic inch	17	
Cheese, Blue or Roquefort	141-0101	1 cup	135	28
		1 oz	28	
		1 cubic inch	17	
Cheese, brick (Include Monterey Jack, Munster, Beer, Elbinger, Zweiteitige, Wilstermarsch, Bondost, Port du Salut, Oka, Tilsiter)	141-0201	1 oz	28	28
		1 cubic inch	17.2	
		1 slice	28	
		1 cup	113	
Cheese, Camembert (Include Feta, Goat cheese)	141-0301	1 cup	246	28
		1 wedge (1-1/3 oz)	38	
		1 cubic inch	17	
		1 oz	28	
Cheese, Brie	141-0302	1 package (4-1/2 oz)	128	28
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESES: (Subgroup Code 14) -- Continued				
Natural cheeses: (Subgroup Code 141) -- Continued				
Cheese, cheddar or American type cheese	141-0401	1 cup	113	28
(Include Colby, Coon, Longhorn, Wisconsin, New York, Pioneer, Hoop, and Tillamook, Sharp cheese, NFS, Chevres)		1 oz	28	
		1 cubic inch	17	
		1 slice	28	
		1 tbsp	7	
Cheese, Gouda or Edam (Include Provolone, Caciocavallo, Delft, ball cheese)	141-0501	1 package (7 oz)	198	28
		1 oz	28	
		1 slice	28	
		1 cubic inch	17	
Cheese, Limburger	141-0601	1 package (8 oz)	227	28
		1 oz	28	
		1 box	113	
Cheese, Mozzarella (Include Pizza Cheese, Havarti)	141-0701	1 cup	112	28
		1 cubic inch	17.5	
		1 oz	28	
		1 slice	28	
Cheese, Parmesan, dry, grated (Include Romano)	141-0801	1 cup	100	5
		1 oz	28	
		1 tbsp	5	
Cheese, parmesan, hard	141-0802	1 oz	28	28
		5 oz pkg	140	
		1 cubic inch	10.3	
Cheese, Swiss	141-0901	1 cup	108	28
(Include Gruyere, Emmentaler, Asiago, Fontina, Jarlsburg, Samsoe, Danbo, Sweitzer)		1 oz	28	
		1 cubic inch	15	
		1 slice	28	
Cottage cheese: (Subgroup Code 142)				
Cheese, cottage, NFS	142-0010	1 cup	226	113

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESES: (Subgroup Code 14) -- Continued				
Cheese, cottage, creamed, large or small curd (Include ricotta, farmers or not specified as to creamed)	142-0101	1 cup	226	113
		1/2 cup	113	
		Generous serving (1-1/2 NS)	170	
		Average serving (NS)	113	
		Small serving (1/2 NS)	57	
Cheese, cottage with fruit (Include creamed or uncreamed, large or small curd) (Include cottage cheese salad, NFS)	142-0201	1 cup	226	113
		1/2 cup	113	
		1 tbsp	14	
Cottage cheese with vegetables	142-0202	1 cup	226	113
		1/2 cup	113	
Cheese, cottage, uncreamed, dry curd (Include Baker's and pressed cottage cheese, Dutch)	142-0301	1 cup	145	73
		1/2 cup	73	
White Puerto Rican cheese (queso del pais, blanco)	142-0351	1 cup	220	
		1 cubic inch	15	28
Cheese, cottage, Lowfat (1-2%) and lowfat pot cheese	142-0401	1 cup	226	113
		1/2 cup	113	
Cottage cheese, lowfat with fruit	142-0410	1 cup	226	113
		1/2 cup	113	
Baby food, cottage cheese with fruit, strained or junior	142-2000	1 cup	225	67
		1 tbsp	14	
		1 jar (4.7 oz)	133	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESES: (Subgroup Code 14) -- Continued				
Cream cheeses: (Subgroup Code 143)				
Cheese, cream	143-0101	1 cup	232	14
		1 package (3 oz)	85	
		1 cubic inch	16	
		1 tbsp	14	
		1 tbsp, whipped	10	
Cheese, Neufchatel	143-0201	1 cup	235	14
		1 package (3 oz)	85	
		1 oz	28	
		1 tbsp	14	
Cheese, cream, lowfat	143-0301	1 cup	235	15
		1/8 cup	29	
		1 tbsp	15	
Processed cheeses and cheese spreads: (Subgroup Code 144)				
Cheese, processed, American and Swiss blends	144-1010	1 slice (1 oz)	28	28
		1 cubic inch	17.5	
		1" wedge	28	
Cheese, processed, cheddar or American type (Include American Cheese Slices, Cheezes, Pimiento, Cheez Kisses, Not specified as to processing type) (Include processed cheese, NFS)	144-1020	1 cup	140	28
		1 slice	28	
		1 cubic inch	17.5	
		1 tbsp	9	
		1 kiss	5	
Cheese, processed, American lowfat	144-1030	1 slice	28	28
Cheese, processed, Swiss	144-1040	1 slice (1 oz)	28	28
		1 cubic inch	17.9	
Cheese, processed cheese food	144-1050	1 slice	28	28
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESES: (Subgroup Code 14) -- Continued				
Processed cheeses and cheese spreads: (Subgroup Code 144) -- Continued				
Cheese, processed, with vegetables (Include pepper cheese)	144-1060	1 slice	28	28
		1 oz	28	
		1 cubic inch	17.5	
Cheese spread, NFS	144-2000	1 cup	244	15
		1 tbsp	15	
Cheese spread, cheddar or American cheese base (Include Cheez Whiz, Old English Smokey, Bacon, Yellow in a Jar)	144-2010	1 cup	244	15
		1 jar (5 oz)	142	
		1 tbsp	15	
		1 cubic inch	17.5	
		1 thin slice	14	
		1 slice	28	
Cheese spread, cream cheese or Neufchatel base (Include olive, pimento, pineapple, onion, clam, roka, relish, and spreads not specified as to base)	144-2020	1 cup	232	15
		1 tbsp	15	
		1 slice	28	
Cheese spread, pressured can	144-2030	1 can (4-5/8 oz)	131	14
		1 cup	225	
		1 tbsp	14	
Cheese, processed cheese food spread	144-2040	1 package (8 oz)	227	14
		1/2 cup	118	
		1 tbsp	14	
Imitation Cheeses: (Subgroup Code 145)				
Cheese, imitation, cream	145-0101	1 cup	235	15
		1 tbsp	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESES: (Subgroup Code 14) -- Continued				
Imitation Cheeses: (Subgroup Code 145) -- Continued				
Cheese spread, imitation	145-0201	1 cup	225	14
		1 tbsp	14	
		1 cubic inch	17.5	
Cheese spread, imitation, lowfat	145-0301	1 cup	225	14
		1 tbsp	14	
Cheese, cold pack cheese food, imitation	145-0401	1 cup	235	15
		1 tbsp	15	
Cheese food, filled, imitation	145-0501	1 cup	235	15
		1 tbsp	15	
Cheese mixtures: (Subgroup Code 146)				
Cheese cake (Include cream cheese pie)	146-1010	1 cup	115	115
		1 cubic inch	13	
		1 slice	85	
		1 tbsp	7	
		9" dia. pie	1110	
Cheese cake with fruit	146-1011	2" wedge of 9" dia cake (1110 g)	85	115
		1 cubic inch	13	
Cheese cake, chocolate	146-1012	1 cup	115	115
		1 cubic inch	13	
Cheese, cottage cheese with gelatin dessert	146-1020	1 cup	218	109
		1/2 cup	109	
		1 tbsp	14	
Cheese, cottage cheese with gelatin dessert and fruit	146-1021	1 cup	236	118
		1/2 cup	118	
		1 tbsp	15	
Cheese, cream with nuts	146-1051	1 cup	244	30
		1 tbsp	15	
Cheese with nuts (Include cheese balls, cheese NS)	146-1052	1 tbsp	15	30

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MILK AND MILK PRODUCTS: (Category Code 1) -- Continued				
CHEESE: (Subgroup Code 14) -- Continued				
Cheese mixtures: (Subgroup Code 146) -- Continued				
Dip, cream cheese base	146-2010	1 cup	250	16
		1/8 cup	32	
		1 tbsp	16	
Chili con queso	146-2015	1 cup	265	66
		1/4 cup	66	
		1 tbsp	17	
Dip, cheese base other than cream cheese (Include cheese dip, NFS)	146-2020	1 cup	250	16
		1/8 cup	32	
		1 tbsp	16	
Cheese fondue	146-3010	1 cup	265	133
		1/2 cup	133	
		1/4 cup	66	
Cheese souffle	146-3020	1 cup	95	48
		1/2 cup	48	
		1/4 cup	24	
Welsh rarebit	146-3030	1 cup	232	116
		1/2 cup	116	
		1/4 cup	58	
Cheese sandwich	146-4000	1 sandwich	83	83
Cheese sandwich, grilled (with 2 slices of bread)	146-4010	1 sandwich	73	73
Cheese on a Stick	146-4015	1 stick	67	67
Cheese sandwich, Hoagie	146-4020	1 sandwich	184	184
Cheese spread sandwich	146-4030	1 sandwich	80	80
Cheese sauce	146-5010	1 cup	265	33
		1/8 cup	33	
		1 tbsp	17	
Cheddar cheese soup	147-1010	1 cup	245	184
		3/4 cup	184	
Beer soup, made with milk	147-1020	12 oz can	340	184
		1 cup	245	
		3/4 cup	184	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEAT, POULTRY, FISH AND MIXTURES: (Category Code 2)				
BEEF: (Subgroup Code 21)				
Beef, NFS: (Subgroup Code 210)				
Meat, NFS	210-0005	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 small slice	28	
		1 regular slice	43	
		1 cubic inch	18	
Meat, baby or junior, NFS	210-0007	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Beef, NFS	210-0010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
		1 cubic inch	18	
Beef steak, NFS	210-0020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
		1 cubic inch	18	
Beef steak with bone: (Subgroup Code 211)				
Beef steak, with bone, cooked, lean and fat eaten or NS as to fat (Include chuck, club, New York, Porterhouse, rib, round, rump, sirloin, T-bone; floured)	211-0100	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	15	
		1 small club steak	272	
Beef steak, with bone, broiled, lean and fat eaten or NS as to fat (Include chuck, club, New York, Porterhouse, rib, round, rump, sirloin, T-bone)	211-0111	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	15	
		1 medium T-bone steak	306	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
BEEF: (Subgroup Code 21) -- Continued				
Beef steak, with bone: (Subgroup Code 211) -- Continued				
Beef steak, with bone, broiled, lean only eaten (Include club, chuck, New York, Porterhouse, rib, round, rump, sirloin, T-bone)	211-0112	1 oz, cooked (yield after bone and fat removed)	19	85
		1 oz, raw (yield after cooking, bone and fat removed)	15	
		1 cubic inch (yield after bone and fat removed)	13	
Beef steak, with bone, fried, lean and fat eaten or NS as to fat (Include chuck, club, New York, Porterhouse, rib, round, rump, sirloin, T-bone)	211-0121	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	15	
		1 small T-bone	220	
Beef steak, with bone, fried, lean only eaten (Include chuck, club, New York, Porterhouse, rib, round, rump, sirloin, T-bone)	211-0122	1 oz, cooked (yield after bone and fat removed)	19	85
		1 oz, raw (yield after cooking, bone and fat removed)	15	
		1 cubic inch (yield after bone and fat removed)	13	
Beef steak, boneless: (Subgroup Code 212)				
Beef steak, boneless, cooked, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin, London broil, boneless sirloin, "steak on a stick," cubed steak, shell steak, steakettes)	212-0100	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef steak, boneless: (Subgroup Code 212) -- Continued				
Beef steak, boneless, broiled, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin, London broil)	212-0111	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
Beef steak, boneless, broiled, lean only eaten (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin)	212-0112	1 oz, cooked (lean only)	28	85
		1 oz, cooked (yield after fat removed)	25	
		1 oz, raw (yield after cooking, fat removed)	19	
		1 cubic inch (lean only)	18	
Beef steak, boneless, breaded fried, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin)	212-0115	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 cubic inch	18	
Beef steak, boneless, battered, fried, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round strip, tenderloin)	212-0116	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef steak, boneless: (Subgroup Code 212) -- Continued				
Beef steak, boneless, fried, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin) -----	212-0121	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	21	
		1 cubic inch ----------	18	
Beef steak, boneless, fried, lean only eaten (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin) ----------	212-0122	1 oz, cooked (lean only)-	28	85
		1 oz, cooked (yield after fat removed) ----------	25	
		1 oz, raw (yield after cooking, fat removed) -	19	
		1 cubic inch (lean only)-	18	
P.R. - Steak, Puerto Rican style (Biftec encebollado) (Include Puerto Rican stewed steak, NFS) ---------- [Split: 212-0122, 752-2102]	212-0125	1 cup ----------	179	100
		1 cubic inch meat (weight includes 5 g onion per cubic inch meat) ------	23	
Beef steak, boneless, braised, lean and fat eaten or NS as to fat (Include breakfast, cubed, Delmonico, filet mignon, flank, minute, rib, rib eye, round, strip, tenderloin) ----------	212-0131	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	19	
		1 cubic inch ----------	18	
Beef steak, boneless, braised, lean only eaten (Include breakfast, cubed, Delmonico, filet mignon, flank minute, rib, rib eye, round, strip, tenderloin)-	212-0132	1 oz, cooked (lean only)-	28	85
		1 oz, raw (yield after cooking, fat removed) -	17	
		1 cubic inch (yield after fat removed) ----------	16	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef steak, boneless: (Subgroup Code 212) -- Continued				
Beef steak, boneless, canned	212-0140	1 slice (1-1/2 oz, 4-1/8" x 2-1/4" x 1/4")	43	85
		1 cubic inch	18	
Steak teriyaki (with sauce)	212-1111	1 oz, cooked	28	85
		1 cubic inch	18	
Beef cuts, with bone, not steaks: (Subgroup Code 213)				
Beef, oxtails, cooked	213-0100	1 oz, cooked (yield after bone removed)	16	80
		1 oz, raw (yield after cooking, bone removed)	10	
		1 tail	240	
		1 cup (yield after bone removed)	78	
Beef, neckbones, cooked	213-0200	1 cup (yield after bone removed)	56	85
		8 oz, raw (yield after cooking, bone removed)	62•	
Beef, shortribs, cooked, NS as to fat	213-0400	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw (yield after cooking, bone removed)	16	
		1 cup, diced (boneless)	140	
		1 cubic inch	15	
		1 small rib	32	
		1 medium rib	64	
		1 large rib	96	
Beef, shortribs, cooked, lean and fat eaten	213-0411	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw (yield after cooking, bone removed)	16	
		1 cup, diced (boneless)	140	
		1 cubic inch	15	
Beef's feet	213-0300	1 oz, cooked (yield after bone removed)	16	
		1 oz, cooked (boneless)	28	
		1 cup (yield after bone removed)	78	
		1 cup (boneless)	140	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef cuts, with bone, not steaks: (Subgroup Code 213) -- Continued				
Beef, shortribs, cooked, lean only eaten	213-0412	1 oz, cooked (yield after bone and fat removed)	21	85
		1 oz, raw (yield after cooking, bone and fat removed)	14	
		1 cup, diced (boneless)	140	
		1 cubic inch (yield after bone and fat removed)	13	
Beef, shortribs, barbecued, with sauce, NS as to fat	213-0420	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw (yield after cooking, bone removed)	19	
		1 cup, diced (boneless)	140	
		1 cubic inch (yield after bone removed)	15	
Beef, shortribs, barbecued, with sauce, lean and fat eaten	213-0421	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw (yield after cooking, bone removed)	19	
		1 cup, diced (boneless)	140	
		1 cubic inch (yield after bone removed)	15	
Beef, shortribs, barbecued, with sauce, lean only eaten	213-0422	1 oz, cooked (yield after bone and fat removed)	21	85
		1 oz, raw (yield after cooking, bone and fat removed)	16	
		1 cup, diced (boneless)	140	
		1 cubic inch (yield after bone and fat removed)	13	
Beef slices or chunks: (Subgroup Code 214)				
Beef, roast, roasted, NS as to fat	214-0100	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
		1 cubic inch	18	
		1 medium slice	43	
		1 thin slice	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef slices or chunks: (Subgroup Code 214) -- Continued				
Beef, roast, roasted, lean and fat eaten	214-0111	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
Beef, roast, roasted, lean only eaten	214-0112	1 oz, cooked (lean only)	28	85
		1 oz, raw (yield after cooking, fat removed)	17	
		1 cubic inch (lean only)	18	
Beef, roast, canned	214-0140	1 slice (1-1/2 oz, 4-1/8" x 2-1/4" x 1/4")	43	85
		1 cubic inch	18	
Beef, pot roast, cooked, NS as to fat	214-0700	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cup, diced	140	
		1 cubic inch	18	
Beef, pot roast, cooked, lean and fat eaten	214-0711	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cubic inch	18	
Beef, pot roast, cooked, lean only eaten	214-0712	1 oz, cooked (lean only)	28	85
		1 oz, raw (yield after cooking, fat removed)	18	
		1 cubic inch (lean only)	18	
Beef, stew meat, cooked, NS as to fat	214-1000	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	17	
		1 cup, diced	140	
		1 chunk (1 cubic inch)	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Beef slices or chunks: (Subgroup Code 214) -- Continued				
Beef, stew meat, cooked, lean and fat eaten	214-1011	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	17	
		1 cup, diced	140	
		1 cubic inch	18	
Beef, stew meat, cooked, lean only eaten	214-1012	1 oz, cooked (lean only)	28	85
		1 oz, raw (yield after cooking, fat removed)	15	
		1 cubic inch (lean only)	18	
		1 cup, diced	140	
Beef, corned beef, cooked, NS as to fat	214-1600	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	16	
		1 cubic inch	18	
		1 slice	43	
Beef, corned beef, cooked, lean and fat eaten	214-1611	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	16	
		1 cubic inch	18	
Beef, corned beef, cooked, lean only eaten	214-1612	1 oz, cooked (lean only)	28	85
		1 oz, raw (yield after cooking, fat removed)	15	
		1 cubic inch (lean only)	18	
Beef, corned beef, canned, ready-to-eat	214-1615	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
		1 slice	43	
Beef, brisket, cooked, NS as to fat	214-1710	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	18	
		1 cubic inch	18	
		1 small slice	28	
Beef brisket, cooked, lean only eaten	214-1720	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cubic inch (lean only)	18	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
BEEF: (Subgroup Code 21) -- Continued				
Ground beef, patties, meatballs: (Subgroup Code 215)				
Ground beef or patty, cooked, NFS	215-0010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, meatballs, cooked	215-0011	1 small	14	85
		1 medium (1" dia)	28	
		1 large	42	
		1 cocktail size	7	
		1 cup	160	
Ground beef or patty, breaded, cooked, NFS (Include chicken fried steak)	215-0020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cubic inch	11	
Beef, ground, hamburger, cooked (Include ground chuck)	215-0100	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4"x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Ground beef, patties, meatballs: (Subgroup Code 215) -- Continued				
Beef, ground, hamburger, broiled (Include ground chuck)	215-0111	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, hamburger, fried (Include ground chuck)	215-0112	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, lean, cooked (Include ground sirloin)	215-0120	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
BEEF: (Subgroup Code 21) -- Continued				
Ground beef patties, meatballs: (Subgroup Code 215) -- Continued				
Beef, ground, lean, broiled (Include ground sirloin)	215-0121	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4 x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, lean, fried (Include ground sirloin)	215-0122	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, extra lean, cooked (Include ground round)	215-0130	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
BEEF: (Subgroup Code 21) -- Continued				
Ground beef, patties, meatballs: (Subgroup Code 215) -- Continued				
Beef, ground, extra lean, broiled (Include ground round)	215-0131	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, extra lean, fried (Include ground round)	215-0132	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cup	160	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	
Beef, ground, patty, canned	215-0140	1 patty	57	57
		1 cubic inch	11	
Other beef items: (Subgroup Code 216)				
Beef bacon, cooked	216-0100	1 oz, cooked	28	15
		1 oz, raw (yield after cooking)	9	
		2 slices, cooked (approx 1.6 oz, raw)	15	
Beef, dried, chipped, uncooked	216-0200	1 oz	28	28
		1 cup	120	
		1 thin slice	7	
		1 jar (2-1/2 oz)	71	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
BEEF: (Subgroup Code 21) -- Continued				
Other beef items: (Subgroup Code 216) -- Continued				
Beef, pastrami (beef, rolled, smoked, spiced)	216-0300	1 slice	28	28
		1 cup	140	
Baby foods: beef, baby or junior: (Subgroup Code 217)				
Beef, baby or junior, NFS	217-0100	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Beef, baby or strained	217-0101	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Beef, junior	217-0102	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Beef stick, junior	217-0110	5-3/4 oz	163	
PORK: (Subgroup Code 22)				
Pork, NFS: (Subgroup Code 220)				
Pork, NFS	220-0010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	20	
		1 tbsp	9	
		1 cubic inch	18	
Pork, pickled, NFS	220-0100	1 oz	28	85
		1 cup	140	
		1 cubic inch	18	
Pork, ground, NFS	220-0200	1 oz	28	85
		1 cup	160	
Pork, patty, breaded, NFS	220-0210	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	20	
		1 cubic inch	11	
Pork, dehydrated, oriental style	220-0300	1 cup	22	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221)				
Pork chop, NFS	221-0010	1 oz, cooked (yield after bone removed)	23	80
		1 oz, raw (yield after cooking, bone removed)	15	
		1 small (3 oz, raw) (yield after cooking, bone removed)	44	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed)	80	
		1 large (8 oz, raw) (yield after cooking, bone removed)	117	
		1 cubic inch (yield after bone removed)	15	
Pork chop, fresh, with bone, cooked	221-0100	1 oz, cooked (yield after bone removed)	23	80
		1 oz, raw (yield after cooking, bone removed)	15	
		1 small (3 oz, raw) (yield after cooking, bone removed)	44	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed)	80	
		1 large (8 oz, raw) (yield after cooking, bone removed)	117	
		1 cubic inch (yield after bone removed)	15	
Pork chop, fresh, with bone, broiled, lean and fat eaten	221-0111	1 oz, cooked (yield after bone removed)	23	80
		1 oz, raw (yield after cooking, bone removed)	15	
		1 small (3 oz, raw) (yield after cooking, bone removed)	44	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed)	80	
		1 large (8 oz, raw) (yield after cooking, bone removed)	117	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221) -- Continued				
Pork chop, fresh, with bone, broiled, lean only eaten ------	221-0112	1 oz, cooked (yield after bone and fat removed) -	18	64
		1 oz, raw (yield after cooking, bone and fat removed) ----------	12	
		1 oz, cooked (yield after bone and fat removed) -	18	
		1 cubic inch (yield after bone and fat removed) -	12	
		1 small (3 oz) (yield after cooking, bone and fat removed) ----------	35	
		1 medium (5.5 oz, raw) (yield after cooking, bone and fat removed) -	64	
		1 large (8 oz, raw) (yield after cooking, bone and fat removed) ----------	93	
Pork chop, fresh, with bone, breaded, broiled, lean only eaten ----------	221-0115	1 oz, cooked (yield after bone and fat removed) -	18	85
		1 oz, raw (yield after cooking, bone and fat removed) ----------	13	
		1 cubic inch (yield after bone and fat removed) -	12	
Pork chop, fresh, with bone, fried, lean and fat eaten or NS as to fat (Include floured) ----------	221-0121	1 oz, cooked (yield after bone removed) ----------	23	97
		1 oz, raw (yield after cooking, bone removed) -	18	
		1 small (3 oz, raw) (yield after cooking, bone removed) ----------	53	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed) ----------	97	
		1 large (8 oz, raw) (yield after cooking, bone removed) ----------	142	
		1 cubic inch (yield after bone removed) ----------	15	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221) -- Continued				
Pork chop, fresh, with bone, fried, lean only eaten --------	221-0122	1 oz, cooked (yield after bone and fat removed) --	18	77
		1 oz, raw (yield after cooking, bone and fat removed) ----------	14	
		1 small (3 oz, raw) (yield after cooking, bone and fat removed) ----------	42	
		1 medium (5.5 oz, raw) (yield after cooking, bone and fat removed) --	77	
		1 large (8 oz, raw) (yield after cooking, bone and fat removed) --	112	
		1 cubic inch (yield after bone and fat removed) --	12	
Pork chop, fresh, with bone, breaded, cooked with added fat lean and fat eaten or NS as to fat ----------	221-0131	1 oz, cooked (yield after bone removed) ----------	23	116
		1 oz, raw (yield after breading, cooking, bone removed) ----------	21	
		1 small (3 oz, raw) (yield after breading, cooking, bone removed) ----------	63	
		1 medium (5.5 oz, raw) (yield after breading, cooking, bone removed) -	116	
		1 large (8 oz, raw) (yield after breading, cooking, bone removed) ----------	168	
		1 cubic inch (yield after bone removed) ----------	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221) -- Continued				
Pork chop, fresh, with bone, breaded, cooked with added fat, lean only eaten	221-0132	1 oz, cooked (yield after bone and fat removed)	18	91
		1 oz, raw (yield after cooking, bone and fat removed)	17	
		1 small (3 oz, raw) (yield after breading, cooking, bone and fat removed)	50	
		1 medium (5.5 oz, raw) (yield after breading, cooking, bone and fat removed)	91	
		1 large (8 oz, raw) (yield after breading, cooking, bone and fat removed)	133	
		1 cubic inch (yield after bone and fat removed)	12	
Pork chop, fresh, with bone, battered, fried, lean and fat eaten	221-0141	1 cubic inch (yield after bone removed)	15	85
		1 small chop	55	
		1 medium chop	99	
		1 large chop	145	
Pork chop, battered, fried, lean only eaten	221-0142	1 small chop	43	79
		1 medium chop	79	
		1 large chop	115	
Pork chop, smoked or cured, with bone, cooked	221-0700	1 oz, cooked (yield after bone removed)	23	96
		1 oz, raw (yield after cooking, bone removed)	17	
		1 small (3 oz, raw) (yield after cooking, bone removed)	52	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed)	96	
		1 large (8 oz, raw) (yield after cooking, bone removed)	139	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221) -- Continued				
Pork chop, smoked or cured, with bone, cooked, lean and fat eaten	221-0701	1 oz, cooked (yield after bone removed)	23	96
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	15	
		1 small (3 oz, raw) (yield after cooking, bone removed)	52	
		1 medium (5.5 oz, raw) (yield after cooking, bone removed)	96	
		1 large (8 oz, raw) (yield after cooking, bone removed)	139	
Pork chop, smoked or cured, with bone, cooked, lean only eaten	221-0702	1 oz, cooked (yield after bone and fat removed)	18	76
		1 oz, raw (yield after cooking, bone and fat removed)	14	
		1 cubic inch (yield after bone and fat removed)	12	
		1 small (3 oz, raw) (yield after cooking, bone and fat removed)	41	
		1 medium (5.5 oz, raw) (yield after cooking, bone and fat removed)	76	
		1 large (8 oz, raw) (yield after cooking, bone and fat removed)	110	
Pork chop, fresh, boneless, cooked (Include butterfly chop)	221-1000	1 oz, cooked	28	78
		1 oz, raw (yield after cooking)	18	
		1 cubic inch	18	
		1 medium chop	80	
		1 large chop	117	
		1 butterfly chop	160	
		1 large butterfly chop	234	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
PORK: (Subgroup Code 22) -- Continued				
Pork chops: (Subgroup Code 221) -- Continued				
Pork chop, fresh, boneless, cooked, lean and fat eaten (Include butterfly chop)	221-1001	1 oz, cooked	28	78
		1 oz, raw (yield after cooking)	18	
		1 cubic inch	18	
Pork chop, fresh, boneless, cooked, lean only eaten (Include butterfly chop)	221-1002	1 oz, cooked	28	62
		1 oz, raw (yield after cooking, fat removed)	14	
		1 cubic inch (lean only)	18	
Pork steak or cutlet: (Subgroup Code 222)				
Pork steak or cutlet, fresh, with bone, cooked	222-0100	1 oz, cooked (yield after bone removed)	15	85
		1 oz, raw (yield after cooking, bone removed)	23	
		1 cubic inch (yield after bone removed)	15	
Pork steak or cutlet, fresh, with bone, battered, cooked, NS as to fat	222-0105	1 oz, cooked (boneless)	28	85
		1 oz, raw (yield after cooking, bone removed)	23	
		1 cubic inch (boneless)	18	
Pork steak or cutlet, fresh, with bone, broiled, lean and fat eaten	222-0111	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	15	
		1 cubic inch (yield after bone removed)	15	
Pork steak or cutlet, fresh, with bone, broiled, lean only eaten	222-0112	1 oz, cooked (yield after bone and fat removed)	18	67
		1 oz, raw (yield after cooking, bone and fat removed)	12	
		1 cubic inch (yield after bone and fat removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork steak or cutlet: (Subgroup Code 222) -- Continued				
Pork steak or cutlet, fresh, with bone, fried, lean and fat eaten (Include floured) ---	222-0121	1 oz, cooked (yield after bone removed) ---------	23	85
		1 oz, raw (yield after cooking, bone removed)-	18	
		1 cubic inch (yield after bone removed) ---------	15	
Pork steak or cutlet, fresh, with bone, fried, lean only eaten (Include floured) -------	222-0122	1 oz, cooked (yield after bone and fat removed) -	18	67
		1 oz, raw (yield after cooking, bone and fat removed) ----------	14	
		1 cubic inch (yield after bone and fat removed) -	12	
Pork steak or cutlet, fresh, boneless, cooked ----------	222-0400	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	18	
		1 cubic inch ----------	18	
Pork steak or cutlet, fresh, boneless, broiled, lean and fat eaten ----------	222-0411	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	18	
		1 cubic inch ----------	18	
Pork steak or cutlet, fresh, boneless, broiled, lean only eaten ----------	222-0412	1 oz, cooked (yield after fat removed) ---------	22	67
		1 oz, raw (yield after cooking, fat removed) -	14	
		1 cubic inch (lean only)-	18	
Pork steak or cutlet, fresh, boneless, fried, lean and fat eaten ----------	222-0421	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	22	
		1 cubic inch ----------	18	
		1 small (3 oz, raw) (yield after cooking) --------	66	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork steak or cutlet: (Subgroup Code 222) -- Continued				
Pork steak or cutlet, fresh, boneless, fried, lean only eaten	222-0422	1 oz, cooked (lean only)	28	67
		1 oz, cooked (yield after fat removed)	22	
		1 oz, raw (yield after cooking, fat removed)	17	
		1 cubic inch (lean only)	18	
Pork steak, boneless, breaded, fried or baked	222-0431	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
Pork, tenderloin, fresh, boneless, breaded, fried, lean and fat eaten	222-1031	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 cubic inch	18	
Ham: (Subgroup Code 223)				
Ham, NFS (Include Puerto Rican cooking ham)	223-0010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
		1 cubic inch	18	
		1 thin slice	28	
		1 medium slice	43	
		1 thick slice	85	
Ham, fried, NFS	223-0012	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	18	
		1 cubic inch	18	
		1 medium slice	43	
		1 small slice	28	
Ham, breaded, fried, NFS	223-0015	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cubic inch	18	
Ham, round, with bone, cooked	223-0020	1 oz, cooked (yield after bone removed)	26	85
		1 oz, raw (yield after cooking, bone removed)	19	
		1 round, cooked (yield after bone removed)	425	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Ham: (Subgroup Code 223) -- Continued				
Ham, fresh, boneless, cooked --	223-0100	1 oz., cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cup, diced	140	
		1 cup, ground	160	
		1 cubic inch	18	
		1 medium slice	43	
Ham, fresh, boneless, cooked, lean and fat eaten	223-0111	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cubic inch	18	
Ham, fresh, boneless, cooked, lean only eaten	223-0112	1 oz, cooked (yield after fat removed)	24	72
		1 oz, raw (yield after cooking, fat removed)	16	
		1 cubic inch (lean only)	18	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
PORK: (Subgroup Code 22) -- Continued				
Ham: (Subgroup Code 223) -- Continued				
Ham, smoked or cured, boneless, cooked (Include country ham, cottage ham)	223-1100	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
		1 medium slice	43	
		1 thin slice	28	
		1 thick slice	85	
		1 cup, diced	140	
Ham, smoked or cured, boneless, cooked, lean and fat eaten	223-1101	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
Ham, smoked or cured, boneless, cooked, lean only eaten (Include picnic ham)	223-1102	1 oz, cooked (lean only)	28	70
		1 oz, raw (yield after cooking, fat removed)	17	
		1 cubic inch (lean only)	18	
Ham, smoked or cured, boneless, ready-to-eat (Include canned Polish ham)	223-1140	1 oz	28	85
		1 cubic inch	18	
		1 cup, diced	140	
		1 medium slice	43	
Ham, smoked or cured, boneless, ready-to-eat, lean and fat eaten (Include canned Polish ham)	223-1141	1 oz	28	85
		1 cubic inch	18	
Ham, smoked or cured, boneless, ready-to-eat, lean only eaten (Include canned Polish ham)	223-1142	1 oz (lean only)	28	79
		1 cubic inch (lean only)	18	
Ham, prosciutto	223-1145	1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams, edible portion	Serving not specified, grams
PORK: (Subgroup Code 22) -- Continued				
Pork roast: (Subgroup Code 224)				
Ham, smoked or cured, ground patty	223-2111	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-1/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx (4" x 3/4")	113	
		1 cubic inch	11	
Pork roast, NFS	224-0010	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Chinese barbequed pork (charsiu) (Include Chinese roast pork)	224-0020	1 cup, diced	140	
Pork loin roast, fresh, with bone, cooked	224-0100	1 oz, cooked (yield after bone removed)	22	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	14	
Pork loin roast, fresh, with bone, cooked, lean and fat eaten	224-0101	1 oz, cooked (yield after cooking, bone removed)	22	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	14	
Pork loin roast, fresh with bone, cooked, lean only eaten	224-0102	1 oz, cooked (lean only)	28	66
		1 oz, cooked (yield after bone and fat removed)	17	
		1 oz, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch (lean only)	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork roast: (Subgroup Code 224) -- Continued				
Pork loin roast, fresh, boneless, cooked (Include fresh pork roll, pork tenderloin)	224-0200	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cup, diced	140	
		1 cubic inch	18	
Pork loin roast, fresh, boneless, cooked, lean and fat eaten	224-0201	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cup, diced	140	
		1 cubic inch	18	
Pork loin roast, fresh, boneless, cooked, lean only eaten	224-0202	1 oz, cooked (lean only)	28	72
		1 oz, raw (yield after cooking)	18	
		1 cup, diced	140	
		1 cubic inch (lean only)	18	
P.R. - Fried pork chunks (Carne de cerdo frita, masitas fritas)	224-0251	1 serving (3 pieces, 2-1/2" x 2" x 1")	115	115
Pork roast, shoulder, fresh, with bone, cooked	224-1100	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	15	
		1 medium slice	43	
		1 thin slice	28	
Pork roast, shoulder, fresh, with bone, cooked, lean and fat eaten	224-1101	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork roast: (Subgroup Code 224) -- Continued				
Pork roast, shoulder, fresh, with bone, cooked, lean only eaten	224-1102	1 oz, cooked (yield after bone and fat removed)	18	66
		1 oz, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch (yield after bone and fat removed)	12	
Pork roast, shoulder, fresh, boneless, cooked, NS as to fat	224-1200	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 oz, cooked	28	
		1 cup, diced	140	
		1 cubic inch	18	
		1 medium slice	43	
		1 thin slice	28	
Pork roast, shoulder, fresh, boneless, cooked, lean and fat eaten	224-1201	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cup, diced	140	
		1 cubic inch	18	
Pork roast, shoulder, fresh, boneless, cooked, lean only eaten	224-1202	1 oz, cooked (yield after bone and fat removed)	23	71
		1 oz, raw (yield after cooking, bone and fat removed)	16	
		1 cup, diced	140	
		1 cubic inch (lean only)	18	
Pork roast, smoked or cured, boneless, cooked	224-2100	1 oz, raw (yield after cooking)	23	85
		1 oz, cooked	28	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Pork roast: (Subgroup Code 224) -- Continued				
Pork roast, smoked or cured, boneless, cooked, lean and fat eaten	224-2101	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 cubic inch	18	
Pork roast, smoked or cured, boneless, cooked, lean only eaten	224-2102	1 oz, cooked (lean only)	28	75
		1 oz, raw (yield after cooking, fat removed)	20	
		1 cubic inch (lean only)	18	
Pork shoulder roast, smoked or cured, with bone, cooked (Include callie ham)	224-2103	1 oz, raw (yield after cooking, bone removed)	14	85
Pork roll, cured, fried (Include ham sausage)	224-3100	1 slice (1 oz)	28	28
Canadian bacon: (Subgroup Code 225)				
Canadian bacon	225-0101	1 oz, cooked	28	21
		1 oz, raw (yield after cooking)	18	
		1 slice (3-3/8" dia)	21	
Bacon and salt pork: (Subgroup Code 226)				
Bacon, NFS	226-0010	1 oz, cooked	28	16
		1 oz, raw (yield after cooking)	9	
		1 medium slice	8	
		1 thin slice	5	
		1 thick slice	12	
		1 tbsp	5	
		1 cup	80	
Bacon, smoked or cured, cooked	226-0100	1 oz, cooked	28	16
		1 oz, raw (yield after cooking)	9	
		1 cup	80	
		1 tbsp	5	
		1 thick slice	12	
		1 medium slice	8	
		1 thin slice	5	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22) -- Continued				
Bacon and salt pork: (Subgroup Code 226)				
Bacon, smoked or cured, cooked, lean only eaten	226-0102	1 oz, cooked (yield after fat removed)	21	12
		1 oz, raw (yield after cooking, fat removed)	7	
		1 thick slice (yield after fat removed)	9	
		1 medium slice (yield after fat removed)	6	
		1 thin slice (yield after fat removed)	4	
Bacon or side pork, fresh	226-0104	1 lb, raw (yield after cooking)	150	16
		1 medium slice	8	
		1 thin slice	5	
		1 cup	80	
Bacon, formed, lean meat added, cooked	226-0501	1 strip	11	22
Salt pork or fat back, cooked (Include hog jowl, boiled)	226-2100	1 medium slice	12	12
		1 thin slice	8	
		1 cubic inch	15	
		1 cup	128	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
PORK: (Subgroup Code 22) -- Continued				
Miscellaneous pork cuts: (Subgroup Code 227)				
Pork, spareribs, fresh, with bone, plain or barbecued (Include flank end; ribs, NFS; rib tips, pickled; sweet and sour spareribs) -----	227-0100	1 oz, cooked (yield after bone removed) ---------	17	88
		1 oz, raw (yield after cooking, bone removed)-	11	
		1/4 lb ribs, raw (yield after cooking, bone removed) ----------	44	
		1/2 lb ribs, raw (yield after cooking, bone removed) ----------	88	
		1 cubic inch (yield after bone removed) ---------	11	
		1 cup (yield after bone removed) ----------	84	
		1 large cut (3 ribs of varied size per cut) --	135	
		1 medium cut ----------	105	
		1 small cut ----------	75	
		1 large rib ----------	45	
		1 medium rib ----------	35	
		1 small rib ----------	25	
Pork, cracklings, cooked ------	227-0401	1 cup ----------	91	46
		1/2 cup ----------	46	
Pork, ears, tails, head, miscellaneous parts, cooked ---	227-0501	1 ear (yield after cooking) ----------	111	111
		1 tail (yield after cooking, bone removed)	141	
Pork, neckbones, cooked (Include neckbones, NFS; pork backbone; smoked neck) --------	227-0601	1 oz, cooked (yield after bone removed) ---------	11	56
		8 oz, raw (yield after cooking, bone removed)-	66	
		1 cubic inch (yield after bone removed) ---------	7	
		1 piece ----------	28	
		1 cup (boneless) --------	140	
		1 cup (yield after bone removed) ----------	56	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
PORK: (Subgroup Code 22 -- Continued				
Miscellaneous pork cuts: (Subgroup Code 227) -- Continued				
Pork, pig's feet, cooked or pickled	227-0701	1 oz, cooked (boneless)	28	87
		1 oz, cooked (yield after bone removed)	16	
		1 cup (yield after bone removed)	78	
		1 foot (yield after bone removed)	87	
Pork, pig's hocks, cooked (Include ham hocks)	227-0801	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw (yield after cooking, bone removed)	15	
		1/4 lb, raw (yield after cooking, bone removed)	60	
		1 cubic inch (boneless)	18	
		1 cup (boneless)	140	
		1 hock (yield after bone removed)	156	
Pork skin, rinds (Include snack type)	227-0901	1 oz	28	14
		1 small bag	14	
		1 piece	1	
		1 cup	32	
Pork skin, boiled	227-0911	1 slice (4" x 6")	33	100
Baby or junior pork, ham, meat sticks: (Subgroup Code 228)				
Pork, baby or strained	228-0101	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Ham, baby or strained	228-1001	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Ham, junior	228-1002	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Meat sticks or frankfurters, baby food	228-2000	1 jar (7 sticks)	70	10
		1 stick	10	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23)				
Lamb, NFS: (Subgroup Code 230)				
Lamb, NFS	230-0010	1 oz, cooked	28	85
		1 cubic inch	18	
Lamb: (Subgroup Code 231)				
Lamb chop, NFS	231-0010	1 oz, cooked	28	109
		1 oz, raw (yield after cooking)	18	
		1/3 lb (5.3 oz) chop, raw (yield after cooking)	109	
		1 cubic inch	18	
Lamb chop, NS as to cut, with bone, cooked (Include breaded)	231-0100	1 oz, cooked (yield after bone removed)	23	109
		1 oz, raw (yield after cooking, bone removed)	18	
		1 cubic inch (yield after bone removed)	15	
		1 small (4 oz, raw) (yield after cooking, bone removed)	72	
		1 medium (6 oz, raw) (yield after cooking, bone removed)	109	
		1 large (8 oz, raw) (yield after cooking, bone removed)	145	
Lamb chop, NS as to cut, with bone, cooked, lean and fat eaten	231-0101	1 oz, cooked (yield after bone removed)	23	109
		1 oz, raw (yield after cooking, bone removed)	18	
		1 cubic inch (yield after bone removed)	15	
		1 small (4 oz, raw) (yield after cooking, bone removed)	72	
		1 medium (6 oz, raw) (yield after cooking, bone removed)	109	
		1 large (8 oz, raw) (yield after cooking, bone removed)	145	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Lamb: (Subgroup Code 231) -- Continued				
Lamb chop, NS as to cut, with bone, cooked, lean only eaten	231-0102	1 oz, cooked (yield after bone and fat removed)	22	79
		1 oz, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch, (yield after bone and fat removed)	14	
		1 small (4 oz, raw) (yield after cooking, bone and fat removed)	52	
		1 medium (6 oz, raw) (yield after cooking, bone and fat removed)	79	
		1 large (8 oz, raw) (yield after cooking, bone and fat removed)	105	
Lamb loin chop, with bone, cooked	231-0400	1 oz, cooked (yield after bone removed)	21	118
		1 oz, raw (yield after cooking, bone removed)	17	
		1 small (5.5 oz, raw) (yield after cooking, bone removed)	92	
		1 medium (7 oz, raw) (yield after cooking, bone removed)	118	
		1 large (8.5 oz, raw) (yield after cooking, bone removed)	143	
		1 cubic inch (yield after bone removed)	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Lamb: (Subgroup Code 231) -- Continued				
Lamb loin chop, with bone, cooked, lean and fat eaten ----	231-0401	1 oz, cooked (yield after bone removed) ----------	21	118
		1 oz, raw (yield after cooking, bone removed) -	17	
		1 small (5.5 oz, raw) (yield after cooking, bone removed) ----------	92	
		1 medium (7 oz, raw) (yield after cooking, bone removed) ----------	118	
		1 large (8.5 oz, raw) (yield after cooking, bone removed) ----------	143	
		1 cubic inch (yield after bone removed) ----------	14	
Lamb loin chop, with bone, cooked, lean only eaten (Include lamb steak, lean only eaten) ----------	231-0402	1 oz, cooked (yield after bone and fat removed) --	16	87
		1 oz, raw (yield after cooking, bone and fat removed) ----------	12	
		1 cubic inch (yield after bone and fat removed) --	10	
		1 small (5.5 oz, raw) (yield after cooking, bone and fat removed) --	68	
		1 medium (7 oz, raw) (yield after cooking, bone and fat removed) --	87	
		1 large (8.5 oz, raw) (yield after cooking, bone and fat removed) --	105	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT:				
Lamb: Subgroup Code 231) -- Continued				
Lamb shoulder chop, with bone, cooked	231-0700	1 oz, cooked (yield after cooking, bone removed)	23	109
		1 oz, raw (yield after cooking, bone removed)	18	
		1 cubic inch (yield after bone removed)	15	
		1 small (4 oz, raw) (yield after cooking, bone removed)	73	
		1 medium (6 oz, raw) (yield after cooking, bone removed)	109	
		1 large (8 oz, raw) (yield after cooking, bone removed)	145	
Lamb shoulder chop, with bone, cooked, lean and fat eaten	231-0701	1 oz, cooked (yield after bone removed)	23	109
		1 oz, raw (yield after cooking, bone and fat removed)	18	
		1 cubic inch (yield after bone removed)	15	
		1 small (4 oz, raw) (yield after cooking, bone removed)	73	
		1 medium (6 oz, raw) (yield after cooking, bone removed)	109	
		1 large (8 oz, raw) (yield after cooking, bone removed)	145	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Lamb: (Subgroup Code 231) -- Continued				
Lamb shoulder chop, with bone, cooked, lean only eaten -------	231-0702	1 oz, cooked (yield after bone and fat removed) -	22	
		1 oz, raw (yield after cooking, bone and fat removed) ----------	13	79
		1 small (4 oz, raw) (yield after cooking, bone and fat removed) -	52	
		1 medium (6 oz, raw) (yield after cooking, bone and fat removed) -	79	
		1 large (8 oz, raw) (yield after cooking, bone and fat removed) -	105	
		1 cubic inch, cooked (yield after bone and fat removed) ----------	14	
Lamb, shoulder, with bone, cooked lean and fat eaten or NS as to fat ----------	231-0800	1 oz, cooked (yield after bone removed) ---------	23	85
		1 oz, raw (yield after cooking, bone removed)-	17	
		1 cubic inch (yield after bone removed) ---------	15	
Lamb, ribs, with bone, cooked, lean only eaten ----------	231-1000	1 oz, cooked (yield after bone and fat removed) -	15	85
		1 oz, raw (yield after cooking, bone and fat removed)----------	12	
		1 cubic inch (yield after bone and fat removed) -	8	
Lamb hocks, with bone ---------	231-1101	1 oz, raw (yield after cooking, bone removed)-	15	85
Lamb, without bone, cooked ----	231-2200	1 oz, cooked ----------	28	85
		1 cubic inch ----------	18	
		1 cup, diced ----------	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Lamb: (Subgroup Code 231) -- Continued				
Lamb, without bone, cooked, fat and lean eaten	231-2201	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	18	
		1 cubic inch	18	
		1 cup, diced	140	
Lamb, boneless, cooked, lean only eaten	231-2202	1 oz, cooked (lean only)	28	81
		1 oz, raw (yield after cooking)	17	
		1 cup, diced	140	
		1 cubic inch (lean only)	18	
Lamb, ground or patty, cooked	231-3200	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cubic inch	11	
Mutton, boneless, cooked	231-4110	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
		1 medium slice	43	
		1 large slice	57	
Goat, boneless, boiled (Include goat shoulder, NFS)	231-5010	1 oz, cooked	28	85
		1 cubic inch	18	
Goat, fried	231-5020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
Veal: (Subgroup Code 232)				
Meat, white, NFS	232-0005	1 oz, raw (yield after cooking)	21	85
		1 small slice (1 oz, cooked)	28	
		1 regular slice (1-1/2 oz, cooked)	43	
		1 cubic inch	18	
Veal, NFS	232-0010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	17	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Veal: (Subgroup Code 232) -- Continued				
Veal chop, with bone, cooked (Include fried)	232-0101	1 oz, cooked (yield after bone removed)	22	110
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	14	
		1 small (4.75 oz, raw) (yield after cooking, bone removed)	81	
		1 medium (6.5 oz, raw) (yield after cooking, bone removed)	110	
		1 large (8.25 oz, raw) (yield after cooking, bone removed)	140	
Veal chop, with bone, breaded, cooked	232-0102	1 oz, cooked (yield after bone removed)	22	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	14	
		1 small chop	81	
Veal cutlet, with bone, fried, lean and fat eaten or NS as to fat	232-0103	1 oz, cooked (yield after bone removed)	22	116
		1 oz, raw (yield after cooking, bone removed)	18	
		1 cubic inch (yield after bone removed)	14	
		1 small (4.75 oz, raw) (yield after cooking, bone removed)	85	
		1 medium (6.5 oz, raw) (yield after cooking, bone removed)	116	
		1 large (8.25 oz, raw) (yield after cooking, bone removed)	147	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Veal: (Subgroup Code 232) -- Continued				
Veal breast, with bone, roasted	232-0201	1 oz raw (yield after cooking, bone removed) -	15	85
Veal cutlet or steak, boneless, cooked (Include veal cutlet, NFS)	232-0401	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cubic inch	18	
		1 medium cutlet	98	
Veal cutlet or steak, boneless, breaded or floured, cooked (Include veal, breaded, NFS) --	232-0403	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
		1 large cutlet	138	
Veal marsala - see 271-3502				
Veal, boneless, roasted, sliced	232-1001	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
Veal, ground or patty, cooked (Include fried)	232-2001	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	11	
		1 small patty, cooked (2-1/2 oz, approx 3-1/4" x 3/4")	71	
		1 medium patty, cooked (3 oz, approx 3-3/4" x 3/4")	85	
		1 large patty, cooked (4 oz, approx 4" x 3/4")	113	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Veal: Subgroup Code 232) -- Continued				
Mock chicken legs, cooked (Include city chicken, pork and veal on a stick)	232-2002	1 oz, cooked	28	100
Veal patty, breaded	232-2003	1 oz, cooked	28	85
		1 oz, raw, (yield after cooking)	21	
		1 cubic inch	11	
Game: (Subgroup Code 233)				
Rabbit, NFS	233-1000	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 back piece	35	
		1 thigh	45	
		1 leg	25	
		1 hindleg (leg and thigh)	70	
		1 foreleg	52	
		1 rib piece	32	
		1 body piece (use for breast)	105	
Rabbit, domestic, with bone, cooked	233-1110	1 oz, cooked (yield after bone removed)	22	105
		1 oz, raw (yield after cooking, bone removed)	20	
		1 cup, diced	140	
		1 small (2 lb) (yield after cooking, bone removed)	631	
		1 medium (4 lb) (yield after cooking, bone removed)	1,261	
		1 leg	25	
		1 thigh	45	
		1 hindleg (leg and thigh)	70	
		1 foreleg	52	
		1 back piece	35	
		1 rib piece	32	
		1 body piece (use for breast)	105	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Game: (Subgroup Code 233) -- Continued				
Rabbit, breaded, fried	233-1112	1 oz, cooked	28	105
		1 oz, raw (yield after cooking)	20	
		1 back piece	34	
		1 hindleg (leg and thigh)	78	
		1 breast	105	
Rabbit, wild, with bone, cooked	233-1120	1 oz, cooked (yield after bone removed)	23	100
		1 oz, raw (yield after cooking, bone removed)	15	
		1 cup, diced	140	
		1 cottontail (1.375 lb, dressed) (yield after cooking, bone removed)	339	
		1 snowshoe (2.062 lb, dressed) (yield after cooking, bone removed)	509	
		1 leg (leg and thigh, bone removed)	38	
Venison, boneless, cured	233-2105	1 oz	28	85
		1 cubic inch	18	
Venison, boneless, roasted, sliced (Include roast antelope)	233-2110	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
		1 slice	43	
Venison steak (Include venison fried, NFS; ground venison)	233-2120	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
Deer bologna (Include venison sausage, caribou sausage)	233-2210	1 oz	28	28
		1 slice (2" dia x 1/4")	12	
		1 cubic inch	16	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Game: (Subgroup Code 233) -- Continued				
Deer chop, fried (Include breaded, fried; broiled; venison chops)	233-2230	1 oz, cooked (yield with bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	15	
Venison, stewed	233-2240	1 oz, cooked	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Moose, cooked	233-2310	1 oz	28	
		1 cup, diced	140	
		1 tbsp	9	
Moose meat loaf	233-2311	1 oz	28	85
		1 cup	160	
		1 slice	43	
Caribou, cooked	233-2410	1 oz, cooked (boneless)	28	85
Ground hog, cooked	233-3110	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	15	
		1 cubic inch (yield after bone removed)	14	
		1 cup, diced	140	
Opossum, cooked	233-3210	1 oz, cooked (yield after bone removed)	23	170
		1 oz, raw (yield after cooking, bone removed)	15	
		1 cup, diced	140	
		1 opossum (5.5 lb dressed) (yield after cooking, bone removed)	1357	
		1/8 opossum (yield bone removed)	170	
		1 cubic inch (edible meat only)	18	
		1 cubic inch (yield after bone removed)	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
LAMB, VEAL, GAME, OTHER CARCASS MEAT: (Subgroup Code 23) -- Continued				
Game: (Subgroup Code 233) -- Continued				
Squirrel, cooked (Include fried)	233-3310	1 oz, cooked (yield after bone removed)	23	93
		1 oz, raw (yield after cooking, bone removed)	15	
		1 cubic inch (meat only)	18	
		1 cubic inch, (yield after bone removed)	14	
		1 cup, diced	140	
		1 back	71	
		1 squirrel (.75 lb, dressed) (yield after cooking, bone removed)	185	
		1 leg (assume hindleg)	43	
Beaver, cooked	233-3410	1 oz, cooked	28	85
Raccoon, cooked (Include fried)	233-3510	1 oz, cooked	28	
		1 lb, raw, boneless (yield after cooking)	286	85
		1 leg quarter	340	
Armadillo, cooked	233-4010	1 oz, cooked	28	
Wild pig, smoked	233-4510	1 oz	28	85
		1 cup, diced	140	
Baby foods, veal or lamb: (Subgroup Code 234)				
Lamb, baby or strained	234-1001	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Lamb, junior	234-1002	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Veal, baby or strained	234-2001	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Veal, junior	234-2002	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
POULTRY: (Subgroup Code 24)				
Chicken: (Subgroup Code 241)				
Chicken, NFS	241-0010	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Chicken, boneless, white and/or dark meat, cooking method NS skin eaten or NS as to skin (Include ground)	241-0020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
		1 cup, diced	140	
		1 cup, ground	160	
Chicken, boneless, white and/or dark meat, cooking method NS, skin not eaten	241-0021	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Chicken, boneless, white and/or dark meat, broiled, skin eaten or NS as to skin	241-0022	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Chicken, boneless, white and/or dark meat, broiled, skin not eaten	241-0023	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Chicken, boneless, white and/or dark meat, fried, skin eaten or NS as to skin	241-0024	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
P.R. - Chicken crackling (Chicharron de pollo)	241-0050	1 serving (3 pieces, 1-1/2" x 1" each, boneless)	71	71
Chicken, broiler or fryer, with bone, cooked, skin eaten or NS as to skin	241-0101	1 oz, cooked (yield after bone removed)	20	130
		1 oz, raw (yield after cooking, bone removed)	14	
		fryer, breast quarter	130	
		fryer, leg quarter	126	
		1/2 broiler	176	
		1/4 broiler	88	
Chicken, broiler or fryer, with bone, cooked, skin not eaten	241-0102	1 oz, cooked (yield after bone and skin removed)	18	107
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		breast quarter	107	
		leg quarter	104	
		1/2 broiler	155	
Chicken, broiler or fryer, with bone, breaded, baked or fried, skin eaten or NS as to skin	241-0103	1 oz, cooked (yield after bone removed)	20	150
		1 oz, raw (yield after cooking, bone removed)	14	
		1/2 small broiler	163	
		1/2 medium broiler	203	
		1/2 large broiler	243	
		breast quarter	150	
		leg quarter	146	
Chicken, broiler or fryer, with bone, breaded, baked or fried, skin not eaten	241-0104	1 oz, cooked (yield after bone and skin removed)	16	107
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		breast quarter	107	
		leg quarter	104	
		1/2 broiler	155	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code Code 241) -- Continued				
Chicken, broiler or fryer, with bone, broiled, skin eaten or NS as to skin	241-0105	1 oz, cooked (yield after bone removed)	19	130
		1 oz, raw (yield after cooking, bone removed)	14	
		breast quarter	130	
		leg quarter	126	
		1/2 broiler	176	
Chicken, broiler or fryer, with bone, broiled, skin not eaten	241-0106	1 oz, cooked (yield after bone and skin removed)	16	107
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		breast quarter	107	
		leg quarter	104	
		1/2 broiler	155	
Chicken, broiler or fryer, with bone, roasted, skin eaten or NS as to skin	241-0108	1 oz, cooked (yield after bone removed)	20	127
		1 oz, raw (yield after cooking, bone removed)	14	
		breast quarter	127	
		leg quarter	123	
		1/2 broiler	172	
		1/2 fryer	250	
Chicken, with bone, stewed, skin eaten or NS as to skin	241-0110	1 oz, cooked (yield after bone removed)	21	141
		1 oz, raw (yield after cooking, bone removed)	15.5	
		breast quarter	141	
		leg quarter	137	
		1/2 stewed chicken	190	
		1/2 lb, cooked (yield after bone removed)	168	
		1/2 lb, raw (yield after cooking, bone removed)	124	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, with bone, stewed, skin not eaten	241-0111	1 oz, cooked (yield after bone and skin removed)	16	85
		1 oz, raw (yield after cooking, bone and skin removed)	12	
Chicken, with bone, floured, fried or baked	241-0113	1 oz, cooked (yield after bone removed)	21	130
		1 oz, raw (yield after cooking, bone removed)	14	
		1/4 chicken	130	
		1 breast quarter	130	
		1 leg quarter	126	
		1/2 chicken	256	
Chicken, broiler or fryer, with bone, battered, fried, skin eaten or NS as to skin	241-0115	1 oz, cooked (yield after bone removed)	22	173
		1 oz, raw (yield after cooking, bone removed)	14	
		1 cup, diced (boneless)	140	
		1 breast quarter	175	
		1 leg quarter	171	
Chicken, breast, boneless, broiled, NS as to skin (Include chicken cutlet, chicken fillet)	241-0121	1 oz, cooked	28	82
		1 oz, raw (yield after cooking)	18	
		1 breast, (boneless)	164	
		1/2 breast, (boneless)	82	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, breast, boneless, fried, skin not eaten	241-0124	1 oz, cooked (yield after skin removed)	26	85
		1 oz, raw, (yield after cooking, skin removed)	16	
		1 cup, diced	140	
		1 cubic inch	18	
		1 piece (1/2 breast)	72	
Chicken breast, boneless, breaded, baked or fried, skin eaten or NS as to skin (Include baked with corn flakes)	241-0127	1 oz, cooked	28	110
		1 oz, raw (yield after cooking)	20	
		1 small breast	156	
		1/2 small breast	78	
		1 medium breast	220	
		1/2 medium breast	110	
		1 large breast	252	
		1/2 large breast	126	
Chicken, roaster, boneless, light and/or dark meat, NS as to skin	241-0210	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cubic inch	18	
		1 cup, diced	140	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, roaster, boneless, light meat, skin eaten or NS as to skin	241-0221	1 oz, cooked	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Chicken, roaster, boneless, light meat, skin not eaten	241-0222	1 oz, cooked (yield after skin removed)	25	85
		1 cup, diced	140	
		1 cubic inch	18	
Chicken, roaster, boneless, dark meat, skin eaten or NS as to skin	241-0231	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cubic inch	18	
		1 cup, sliced	140	
Chicken, roaster, boneless, dark meat, skin not eaten	241-0232	1 oz, cooked (yield after skin removed)	25	85
		1 cubic inch	18	
		1 cup, diced	140	
Chicken, stewed, boneless, light and/or dark meat, NS as to skin	241-0310	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch	18	
		1 cup, diced	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, stewed, boneless, light and/or dark meat, skin not eaten	241-0312	1 oz, cooked (yield after skin removed) 1 cubic inch 1 cup, diced	25 18 140	85
Chicken, stewed, boneless, light meat, skin eaten or NS as to skin	241-0321	1 oz, cooked 1 cubic inch 1 cup, diced	28 18 140	85
Chicken, stewed, boneless, light meat, skin not eaten	241-0322	1 oz, cooked (yield after skin removed) 1 cubic inch 1 cup, diced	25 18 140	85
Chicken, stewed, boneless, dark meat, skin eaten or NS as to skin	241-0331	1 oz, cooked 1 cubic inch 1 cup, diced	28 18 140	85
Chicken, stewed, boneless, dark meat, skin not eaten	241-0332	1 oz, cooked (yield after skin removed) 1 cubic inch 1 cup, diced	25 18 140	85
Chicken, canned, meat only	241-0340	1 oz 1 cubic inch 1 cup 1 can (5 oz)	28 18 205 125	85

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, piece, with bone, NFS, roasted, skin eaten or NS as to skin (Include broasted) ----	241-0401	1 oz, cooked (yield after bone removed) -----	20	93
		1 oz, raw, (yield after cooking, bone removed)	14	
		1 small piece ----------	53	
		1 medium piece ----------	93	
		1 large piece ----------	112	
Chicken, piece, with bone, NFS, stewed ----------	241-0402	1 oz, cooked (yield after bone removed) ----------	21	62
		1 oz, raw (yield after cooking, bone removed) --	14	
		1 small piece ----------	36	
		1 medium piece ----------	62	
Chicken, piece, with bone, NFS, roasted, skin not eaten -------	241-0403	1 oz, cooked (yield after bone removed) ----------	18	84
		1 oz, raw (yield after cooking, bone and skin removed) ----------	12	
		1 small piece ----------	48	
		1 medium piece ----------	84	
		1 large piece ----------	100	
Chicken, piece, with bone, NFS, fried, skin not eaten ---------	241-0404	1 oz, cooked (yield after bone and skin removed) --	18	84
		1 oz, raw (yield after cooking, bone and skin removed) ----------	12	
		1 small piece ----------	45	
		1 medium piece ----------	84	
		1 large piece ----------	98	
Chicken, piece, with bone, NFS	241-0405	1 oz, cooked (yield after bone removed) ----------	20	97
		1 oz, raw (yield after cooking, bone removed) --	14	
		1/2 lb, raw (yield after cooking, bone removed)---	114	
		1 cup, diced ----------	140	
		1 small piece ----------	51	
		1 medium piece ----------	97	
		1 large piece ----------	112	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, piece, with bone, NFS, battered, fried, skin eaten or NS as to skin -------- (Include crispy style fried chicken)	241-0406	1 oz, cooked (yield after bone removed) ----------	22	130
		1 oz, raw (yield after cooking, bone removed) ---	14	
		1 small piece ----------	69	
		1 medium piece ----------	130	
		1 large piece ----------	151	
Chicken, piece, with bone, NFS, breaded, baked or fried, skin eaten or NS as to skin -------- (Include regular style fried)	241-0407	1 oz, cooked (yield after bone removed) ----------	20	110
		1 oz, raw (yield after cooking, bone removed) ---	14	
		1 cup, diced ----------	140	
		1 small piece ----------	58	
		1 medium piece ----------	110	
		1 large piece ----------	127	
		1 special or snack portion-	109	
Chicken, piece, with bone, NFS, broiled, skin eaten or NS as to skin ----------	241-0408	1 oz, cooked (yield after bone removed) ----------	19	82
		1 oz, raw (yield after cooking, bone removed) ---	14	
		1 small piece ----------	48	
		1 medium piece ----------	82	
		1 large piece ----------	101	
Chicken, piece, with bone, NFS, fried, skin eaten or NS as to skin ----------	241-0409	1 oz, cooked (yield after bone removed) ----------	21	97
		1 oz, raw (yield after cooking, bone removed) ---	14	
		1 small piece ----------	51	
		1 medium piece ----------	97	
		1 large piece ----------	112	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, breast, NFS	241-0410	1 oz, cooked (yield after bone removed)	23	97
		1 oz, raw (yield after cooking, bone removed)	14	
		1 breast	195	
		1/2 breast	97	
		1 pulley bone (wishbone)	63	
Chicken, breast, with bone, broiled, skin eaten or NS as to skin	241-0411	1 oz, cooked (yield after bone removed)	23	82
		1 oz, raw (yield after cooking, bone removed)	14	
		1 breast	164	
		1/2 breast	82	
Chicken, breast, with bone, broiled, skin not eaten	241-0412	1 oz, cooked (yield after bone and skin removed)	20	75
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 medium breast	149	
		1/2 medium breast	75	
		1 small breast	86	
		1/2 small breast	43	
		1 large breast	214	
		1/2 large breast	107	
Chicken, breast, with bone, breaded, baked or fried, skin eaten or NS as to skin (Include regular style fried chicken)	241-0417	1 oz, cooked (yield after bone removed)	24	110
		1 oz, raw (yield after cooking, bone removed)	14	
		1 breast	220	
		1/2 breast	110	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, breast, with bone, breaded, baked or fried, skin not eaten	241-0418	1 oz, cooked (yield after bone and skin removed)	21	84
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 small breast	104	
		1/2 small breast	52	
		1 medium breast	168	
		1/2 medium breast	84	
		1 large breast	232	
		1/2 large breast	116	
Chicken, breast, with bone, floured, fried, skin eaten or NS as to skin	241-0421	1 oz, cooked (yield after bone removed)	25	97
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium breast	195	
		1/2 medium breast	97	
		1 small breast	109	
		1/2 small breast	54	
		1 large breast	230	
		1/2 large breast	115	
		1 pulley bone (wishbone)	63	
Chicken, breast, with bone, floured, fried, skin not eaten	241-0422	1 oz, cooked (yield after bone and skin removed)	21	84
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 breast	168	
		1/2 breast	84	
Chicken, breast, with bone, battered, fried, skin eaten or NS as to skin	241-0431	1 oz, cooked (yield after bone removed)	23	130
		1 oz, raw (yield after cooking, bone removed)	14	
		1 breast	260	
		1/2 breast	130	
		1 small wishbone section	65	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, breast, with bone, battered, fried, skin not eaten	241-0432	1 oz, cooked (yield after bone and skin removed)	15	84
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 breast	168	
		1/2 breast	84	
Chicken, breast, with bone, roasted, skin eaten or NS as to skin	241-0441	1 oz, cooked (yield after bone removed)	23	90
		1 oz, raw (yield after cooking, bone removed)	14	
		1 large breast	212	
		1/2 large breast	106	
		1 medium breast	180	
		1/2 medium breast	90	
		1 small breast	153	
		1/2 small breast	77	
Chicken, breast, with bone, roasted, skin not eaten	241-0442	1 oz, cooked (yield after bone and skin removed)	20	80
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 large breast	192	
		1/2 large breast	96	
		1 medium breast	160	
		1/2 medium breast	80	
Chicken, breast, with bone, stewed, skin eaten or NS as to skin	241-0451	1 oz, cooked (yield after bone removed)	23	98
		1 oz, raw (yield after cooking, bone removed)	14	
		1 large breast	226	
		1/2 large breast	113	
		1 medium breast	195	
		1/2 medium breast	98	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken parts with bone				
Chicken, breast, with bone, stewed, skin not eaten	241-0452	1 oz, cooked (yield after bone and skin removed)	20	84
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 large breast	201	
		1/2 large breast	101	
		1 medium breast	169	
		1/2 medium breast	84	
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, leg (drumstick and thigh), NFS	241-0510	1 oz, cooked (yield after bone removed)	22	112
		1 oz, raw (yield after cooking, bone removed)	14	
		1 small leg	97	
		1 medium leg	112	
Chicken, leg, drumstick and thigh, with bone, broiled, skin eaten or NS as to skin	241-0511	1 oz, cooked (yield after bone removed)	20	101
		1 oz, raw (yield after cooking, bone removed)	14	
		1 leg	101	
Chicken, leg, drumstick and thigh, with bone, broiled, skin not eaten	241-0512	1 oz, cooked (yield after bone and skin removed)	17	94
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 leg	94	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, leg, with bone, breaded, baked or fried, skin eaten or NS as to skin	241-0517	1 oz, cooked (yield after bone removed)	21	127
(Include regular style fried chicken)		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium leg	127	
		1 small leg	109	
		1 large leg	145	
Chicken, leg, with bone, breaded, baked or fried, skin not eaten	241-0518	1 oz, cooked (yield after bone and skin removed)	18	98
(Include regular style fried chicken)		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 leg	98	
Chicken, leg, drumstick and thigh, with bone, fried, skin eaten or NS as to skin	241-0521	1 oz, cooked (yield after bone removed)	22	112
		1 oz, raw (yield after cooking, bone removed)	14	
		1 cubic inch	18	
		1 small leg	96	
		1 medium leg	112	
Chicken, leg, drumstick and thigh, with bone, fried, skin not eaten	241-0522	1 oz, cooked (yield after bone and skin removed)	18	98
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 leg	98	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, leg, drumstick and thigh, with bone, battered, fried, skin eaten or NS as to skin	241-0531	1 oz, cooked (yield after bone removed)	22	151
		1 oz, raw (yield after cooking, bone removed)	14	
		1 leg	151	
Chicken, leg, drumstick and thigh, with bone, battered, fried, skin not eaten	241-0532	1 oz, cooked (yield after bone and skin removed)	15	98
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 leg	98	
Chicken, leg, drumstick and thigh, with bone, roasted, skin eaten or NS as to skin (Include broasted)	241-0541	1 oz, cooked (yield after bone removed)	20	111
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium leg	111	
		1 large leg	127	
Chicken, leg, drumstick and thigh, with bone, roasted, skin not eaten	241-0542	1 oz, cooked (yield after bone and skin removed)	17	94
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 medium leg	94	
		1 large leg	113	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, leg, drumstick and thigh, with bone, stewed, skin eaten or NS as to skin	241-0551	1 oz, cooked (yield after bone removed)	20	113
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium leg	113	
		1 large leg	130	
Chicken, leg, drumstick and thigh, with bone, stewed, skin not eaten	241-0552	1 oz, cooked (yield after bone and skin removed)	16	92
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 medium leg	92	
		1 large leg	114	
Chicken, drumstick, NFS	241-0610	1 oz, cooked (yield after bone removed)	20	51
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium drumstick	51	
		1 small drumstick	46	
Chicken, drumstick, with bone, broiled, skin eaten or NS as to skin	241-0611	1 oz, cooked (yield after bone removed)	19	48
		1 oz, raw (yield after cooking, bone removed)	14	
		1 drumstick	48	
Chicken, drumstick, with bone, broiled, skin not eaten	241-0612	1 oz, cooked (yield after bone and skin removed)	17	45
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 drumstick	45	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, drumstick, with bone, breaded, baked or fried, skin eaten or NS as to skin	241-0617	1 oz, cooked (yield after bone removed)	19	58
(Include regular style fried chicken)		1 oz, raw (yield after cooking, bone removed)	14	
		1 drumstick	58	
Chicken, drumstick, with bone, breaded, baked or fried, skin not eaten	241-0618	1 oz, cooked (yield after bone and skin removed)	16	45
(Include regular style fried chicken)		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 drumstick	45	
Chicken, drumstick, with bone, fried, skin eaten or NS as to skin	241-0621	1 oz, cooked (yield after bone removed)	20	51
		1 oz, raw (yield after cooking, bone removed)	14	
		1 drumstick	51	
Chicken, drumstick, with bone, fried, skin not eaten	241-0622	1 oz, cooked (yield after bone and skin removed)	17	45
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 drumstick	45	
Chicken, drumstick, with bone, battered, fried, skin eaten or NS as to skin	241-0631	1 oz, cooked (yield after bone removed)	20	69
		1 oz, raw (yield after cooking, bone removed)	14	
		1 drumstick	69	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, drumstick, with bone, battered, fried, skin not eaten	241-0632	1 oz, cooked (yield after bone and skin removed)	14	45
		1 oz, raw (yield after cooking, bone and skin removed)	11	
		1 drumstick	45	
Chicken, drumstick, with bone, roasted, skin eaten or NS as to skin	241-0641	1 oz, cooked (yield after bone removed)	19	54
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium drumstick	54	
		1 large drumstick	60	
Chicken, drumstick, with bone, roasted, skin not eaten	241-0642	1 oz, cooked (yield after bone and skin removed)	16	45
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 medium drumstick	45	
		1 large drumstick	54	
Chicken, drumstick, with bone, stewed, skin eaten or NS as to skin	241-0651	1 oz, cooked (yield after bone removed	18	51
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium drumstick	51	
		1 large drumstick	59	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, drumstick, with bone, stewed, skin not eaten	241-0652	1 oz, cooked (yield after bone and skin removed)	15	42
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 medium drumstick	42	
		1 large drumstick	53	
Chicken, thigh, NFS	241-0710	1 oz, cooked (yield after bone removed)	23	61
		1 oz, raw (yield after cooking, bone removed)	14	
		1 small thigh	52	
		1 medium thigh	61	
		1 large thigh	71	
Chicken, thigh, with bone, broiled, skin eaten or NS as to skin	241-0711	1 oz, cooked (yield after bone and skin removed)	22	53
		1 oz, raw (yield after cooking, bone removed)	14	
		1 thigh	53	
Chicken, thigh, with bone, broiled, skin not eaten	241-0712	1 oz, cooked (yield after bone removed)	20	49
		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 thigh	49	
Chicken, thigh, with bone, breaded, baked or fried, skin eaten or NS as to skin (Include regular style fried chicken)	241-0717	1 oz, cooked (yield after bone removed)	23	69
		1 oz, raw (yield after cooking, bone removed)	14	
		1 thigh	69	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, thigh, with bone, breaded, baked or fried, skin not eaten	241-0718	1 oz, cooked (yield after bone and skin removed)	20	53
(Include regular style fried chicken)		1 oz, raw (yield after cooking, bone and skin removed)	13	
		1 thigh	53	
Chicken, thigh, with bone, fried, skin eaten or NS as to skin	241-0721	1 oz, cooked (yield after bone and skin removed)	23	61
		1 oz, raw (yield after cooking, bone and skin removed)	14	
		1 small thigh	51	
		1 medium thigh	61	
Chicken, thigh, with bone, fried, skin not eaten	241-0722	1 oz, cooked (yield after bone and skin removed)	20	53
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 thigh	53	
Chicken, thigh, with bone, battered, fried, skin eaten or NS as to skin	241-0731	1 oz, cooked (yield after bone and skin removed)	24	82
		1 oz, raw (yield after cooked, bone removed)	14	
		1 thigh	82	
Chicken, thigh, with bone, battered, fried, skin not eaten	241-0732	1 oz, cooked (yield after bone and skin removed)	15	53
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 thigh	53	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken leg (drumstick and thigh or NFS as to part) with bone				
Chicken, thigh, with bone, roasted, skin eaten or NS as to skin	241-0741	1 oz, cooked (yield after bone removed)	22	57
		1 oz, raw (yield after cooking, bone removed)	14	
		1 small thigh	47	
		1 medium thigh	57	
		1 large thigh	67	
Chicken, thigh, with bone, roasted, skin not eaten	241-0742	1 oz, cooked (yield after bone and skin removed)	18	49
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 medium thigh	49	
		1 large thigh	59	
Chicken, thigh, with bone, stewed, skin eaten or NS as to skin	241-0751	1 oz, cooked (yield after bone removed)	21	62
		1 oz, raw (yield after cooking, bone removed)	14	
		1 small thigh	52	
		1 medium thigh	62	
		1 large thigh	71	
Chicken, thigh, with bone, stewed, skin not eaten	241-0752	1 oz, cooked (yield after bone and skin removed)	17	50
		1 oz, raw (yield after cooking, bone and skin removed)	12	
		1 medium thigh	50	
		1 large thigh	61	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, wing, NFS	241-0810	1 oz, cooked (yield after bone removed)	18	38
		1 oz, raw (yield after cooking, bone removed)	12	
		1 medium wing	38	
		1 small wing	28	
Chicken, wing, with bone, broiled, skin eaten or NS as to skin	241-0811	1 oz, cooked (yield after bone removed)	16	32
		1 oz, raw (yield after cooking, bone removed)	12	
		1 wing	32	
Chicken, wing, with bone, broiled, skin not eaten	241-0812	1 oz, cooked (yield after bone and skin removed)	11	27
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 wing	27	
Chicken, wing, with bone, breaded, baked or fried, skin eaten or NS as to skin (Include regular style fried chicken)	241-0817	1 oz, cooked (yield after bone removed)	18	43
		1 oz, raw (yield after cooking, bone removed)	12	
		1 medium wing	43	
		1 large wing	46	
Chicken, wing, with bone, breaded, baked or fried, skin not eaten (Include regular fried style chicken)	241-0818	1 oz, cooked (yield after bone and skin removed)	10	27
		1 oz, raw (yield after cooking, bone and skin removed)	9	
		1 wing	27	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, wing, with bone, fried, skin eaten or NS as to skin	241-0821	1 oz, cooked, (yield after bone removed)	18	38
		1 oz, raw, (yield after cooking, bone removed)	12	
		1 wing	38	
Chicken, wing, with bone, fried, skin eaten or NS as to skin	241-0822	1 oz, cooked, (yield after bone removed)	10	27
		1 oz, raw (yield after cooking, bone removed)	9	
		1 wing	27	
Chicken wing, with bone, battered, fried, skin eaten or NS as to skin	241-0831	1 oz, cooked (yield after bone removed)	21	48
		1 oz, raw (yield after cooking, bone removed)	12	
		1 wing	48	
Chicken, wing, with bone, battered, fried, skin not eaten	241-0832	1 oz, cooked (yield after bone and skin removed)	10	27
		1 oz, raw (yield after cooking, bone and skin removed)	7	
		1 wing	27	
Chicken, wing, with bone, roasted, skin eaten or NS as to skin	241-0841	1 oz, cooked (yield after bone removed)	15	31
		1 oz, raw (yield after cooking, bone removed)	12	
		1 medium wing	31	
		1 large wing	33	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, wing, with bone, roasted, skin not eaten -------	241-0842	1 oz, cooked (yield after bone and skin removed) ---	10	21
		1 oz, raw (yield after cooking, bone and skin removed) ----------	10	
		1 medium wing ----------	21	
		1 large wing ----------	28	
Chicken, wing, with bone, stewed, skin eaten or NS as to skin ----------	241-0851	1 oz, cooked (yield after bone removed) ----------	15	36
		1 oz, raw (yield after cooking, bone removed) ---	12	
		1 medium wing ----------	36	
		1 large wing ----------	38	
Chicken, wing, with bone, stewed, skin not eaten -------	241-0852	1 oz, cooked (yield after bone and skin removed) ---	10	24
		1 oz, raw (yield after cooking, bone and skin removed) ----------	10	
		1 medium wing ----------	24	
		1 large wing ----------	31	
Chicken, back, NFS ----------	241-0910	1 oz, cooked (yield after bone removed) ----------	21	56
		1 oz, raw (yield after cooking, bone removed) ----	9	
		1 back ----------	56	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, back, with bone, broiled, skin eaten or NS as to skin	241-0911	1 oz, cooked (yield after bone removed)	14	51
		1 oz, raw (yield after cooking, bone removed)	9	
		1 back	51	
Chicken, back with bone, broiled, skin not eaten	241-0912	1 oz, cooked (yield after bone and skin removed)	10	42
		1 oz, raw (yield after cooking, bone and skin removed)	7	
		1 back	42	
Chicken, back, with bone, breaded, baked or fried, skin eaten or NS as to skin	241-0917	1 oz, cooked (yield after bone removed)	20	95
		1 oz, raw (yield after cooking, bone removed)	9	
		1 medium back	95	
		1 large back (including tail)	109	
Chicken, back, with bone, breaded, baked or fried, skin not eaten	241-0918	1 oz, cooked (yield after bone and skin removed)	16	47
		1 oz, raw (yield after cooking, bone and skin removed)	8	
		1 back	47	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, back, with bone, fried, skin eaten or NS as to skin	241-0921	1 oz, cooked (yield after bone removed)	21	56
		1 oz, raw (yield after cooking, bone removed)	9	
		1 back	56	
Chicken, back, with bone, fried, skin not eaten	241-0922	1 oz, cooked (yield after bone and skin removed)	17	47
		1 oz, raw (yield after cooking, bone and skin removed)	8	
		1 back	47	
Chicken, back, with bone, battered, fried, skin eaten or NS as to skin	241-0931	1 oz, cooked (yield after bone removed)	20	96
		1 oz, raw (yield after cooking, bone removed)	9	
		1 back	96	
Chicken, back, with bone, battered, fried, skin not eaten	241-0932	1 oz, cooked (yield after bone and skin removed)	16	47
		1 oz, raw (yield after cooking, bone and skin removed)	8	
		1 back	47	
Chicken, back, with bone, roasted, skin eaten or NS as to skin	241-0941	1 oz, cooked (yield after bone removed)	14	47
		1 oz, raw (yield after cooking, bone removed)	9	
		1 medium back	47	
		1 large back	54	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, back, with bone, roasted, skin not eaten	241-0942	1 oz, cooked (yield after bone and skin removed)	10	32
		1 oz, raw (yield after cooking, bone and skin removed)	8	
		1 medium back	32	
		1 large back	37	
Chicken, back, with bone, stewed, skin eaten or NS as to skin	241-0951	1 oz, cooked (yield after bone removed)	15	55
		1 oz, raw (yield after cooking, bone removed)	9	
		1 medium back	55	
		1 large back	63	
Chicken, back, with bone, stewed, skin not eaten	241-0952	1 oz, cooked (yield after bone and skin removed)	10	36
		1 oz, raw (yield after cooking, bone and skin removed)	7	
		1 medium back	36	
		1 large back	41	
Chicken, neck or ribs, NFS	241-1010	1 oz, cooked (yield after bone removed)	22	44
		1 oz, raw (yield after cooking, bone removed)	14	
		1 neck	44	
		1/2 rib section	14	14
Chicken, neck or ribs, with bone, fried, skin eaten or NS as to skin	241-1011	1 oz, cooked (yield after bone removed)	22	44
		1 oz, raw (yield after cooking, bone removed)	14	
		1 neck	44	
		1/2 rib section	14	14

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, neck or ribs, with bone, fried, skin not eaten	241-1012	1 oz, cooked (yield after bone and skin removed)	14	32
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 neck	32	
		1/2 rib section	13	13
Chicken, neck or ribs, with bone, breaded, baked or fried, skin eaten or NS as to skin	241-1017	1 oz, cooked (yield after bone removed)	21	47
		1 oz, raw (yield after cooking, bone removed)	14	
		1 neck	47	
		1/2 rib section	15	15
Chicken, neck or ribs, with bone, breaded, baked or fried, skin not eaten	241-1018	1 oz, cooked (yield after bone and skin removed)	14	32
		1 oz, raw (yield after cooking, bone and skin removed)	10	
		1 neck	32	
		1/2 rib section	13	13
Chicken, neck or ribs, with bone, roasted, skin eaten or NS as to skin	241-1041	1 oz, cooked (yield after bone removed)	20	36
		1 oz, raw (yield after cooking, bone removed)	14	
		1 neck	36	
		1/2 rib section	11	11
Chicken, neck, stewed	241-1051	1 oz, cooked (yield after bone removed)	19	43
		1 oz, raw (yield after cooking, bone removed)	14	
		1 medium neck	43	
		1 small neck	32	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Chicken: (Subgroup Code 241) -- Continued				
Chicken, chicken roll, roasted, sliced	241-1100	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
		1 slice	28	
Chicken, tail	241-1210	1 tail	29	
Turkey: (Subgroup Code 242)				
Turkey, NFS	242-0100	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
		1 medium slice	43	
		1 thin slice	28	
Turkey, breast, boneless, breaded, cooked, skin eaten or NS as to skin (Include fried; turkey steaks)	242-0105	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
		1/2 breast	453	
Turkey, boneless, roasted, light meat, skin eaten or NS as to skin	242-0111	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Turkey, boneless, roasted, light meat, skin not eaten	242-0112	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Turkey, boneless, roasted, dark meat, skin eaten or NS as to skin	242-0121	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Turkey: (Subgroup Code 242) -- Continued				
Turkey, boneless, roasted, dark meat, skin not eaten	242-0122	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Turkey, boneless, roasted, light and/or dark meat, NS as to skin	242-0131	1 oz	28	85
		1 cup, diced	140	
		1 cubic inch	18	
Turkey, boneless, roasted, light and/or dark meat, skin not eaten (Include ground, turkey burger)	242-0132	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	15	
		1 cubic inch	18	
		1 cup, diced	140	
		1 cup, ground	160	
Turkey, boneless, battered, fried	242-0133	1 oz, cooked	28	
		1 oz, raw (yield after cooking)	28	85
Turkey, boneless, stewed, light and/or dark meat, skin not eaten	242-0140	1 oz	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Turkey, drumstick, with bone, cooked	242-0200	1 oz, cooked (yield after bone removed)	20	146
		1 oz, raw (yield after cooking, bone removed)	15	
		1 drumstick (small turkey)	146	
		1 drumstick (medium turkey)	248	
		1 drumstick (large turkey)	378	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Turkey: (Subgroup Code 242) -- Continued				
Turkey, thigh, with bone, cooked, skin eaten or NS as to skin	242-0245	1 oz, cooked (yield after bone removed)	25	350
		1 oz, raw (yield after cooking, bone removed)	18	
		1 thigh	350	
Turkey, thigh, with bone, cooked, skin not eaten	242-0250	1 oz, cooked (yield after bone and skin removed)	23	330
		1 oz, raw (yield after cooking, bone and skin removed	16	
		1 cubic inch	18	
		1 thigh	330	
Turkey, neck, boiled	242-0260	1 oz, cooked (yield after bone removed)	17	88
		1 cup (yield after bone removed)	84	
		1 neck	88	
Turkey, wing, with bone, cooked (Include fried)	242-0300	1 oz, cooked (yield after bone removed)	18	94
		1 oz, raw (yield after cooking, bone removed)	13	
		1 wing (small turkey)	94	
		1 wing (medium turkey)	159	
		1 wing (large turkey)	242	
Turkey roll, roasted, sliced	242-0400	1 oz	28	85
		1 cubic inch	18	
		1 cup, diced	140	
		1 slice	28	
Turkey, tail	242-0500	1/2 lb, raw (yield after cooking, bone removed)	84	85
		1 cup (yield after bone removed)	87	
		1 cup (boneless)	140	
		1 tail	58	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Turkey: (Subgroup Code 242) -- Continued				
Turkey, back	242-0510	1 oz, cooked (yield after bone removed)	16	85
		1 back	495	
Turkey, canned	242-0600	1 oz	28	85
		1 cubic inch	18	
Duck: (Subgroup Code 243)				
Duck, NFS	243-0010	1 cubic inch	18	85
		1 cup, diced	140	
Duck, with bone, roasted, skin eaten or NS as to skin	243-0101	1 oz, cooked (yield after bone removed)	18	85
		1 oz, raw (yield after cooking, bone removed)	11	
		1 cubic inch	18	
		1 cup, diced	140	
		1/2 medium duck	370	
		1 small leg (drumstick and thigh)	55	
		1 small wing	30	
Duck, with bone, roasted, skin not eaten	243-0102	1 oz, cooked (yield after bone and skin removed)	15	85
		1 oz, raw (yield after cooking, bone and skin removed)	9	
		1 cubic inch	18	
		1 cup, diced	140	
		1 small leg (drumstick and thigh)	46	
		1 small wing	25	
Duck, battered, fried	243-0121	1 drumstick	70	85
		1 back	96	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Duck: (Subgroup Code 243) -- Continued				
Duck, pressed, Chinese	243-0201	1 oz, cooked 1 cup, diced	28 140	85
Goose, wild, roasted	243-1101	1 oz, cooked 1 cup, diced	28 140	85
Rock cornish game hen and other poultry: (Subgroup Code 244)				
Rock cornish game hen, NFS	244-0000	1 oz, raw (yield after cooking, bone removed) 1/2 hen 1 wing 1 drumstick	14 169 23 29	169
Rock cornish game hen, roasted, skin eaten or NS as to skin	244-0101	1 oz, cooked (boneless) 1 oz, raw (yield after cooking, bone removed) 1 hen 1/2 hen	28 14 338 169	169
Rock cornish game hen, roasted, skin not eaten	244-0102	1 hen 1/2 hen	294 147	147
Dove, cooked (Include squab, pigeon)	244-0210	1/2 lb, raw (yield after cooking, bone removed) 1 cup, diced 1 dove	91 140 91	91
Dove, fried (Include squab, pigeon)	244-0211	1/2 lb, raw (yield after cooking, bone removed) 1 cup, diced 1 dove	91 140 91	176
Quail, cooked (Include partridge)	244-0310	1 oz, cooked (yield after bone removed) 1 oz, raw (yield after cooking, bone removed) 1 cubic inch (yield after bone removed) 1 cup (boneless) 1 quail	23 18 14 140 176	176

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
POULTRY: (Subgroup Code 24) -- Continued				
Rock Cornish game hen and other poultry: (Subgroup Code 244) -- Continued				
Pheasant, cooked (Include grouse)	244-0410	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	15.5	
		1 pheasant leg (with thigh)	66	
		1/2 pheasant breast	134	
		1 pheasant drumstick	30	
Baby foods: (Subgroup Code 247)				
Chicken, baby or strained	247-0101	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Chicken, junior	247-0102	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Turkey, baby or strained	247-0301	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Turkey, junior	247-0302	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Chicken sticks, junior	247-0501	1 jar (7 sticks)	70	10
		1 stick	10	
Turkey sticks, junior	247-0601	1 jar (7 sticks)	70	10
		1 stick	10	
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25)				
Organ meats and mixtures: (Subgroup Code 251)				
Liver: (Subgroup Code 251-1)				
Liver, NFS	251-1000	1 oz, cooked	28	85
		1 cubic inch	18	
		1 slice	43	
Liver, NFS, breaded, fried	251-1005	1 oz, cooked	25	85
		1 oz, raw (yield after cooking)	28	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Liver: (Subgroup Code 251-1) -- Continued				
Beef liver, cooked	251-1010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 medium slice	43	
Beef liver, breaded, fried	251-1015	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 cubic inch	18	
Calves liver, cooked	251-1020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	22	
		1 cubic inch	18	
Pork liver, cooked	251-1030	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	19	
		1 cubic inch	18	
Rabbit liver, cooked (Include fried)	251-1035	1 oz, cooked	28	85
Venison liver, cooked	251-1037	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cup, diced	140	
Chicken liver, cooked	251-1040	1 oz, cooked	28	25
		1/2 lb, raw (yield after cooking)	140	
		1 cup, diced	140	
		1 liver	25	
Chicken liver, battered, fried	251-1041	1 cup, diced	120	60
		1 liver	30	
Turkey liver, cooked	251-1050	1 liver (small turkey)	44	75
		1 liver (medium turkey)	75	
		1 liver (large turkey)	122	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251-1) -- Continued				
Liver: (Subgroup Code 251-1) -- Continued				
Poultry liver, other than chicken or turkey, cooked	251-1060	1 liver	17	17
Fish liver, raw	251-1110	1 cup	226	
Liverwurst (Include liver cheese, Braunschweiger, liver sausage, liver loaf, liver pudding, liver bacon sausage, goose bacon sausage, goose liver sausage)	251-1200	1 oz slice (3-1/8" dia x 1/5" thick) 1 slice (2-1/2" dia x 1/4" thick) 1 slice (2" dia x 1/5" thick) 1 tbsp	28 18 10 14	28
Liver dumpling	251-1205	1 cup	250	250
Liver hash (Include liver mush)	251-1210	1 cup 1 slice	225 18	113
P.R. - Stewed variety meats (mostly liver) (Gandinga)	251-1215	1 cup	165	165
Liver paste, chicken liver pate (Include pate, NFS)	251-1220	1 cup 1 tbsp 1 slice	208 13 28	26
Livers, chicken, chopped, with eggs and onion	251-1230	1 can (8 oz) 1/8 cup 1 tbsp	227 26 13	26
Livers, chicken, with chopped broccoli (diet frozen meal)	251-1511	1 meal (10-1/2 oz)	298	298

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Hearts: (Subgroup Code251-2)				
Heart, NFS	251-2000	1 oz, cooked	28	85
		1 slice	43	
Beef heart, braised	251-2011	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	15	
		1 cup, diced	145	
Beef heart, boiled	251-2012	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	17	
		1 cup, diced	145	
Beef heart, stuffed, cooked	251-2013	1 oz, cooked	28	100
Beef heart, fried	251-2015	1 oz, cooked	28	85
Pork heart, cooked	251-2021	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	16	
		1 cup, diced	145	
		1 heart	129	
Veal heart, cooked	251-2031	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	18	
		1 cup, diced	145	
		1 heart	214	
Lamb heart, cooked	251-2041	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	18	
		1 cup, diced	145	
		1 heart	109	
Chicken heart, cooked	251-2051	1 oz, cooked	28	3
		1 cup, diced	145	
		1 heart	3	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Kidney: (Subgroup Code 251-3)				
Kidney, NFS	251-3000	1 oz, cooked	28	85
Beef kidney, cooked	251-3011	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	14	
		1 cup, diced	140	
		1 kidney	227	
Pork kidney, cooked	251-3021	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	14	
		1 cup, diced	140	
		1 kidney	142	
Veal kidney, cooked	251-3031	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	14	
		1 cup, diced	140	
		1 kidney	170	
Lamb kidney, cooked	251-3041	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	14	
		1 cup, diced	140	
		1 kidney	28	
Sweetbreads: (Subgroup Code 251-4)				
Beef sweetbreads, cooked	251-4011	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	16	
		1 pair	194	
Brains: (Subgroup Code 251-5)				
Brains, NFS	251-5000	1 oz, cooked	28	85
		1 cup	140	
Beef brains, cooked	251-5011	1 oz, cooked	28	
		1 cup	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Brains: (Subgroup Code 251-5) -- Continued				
Pork brains, canned or cooked -	251-5012	1 oz	28	85
Brains and eggs, cooked -------	251-5021	1 cup	242	121
P.R. - Breaded brains --------- (Sesos rebosados)	251-5031	1 serving (2 fritters, 3-1/2" x 2-1/2" x 1/2") -	120	120
Tongue: (Subgroup Code 251-6)				
Tongue, NFS -------------------	251-6000	1 oz, cooked ----------	28	85
Beef tongue, cooked ----------	251-6010	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	22	
		1 cubic inch ----------	18	
		1 slice (3" x 2" x 1/5") ---	20	
Beef tongue, smoked, cured or pickled, cooked ----------	251-6011	1 oz, cooked ----------	28	85
		1 oz, processed (yield after cooking) (3" x 2" x 1/5")	20	
		1 cubic inch ----------	18	
		1 slice, cooked (3" x 2" x 1/5") ----------	20	
Beef tongue, deviled ----------	251-6012	1 cup ----------	225	26
		1 tbsp ----------	13	
P.R. - Tongue pot roast ------- (Lengua al caldero)	251-6013	1 slice (5" x 2" x 1") ----	110	110
Pork tongue, cooked ----------	251-6021	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	18	
		1 cubic inch ----------	18	
		1 slice (3" x 2" x 1/5") ---	20	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Tongue: (Subgroup Code 251-6) -- Continued				
Veal tongue, cooked	251-6031	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 cubic inch	18	
		1 slice (3" x 2" x 1/5")	20	
Lamb tongue, cooked	251-6041	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 cubic inch	18	
		1 slice (3" x 2" x 1/5")	20	
Other variety meats: (Subgroup Code 251-7)				
Tripe, beef, cooked	251-7011	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup	140	
P.R. - Stewed tripe, Puerto Rican style (Mondongo)	251-7012	1 cup	280	300
Chitterlings, cooked	251-7021	1 cup	125	63
		1/2 cup	63	
(Cuajo guisado)	251-7022	1 cup	240	120
P. R. - Stewed chitterlings		1/2 cup	120	
Hog maws (stomach), cooked	251-7031	1 oz, cooked	28	28
		1 cup	140	
		1 cubic inch	18	
Giblets, chicken (excluding liver), cooked	251-7041	1 giblet	23	23
		1 gizzard	20	
		1 cup, giblets, diced	145	
		1 cup, gizzards, diced	145	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Organ meats and mixtures: (Subgroup Code 251) -- Continued				
Other variety meats: (Subgroup Code 251-7) -- Continued				
Gizzard, turkey, cooked	251-7042	1 gizzard	119	119
Gizzards, battered, fried	251-7043	1 cup	119	60
		1/2 cup	60	
P.R. - Stewed gizzards (Mollejitas guisadas)	251-7045	1 cup	260	130
		1/2 cup	130	
Mountain oysters, NFS (Include beef testes)	251-7050	1 oz, cooked	28	
Baby food variety meats: (Subgroup Code 251-8)				
Liver, beef, baby or strained - (Include liver and bacon)	251-8011	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
		7 tbsp	100	
Beef and beef heart, baby or strained	251-8111	1 jar (3-1/2 oz)	100	33
		1 tbsp	14	
Frankfurter, sausages, lunchmeats, spreads: (Subgroup Code 252)				
Frankfurters: (Subgroup Code 252-1)				
Frankfurter, weiner, hotdog, NFS	252-1011	1 frankfurter (10 per lb) -	44	44
		1 frankfurter, thick (8 per lb)	56	
		1 cocktail frank	10	
		1 footlong dog	88	
		1 cup, diced	140	
Frankfurter, breaded, baked	252-1012	1 frankfurter	48	48
		School lunch serving	62	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurter, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Frankfurters: (Subgroup Code 252-1) -- Continued				
Frankfurter, beef	252-1021	1 frankfurter (10 per lb) -- 44 1 frankfurter, thick (8 per lb) -- 56		44
Frankfurter, beef and pork	252-1022	1 frankfurter (10 per lb) -- 44 1 oz -- 28		44
Frankfurter, chicken	252-1031	1 frankfurter (10 per lb) -- 44		44
Frankfurter, turkey	252-1041	1 frankfurter (10 per lb) -- 44		44
Sausages: (Subgroup Code 252-2)				
Sausage, NFS - see code 252-2140				
Sausage (cold cut), NFS	252-2001	3" ring (1/8" thick) -- 16 4" ring (1/8" thick) -- 28 1 stick -- 11 1 slice -- 28 1 cubic inch -- 18		28
Beef sausage, NFS	252-2010	1 oz -- 28 1 cup, diced -- 140 1 cup, ground -- 160 1 cubic inch -- 18 1 patty -- 27		54
Beef sausage, brown and serve, links, cooked	252-2011	1 link, cooked -- 17		34
Beef sausage, smoked, stick (Include beef jerky)	252-2012	1 stick -- 11 1 package (5 sticks) -- 53 1 4" strip -- 14		11
Beef sausage, smoked	252-2013	1 oz -- 28 1 6" long -- 44 1 patty -- 27		28

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Sausages: (Subgroup Code 252-2) -- Continued				
Blutwurst, blood sausage, blood pudding	252-2021	1 slice, round (2-1/4" dia x 1/8" thick)	8	25
		1 slice, loaf shape (5" x 4-5/8" x 1/16")	25	
Bockwurst	252-2031	1 link	65	65
Bratwurst, cooked	252-2035	1 link (6 per lb)	74	74
		1 link (7 per lb)	64	
Bologna, NFS (Include ham bologna; German bologna; fried)	252-2041	1 medium slice (4-1/2" dia x 1/10" thick)	28	28
		1 thin slice	14	
		1 thick slice	43	
		1 cup, diced	140	
Bologna, Lebanon	252-2042	1 medium slice (4-1/2" dia x 1/10" thick)	28	28
		1 thin slice	14	
		1 thick slice	43	
Bologna, beef (Include veal bologna)	252-2043	1 medium slice (4-1/2" dia x 1/10" thick)	28	28
		1 thin slice	14	
		1 thick slice	43	
Turkey bologna (Include chicken bologna)	252-2044	1 slice	28	28
Bologna ring, smoked	252-2045	1 medium slice	28	28
		1 thin slice	14	
		1 thick slice	43	
Capicola	252-2051	1 slice (4-1/4" x 4-1/4" x 1/16" thick)	21	21

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Sausages: (Subgroup Code 252-2) -- Continued				
Cervalat, soft	252-2061	1 slice (4-3/8" dia x 1/8" thick)	28	28
		1 slice (4-1/8" dia x 1/8" thick)	22	
		1 slice (2-7/8" dia x 1/16" thick)	8	
Cervelat, hard (dry)	252-2062	1 slice (1-1/2" dia x 1/8" thick)	3	27
Chorizos (Include Spanish sausage, lenguica, Portuguese sausage)	252-2071	1 slice (1-3/4" dia x 1/8" thick)	5	30
		1 slice (3-1/8" dia x 1/16" thick or 2-3/4" dia x 3/22" thick)	10	
		1 link (1 oz, raw)	14	
		1 tbsp	14	
Goteborg	252-2081	1 slice	10	30
Head cheese	252-2091	1 slice (4" x 4" x 3/32")	28	28
		1 thin slice	14	
		1 cup, diced	140	
Knoblauch	252-2101	1 link	68	68
Knockwurst	252-2111	1 link (4" long)	68	68
Mortadella	252-2121	1 slice (4-7/8" dia x 3/32" thick)	25	25
Pepperoni	252-2125	1 slice (1-1/4" x 1/2")	11	33
		1 thin slice (1-1/4" x 1/4")	6	
		1 link	68	
Polish sausage (Include kielbasa)	252-2131	1 sausage (5-3/8" long x 1" dia)	76	76
		1 sausage (10" long x 1-1/4" dia)	227	
		1 cup, diced	140	
		School lunch serving	57	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Sausages: (Subgroup Code 252-2) -- Continued				
Italian sausage (Include hot links)	252-2135	1 oz	28	28
		1 small piece	11	
		1 medium piece	22	
		1 link (5" long)	68	
		1 link (7" long)	99	
Sausage, NFS	252-2140	1 oz, cooked	28	54
		1 oz, raw (yield after cooking)	14	
		1 cup	160	
		1 patty (3-7/8" dia x 1/4" thick)	27	
		1 large patty	40	
		1 link (3-7/8" long x 5/8" dia)	13	
		1 slice	27	
Pork sausage, fresh bulk, patty or link, cooked	252-2141	1 oz, cooked	28	54
		1/4 lb, raw (yield after cooking)	53	
		1 cup	160	
		1 tbsp	9	
		1 patty (3-7/8" dia x 1/4" thick)	27	
		1 small patty	13	
Pork sausage, brown and serve, cooked	252-2142	1 patty	23	46
		1 link (3-7/8" long x 5/8" dia)	17	
Pork sausage, country style or smoked, cooked	252-2143	1 patty	27	54
		1 link	13	
		1 cup	160	
Smoked pork sausage, Chinese style (Include lup chong)	252-2144	1 oz	28	56

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Sausages: (Subgroup Code 252-2) -- Continued				
Pork and beef sausage	252-2146	1 oz 1 patty	28 27	54
Mettwurst	252-2148	1 oz	28	28
Salami, NFS (Include cotto salami)	252-2150	1 slice 1 thin slice	28 14	28
Salami, soft, cooked (Include beer bologna, beer sausage, beerwurst)	252-2151	1 slice (4-1/2" dia x 1/10" thick) 1 oz	28 28	28
Salami, dry (Include Italian salami)	252-2152	1 slice 1-3/4" dia x 1/8" thick) 1 slice (3-1/8" dia x 1/16" thick) 1 cup	5 10 140	30
Salami, beef (Include kosher salami)	252-2153	1 slice 1 thin slice	28 14	28
Scrapple, fried	252-2161	1 slice (2-3/4" x 2-1/8" x 1/4") (1/18 of loaf)	25	50
Souse	252-2171	1 slice (3-7/8" sq x 1/8")	28	28
Thuringer (Include summer sausage)	252-2181	1 slice (4-3/8" dia x (1/10" thick) 1 slice (4-1/8" dia x 1/10" thick) 1 slice (2-7/8" dia x 1/16" thick)	28 22 8	28
Vienna sausage, canned	252-2191	1 sausage 1 cup 1 slice 1 can (yield)	16 140 16 113	48
Vienna sausage, chicken, canned	252-2192	1 sausage	16	48

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Luncheon meats (loaf): (Subgroup Code 252-3)				
Luncheon meat, NFS (Include tavern loaf, breakfast loaf, macaroni loaf, luxury loaf)	252-3011	1 slice	28	28
Boiled ham, luncheon meat	252-3021	1 slice (6-1/4" x 4" x 1/16")	28	28
		1 slice (4-1/4" sq - 3/4 oz)	21	
		1 very thin slice	7	
		1 cubic inch	18	
Chicken or turkey loaf, luncheon meat	252-3031	1 slice	28	28
		1 slice (4-1/4" sq x 1/8")	23	
Ham loaf, luncheon meat (Include ham sausage, hamettes)	252-3041	1 slice	28	28
		1 thin slice	14	
Ham and cheese loaf	252-3043	1 slice	28	28
		1 thin slice	14	
Honey loaf	252-3045	1 slice	28	28
		1 thin slice	14	
Ham, luncheon meat, chopped, minced, pressed, spiced	252-3051	1 slice (1/2" thick)	90	90
		1 slice (3-1/3" x 3-1/3" x 1/8")	23	
		1 tbsp	9	
Luncheon loaf (olive, pickle or pimiento)	252-3061	1 slice (4-1/4" sq x 1/8")	28	28
Sandwich loaf, luncheon meat (Include old fashioned loaf, Dutch loaf, pepperloaf, praski)	252-3071	1 slice	28	28
Turkey ham roll	252-3080	1 slice	28	28

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
ORGAN MEATS, SAUSAGES AND LUNCHMEAT, AND SPREADS: (Subgroup Code 25) -- Continued				
Frankfurters, sausages, lunchmeats, spreads: (Subgroup Code 252) -- Continued				
Luncheon meats (loaf): (Subgroup Code 252-3) -- Continued				
Veal loaf	252-3081	1 slice	28	28
Turkey pastrami	252-3082	1 medium slice	28	28
		1 thin slice	14	
Turkey, breast, pressed, smoked, luncheon meat	252-3090	1 medium slice	28	28
Beef, pressed, luncheon meat	252-3111	1 medium slice (1 oz)	28	28
		1 thin slice	14	
Corned beef, pressed	252-3115	1 slice	28	28
Potted meat, spreads: (Subgroup Code 252-4)				
Meat spread or potted meat, NFS (Include beef sandwich spread)	252-4000	1 tbsp	13	26
		1 cup	208	
Chicken salad spread	252-4011	1 cup	225	26
		1 tbsp	13	
		1 can (7-1/2 oz)	213	
Ham, deviled or potted	252-4021	1 cup	225	26
		1 tbsp	13	
		1 can (3 oz)	85	
Ham salad spread	252-4022	1 cup	225	26
		1 tbsp	13	
		1 can (7-1/2 oz)	213	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26)				
Finfish: (Subgroup Code 261)				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1)				
Fish, NFS	261-1000	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 cubic inch	18	
		1 cup, diced	140	
		1 fillet, breaded	56	
Fish, battered, fried (Include fish tempura)	261-1001	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
		1 tbsp	9	
Fish, fried, NFS (Include fish kabobs, fish tails)	261-1002	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
		1 fish patty	57	
		1 fish fillet	56	
		1 bite-size kabob	12	
		School lunch serving	98	
Fish, baked, NFS	261-1003	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Fish, smoked, NFS	261-1004	1 oz, cooked	28	85
		1 cubic inch	18	
Fish, fresh water, NSF, cooked	261-1005	1 oz, cooked	28	85
		1 cubic inch	18	
Fish, dried, oriental style (Include dried eel)	261-1006	1 cup	22	5
		1 tbsp	1.4	
Fish, raw, NFS (Include sashimi)	261-1008	1-2" piece	9	
Ahi - see Tuna 261-1343				
Aholehole - see Bass 261-1020				
Aku - see Bonito 261-1060				

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Barracuda, cooked, NFS	261-1010	1 oz, cooked	28	85
		1 cubic inch	18	
Barracuda, fillet, baked or broiled	261-1011	1 oz, cooked	28	
		1 oz, raw (yield after cooking)	25	85
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Barracuda, fillet, floured, fried	261-1012	1 oz, cooked	28	
		1 oz, raw (yield after cooking)	29	85
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Bass, cooked, NFS (Include aholehole)	261-1020	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 cubic inch	18	
		1 medium fish	158	
Bass, striped, fillet, breaded, fried	261-1021	1 oz, cooked	28	
		1 oz, raw (yield after cooking)	29	85
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Bass, fillet, broiled	261-1022	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Blackfish, cooked, NFS	261-1030	1 oz, cooked	28	85
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Blackfish, fillet, broiled	261-1031	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Blackfish, fillet, breaded, fried (Include mealed)	261-1032	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	27	
		1/3 lb (5.3 oz), raw (yield after cooking)	142	
		1 cubic inch	18	
Bluefish, cooked, NFS	261-1040	1 oz, cooked	28	85
		1 cubic inch	18	
Bluefish, fillet, baked or broiled	261-1041	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Bluefish, fillet (boneless), fried	261-1045	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1/3 lb (5.3 oz), raw (yield after cooking)	127	
		1 cubic inch	18	
Bluefish, with bone, fried	261-1046	1 oz, raw (yield after cooking, bone removed)	21	85
Bocaccio, cooked, NFS	261-1050	1 oz, cooked	28	85
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Bocaccio, fillet, broiled -----	261-1051	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	25	
		1/3 lb (5.3 oz), raw (yield after cooking) ---	133	
		1 cubic inch ----------	18	
Bonito, cooked, NFS ----------	261-1060	1 oz, cooked ----------	28	85
		1 cubic inch ----------	18	
Bonito, fillet, broiled -------	261-1061	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	23	
		1/3 lb (5.3 oz), raw (yield after cooking) ---	124	
		1 cubic inch ----------	18	
Bonito, fillet, fried --------- (Includ aku)	261-1062	1 oz, cooked ----------	28	85
		1 cubic inch ----------	18	
Bonito, raw ---------- (Include aku)	261-1063	1 oz ----------	28	
		1 cup ----------	140	
Bonito, dried ---------- (Include aku)	261-1064	1 cubic inch ----------	18	
Burbot, cooked, NFS ----------	261-1070	1 oz, cooked ----------	28	85
		1 cubic inch ----------	18	
Burbot, fillet, broiled -------	261-1071	1 oz, cooked ----------	28	85
		1 oz, raw (yield after cooking) ----------	25	
		1/3 lb (5.3 oz), raw (yield after cooking) ---	133	
		1 cubic inch ----------	18	
Canary, cooked, NFS ----------	261-1080	1 oz, cooked ----------	28	85
		1 cubic inch ----------	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Canary, fillet, broiled	261-1081	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yielded after cooking)	133	
		1 cubic inch	18	
Cod, cooked, NFS	261-1090	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 cubic inch	18	
		1 cup, diced	140	
Cod, fillet, broiled, fresh	261-1091	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
		1 tbsp	9	
Cod, dried, salted	261-1092	1 oz, cooked	28	80
		1 oz, raw	22	
		1 piece (5-1/2" x 1-1/2" x 1/2")	80	
		1 cubic inch	19	
Cod, fillet, breaded, fried	261-1093	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	33	
		1/3 oz (5.3 oz), raw (yield after cooking)	177	
		1 cubic inch	18	
Cod, salted and dried, salt removed in water, floured, fried	261-1094	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1 medium piece	85	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Cod, salted and dried, salt removed in water	261-1095	1 oz 1 cup, diced	28 140	
Cod, smoked	261-1096	1 oz 1 cup, diced	28 140	85
Cusk (torsk), cooked, NFS	261-1100	1 oz, cooked 1 cubic inch	28 18	85
Cusk (torsk), fillet, broiled	261-1101	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch	28 25 133 18	85
Dogfish (grayfish), cooked, NFS	261-1110	1 oz, cooked 1 cubic inch	28 18	85
Dogfish (grayfish), fillet, baked or broiled	261-1111	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch	28 25 133 18	85
Dolphinfish - see Mahimahi 261-1200				
Flatfish, cooked, NFS	261-1120	1 oz, cooked 1 cubic inch	28 18	85
Flatfish, fillet, broiled	261-1121	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz) raw (yield after cooking) 1 cubic inch	28 25 133 18	85

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Flounder, cooked, NFS	261-1130	1 oz, cooked	28	85
		1 cubic inch	18	
		1 cup, diced	140	
Flounder, fillet, broiled	261-1131	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
		1 cup, diced	140	
		1 tbsp	9	
Flounder, fillet, breaded, fried	261-1132	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
		1 small fish	205	
		1 medium fish	308	
		1 large fish	462	
Flounder, fillet, stuffed with crab	261-1133	1 serving	144	144
Fluke, cooked, NFS	261-1140	1 oz, cooked	28	85
		1 cubic inch	18	
Fluke, fillet, broiled	261-1141	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Grayfish - see Dogfish 261-1110				
Haddock, cooked, NFS	261-1150	1 oz, cooked	28	85
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Haddock, fillet, broiled	261-1151	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Haddock, fillet, breaded, fried	261-1152	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	33	
		1/3 lb (5.3 oz), raw (yield after cooking)	177	
		1 cubic inch	18	
		1 cup, diced	140	
Haddock, smoked	261-1153	1 oz, cooked	28	60
		1 piece	20	
		3 pieces	60	
Haddock, fillet, breaded, broiled	261-1154	1 oz, cooked	28	85
Haddock, fillet, fried	261-1155	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1/3 lb (5.3 oz), raw (yield after cooking)	127	
		1 cubic inch	18	
Hake, cooked, NFS	261-1160	1 oz, cooked	28	85
		1 cubic inch	18	
Hake, fillet, broiled	261-1161	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Hake, fried	261-1162	1 oz, cooked	28	85
		1 cubic inch	13	
Kumu - see Weke 261-1372				
Lingcod, cooked, NFS	261-1170	1 oz, cooked	28	85
		1 cubic inch	18	
Lingcod, fillet, broiled	261-1171	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Lox, NFS	261-1181	1 oz	28	15
		1 piece	15	
Mackerel, cooked, NFS (Include enenui)	261-1190	1 oz, cooked	28	85
		1 cubic inch	18	
Mackerel, fillet, broiled	261-1191	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1/3 lb (5.3 oz), raw (yield after cooking)	124	
		1 cubic inch	18	
Mackerel, canned, drained	261-1192	1 can (15 oz)	361	75
		1 cup	150	
		1 piece (4" x 1-1/2" x 1") (3-2/3 per can)	98	
		1 cubic inch	16	
Mackerel, salted	261-1193	1 fillet (7-3/4" x 2-1/2" x 1/2")	112	85
		1 cubic inch	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Mackerel, smoked	261-1194	1 piece 3 pieces	20 60	60
Mackerel, pickled	261-1195	1 oz	28	
Mackerel, dried (Include opelu)	261-1196	1 oz	28	85
Mackerel, fried (Include opelu)	261-1197	1 oz, cooked	28	85
Mahimahi (dolphinfish), cooked, NFS	261-1200	1 oz, cooked 1 cubic inch	28 18	85
Mahimahi (dolphinfish), fillet, broiled	261-1201	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch	28 25 133 18	85
Mahimahi (dolphinfish), battered, fried	261-1202	1 oz, cooked	28	85
Mahimahi (dolphinfish) breaded, cooked	261-1203	1 oz, cooked 1 cubic inch	28 18	85
Ono, broiled	261-1211	1 oz, cooked 1 cubic inch	28 18	85
Ono, fried	261-1212	1 oz, cooked 1 cubic inch	28 18	85
Pickerel, cooked, NFS	261-1220	1 oz, cooked 1 cubic inch	28 18	85

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Pickerel, fillet, breaded, fried	261-1221	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Pike, cooked, NFS	261-1230	1 oz, cooked	28	85
		1 cubic inch	18	
Pike, fillet, breaded, fried	261-1231	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Pollock, cooked, NFS	261-1240	1 oz, cooked	28	85
		1 cubic inch	18	
Pollock, fillet, breaded, fried	261-1241	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	33	
		1/3 lb (5.3 oz), raw (yield after cooking)	177	
		1 cubic inch	18	
Rasphead, cooked, NFS	261-1250	1 oz, cooked	28	85
		1 cubic inch	18	
Rasphead, fillet, broiled	261-1251	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEAT: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Redfish, cooked, NFS	261-1260	1 oz, cooked	28	85
		1 cubic inch	18	
Redfish, fillet, broiled	261-1261	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Redfish, fillet, battered, fried	261-1262	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Rockfish, cooked, NFS	261-1270	1 oz, cooked	28	85
		1 cubic inch	18	
Rockfish, fillet, broiled	261-1271	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Sanddabs, cooked, NFS	261-1280	1 oz, cooked	28	85
		1 cubic inch	18	
Sanddabs, fillet, broiled	261-1281	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3), raw (yield after cooking)	133	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): Subgroup Code 261-1) -- Continued				
Scrod, cooked, NFS	261-1290	1 oz, cooked	28	85
		1 cubic inch	18	
Scrod, fillet, broiled	261-1291	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Scrod, fillet, breaded, broiled	261-1292	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	26	
		1/3 lb (5.3 oz), raw (yield after cooking)	138	
		1 cubic inch	18	
Scrod, fillet, baked in milk	261-1293	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	34	
Shark, fillet, cooked	261-1295	1 oz, cooked	28	85
Snapper, cooked, NFS	261-1300	1 oz, cooked	28	85
		1 cubic inch	18	
Snapper, fillet, broiled	261-1301	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Snapper, fillet, breaded, fried (Include snapper fingers)	261-1302	1 oz, cooked	28	85
		1 cubic inch	18	
		1 finger (approx 2-1/2" x 3/4" x 1/2")	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Sole, cooked, NFS	261-1310	1 oz, cooked	28	85
		1 cubic inch	18	
Sole, fillet, breaded, fried	261-1311	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Sole, fillet, broiled	261-1312	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1/3 lb (5.3 oz), raw (yield after cooking)	122	
		1 cubic inch	18	
Sturgeon, cooked, NFS	261-1320	1 oz, cooked	28	85
		1 cubic inch	18	
Sturgeon, flesh only, steamed	261-1321	1 oz, cooked flesh	28	85
		1 oz, raw flesh (yield after cooking)	23	
		1/3 lb (5.3 oz), raw flesh (yield after cooking)	121	
		1 cubic inch	18	
Sturgeon, smoked	261-1322	1 oz	28	60
		1 piece	20	
		3 pieces	60	
Tautog, cooked, NFS	261-1330	1 oz, cooked	28	85
		1 cubic inch	18	
Tautog, fillet, broiled	261-1331	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Tilefish, cooked, with butter, lemon	261-1333	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
Torsk - see Cusk 261-1100				
Turbot, cooked, NFS (Include baked)	261-1334	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
Turbot, fillet, broiled	261-1335	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Turbot, fillet, fried	261-1336	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1/3 lb (5.3 oz), raw (yield after cooking)	131	
		1 cubic inch	18	
Tuna, NFS	261-1340	1 cup, solid or chunks, drained	160	80
Tuna, canned in oil, drained	261-1341	1 cup	160	80
		1 small flat can (3-1/4 oz)	78	
		1 regular flat can (7 oz)	169	
		1 large flat can (9-1/4 oz)	223	
Tuna, canned in water,drained -	261-1342	1 cup	160	80
		1 can (7 oz)	169	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEAT: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Tuna, fillet, broiled (Include ahi, albalone)	261-1343	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch	28 23 124 18	85
Tuna, smoked (Include ahi)	261-1344	1 oz 1 piece 3 pieces	28 20 60	60
Tuna, raw (Include shibi)	261-1345	1 oz 1 cubic inch	28 18	85
Tuna, fried (Include ahi)	261-1346	1 oz, cooked 1 oz, raw (yield after cooking) 1 cubic inch	28 22 18	
Whiting, cooked, NFS	261-1350	1 oz, cooked 1 cubic inch 1 medium fish	28 18 290	85
Whiting, fillet, baked	261-1351	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking 1 cubic inch	28 25 133 18	85
Whiting, fillet, fried	261-1352	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch 1 cup, diced	28 24 131 18 140	85

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served as fillets, i.e., boneless): (Subgroup Code 261-1) -- Continued				
Wreckfish, cooked, NFS	261-1360	1 oz, cooked 1 cubic inch	28 18	85
Wreckfish, fillet, baked	261-1361	1 oz, cooked 1 oz, raw (yield after cooking) 1/3 lb (5.3 oz), raw (yield after cooking) 1 cubic inch	28 25 133 18	85
Weke (kumu), cooked without fat	261-1371	1 oz, cooked	28	85
Weke (kumu), fried	261-1372	1 oz, cooked	28	85
Ulua, fried	261-1382	1 oz, cooked 1 cubic inch	28 18	85
Fish sticks, NFS	261-2000	1 stick 1 patty or square 1 cup	28 57 140	57
Fish sticks, perch, cooked	261-2050	1 oz, cooked	28	57
Pollack, battered, baked	261-2100	1 oz, cooked 1 medium stick 1 large stick	28 28 57	85
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5)				
Akule, fried, NFS	261-5001	1 oz, raw, dressed (yield after cooking, bone removed) 1 fish 5-inch	17 90	85

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Akule, cooked without added fat (Include broiled)	261-5002	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
Alewife, cooked, NFS	261-5010	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch	12	
Alewife, baked or broiled	261-5011	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb, raw, dressed (yield after cooking, bone removed)	124	
		1 cubic inch (yield after bone removed)	12	
Anchovy, NFS	261-5020	1 oz	28	16
		1 cup	140	
		1 anchovy	4	
		4 anchovies	16	
Anchovy, canned (Include anchovy sauce)	261-5021	1 oz	28	16
		1 anchovy	4	
		4 anchovies	16	
		1 can (2 oz), drained	45	
Angelfish, broiled (Include Spadefish, Butterflyfish)	261-5023	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	13	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Bluegill, fresh, fried	261-5025	1 cubic inch (yield after after bone removed)	11	85
		1 oz, raw, dressed (yield after cooking, bone removed)	14	
		1/2 lb, raw, dressed (yield after cooking, bone removed)	112	
		1 cup, diced	140	
		1 fish (any size)	67	
Buffalofish, cooked, NFS	261-5030	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
Buffalofish, breaded or battered, fried	261-5031	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	103	
		1 cubic inch (yield after bone removed)	12	
		1 cup, diced	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Bullhead, cooked, NFS	261-5040	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
		1 medium fish	195	
Bullhead, breaded, fried	261-5041	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	101	
		1 cubic inch (yield after bone removed)	12	
		1 medium fish	195	
Butterfish, cooked, NFS	261-5050	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	11	
		1 medium fish	89	
Butterfish, breaded, fried	261-5051	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1/3 lb (5.3 oz), raw, dressed, (yield after cooking, bone removed)	93	
		1 cubic inch (yield after bone removed)	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Sbugroup Code 261-5) -- Continued				
Butterfish, salted, boneless, cooked (Include broiled)	261-5052	1 oz, cooked	28	85
Butterflyfish - see Angelfish 261-5023				
Carp, cooked, NFS	261-5060	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
Carp, breaded, fried	261-5061	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	103	
		1 cubic inch (yield after bone removed)	12	
Carp, smoked	261-5062	1 oz	28	60
		1 piece	20	
		3 pieces	60	
Carp, smoked, fried	261-5063	1 oz	28	85
Catfish, cooked, NFS	261-5070	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
		1 cup, diced	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Catfish, breaded, fried -------	261-5071	1 oz, cooked (yield after bone removed) ----------	19	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ----------	101	
		1 cubic inch (yield after bone removed) ----------	12	
		1 small fish ----------	166	
		1 medium fish ----------	332	
Chub, cooked, NFS ----------	261-5080	1 oz, cooked (yield after bone removed) ----------	19	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	19	
		1 cubic inch (yield after bone removed) ----------	12	
Chub, breaded, fried ----------	261-5081	1 oz, cooked (yield after bone removed) ----------	19	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ----------	103	
		1 cubic inch (yield after bone removed) ----------	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Cisco, cooked, NFS	261-5090	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1 cubic inch (yield after bone removed)	15	
Cisco, breaded, fried	261-5091	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	123	
		1 cubic inch (yield after bone removed)	15	
Crappie, cooked, NFS	261-5100	1 oz, cooked (yield after bone removed)	51	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	11	
		1 fish	51	
Crappie, breaded, fried	261-5101	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed	93	
		1 cubic inch (yield after bone removed)	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Crappie, fillet (boneless), breaded, cooked	261-5102	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Croaker, cooked, NFS	261-5110	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Croaker, breaded, fried	261-5111	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	
		1 medium fish	147	
Croaker, fillet (boneless), fried	261-5112	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Dolly Varden, cooked, NFS -----	261-5120	1 oz, cooked (yield after bone removed) ----------	23	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	23	
		1 cubic inch (yield after bone removed) ----------	15	
Dolly Varden, breaded, fried --	261-5121	1 oz, cooked (yield after bone removed) ----------	23	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	23	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ----------	123	
		1 cubic inch (yield after bone removed) ----------	15	
Drumfish, cooked, NFS ---------	261-5130	1 oz, cooked (yield after bone removed) ----------	20	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	20	
		1 cubic inch (yield after bone removed) ----------	13	
Drumfish, breaded, fried ------	261-5131	1 oz, cooked (yield after bone removed) ----------	20	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ----------	106	
		1 cubic inch (yield after bone removed) ----------	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Eulachon, cooked, NFS	261-5140	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
Eulachon, breaded, fried	261-5141	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	101	
		1 cubic inch (yield after bone removed)	12	
Garfish (needlefish), cooked (Include boiled, steamed, broiled)	261-5145	1 oz, cooked (yield after bone removed)	23	
		1 cup, diced	140	
Garfish (needlefish), breaded, fried (Include meal-dipped, fried)	261-5146	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw (yield after cooking, bone removed)	23	
		1 cubic inch (yield after bone removed)	15	
Grouper, cooked, NFS	261-5150	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Grouper, steak, broiled	261-5151	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	114	
		1 cubic inch (yield after bone removed)	15	
Grouper, fried	261-5152	1 oz, cooked (yield after bone removed)	24	85
		1 medium piece	85	
		1 cubic inch (boneless)	18	
P.R. - Pickled grouper (Mero en escabeche)	261-5155	1 slice (4" x 3" x 1/2") plus 1/4 cup sauce (yield after bone removed)	125	125
Halibut, cooked, NFS	261-5160	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1 cubic inch (yield after bone removed)	15	
		1 cup, diced	140	
Halbut, steak, broiled	261-5161	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	114	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Halibut, smoked	261-5162	1 oz	28	60
		1 piece	20	
		3 pieces	60	
Halibut, fillet (boneless), battered, cooked	261-5163	1 oz, cooked	28	85
		1 oz, raw, (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
Halibut, fillet (boneless), fried	261-5164	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cubic inch	18	
Herring, NFS	261-5170	1 oz	28	45
		1 herring, Bismarck (7" long)	50	
		1 piece, marinated (1-3/4" x 7/8" x 1/2")	15	
		1 cubic inch	20	
Herring, pickled (Include in wine sauce)	261-5171	1 oz	28	45
		1 herring, Bismarck (7" long)	50	
		1 piece herring, marinated (1-3/4" x 7/8" x 1/2")	15	
		1 cubic inch	20	
		1 cup	140	
Herring, canned in oil	261-5172	1 oz	28	75
		1 piece (2.7 oz, 3-1/2" x 2" x 3/4")	75	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISHL: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Herring, smoked, kippered	261-5173	1 oz	28	40
		1 cubic inch	16	
		1 small fillet (2-3/8" x 1-3/8" x 1/4")	20	
		1 medium fillet (4-3/8" x 1-3/4" x 1/4")	40	
		1 large fillet (7" x 2-1/4" x 1/4")	65	
Herring, in tomato sauce	261-5174	1 oz	28	55
		1 herring with 1 tbsp sauce	55	
Herring, baked or broiled (Include oio)	261-5175	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb (8 oz), raw, dressed (yield after cooking, bone removed)	124	
		1 cubic inch (yield after bone removed)	12	
Herring, pickled, with sour cream sauce	261-5176	1 oz	28	57
Herring, fried (Include oio)	261-5177	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb, raw, dressed (yield after cooking, bone removed)	128	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Herring, salted type, fried ---	261-5178	1 oz, cooked ----------	28	85
		1 oz (yield after cooking) -	24	
		1 medium fish ----------	40	
Kingfish, cooked, NFS ---------	261-5180	1 oz, cooked (yield after bone removed) ----------	20	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	20	
		1 cubic inch (yield after bone removed) ----------	13	
		1 medium steak ----------	120	
Kingfish, breaded, fried ------	261-5181	1 oz, cooked (yield after bone removed) ----------	20	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ----------	106	
		1 cubic inch (yield after bone removed) ----------	13	
Manini - see Porgy 261-5220				
Menpachi (red squirrel fish), cooked without fat ----------	261-5185	1 oz, cooked (yield after bone removed) ----------	24	85
Menpachi (red squirrel fish), fried ----------	261-5186	1 medium fish ----------	180	85
		1 large fish ----------	270	
Mullet, cooked, NFS ----------	261-5190	1 oz, cooked (yield after bone removed) ----------	19	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	19	
		1 cubic inch (yield after bone removed) ----------	12	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Mullet, breaded, fried	261-5191	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	101	
		1 cubic inch (yield after bone removed)	12	
		1 small fish	103	
		1 medium fish	206	
		1 large fish	309	
Mullet, fillet, (boneless), fried	261-5192	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	24	
		1 cubic inch	18	
Mullet, raw	261-5193	1 oz	28	
Needlefish - see Garfish 261-5146				
Papio - see Pompano 261-5210				
Perch, cooked, NFS (Include sunfish)	261-5200	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	11	
		1 small fish	60	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Perch, breaded, fried (Include mealed; sunfish) -----	261-5201	1 oz, cooked (yield after bone removed) ----------	17	85
		1 oz, raw, dressed (yield after cooking, bone removed) ----------	17	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed) ---	93	
		1 cubic inch (yield after bone removed) ----------	11	
		1 small fish ----------	60	
		1 medium fish ----------	120	
		1 large fish ----------	180	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Perch, fillet (boneless), broiled	261-5202	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
		1/3 lb (5.3 oz), raw (yield after cooking)	133	
		1 cubic inch	18	
Perch, fillet (boneless), battered, fried	261-5203	1 oz, cooked	28	85
		1 cubic inch	18	
Perch, fillet (boneless), floured, fried	261-5204	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	25	
Pompano, cooked, NFS (Include papio)	261-5210	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	
Pompano, broiled	261-5211	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	84	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Pompano, fried	261-5212	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	
Porgy, cooked, NFS (Include manini)	261-5220	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Porgy, breaded, fried	261-5221	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	
Raha (raja), cooked, NFS	261-5230	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Raha (raja), baked	261-5231	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb (8 oz), raw, dressed (yield after cooking, bone removed)	129	
		1 cubic inch (yield after bone removed)	12	
Raja - see Raha 261-5230				
Ray, cooked, NFS	261-5240	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	
Ray, baked	261-5241	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb, raw, dressed, (yield after cooking, bone removed)	129	
		1 cubic inch (yield after bone removed)	12	
Redhorse, cooked, NFS	261-5250	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Redhorse, breaded, fried	261-5251	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	103	
		1 cubic inch (yield after bone removed)	12	
Red squirrel fish - see Menpachi 261-5185				
Sablefish, cooked, NFS	261-5260	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	15	
Sablefish, steaks, broiled	261-5261	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking cooking, bone removed)	108	
		1 cubic inch (yield after bone removed)	15	
Sablefish, smoked	261-5262	1 oz	28	85
Salmon, NFS	261-5270	1 cup	150	75
		1/2 cup	75	
		1 regular flat can (7-3/4 oz), drained	178	
		1 tall can (16 oz), drained	368	
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Salmon, steak, broiled, baked, or poached	261-5271	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	114	
		1 cubic inch (yield after bone removed)	15	
Salmon, steak, breaded, fried	261-5272	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	123	
		1 cubic inch (yield after bone removed)	15	
Salmon, canned	261-5273	1 cup	150	75
		1/2 cup	75	
		1 regular flat can (7-3/4 oz), drained	178	
		1 tall can (16 oz), drained	368	
		1 oz	28	
		1 small can (3-1/4 oz), drained	92	
Salmon, smoked	261-5274	1 oz	28	60
		1 piece	20	
		3 pieces	60	
		1 cubic inch	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Sardines, NFS	261-5280	1 oz	28	36
		1 small fish (2-2/3" x 1/2" x 1/4")	5	
		1 medium fish (3" x 1" x 1/2")	12	
		1 large fish (3-1/2" x 1-1/2" x 3/8")	20	
Sardines, canned in oil	261-5281	1 can (3-3/4 oz), drained	92	36
		1 small fish (2-2/3" x 1/2" x 1/4")	5	
		1 medium fish (3" x 1" x 1/2")	12	
		1 large fish (3-1/2" x 1-1/2" x 3/8")	20	
Sardines, in tomato sauce (Include in sauce, NFS)	261-5282	1 oz	28	40
		1 cup	232	
		1 can (3-3/4 oz)	106	
		1 medium fish (12g) with 1/2 tbsp sauce (8g)	20	
Sardines, in mustard sauce	261-5283	1 oz	28	40
		1 medium fish (12 g) with 1/2 tbsp sauce (8g)	20	
Sauger, cooked, NFS	261-5290	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Sauger, breaded, fried	261-5291	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	93	
		1 cubic inch (yield after bone removed)	11	
Scup, cooked, NFS	261-5300	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Scup, breaded, fried	261-5301	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	
Shad, cooked, NFS	261-5310	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Shad, baked	261-5311	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb (8 oz), raw, dressed (yield after cooking, bone removed)	124	
		1 cubic inch (yield after bone removed)	12	
Shad, fried	261-5312	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1/2 lb (8 oz), raw, dressed (yield after cooking, bone removed)	134	
		1 cubic inch (yield after bone removed)	12	
Sheepshead, cooked, NFS	261-5320	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Sheepshead, breaded, fried	261-5321	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz) raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Siscowet, cooked, NFS	261-5330	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1 cubic inch (yield after bone removed)	15	
Siscowet, breaded, fried	261-5331	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	123	
		1 cubic inch (yield after bone removed)	15	
Skate, cooked, NFS	261-5340	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	
Skate, baked	261-5341	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/2 lb (8 oz), raw, dressed (yield after cooking, bone removed)	129	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Smelts, cooked, NFS	261-5350	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
Smelts, breaded, fried	261-5351	1 oz, cooked (yield after bone removed)	19	
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	101	
		1 cubic inch (yield after bone removed)	12	
		1 fish	25	
Steelhead - see Trout 261-5400				
Sunfish - see Perch 261-5200				
Smelts, broiled	261-5352	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	15	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	80	
		1 cubic inch (yield after bone removed)	12	
		1 fish (1.33 oz), raw, dressed, (yield after cooking, bone removed)	20	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Spadefish - see Angelfish 261-5023				
Spot, cooked, NFS	261-5360	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Spot, breaded, fried	261-5361	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	
		1 fish	67	
Squeteague, cooked, NFS	261-5370	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Squeteague, breaded, fried	261-5371	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., wtih bones): (Subgroup Code 261-5) -- Continued				
Sucker, cooked, NFS	261-5380	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1 cubic inch (yield after bone removed)	12	
Sucker, breaded, fried	261-5381	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	19	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	103	
		1 cubic inch (yield after bone removed)	12	
Swordfish, cooked, NFS	261-5390	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1 cubic inch (yield after bone removed)	15	
Swordfish, steak, broiled	261-5391	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	114	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Swordfish, fillet (boneless), breaded or battered, fried	261-5392	1 oz, cooked	28	85
		1 cubic inch	18	
Trout, cooked, NFS (Include steelhead)	261-5400	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw (yield after cooking, bone removed)	21	
		1 cubic inch (yield after bone removed)	15	
		1 small fish (8 oz, live weight)	114	
		1 medium fish (1 lb, live weight)	228	
		1 large fish (2 lb, live weight)	456	
Trout, fillet (boneless), broiled	261-5401	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1/3 lb (5.3 oz), raw (yield after cooking)	114	
		1 cubic inch	18	
		1 cup, diced	140	
Trout, breaded, fried	261-5402	1 oz, cooked (yield after bone removed)	23	85
		1 oz, raw, dressed (yield after cooking, bone removed)	23	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	123	
		1 cubic inch (yield after bone removed)	15	
		1 small fish (8 oz live weight)	125	
		1 medium fish (1 lb live weight)	250	
		1 large fish (2 lb live weight)	500	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Trout, fried	261-5403	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	18	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	96	
		1 cubic inch (yield after bone removed)	11	
		1 cup, diced	140	
		1 small trout (8 oz, live weight)	98	
		1 medium trout (1 lb, live weight)	196	
		1 large trout (2 lb, live weight)	392	
Trout, fillet (boneless), breaded, baked	261-5404	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	23	
		1 cubic inch	18	
Trout, fillet (boneless), battered, fried	261-5405	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	31	
		1 cubic inch	18	
		1 large piece	128	
Trout, smoked	261-5406	1 oz	28	85
Walleye, cooked, NFS	261-5410	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1 cubic inch (yield after bone removed)	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish; (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Walleye, breaded, fried	261-5411	1 oz, cooked (yield after bone removed)	17	85
		1 oz, raw, dressed (yield after cooking, bone removed)	17	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	93	
		1 cubic inch (yield after bone removed)	11	
Weakfish, cooked, NFS	261-5420	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1 cubic inch (yield after bone removed)	13	
Weakfish, breaded, fried	261-5421	1 oz, cooked (yield after bone removed)	20	85
		1 oz, raw, dressed (yield after cooking, bone removed)	20	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	106	
		1 cubic inch (yield after bone removed)	13	
Whitefish, cooked, NFS	261-5430	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1 cubic inch (yield after bone removed)	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continue				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e., with bones): (Subgroup Code 261-5) -- Continued				
Whitefish, steak, broiled	261-5431	1 oz, cooked (yield after bone removed)	24	85
		1 oz, raw, dressed (yield after cooking, bone removed)	21	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	114	
		1 cubic inch (yield after bone removed)	15	
Whitefish, smoked	261-5432	1 oz	28	60
		1 piece	20	
		3 pieces	60	
Whitefish, fillet (boneless), battered, fried	261-5433	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	29	
		1/3 lb (5.3 oz), raw (yield after cooking)	157	
		1 cubic inch	18	
		1 cup, diced	140	
Yellowtail, cooked, NFS	261-5440	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1 cubic inch (yield after bone removed)	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Finfish: (Subgroup Code 261) -- Continued				
Finfish (usually served dressed, i.e. with bones): (Subgroup Code 261-5) -- Continued				
Yellowtail, broiled	261-5441	1 oz, cooked (yield after bone removed)	19	85
		1 oz, raw, dressed (yield after cooking, bone removed)	16	
		1/3 lb (5.3 oz), raw, dressed (yield after cooking, bone removed)	84	
		1 cubic inch (yield after bone removed)	12	
Yellowtail, raw	261-5442	1 oz	28	
Other seafood: (Subgroup Code 262)				
Eel, smoked	262-0101	1 oz, as purchased (yield after bone removed)	22	66
Frogs legs, cooked	262-0201	1 leg (yield after bone removed)	16	63
		4 legs (yield after bone removed)	63	
Octopus, cooked	262-0301	1 oz, cooked	28	85
Octopus, smoked	262-0302	1 oz	28	
Roe, herring	262-0401	1 can (8 oz), solids and liquid	227	28
		1 tbsp	14	
Roe, cod and shad, cooked, (Include fish roe, NFS; baked)	262-0402	1/2 pair	143	72
		1 cup	186	
Roe, caviar, canned	262-0501	1 tbsp	16	32
Squid, boiled, NFS (Include squid, pickled)	262-0600	1 squid (3 inches)	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Other seafood: (Subgroup Code 262) -- Continued				
Squid, fried (Include calamare, Italian style)	262-0601	1 cup 1/2 cup	150 75	75
Squid, dried	262-0605	1 oz 1 small squid	42 28	42
Cuttlefish, raw	262-0610	1 oz	28	
Terrapin (turtle), baked	262-0701	1 cup 1/2 cup	160 80	80
Shellfish: (Subgroup Code 263)				
Abalone, cooked,	263-0101	1 oz, cooked	28	85
Abalone, floured, fried	263-0102	1 abalone	32	85
Clams, NFS	263-0200	1 cup 2/3 cup 1 clam	150 100 12	100
Clams, raw	263-0201	1 clam 6 clams 1 cup, liquid and clams	16 93 227	93
Clams, steamed or canned	263-0202	1 clam 6 clams 1 quart, raw, in shell (yield after cooking, shell removed)	12 75 187	75
Clams, breaded, fried	263-0203	1 cup 2/3 cup 1 razor (6" long) 1 clam	150 100 15 14	100
Clams, smoked, in oil	263-0204	1 clam	12	75

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Shellfish: (Subgroup Code 263) -- Continued				
Crab, NFS (Include white or king meat)	263-0500	1 cup 1/2 cup 1 piece 3 - 12" legs	135 68 18 162	68
Crab, hard shell, steamed	263-0501	1 cup, flaked 1/2 cup, flaked 1 medium Atlantic (7 oz live weight) (yield after cooking, shell removed) 1 medium Pacific (1 lb live weight) (yield after cooking, shell removed) 3 legs (1/2 lb live weight) (yield after cooking, shell removed) 1 leg (back fin) 1 claw 1 medium crab (4.5 oz live weight), cooked (shell removed)	125 63 30 113 16 5 1.2 19	63
Crab, canned meat (white or king meat)	263-0502	1 cup 1/2 cup	135 68	68
Crab, soft shell, fried	263-0503	1 crab	107	107
Crayfish, breaded, fried	263-0600	1 crayfish	3	85
Crayfish, boiled or stewed, NFS	263-0601	1 cup	140	85
Limpet - see Ophihi 263-1010				
Lobster, NFS	263-0700	1 cup, diced 1/2 cup, diced 1 lb, live weight (yield after cooking, shell removed) 1 medium lobster (yield (after shell removed)	145 73 117 113	73

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Shellfish: (Subgroup Code 263) -- Continued				
Lobster, without shell, steamed, canned, baked or broiled	263-0701	1 cup, diced	145	73
		1/2 cup, diced	73	
Lobster tail, in shell, cooked	263-0702	1 medium tail (6.4 oz raw) (yield after cooking, shell removed)	104	104
		1 large tail (12 oz raw) (yield after cooking, shell removed)	190	
		1 small tail (yield after cooking, shell removed)	48	
Lobster, in shell, stuffed, baked	263-0703	1 medium lobster	400	400
		1 small lobster	200	
Lobster, french fried	263-0704	1 oz, cooked	28	85
Mussels, cooked	263-0901	1 cup	150	75
		1/2 cup	75	
		1 small mussel	7	
Mussels, in tomato sauce	263-0902	1 cup	240	120
		1/2 cup	120	
		1 small mussel	9.5	
Oysters, NFS	263-1000	1 cup, raw (yield after cooking)	172	86
		1/2 cup, raw (yield after cooking)	86	
		1 oyster, cooked	25	
Oysters, raw	263-1001	1 small eastern oyster	10	60
		1 medium eastern oyster	15	
		1 large eastern oyster	20	
		1 cup	240	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Shellfish: (Subgroup Code 263) -- Continued				
Oysters, breaded, fried	263-1002	1 small oyster	7	60
		1 medium oyster	11	
		1 large oyster	15	
Oysters, cooked or canned	263-1003	1 medium Eastern oyster	12	72
		1 medium Pacific oyster	37	
		1 cup, raw (yield after cooking)	172	
Oysters, smoked	263-1004	1 oyster	5	
Opihi (limpet), raw	263-1010	1 cup	195	
Opihi (limpet), cooked	263-1011	1 oz, cooked	28	
		1 cup	140	
Scallops, NFS	263-1200	1 scallop	15	90
		6 scallops	90	
		1 cup	135	
Scallops, steamed	263-1201	1 medium scallop	13	77
		6 medium scallop	77	
Scallops, breaded, fried	263-1202	1 scallop	15	90
		6 scallops	90	
		1 cup	135	
Scallops, broiled	263-1203	1 scallop	13	77
		1 cup	140	
Shellfish, NFS, cooked	263-1301	1 cup, diced	140	35
Shrimp, NFS (assume breaded and fried) (Include prawns)	263-1400	1 cup	135	68
		1/2 cup	68	
		1 small shrimp	2	
		1 medium shrimp	4	
		1 large shrimp	8	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
FISH AND SHELLFISH: (Subgroup Code 26) -- Continued				
Shellfish: (Subgroup Code 263) -- Continued				
Shrimp, without shell, battered or breaded, fried (Include shrimp scampi; fried shrimp, NFS; shrimp tempura)	263-1401	1 cup 1/2 cup 1 small shrimp 1 medium shrimp 1 large shrimp	135 68 2 4 8	68
Shrimp, steamed or canned	263-1402	1 cup (76 small, 40 medium or 22 large) 10 small shrimp (2" long) 10 medium shrimp (2-1/2" long) 10 large shrimp (3-1/4" long) 1 can (4-1/2 oz), drained	128 17 32 58 128	58
Shrimp, dried	263-1403	10 shrimp 1 cup	5 38	5
Shrimp, broiled	263-1404	1 medium shrimp (2-1/2" long) 1 cup	3 130	58
Shrimp, stuffed	263-1405	1 stuffed shrimp 1 cup	16 140	80
Shrimp, with shell, cooked	263-1406	1 cup, cooked (yield after shell removed) 1 small shrimp 1 medium shrimp 1 large shrimp	122 2 3 6	61
Snails (escargots), cooked	263-3000	1 snail 8 snails	5 40	40

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH, WITH NONMEAT ITEMS: (Subgroup Code 27)				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271)				
Beef mixtures				
Beef stew without vegetables (Include beef burgundy, beef curry)	271-1002	1 cup 3/4 cup	235 176	176
Creamed chipped or dried beef	271-1003	1 cup 3/4 cup	245 184	184
Salisbury or beef steak with gravy (Include roast beef with gravy; cubed steak with gravy; country style	271-1004	3 oz meat with 1 tbsp gravy 1 cup	100 200	100
Swedish meatballs with sauce	271-1005	1 cup 3/4 cup 1/3 (16 oz) can 1/6 (2 lb) frozen package 1 medium meatball (1" dia)	235 176 151 151 28	176
Beef stroganoff (Include creamed beef)	271-1006	1 cup 3/4 cup	235 176	176
Ground beef mixture or casserole with sauce	271-1007	1 cup 3/4 cup	235 176	176
Beef with barbecue sauce	271-1008	1 cup 3/4 cup	235 176	176
Beef, sweet and sour, Chinese style	271-1009	1 cup	220	165
Steak tartare (raw ground beef and egg)	271-1010	1 cup, packed 1 oz	226 28	85
P.R. - Meatballs (Albondigas)	271-1311	3 meatballs (approx 1-1/2" dia) with 2 tbsp sauce	150	150

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Beef mixtures -- Continued				
P.R. - Stewed seasoned ground beef (Picadillo de carne) -----	271-1312	1 cup ----------	200	100
		1/2 cup ----------	100	
P.R. - Stewed dried beef (Tasajo guisado, carne cecina guisada) ----------	271-1313	1 cup ----------	200	100
		1/2 cup ----------	100	
P.R.S. - Stuffed pot roast, meat, NFS (assume with gravy and stuffing) ----------	271-1314	1 slice meat (3" dia x 3/4" with 14 g gravy and 22 g stuffing) ------	134	134
P.R.S. - Stuffed pot roast, meat with gravy (assume with stuffing) ----------	271-1315	1 slice meat (3" dia x 3/4" with gravy and stuffing) ----------	134	134
P.R.S. - Stuffed pot roast, meat along (assume with stuffing) (gravy reported separately) ----------	271-1316	1 slice (3" dia x 3/4" with stuffing) -----	120	120
P.R.S. - Puerto Rican beef stew, meat with gravy (potatoes reported separately)	271-1318	1 cup ----------	235	176
		3/4 cup ----------	176	
Pork mixtures				
Chorizos with eggs ----------	271-2001	1 cup ----------	243	95
Pork or ham with gravy --------	271-2002	1 cup ----------	240	100
		3 oz sliced meat with 1 tbsp gravy ----------	100	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Pork mixtures -- Continued				
Pork or ham with barbecue sauce	271-2003	1 cup 3 oz sliced meat with 1 tbsp sauce 1 medium slice or piece	240 100 43	100
Pork, ham or bologna and cheese	271-2004	1 slice meat, 1 slice cheese 1 cup	56 136	56
Pork with pineapple	271-2005	1 cup 3/4 cup	220 165	165
Pork, sweet and sour	271-2006	1 cup 3/4 cup	220 165	165
Pork frankfurter, cheese and bacon	271-2007	1 frankfurter, 1 slice cheese, 1 strip bacon	62	62
Ham stroganoff	271-2008	1 cup 3/4 cup	235 176	176
Stewed pork, Puerto Rican style	271-2101	1 cup 1/2 cup	200 100	100
Lamb and veal mixtures				
Lamb, sliced with gravy	271-3001	1 cup 3 oz sliced meat with 1 tbsp gravy	240 100	100
Lamb with barbecue sauce	271-3002	1 cup	235	100
P.R. - Stewed goat (Cabrito en fricase, chilindron de chivo) (Include Puerto Rican stewed kid)	271-3301	3 pieces (2-1/2" x 2" x 1" with 1/2 cup gravy) 1 cup	265 177	265

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Lamb and veal mixtures -- Continued				
Veal with gravy	271-3501	3 oz sliced meat with 1 tbsp gravy	100	100
		2 medium chops with gravy	250	
		1 cubic inch (meat only)	18	
		1 cup	240	
Veal scallopini (Include veal marsala)	271-3502	1 cup	240	120
Veal with sour cream sauce (Include veal paprikash)	271-3503	1 cup	240	120
		1/2 cup	120	
P.R. - Veal or beef parmigiana (Ternera a la parmigiana, carne de res a la parmigiana)	271-3601	1 veal chop (5" x 4" x 3/4") (yield after bone removed)	115	115
Poultry mixtures				
Chicken or turkey, creamed	271-4001	1 frozen package (6-1/2 oz)	184	176
		1 cup	235	
		3/4 cup	176	
Chicken a la king	271-4002	1 cup	245	184
		3/4 cup	184	
		1/2 (10-1/2 oz) can	149	
		1 frozen package (5 oz)	142	
Chicken fricasse	271-4003	1 cup	240	180
		3/4 cup	180	
Chicken turnover, cooked (Include chicken knish)	271-4004	1 turnover (4 oz)	113	113
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Poultry mixtures -- Continued				
Turkey with gravy	271-4005	1 frozen package (5 oz) 3 oz sliced meat with 1 tbsp gravy 1 cup	142 100 240	100
Chicken with gravy	271-4006	3 oz sliced meat with 1 tbsp gravy 1 cup	100 240	100
Chicken with cheese sauce	271-4007	1 cup 3/4 cup	235 176	176
Chicken, sweet and sour	271-4008	1 cup 3/4 cup	235 176	176
Chicken Cordon Bleu	271-4009	1/2 breast	145	145
Chicken teriyaki	271-4010	1 oz, cooked	28	85
P.R. - Stuffed chicken drumstick or breast (Muslo de pollo o pechuga rellena)	271-4201	1 breast (4" x 3" x 3/4")	210	210
Fish, shellfish mixtures				
Codfish, creamed	271-5001	1 cup 3/4 cup	250 188	188
Crab, deviled	271-5002	1 cup 1/2 cup 1/2 (4-1/2 oz) can 1/2 (8 oz) frozen package 1 medium crab shell, filled	240 120 64 113 110	120
Crab imperial (include stuffed crab)	271-5003	1 cup 3/4 cup 1/2 (10 oz) frozen package 1 oz 1 medium stuffed crab 1 large stuffed crab	220 165 142 28 85 128	165

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Fish, shellfish mixtures -- Continued				
Finnan haddie (creamed haddock)	271-5004	1 cup	250	188
		3/4 cup	188	
Fish timbale or mousse	271-5005	1 oz	28	170
Lobster newberg (Include lobster thermidor)	271-5006	1 cup	250	188
		3/4 cup	188	
Lobster Norfolk	271-5007	1 cup	172	129
		3/4 cup	129	
Oysters, scalloped	271-5008	6 oysters	143	143
Pollock, creamed	271-5009	1 cup	250	188
		3/4 cup	188	
Shrimp, curried	271-5010	1 cup	220	165
		3/4 cup	165	
		1/2 (10 oz) package	142	
Shrimp, cocktail	271-5011	1 cup	230	65
		1 cocktail	65	
Tuna, creamed (Include tuna a la king)	271-5012	1 cup	226	200
Seafood newburg (Include frozen casserole, shrimp newberg, crabmeat thermidor)	271-5013	1 cup	250	188
		3/4 cup	188	
Clam sauce, white	271-5014	1 cup	251	188
		3/4 cup	188	
Scallops, creamed	271-5015	1 cup	250	188
		3/4 cup	188	
Shrimp with lobster sauce	271-5016	1 cup	250	188
		3/4 cup	188	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish in gravy or sauce or creamed: (Subgroup Code 271) -- Continued				
Fish, shellfish mixtures -- Continued				
Shrimp, sweet and sour	271-5017	1 cup 3/4 cup	220 165	165
Yellowtail fish, creamed	271-5018	1 cup 3/4 cup	250 188	188
Lobster sauce	271-5019	1 cup 3/4 cup	250 188	188
Oyster sauce	271-5020	1 cup 1 tbsp	250 16	32
Fish sauce (baboong)	271-5021	1 cup 1 tbsp	272 17	
P.R. - Hake, Galician style (Merluza a la gallega)	271-5102	1 serving (1 slice, 3" x 1-1/2" x 2")	125	125
P.R. - Marinated fish (Peruvian dish) (Seviche)	271-5103	1 cup 1/2 cup	250 125	125
P.R. - Crabs in sauce (Salmore jo de jueyes)	271-5104	1 cup 1/2 cup	170 85	85
P.R. - Shrimps in garlic sauce (Camarones al ajillo)	271-5105	1/2 cup (7 shrimp - 2-1/2" x 1/2" with 2 tbsp of gravy)	106	106
P.R. - Turtle in tomato sauce	271-5106	1 cup 3/4 cup	160 120	120
Stewed codfish, Puerto Rican style, without potatoes	271-5107	1 cup 3/4 cup	227 170	170

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 271) -- Continued				
Miscellaneous meat mixtures				
Meat with barbecue sauce (Include Sloppy Joe mix, canned; meat sauce, NFS; Michigan sauce (meat and tomato paste))	271-6001	1 cup 1/2 cup 1 package (5 oz) 1 can (7-3/4 oz)	225 113 142 220	113
Beef rolls, stuffed with vegetables or meat mixture (Include roulades, paupiettes, bracciola)	271-6005	1 oz, cooked	28	85
Meatballs, cooked, NFS (Include sweet and sour meatballs, Danish frickdellers)	271-6010	1 small 1 medium 1 large 1 cocktail type 1 cup	14 28 43 7 160	85
P.R. - Puerto Rican meat loaf (Albondigon)	271-6101	1 serving (3" x 1" x 2")	95	95
Beef with starch item				
Beef loaf, cooked	272-1002	1 oz, cooked 1 cup 1 cubic inch 1 small or thin slice 1 medium slice 1 large slice	28 225 11 28 43 57	85
Beef and noodles, cooked	272-1003	1 cup 3/4 cup	240 180	180
Beef and rice (with tomato), cooked	272-1004	1 cup 3/4 cup	240 180	180

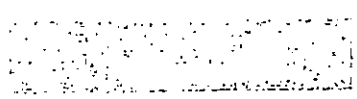
Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 271) -- Continued				
Beef with starch item -- Continued				
Corned beef hash	272-1005	1 cup 3/4 cup 1 oz 1/2 (15-1/2 oz) can	230 173 28 220	173
Creamed dried beef on toast	272-1006	1 slice toast with 1/2 cup sauce	135	135
Hamburger main dish, made from dry mix	272-1007	1 cup (5 cups yield per package)	226	226
Beef (roast) hash	272-1008	1 cup 3/4 cup	230 173	173
Hamburger, casserole or pie, with corn chips	272-1009	1 cup 3/4 cup School lunch serving	240 180 133	180
Corned beef patty	272-1010	1 cake or patty	87	87
Beef stew with potatoes and gravy (Include ground beef with potatoes and gravy)	272-1011	1 cup 3/4 cup	240 180	180
Beef and rice with soup or sauce (Include porcupine meatballs)	272-1012	1 cup 3/4 cup 1 large meatball (3" dia)	240 180 43	180
Hamburger and potato pie with pie crust	272-1013	1 cup 3/4 cup	240 180	180
Beef, noodle and cheese casserole (Include macaroni and cheese with hamburger)	272-1014	1 cup 3/4 cup 1 tbsp	240 180 15	180

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 272) -- Continued				
Beef with starch item -- Continued				
Meat loaf pie (Include with or without nuts, Kibby) --	272-1015	1 cup ----------	200	
Beef Wellington ----------	272-1016	1 piece ----------	229	229
P.R. - Puerto Rican stuffed pot roast (larded meat) (Carne mechada con papas boliche - Cuban) ---------- [Split: 271-1314, 271-1315, 271-1316, 711-0601, 711-0602, 711-0603, 285-1002]	272-1211	1 serving (1 slice, 3/4" x 3" with 1/4 cup potatoes) ----------	190	190
P.R. - Puerto Rican style beef stew (Carne guisada con papas) [Split: 271-1318, 285-1003, 711-0601, 711-0605, 711-0606]	272-1221	1 cup ----------	212	150
P.R. - Stewed corned beef (Carne "beef" guisada) (Include carne bif guisada) ---	272-1231	1 cup ---------- 1/2 cup ----------	280 140	140
Pork with starch item				
Ham loaf (not luncheon meat) cooked ----------	272-2001	1 oz ---------- 1 cup ---------- 1 cubic inch ----------	28 225 11	85
Ham and noodles cooked in cream sauce ----------	272-2002	1 cup ---------- 3/4 cup ----------	238 178	178
Ham and rice with mushroom sauce or soup ----------	272-2003	1 cup ---------- 3/4 cup ----------	240 180	180

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEAT: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 272) -- Continued				
Pork with starch item -- Continued				
P.R. - Stewed pig's feet (Patitas de cerdo guisadas) ---	272-2110	1 cup (yield after bone removed) ----------	184	206
		1 serving (2 pig's feet, 3" x 2", two slices Spanish sausage, 1" x 1/4", 1/2 cup sauce) (yield after bone removed) ----------	206	
Pork roast, stuffed, Puerto Rican style ----------	272-2111	1 slice (3" x 3/4") with stuffing ----------	120	120
Poultry with starch item				
Chicken with dumplings, cooked	272-4001	1 cup ----------	240	180
		3/4 cup ----------	180	
		1/2 (15 oz) can ----------	213	
		1 can, diet (8 oz) --------	227	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 272) -- Continued				
Poultry with starch item -- Continued				
Chicken and noodles, cooked (Include chicken pastas; stuffed shells; chicken casserole, NFS)	272-4002	1 cup 3/4 cup	240 180	180
Chicken croquettes, cooked	272-4003	1 medium croquette with sauce 1 cup	85 210	85
Chicken souffle, cooked	272-4004	1 cup	110	110
Chicken or turkey hash (Include turkey casserole, NFS; chicken casserole with stuffing)	272-4005	1 cup 3/4 cup	230 173	173
Chicken or turkey cake, patty	272-4006	1 oz, cooked 1 cake or patty	85 85	85
Chicken almond (with rice)	272-4007	1 cup 3/4 cup	240 180	180
Fish, shellfish with starch item				
Clam fritter, fried	272-5001	1 small fritter 1 medium fritter 1 large fritter (2" dia x 1-3/4" thick)	20 30 40	80
Clams, stuffed (Include clams casino)	272-5002	1 small (12 in 11 oz frozen package) 1 large (6 in 11 oz frozen package)	26 52	78

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 272) -- Continued				
Fish, shellfish with starch item -- Continued				
Codfish ball, cake	272-5003	1 ball 1 cake, regular size (3" dia x 5/8" thick) 5 bite-size cakes (1-1/4" dia x 5/8" thick)	63 60 60	120
Crab cake	272-5004	1 cake 1 cup	60 210	120
Fish cake, patty, NFS	272-5005	1 cake or patty School lunch serving 1 cup	87 66 210	87
Gefilte fish	272-5006	1 cup 1/2 cup 1 cubic inch 3" long piece	227 114 16 56	114
Salmon cake, patty (Include salmon croquette; salmon, battered, fried)	272-5007	1 cup 1 cake or patty 1 patty (5" dia)	210 87 108	87
Salmon loaf, cooked	272-5008	1 cup 1 cubic inch	210 11	174
Shrimp with fried rice	272-5009	1 cup 1/2 (10-1/4 oz) pkg	147 145	147
Tuna main dish, made from dry mix	272-5010	1 cup (5 cups yield per package)	226	226
Scallop casserole	272-5011	1 cup 3/4 cup	240 180	180
Sardine cake, patty	272-5013	1 cup 1 cake or patty	210 87	87
Tuna loaf	272-5015	1 cup 1 cubic inch	225 11	85
Tuna cake, patty	272-5016	1 cake or patty 1 cup	87 210	87



Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch item: (Subgroup Code 272) -- Continued				
Fish, shellfish with starch item -- Continued				
Deviled clam cake, patty (Include clam cake, NFS)	272-5021	1 cake or patty	87	87
Oyster fritter	272-5022	1 fritter	30	
Mackerel cake, patty, canned	272-5030	1 cake or patty	87	87
Haddock cake, patty	272-5031	1 cake or patty	87	87
Shrimp cake, patty (Include shrimp burger; shrimp stick, battered)	272-5040	1 cake or patty 1 shrimp stick 1 cup	87 27 210	87
Kamaboko (Japanese fish cake)	272-5050	1 slice 1 cup 1 cubic inch	16 140 17	
Fish cake (kamaboko) tempura	272-5051	1 oz	28	85
P.R. - Stewed salmon (Salmon guisado)	272-5101	1 cup 3/4 cup	212 160	160
Miscellaneous meats with starch item				
Meat loaf, cooked (Include meat croquette)	272-6001	1 cup 1 cubic inch 1/4 lb, raw (yield after cooking) School lunch serving	225 11 87 82	85
Hash, NFS	272-6011	1 cup 3/4 cup	230 173	173
P.R. - Stewed vienna sausages (Salchichas guisadas)	272-6050	1 cup	175	175

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch and vegetable: (Subgroup Code 273)				
Beef with starch and vegetable				
Beef pot pie (Include Greek meat pie, sirloin burger pie) -	273-1001	1/3 of 9" dia pie	210	227
		8 oz pie (frozen)	227	
		16 oz pie (frozen, Hungry Man)	480	
		1 cup	250	
Cabbage rolls	273-1002	1 cup	240	103
		1 cabbage roll	103	
Beef stew with vegetables (Include meatball stew; beef stew, NFS)	273-1003	1 cup	245	245
		1/2 (15 oz) can	213	
Beef and noodles with tomatoes	273-1004	1 cup	240	240
Beef and rice with tomatoes	273-1005	1 cup	240	240
Stuffed peppers	273-1006	1 small	93	185
		1 medium	140	
		1 large (2-1/2" dia raw, 1-1/8 cups stuffing)	185	
		1 cup	140	
Corned beef, potatoes, vegetables (Include boiled dinner)	273-1007	1 cup	240	240
Chili con carne with beans and rice	273-1008	1 cup	250	250
P.R. - Stuffed green pepper (Pimiento relleno)	273-1101	1 pepper (3-1/2" x 3-1/2" x 2")	250	250

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch and vegetable: (Subgroup Code 273) -- Continued				
Pork with starch and vegetable				
Pork, rice and bean mixture	273-2001	1 cup	180	180
Ham pot pie	273-2002	1 oz 1 cup	28 250	227
Ham or pork casserole with pasta, vegetables and cheese (Include sausage casserole, NFS)	273-2003	1 cup	240	240
Pork with potatoes and vegetables	273-2004	1 cup	245	245
Pork with rice and tomato sauce	273-2005	1 cup	240	240
P.R. - Stewed hock (Lacon)	273-2115	1 cup (yield after bone removed) 1-1/3 cups (yield after bone removed)	162 216	216
Lamb, veal, game with starch and vegetable				
Shepherd's pie	273-3001	1 cup	250	250
Shishkabob	273-3002	1 medium 1 large	138 275	138
Lamb stew	273-3003	1 cup	245	245
Lamb with rice and tomatoes	273-3004	1 cup	240	240
Lamb stew with rice and cauliflower	273-3005	1 cup	240	240
P.R. Veal fricasse, Puerto Rican style (Ternera en fricase)	273-3115	1 cup	230	230

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEM: (Subgroup Code 27) -- Continued				
Meat, poultry, fish, with starch and vegetable: (Subgroup Code 273) -- Continued				
Lamb, veal, game with starch and vegetable -- Continued				
P.R. - Stewed rabbit (Fricase de conejo)	273-3550	1 cup (boneless)	219	280
		1 cup (yield after bone removed)	177	
		1 serving (2 pieces meat (130 g), 1 potato (90 g), 1/4 cup gravy (60 g)	280	
Venison stew with vegetables	273-3610	1 cup	245	245
Poultry with starch and vegetable				
Chicken or turkey pot pie	273-4001	1/3 of 9" dia pie	232	227
		8 oz pie (frozen)	227	
		16 oz pie (frozen)	454	
		1 cup	240	
Chicken, rice and bean mixture	273-4002	1 cup	240	240
Chicken stew (with potatoes and vegetables)	273-4003	1 cup	245	245
Chicken with noodles, cheese sauce and broccoli	273-4004	1 cup	220	220
Chicken gumbo	273-4005	1 cup	240	240
Chicken with noodles and mushrooms	273-4006	1 cup	240	240
P.R. - Cornish hen stuffed with rice (Gallinita rellena con arroz)	273-4201	1/2 hen	238	238

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEM: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch and vegetable: (Subgroup Code 273) -- Continued				
Lamb, veal, game with starch and vegetable -- Continued				
P.R. - Chicken fricasse, Puerto Rican style (Fricase de pollo) (Include stewed chicken (Pollo guisado) [Split: 274-4101, 274-4102, 274-4103, 285-1001, 711-0601, 711-0607, 711-0608] [Include stewed chicken (Pollo guisado)]	273-4202	1 cup (boneless) 1 cup (yield after bone removed) 1 serving (meat, potato, broth)	223 196 172	172
Fish, shellfish with starch and vegetable				
Fish stew (Include bouillabaisse)	273-5001	1 cup	227	227
Paella	273-5002	1 cup 1/3 (19 oz) frozen package	240 180	240
Seafood stew	273-5003	1 cup	227	227
Shad Creole (with rice)	273-5004	1 cup	250	250
Shrimp chow mein, chop suey with noodles	273-5005	1 cup	200	200
Shrimp Creole (with rice) (Include shrimp jambalaya, shrimp gumbo)	273-5006	1 cup 8 oz package (frozen)	240 227	240
Tuna pot pie	273-5007	8 oz pie (frozen) 16 oz pie (frozen)	227 454	227
Tuna, pasta, peas and cream sauce (Include tuna, noodle, peas and cheese casserole; tuna casserole, NFS)	273-5008	1 cup	240	240
Lobster gumbo	273-5009	1 cup	240	240
Mackerel, pasta, peas and sauce	273-5010	1 cup	240	240

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch and vegetable: (Subgroup Code 273) -- Continued				
Fish, shellfish with starch and vegetable -- Continued				
Oyster pie (Include pot pie) --	273-5020	1 lb pie (frozen) ----------	454	227
P.R. - Codfish with starchy vegetables (Serenata) --------- [Split: 274-5107, 719-0010, 719-7011, 719-7012, 719-7013]	273-5101	1 cup ----------	173	519
		3 cups ----------	519	
P.R. - Codfish salad (Gazpacho de bacalao) ---------	273-5102	1 serving (1 cup salad and 1 slice toast) ------	170	170
P.R. - Stewed codfish (Bacalao guisado) ----------	273-5103	1 cup ----------	200	150
		3/4 cup ----------	150	
P.R. - Biscayne codfish (Bacalao a la Vizcaina) -------	273-5104	1 cup ----------	175	175
P.R. - Codfish salad (Ensalada de bacalao) ---------	273-5105	1 cup ----------	150	150
Miscellaneous meats with starch and vegetable				
Stew, NFS ----------	273-6000	1 cup ----------	240	240
Goulash (Include canned) ------	273-6001	1 cup ----------	235	235
Burrito (tortilla, meat, refried beans) (Include burrito, NFS) ----------	273-6002	1 burrito ----------	110	110
		1 cup ----------	235	
		School lunch serving ------	160	
Burrito with cheese (Include burrito supreme) ----------	273-6003	1 burrito ----------	125	125
		1 cup ----------	235	
Beef and pork stroganoff with tomatoes ----------	273-6004	1 cup ----------	240	240

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with starch and vegetable: (Subgroup Code 273) -- Continued				
Miscellaneous meats and starch and vegetable -- Continued				
Meat pie, NFS	273-6005	8 oz pie 1 cup	227 250	227
Chimmi changa	273-6006	1 chimmi changa	170	170
Meat pie with plantain, Puerto Rican style (Include Pinon, U.S.)	273-6007	1 serving	190	190
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274)				
Beef with vegetable, no potatoes (274-1)				
Beef and green pepper (Include pepper oriental, canned; tomato, green pepper and beef)	274-1001	1/2 (13 oz) frozen package 1 cup 1 cubic inch	184 240 17	240
Chili con carne with beans (Include kidney beans and hamburger with tomato sauce) --	274-1002	1 cup 1/2 (15-1/2 oz) can 3/4 cup	255 220 191	191
Chili con carne without beans -	274-1003	1 cup 3/4 cup	255 191	191
Ground beef with tomato sauce (Include with tomato soup, meatballs with tomato sauce) --	274-1004	1 cup 3/4 cup	235 176	176
Ground beef mixture or casserole with vegetables only	274-1005	1 cup 3/4 cup	235 176	176

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Beef with vegetable, no potatoes (274-1) -- Continued				
Chili, NFS	274-1006	1 cup 3/4 cup	255 191	191
Swiss steak	274-1007	1 cup 3/4 cup 1 cubic inch (meat and sauce)	235 176 16	176
Ground beef with vegetables (not in sauce)	274-1008	1 cup 3/4 cup	180 135	135
Beef, ground, with egg and onion	274-1009	1 oz, cooked 1 oz, raw (yield after cooking)	28 21.3	85
Beef stew, with vegetables, no potatoes (Include oxtail stew)	274-1010	1 cup 3/4 cup	235 176	176
Beef taco filling	274-1011	1 filling	70	
Sukiyaki	274-1012	1 cup	170	170
Beef and broccoli, Chinese style	274-1013	1 cup 3/4 cup	207 155	155
Beef and vegetables, Hawaiian style (nishime)	274-1014	1 cup 1/2 cup	235 118	118
Beef and green beans, Chinese style	274-1015	1 cup 1/2 cup	220 110	110
Beef tofu (beef, bean curd and vegetables)	274-1016	1 cup	220	165

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Beef with vegetable, no potatoes (274-1) -- Continued				
Beef with green leafy vegetables, stir-fried (Include with mustard cabbage)	274-1017	1 cup	210	158
P.R. - Seasoned shredded soup meat (Ropa vieja, Sopa de carne ripiada)	274-1311	1 cup	133	133
P.R. - Puerto Rican style beef stew (Carne a la Judia)	274-1321	1 cup	195	195
Corned beef with tomato sauce and onion, Puerto Rican style	274-1331	1 cup 3/4 cup	235 176	176
Pork with vegetable, no potatoes (274-2)				
Cabbage with ham hocks	274-2001	1 cup	200	200
Ham or pork salad	274-2002	1 cup 3/4 cup	250 188	188
Ham with vegetables	274-2003	1 cup 3/4 cup	250 188	188
Frankfurters and sauerkraut	274-2004	1 cup 1 frankfurter (45 g) and 1/2 cup (75 g) sauerkraut	171 120	171
Chili dogs (frankfurters with beans and chili sauce)	274-2005	1/2 (15-1/2 oz) can 1 cup	220 255	220
Pork with vegetables (Include chow yuk)	274-2006	1 cup 3/4 cup	235 176	176
Sausage with tomato sauce	274-2007	1 cup 3/4 cup	235 176	176

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Pork with vegetable, no potatoes (274-2) -- Continued				
Pork tofu (Include pork with bean curd and vegetables) -----	274-2010	1 cup ----------	220	165
		3/4 cup ----------	165	
Pork and vegetables, Hawaiian style ----------	274-2011	1 cup ----------	235	176
		3/4 cup ----------	176	
		1 tbsp ----------	15	
Pork and watercress, Hawaiian style ----------	274-2012	1 cup ----------	240	
Pork hash, Hawaiian style (ground pork, vegetables, soy sauce) ----------	274-2020	1 cup ----------	120	60
		1/2 cup ----------	60	
Pork chop stewed with vegetables, Puerto Rican style (Chuletas a la jardinera) -----	274-2201	1 cup ----------	235	176
		3/4 cup ----------	176	
P.R. - Stuffed christophine (Chayote relleno) ----------	274-2101	1/2 chayote (4-1/2" long x 4" wide x 1" thick) (without shell) ---------	137	137
Lamb, veal, game with vegetable, no potatoes: (274-3)				
Mutton stew (with vegetable, no potatoes) ----------	274-3040	1 cup ----------	240	180
		3/4 cup ----------	180	
Veal goulash (Include veal morango, veal stew) ----------	274-3050	1 cup ----------	235	235
Veal parmigiana ----------	274-3060	3 oz veal patty with tomato sauce and cheese -	200	200
		1 cup ----------	200	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding potatoes: (Subgroup Code 274) -- Continued				
Poultry with vegetable, no potatoes: (274-4)				
Chicken or turkey salad	274-4001	1 cup 3/4 cup	250 188	188
Chicken and tomatoes (Include chicken cacciatore) --	274-4002	1/6 (32 oz) frozen package 1 cup	151 200	200
Chicken or turkey with vegetables (Include chicken curry; Brunswick stew; turkey curry, NFS)	274-4003	1 cup 3/4 cup	240 180	180
Chicken Creole (Include diet) -	274-4004	1 frozen package (9-1/2 oz)	269	269
Chicken with Chinese vegetables (with or without nuts)	274-4005	1 cup 3/4 cup	240 180	180
P.R. - Stuffed Edam-type cheese (Queso de bola relleno)	274-4041	1 piece (3-1/2" x 3" x 1-1/2")	135	135
P.R.S. - Chicken fricasse, no potatoes, NFS (assume with sauce)	274-4101	1/2 small breast 1 small thigh 1 small drumstick 1 small wing 1/2 medium breast 1 medium thigh 1 medium drumstick 1 medium wing 1/2 large breast 1 large thigh 1 large drumstick 1 large wing 1 cup	87 49 38 29 138 87 72 51 159 100 83 54 223	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding potatoes: (Subgroup Code 274) -- Continued				
Poultry with vegetable, no potatoes: (274-4) -- Continued				
P.R.S. - Chicken fricasse, with sauce, no potatoes (Include Pollo en salsa, Puerto Rican style chicken in sauce)	274-4102	1/2 small breast	87	
		1 small thigh	49	
		1 small drumstick	38	
		1 small wing	29	
		1/2 medium breast	138	
		1 medium thigh	87	
		1 medium drumstick	72	
		1 medium wing	51	
		1/2 large breast	159	
		1 large thigh	100	
		1 large drumstick	83	
		1 large wing	54	
		1 cup	223	
P.R.S. - Chicken fricasse, no sauce, no potatoes (sauce and potatoes reported separately)	274-4103	1/2 small breast	73	
		1 small thigh	42	
		1 small drumstick	32	
		1 small wing	24	
		1/2 medium breast	138	
		1 medium thigh	87	
		1 medium drumstick	72	
		1 medium wing	51	
		1/2 large breast	159	
		1 large thigh	100	
		1 large drumstick	83	
		1 large wing	54	
Fish, shellfish with vegetable, no potatoes (274-5)				
Crab salad	274-5001	1 cup	256	192
		3/4 cup	192	
Lobster salad	274-5002	1 cup	256	192
		3/4 cup	192	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Fish, shellfish with vegetable, no potatoes (274-5) -- Continued				
Salmon salad	274-5003	1 cup 3/4 cup	205 154	154
Shrimp chow mein, chop suey, no noodles	274-5004	1/2 (16 oz) can 1 cup	227 245	245
Tuna casserole with vegetables	274-5005	1 frozen package (6-1/2 oz) 1 cup	184 266	266
Tuna salad	274-5006	1 cup 3/4 cup	205 154	154
Shrimp salad	274-5007	1 cup 3/4 cup	205 154	154
Seafood salad	274-5008	1 cup 3/4 cup	205 154	154
Salad, fish, NFS	274-5009	1 cup 1/2 cup	205 102	154
Tofu tempura (with fish cake and vegetables)	274-5015	1 cup	63	
Lobster Cantonese	274-5020	1 cup	240	240
Fish with tomatoes	274-5021	1 cup	240	180
Lomi salmon	274-5031	1 cup	234	
Shrimp and broccoli, Chinese style	274-5041	1 cup	208	155
P.R. - Fish a la creole (Pescado frito con mojo)	274-5101	1 slice (4" x 3-1/2" x 1/2") with 1/2 cup sauce	213	213

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Fish, shellfish with vegetables, no potatoes (274-5) -- Continued				
P.R. - Crabs in the shell (Jueyes al carapacho)	274-5102	1 stuffed shell	126	126
P.R. - Lobster Creole (Langosta a la criolla)	274-5103	1 cup	242	242
P.R. - Spanish shellfish and fish stew (Zarzuela de mariscos)	274-5104	1 cup 3/4 cup	240 210	210
P.R. - Octopus salad (Ensalada de pulpo)	274-5106	1 cup 1/2 cup	180 90	90
P.R.S. - Codfish salad (Serenata) (Include oil, vinegar, onion, olives, tomatoes)	274-5107	1 cup	145	145
Miscellaneous meats with vegetable, no potatoes (274-6)				
Chow mein, chop suey, any kind of meat, no noodles	274-6001	1 cup	250	250
Ground meat with pumpkin	274-6002	1 cup	227	227
Plantain and meat	274-6003	1 cup	227	227
Lau lau (pork and fish wrapped in taro or spinach leaves)	274-6010	1 oz 1 lau lau	28 214	214
Julienne salad (meat, cheese, eggs, vegetables), no dressing	274-6049	1 cup	76	265

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Meat, poultry, fish with vegetable, excluding white potatoes: (Subgroup Code 274) -- Con't.				
Miscellaneous meats with vegetable, no potatoes (274-6) -- Continued				
Julienne salad (meat, cheese, eggs, vegetables), with dressing	274-6050	1 cup	91	318 (if main course in meal)
Antipasto with ham, fish, cheese, vegetables	274-6051	1 cup	115	115 (if main course in meal) 58 (if appetizer)
P.R. - Stewed seasoned ground beef (Picadillo para relleno)	274-6101	1 cup 1/2 cup	150 75	75
Sandwiches with meat, poultry, fish: (Subgroup Code 275)				
Sandwich, NFS	275-0005	1 sandwich	83	83
Meat sandwich, NFS	275-0010	1 sandwich	83	83
Beef sandwiches (275-1)				
Beef sandwich, NFS	275-1000	1 sandwich	120	120
Beef barbecue or Sloppy Joe, on bun (Include canned)	275-1011	1 barbecue School lunch serving	127 154	127
Cheeseburger, with regular condiments, on bun	275-1031	1 cheeseburger	111	111
Cheeseburger, 1/4 lb meat, on bun	275-1032	1 (1/4 lb) cheeseburger	186	186
Double cheeseburger (2 patties, 2 cheese slices, regular bun)	275-1033	1 double cheeseburger	167	167

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Beef sandwiches (275-1) -- Continued				
Cheeseburger, deluxe with cheese, lettuce, tomato, pickle, salad dressing, on bun	275-1034	1 cheeseburger	168	168
Cheeseburger, 1/4 lb meat with onion, lettuce, tomato, pickle, special sauce, on bun	275-1035	1 sandwich	200	200
Cheeseburger deluxe with bacon, cheese, lettuce, tomato, bacon, pickle, salad dressing, on bun (Include steakburger with cheese and bacon)	275-1036	1 cheeseburger	176	176
Chiliburger, on bun (Include hamburger with chili)	275-1041	1 chiliburger	131	131
		School lunch serving (4.25 oz)	121	
		1 double decker chili-burger	176	
Taco burger, on bun (Include chiliburger with cheese)	275-1042	1 sandwich	138	138
Hamburger, with regular condiments, on bun	275-1051	1 hamburger	97	97
		School lunch serving	97	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Beef sandwiches (275-1) -- Continued				
Hamburger, with accompaniment (lettuce, tomato, pickle, salad dressing, on bun) -------	275-1052	1 hamburger ----------	154	154
Hamburger, 1/4 lb meat, plain, on bun ----------	275-1053	1 (1/4 lb) hamburger ------	157	157
Double hamburger (2 patties, regular bun) ----------	275-1054	1 double hamburger --------	139	139
Double hamburger (2 patties, double decker bun) ----------	275-1055	1 double hamburger --------	183	183
Hamburger, 1/4 lb meat, with accompaniment, on bun (lettuce, tomato, pickle, salad dressing) -------	275-1056	1 (1/4 lb) hamburger ------	266	266
Hamburger, 2-1/2 oz meat, with accompaniment (lettuce, tomato, pickle, salad dressing, on bun) ----------	275-1057	1 hamburger ----------	165	165
Double hamburger, 2 (1/4 lb) patties, cheese, regular condiments, on bun ----------	275-1058	1 double hamburger---------	304	304

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Beef sandwiches (275-1) -- Continued				
Meatball and spaghetti sauce sandwich	275-1070	1 sandwich	180	180
Pizzaburger (hamburger, cheese, catsup) on 1/2 bun	275-1071	1 pizzaburger	153	153
Pizzaburger (hamburger, cheese, catsup) on whole bun	275-1072	1 pizzaburger	173	173
Corned beef sandwich	275-1091	1 sandwich	134	134
Reuben sandwich (corned beef sandwich with sauerkraut and cheese)	275-1095	1 sandwich	200	200
Pastrami sandwich	275-1101	1 sandwich	134	134
Roast beef sandwich	275-1301	1 sandwich	120	120
Roast beef sandwich with gravy	275-1302	1 sandwich	164	164
Roast beef sandwich, dipped in egg, fried in butter, with gravy (Include french dip)	275-1303	1 sandwich	188	188
Steak submarine sandwich	275-1500	1 large sandwich 1 extra large (foot long) submarine	280 350	280
Steak sandwich	275-1501	1 sandwich	140	140
Steak and cheese submarine sandwich	275-1502	1 small submarine 1 large submarine	177 354	177

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Beef sandwiches (275-1) -- Continued				
Steak and cheese sandwich	275-1503	1 sandwich	168	168
Gyros sandwich (pita bread, beef, lamb, condiments)	275-1601	1 gyro	192	192
Pork sandwiches (275-2)				
Pork sandwich, NFS	275-2000	1 sandwich	120	120
Bacon sandwich	275-2011	1 sandwich	95	95
Bacon and cheese sandwich	275-2012	1 sandwich	121	121
Bacon, chicken, tomato club sandwich (3 slices bread)	275-2013	1 sandwich	246	246
Bacon and egg sandwich	275-2014	1 sandwich	177	177
Bacon, lettuce, tomato sandwich	275-2015	1 sandwich	153	153
Ham sandwich	275-2031	1 sandwich 1 large sandwich	117 176	117
Ham and cheese sandwich	275-2032	1 sandwich	145	145
Ham and egg sandwich	275-2033	1 sandwich	124	124
Ham salad sandwich	275-2034	1 sandwich	107	107
Ham and cheese sandwich, grilled	275-2035	1 sandwich	100	100
Ham and cheese sandwich, on bun (Include ham and cheese hero sandwich)	275-2036	1 sandwich 1 medium hero	125 225	125

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Pork sandwiches (275-2) -- Continued				
P.R. - Cuban sandwich (Sandwich cubano)	275-2041	1 sandwich (6" long)	255	255
P.R. - Midnight sandwich (Media noche)	275-2042	1 sandwich (6-1/4" x 2-1/4" x 1-1/4")	200	200
Cuban sandwich, not Puerto Rican	275-2043	1 sandwich	255	255
Pork barbecue or Sloppy Joe, on bun (Include canned)	275-2051	1 barbecue	127	127
Roast pork sandwich, sliced	275-2052	1 sandwich	120	120
Roast pork sandwich, with gravy	275-2053	1 sandwich	180	180
Ham club sandwich	275-2054	1 sandwich	245	245
Veal submarine sandwich (Include hero)	275-3010	1 sandwich	177	177
Poultry sandwiches (275-4)				
Chicken sandwich	275-4011	1 sandwich	163	163
Chicken salad or chicken spread sandwich	275-4012	1 sandwich	92	92
Chicken barbecue sandwich	275-4013	1 sandwich	127	127
Chicken fillet sandwich	275-4014	1 sandwich	125	125
Turkey sandwich	275-4031	1 sandwich	163	163
Turkey salad or turkey spread sandwich	275-4032	1 sandwich	92	92
Turkey sandwich with gravy	275-4033	1 sandwich	283	283

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Fish, shellfish sandwiches (275-5)				
Fish sandwich, NFS	275-5000	1 fishburger	136	136
Crab cake sandwich	275-5011	1 sandwich	140	140
Fishburger on bun, fish sandwich	275-5031	1 fishburger	136	136
Sardine sandwich	275-5051	1 sandwich	98	98
Tuna salad sandwich	275-5071	1 sandwich	105	105
		1 tea sandwich	26	
		School lunch serving	114	
Frankfurters, luncheon meat, potted meat sandwiches (275-6)				
Luncheon meat sandwich, NFS	275-6000	1 sandwich	83	83
		1 jumbo-sized sandwich	166	
Bologna sandwich	275-6011	1 sandwich	83	83
Bologna and cheese sandwich	275-6012	1 sandwich	111	111
Corn dog (frankfurter with cornbread coating)	275-6030	1 corn dog	89	89
Corny dog, with chili, on bun (Include chili dog, Texas style hotdog)	275-6031	1 corny dog	119	119
		1 foot long dog	238	
		1 large	131	
Frankfurter, plain, on bun	275-6032	1 frankfurter	85	85
Frankfurter with cheese, on bun	275-6033	1 frankfurter with cheese	117	117
		1 foot long dog	234	
Frankfurter, regular condiments, on bun	275-6034	1 frankfurter	113	113

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Sandwiches with meat, poultry, fish: (Subgroup Code 275) -- Continued				
Frankfurters, luncheon meat, potted meat sandwiches (275-6) -- Continued				
Pig in blanket (frankfurter wrapped in dough)	275-6035	1 pig in blanket 1 cup School lunch serving	85 100 108	85
Frankfurter with chili and cheese, on bun (Include chili cheese dog)	275-6037	1 medium 1 large	151 163	151
Pochito (frankfurter and beef chili wrapped in tortilla)	275-6038	1 pochito	128	128
P.R. - Puerto Rican sandwich (Sandwich criollo)	275-6041	1 sandwich (5" x 4-1/2" x 2-1/2")	160	160
Salami sandwich	275-6051	1 sandwich	86	86
Sausage sandwich	275-6071	1 sandwich	107	107
Submarine, cold cut sandwich (Include grinder, poorboy)	275-6091	1 submarine School lunch serving	198 136	198
Meat spread, potted meat sandwich	275-6301	1 sandwich	107	107
Hor d'oeuvres, finger sandwiches (275-7)				
Tuna and egg finger sandwiches	275-7011	1 finger sandwich	31	
Hors d'oeuvre sandwiches	275-7031	1 hor d'oeuvre	23	
Baby food: Mixtures with meat, poultry, fish: (Subgroup Code 276)				
Beef baby foods (276-1)				
Meat stew, baby or junior, NFS	276-0010	1 tbsp 1 jar (6 oz)	14 170	170

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Baby food: Mixtures with meat, poultry, fish: (Subgroup Code 276) -- Continued				
Beef baby foods (276-1) -- Continued				
Beef and egg noodles, baby or junior, NFS (Include meat and egg noodles, NFS)	276-1010	1 tbsp 1 jar (4.5 oz) 1 jar (7.5 oz)	14 128 212	128
Beef and egg noodles, baby or strained	276-1011	1 tbsp 1 jar (4.5 oz)	14 128	128
Beef and egg noodles, junior (Include egg noodles and beef)	276-1012	1 tbsp 1 jar (7.5 oz)	14 212	106
Beef and egg noodles and vegetable, junior	276-1013	1 tbsp 1 jar (4.5 oz)	14 128	128
Beef stew, toddler	276-1053	1 tbsp 1 jar (6 oz)	14 170	170
Beef and rice with tomato sauce, toddler	276-1055	1 tbsp 1 jar (6-1/4 oz)	14 177	177
Beef with vegetables, high meat, baby or junior, NFS	276-1070	1 tbsp 1 jar (4.5 oz)	14 128	128
Beef with vegetables, high meat, baby or strained	276-1071	1 tbsp 1 jar (4.5 oz)	14 128	128
Beef with vegetables, high meat, junior	276-1072	1 tbsp 1 jar (4.5 oz)	14 128	128

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Baby food: Mixtures with meat, poultry, fish: (Subgroup Code 276) -- Continued				
Beef baby foods (276-1) -- Continued				
Beef with vegetables and cereal, high meat, junior	276-1092	1 tbsp 1 jar (4.5 oz)	14 128	128
Pork baby foods (276-2)				
Ham with vegetables, high meat, baby or junior, NFS	276-2010	1 tbsp 1 jar (4.5 oz)	14 128	128
Ham with vegetables, high meat, baby or strained	276-2011	1 tbsp 1 jar (4.5 oz)	14 128	128
Ham with vegetables, high meat, junior	276-2012	1 tbsp 1 jar (4.5 oz)	14 128	128
Ham and cheese, NFS	276-2020	1 tbsp	14	128
Lamb, veal baby foods (276-3)				
Veal with vegetables, high meat, baby or junior, NFS	276-3010	1 tbsp 1 jar (4.5 oz)	14 128	128
Veal with vegetables, high meat, baby or strained	276-3011	1 tbsp 1 jar (4.5 oz)	14 128	128
Veal with vegetables, high meat, junior	276-3012	1 tbsp 1 jar (4.5 oz)	14 128	128
Lamb and noodle, junior	276-3020	1 tbsp 1 jar (7-1/2 oz)	14 213	128

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Baby food: Mixtures with meat, poultry, fish: (Subgroup Code 276) -- Continued				
Poultry baby foods (276-4)				
Chicken and rice, junior	276-4005	1 tbsp 1 jar (7 oz)	14 198	99
Chicken noodle dinner, baby or junior, NFS	276-4010	1 tbsp 1 jar (4.5 oz) 1 jar (7.5 oz)	14 128 212	128
Chicken noodle dinner, baby or strained	276-4011	1 tbsp 1 jar (4.5 oz)	14 128	128
Chicken noodle dinner, junior (Include turkey noodle)	276-4012	1 tbsp 1 jar (7.5 oz)	14 212	106
Chicken stew, toddler	275-4033	1 tbsp 1 jar (6 oz)	14 170	170
Chicken with vegetables, high meat, baby or junior, NFS	276-4050	1 tbsp 1 jar (4.5 oz)	14 128	128
Chicken with vegetable, high meat, baby or strained	276-4051	1 tbsp 1 jar (4.5 oz)	14 128	128
Chicken with vegetables, high meat, junior	276-4052	1 tbsp 1 jar (4.5 oz) 1 jar (7.5 oz)	14 128 212	128
Turkey rice and vegetables, baby or junior, NFS	276-4210	1 tbsp 1 jar (4.5 oz) 1 jar (7.5 oz)	14 128 212	128
Turkey, rice and vegetables, baby or strained	276-4211	1 tbsp 1 jar (4.5 oz)	14 128	128

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
MEAT, POULTRY, FISH WITH NONMEAT ITEMS: (Subgroup Code 27) -- Continued				
Baby food: Mixtures with meat, poultry, fish: (Subgroup 276) -- Continued				
Poultry baby foods (276-4) -- Continued				
Turkey, rice and vegetables, junior	276-4212	1 tbsp 1 jar (7.5 oz)	14 212	106
Turkey with vegetables, high meat, baby or junior, NFS	276-4230	1 tbsp 1 jar (4.5 oz)	14 128	128
Turkey with vegetables, high meat, baby or strained	276-4231	1 tbsp 1 jar (4.5 oz)	14 128	128
Turkey with vegetables, high meat, junior	276-4232	1 tbsp 1 jar (4.5 oz)	14 128	128
Soups (baby food)				
Chicken soup, baby (Include chicken noodle soup, baby; chicken soup with vegetables)	276-4411	1 tbsp 1 jar (4.5 oz) 1 cup	14 128 229	128
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY, FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28)				
Frozen plate meals: (Subgroup Code 281)				
Beef entrees, frozen meals (281-1)				
Frozen dinner, NFS	281-0100	1 meal	312	312
Beef dinner (frozen meal), NFS	281-1000	1 meal (11 oz)	312	312

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY, FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Beef entrees, frozen meals (281-1) -- Continued				
Beef with potatoes only (regular portion, frozen meal) (Include sliced beef, Salisbury steak, meatballs) ---	281-1011	1 package sliced beef (8 oz) ----------	227	
		1 regular package Salisbury steak (5-1/2 oz) ----------	156	
		1 meatballs meal (9-1/4 oz) ----------	262	
Beef with potatoes only (large meat portion, frozen meal) (Include Salisbury steak) ----------	281-1012	1 package (12 oz) ---------	340	340
Beef with carrots (diet frozen meal) (Include Weight Watchers) ----------	281-1015	1 package (10 oz) ---------	284	284
Sirloin, chopped (frozen meal), NFS ----------	281-1020	1 meal (11 oz) ----------	312	312
Sirloin, chopped, mushroom sauce, green beans, cauliflower, (diet frozen meal) ----	281-1021	1 package (16 oz) ---------	454	454
Sirloin, chopped, gravy, mashed potatoes, vegetables (regular portion, frozen meal) ----------	281-1022	1 meal (11 oz) ----------	312	312

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY, FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Beef entrees, frozen meals (281-1) -- Continued				
Sirloin, chopped, or Swiss steak, gravy, peas and carrots, potatoes, dessert or muffin (regular portion with sweet item, frozen meal) -	281-1023	1 meal (10 oz) ----------	284	284
Salisbury steak (frozen meal), NFS ----------	281-1030	1 meal (11 oz) ----------	312	312
Salisbury steak, gravy, potatoes, mixed vegetables or carrots (regular portion, frozen meal) ----------	281-1031	1 meal (11 oz) ----------	312	312
Salisbury steak, gravy, whipped potatoes, corn, chocolate cake (regular portion with sweet item, frozen meal) ----------	281-1033	1 meal (11 oz) ----------	312	312
Salisbury steak, gravy, potatoes, vegetable, soup or macaroni and cheese, dessert (3 courses with dessert, frozen meal) ---------	281-1034	1 meal (15.5 oz) ----------	439	439
Salisbury steak, gravy, potatoes, carrots and peas, dessert (large meat portion with dessert, frozen meal) ----	281-1035	1 meal (18 oz) ----------	510	510

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Beef entrees, frozen meals (281-1) -- Continued				
Beef patty, beans in chili sauce, potatoes (frozen meal) -	281-1036	1 meal (11 oz) ----------	312	312
Broiled steak, potatoes, vegetable (regular portion, frozen meal) ----------	281-1041	1 meal (11 oz) ----------	312	312
Beef, sliced, gravy, potatoes, vegetables (regular portion, frozen meal) ----------	281-1051	1 meal (11 oz) ----------	312	312
Beef, sliced, gravy, potatoes, peas, apple slices (regular portion with extra item, frozen meal) ----------	281-1052	1 meal (11-1/2 oz) --------	326	326
Beef, sliced, gravy, hash brown potatoes, corn, soup, apple cobbler (3 courses with dessert, frozen meal) ---------	281-1053	1 meal (15 oz) ----------	425	425
Beef with noodles (frozen meal), NFS ----------	281-1060	1 meal (11 oz) ----------	312	312
Spaghetti and meatballs dinner (frozen meal), NFS -----	281-1070	1 meal (12-1/2 oz) --------	354	354
Spaghetti and meatballs, tomato sauce, sliced apples, bread (regular portion, frozen meal) ----------	281-1071	1 meal (11 oz) ----------	312	312
Spaghetti and meatballs, peas and carrots, dessert (regular portion, frozen meal) ---------	281-1072	1 meal (12-1/2 oz) --------	354	384

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Beef entrees, frozen meals (281-1) -- Continued				
Mosticcoli with meatballs, saice, bread (regular portion, frozen meal)	281-1081	1 meal (11 oz)	312	312
Beef enchiladas dinner (frozen meal), NFS	281-1090	1 meal (15 oz)	425	425
Beef enchiladas and beans only (frozen meal)	281-1091	1 meal (10 oz)	284	284
Beef enchiladas, chili gravy, rice, refried beans, (frozen meal) (Include frozen Mexican meal)	281-1092	1 meal (15 oz)	425	425
Corned beef hash, apple slices, peas (frozen meal)	281-1101	1 meal (10 oz)	284	284
Pork entrees, frozen meals (281-2)				
Ham, fruit sauce, sweetpotatoes or yams, vegetable (regular portion frozen meal)	281-2011	1 meal (10 oz)	284	284
Pork, sliced, sweetpotatoes, mixed vegetables, apple compote (regular portion with sweet item, frozen meal)	281-2021	1 meal (11-1/4 oz)	319	319

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Veal entrees, frozen meals (281-3)				
Veal dinner (frozen meal), NFS	281-3000	1 meal (11 oz)	312	312
Veal, breaded, with spaghetti in tomato sauce only (frozen meal)	281-3311	1 meal (8-1/4 oz)	234	234
Veal parmigiana with zucchini (diet frozen meal)	281-3321	1 meal (9-1/2 oz)	269	268
Veal with peppers in sauce, (diet frozen meal)	281-3322	1 meal (13 oz)	369	369
Veal parmigiana, apple slices, peas, muffin (regular portion with sweet item, frozen meal)	281-3331	1 meal (12-1/4 oz)	347	347
Veal parmigiana, potatoes, vegetable (regular portion, frozen meal)	281-3341	1 meal (11 oz)	312	312
Veal parmigiana, macaroni and cheese, vegetable, dessert cobbler (large meat portion with dessert, frozen meal)	281-3351	1 meal (20-3/4 oz)	588	588
Poultry entrees, frozen meals (281-4)				
Chicken dinner (frozen meal), NFS	281-4010	1 meal (11 oz)	279	279

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Poultry entrees, frozen meals (281-4) -- Continued				
Chicken with peas and onions and celery sauce, (diet frozen meal)	281-4011	1 meal (9-1/2 oz)	269	269
Chicken Divan with broccoli (frozen meal)	281-4015	1 meal (8-1/2 oz)	241	241
Chicken, boneless, gravy, potatoes, peas, peach cobbler (large meat portion with dessert, frozen meal)	281-4021	1 meal (19 oz)	539	539
Chicken and noodles, apples, green vegetable (regular portion, frozen meal)	281-4031	1 meal (10-1/4 oz)	291	291
Chicken and noodles, vegetable, chocolate cake (regular portion with dessert, frozen meal)	281-4032	1 meal (10-1/4 oz)	291	291
Chicken and dumplings, potatoes, vegetable (frozen meal)	281-4035	1 meal (11 oz)	312	312
Chicken, fried, with potatoes only (regular portion, frozen meal)	281-4061	1 meal (7 oz)	178	178
Chicken, fried, with potatoes only (large portion, frozen meal)	281-4062	1 meal (12 oz)	305	305

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Poultry entrees, frozen meals (281-4) -- Continued				
Chicken, fried, potatoes, mixed vegetables (regular portion frozen meal), NFS	281-4071	1 meal (11 oz)	279	279
Chicken, fried, potatoes, mixed vegetable, dessert (regular portion with dessert, frozen meal)	281-4081	1 meal (11-1/2 oz)	291	291
Chicken, fried, potatoes, carrots and peas, cornbread, dessert (3 courses with bread, frozen meal)	281-4091	1 meal (15 oz)	381	381
Chicken, fried, potatoes, corn, vegetable soup, dessert (3 courses with soup, frozen meal)	281-4092	1 meal (15 oz)	381	381
Chicken, fried, potatoes, corn, dessert (large meat portion with dessert, frozen meal)	281-4101	1 meal (15-3/4 oz)	400	400
Chicken, fried, potatoes, peas and carrots, dessert (large meat portion with dessert, frozen meal)	281-4102	1 meal (17 oz)	432	432
Chicken and/or pork chow mein, fried rice, shrimp roll (frozen meal)	281-4151	1 meal (11 oz)	312	312

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Poultry entrees, frozen meals (281-4) -- Continued				
Chicken chow mein, sweet and sour pork, fried rice, shrimp rolls (frozen meal) (Include two entree Chinese dinner)	281-4152	1 meal (13 oz)	369	369
Chicken a la king and rice (frozen meal)	281-4160	1 meal	266	266
Turkey dinner (frozen meal), NFS	281-4500	1 meal (11 oz)	312	312
Turkey, dressing, gravy, potato only, (regular portion, frozen meal)	281-4501	1 meal (8-3/4 oz)	248	248
Turkey, dressing, gravy and potato only (large meat portion, frozen meal)	281-4502	1 meal (13-1/4 oz)	376	376
Turkey, carrots, chopped broccoli, stuffing (diet frozen meal)	281-4511	1 meal (19 oz)	539	539
Turkey, gravy, dressing, potatoes, peas and carrots (regular frozen meal)	281-4521	1 meal (11 oz)	312	312
Turkey, gravy, dressing, potatoes, peas and carrots, apple-cranberry cake cobbler (regular portion with dessert, frozen meal)	281-4531	1 meal (11-1/2 oz)	326	326

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Poultry entrees, frozen meals (281-4) -- Continued				
Turkey, gravy, dressing, potatoes, peas, cream of tomato soup, apple-cranberry cake cobbler (3 courses with soup, frozen meal)	281-4541	1 meal (16 oz)	454	454
Turkey, gravy, dressing, potatoes, carrots and peas, brownie, cherry/apple treat (3 courses with dessert and fruit, frozen meal)	281-4551	1 meal (17 oz)	482	482
Turkey, gravy, dressing, potatoes, vegetables, dessert (large portion with dessert, frozen meal)	281-4561	1 meal (19 oz)	539	539
Turkey Tetrazzini (frozen meal)	281-4571	1 meal (6 oz)	170	170
Fish, shellfish entrees, frozen meals (281-5)				
Fish dinner, NFS (frozen meal)	281-5000	1 meal (15-3/4 oz)	447	447
Fish parmesan (frozen meal)	281-5005	1 meal (10 oz)	280	280
Fish and chips (regular portion, frozen meal)	281-5011	1 meal (5 oz)	142	142
Fish and chips (large portion, frozen meal)	281-5012	1 meal (15-3/4 oz)	447	447

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Fish, shellfish entrees, frozen meals (281-5) -- Continued				
Fish dinner, NFS (diet frozen meal)	281-5020	1 meal (17 oz)	482	482
Haddock, chopped spinach (diet frozen meal)	281-5021	1 meal (8-1/2 oz)	241	241
Flounder, chopped broccoli (diet frozen meal)	281-5022	1 meal (8-1/2 oz)	241	241
Turbot, peas and carrots (diet frozen meal)	281-5023	1 meal (8-1/2 oz)	241	241
Sole, chopped cauliflower (diet frozen meal)	281-5024	1 meal (8-1/2 oz)	241	241
Haddock, peas and onions, chopped cauliflower (diet frozen meal)	281-5031	1 meal (17 oz)	482	482
Flounder, chopped broccoli, peas and carrots (diet frozen meal)	281-5032	1 meal (17 oz)	482	482
Perch, chopped broccoli, peas and carrots (diet frozen meal)	281-5033	1 meal (17 oz)	482	482
Turbot, zucchini, carrots (diet frozen meal)	281-5034	1 meal (17 oz)	482	482

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Fish, shellfish entrees, frozen meals (281-5) -- Continued				
Fish and chips, corn, potatoes, tomatoes (regular portion, frozen meal)	281-5041	1 meal (10-1/4 oz)	191	191
Fish, lemon-butter sauce, starch item, vegetable (frozen meal)	281-5051	1 meal (10 oz)	284	284
Fish, batter-dipped, or fish cake, vegetable, potatoes (frozen meal)	281-5061	1 meal (9 oz)	255	255
Scallops, potatoes, vegetables (frozen meal)	281-5081	1 meal (8 oz)	227	
Shrimp, potatoes, peas and carrots (frozen meal)	281-5091	1 meal (8 oz)	227	227
Shrimp chow mein, egg rolls, pepper oriental (frozen meal)	281-5101	1 meal (13 oz)	369	369
Seafood platter with fish cake, fish fillet, scallops, shrimp, potatoes	281-5201	1 meal (9 oz)	255	255

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Frozen plate meals: (Subgroup Code 281) -- Continued				
Miscellaneous meat entrees, frozen meals (281-6)				
Meat loaf dinner, NFS (frozen meal)	281-6030	1 meal (11 oz)	312	312
Meat loaf, tomato sauce, potatoes, vegetable (frozen meal)	281-6031	1 meal (11 oz)	312	312
Meat loaf, tomato sauce, green beans, potatoes, chocolate brownie (regular portion with dessert, frozen meal)	281-6041	1 meal (10-3/4 oz)	305	305
Meat loaf with tomato sauce, corn, applesauce (frozen meal)	281-6051	1 meal (11 oz)	312	312
Frankfurter, vegetable, dessert (frozen meal)	281-6061	1 meal (10-1/4 oz)	291	291
Breakfast with meat entree (281-7)				
Frozen breakfast, NFS	281-7000	1 meal (4-1/2 oz)	128	128
Sausage, french toast (frozen meal)	281-7011	1 meal (4-1/2 oz)	128	128
Sausage and pancakes (frozen meal)	281-7021	1 meal (6 oz)	170	170
Sausage, egg, coffe cake (frozen meal)	281-7031	1 meal (6-1/4 oz)	177	177

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283)				
Beef soups (283-1)				
Beef, broth, bouillon, consomme (Include broth, NFS) -	283-1011	1 cup	240	180
		3/4 cup	180	
		1/2 (10-1/2 oz) can (prepared with equal volume water	304	
Oxtail soup (Include made from soup mix)	283-1015	1 cup	240	180
Chili beef soup	283-1021	1 cup	250	188
		3/4 cup	188	
		1/2 (11-1/4 oz) can (prepared with equal volume water)	326	
Chili beef soup, chunky style	283-1022	1 cup	227	170
P.R. - Beef noodle soup (Sopa de carne y fideos)	283-1032	1 cup	250	375
		1-1/2 cups	375	
Pepperpot (tripe) soup (Include Menuto; Mondongo soup; pork, potatoes, yuca)	283-1101	1 cup	245	184
		3/4 cup	184	
Beef and rice soup, Puerto Rican style	283-1042	1 cup	250	375
		1-1/2 cups	375	
Beef vegetable soup with potato, stew type (Include chunky style)	283-1510	1 cup	227	170
		3/4 cup	170	
		1 can (19 oz)	539	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Beef soups (283-1) -- Continued				
Beef noodle soup, chunky style	283-1511	1 can (19 oz)	539	170
		1 cup	227	
Venison and vegetable soup with milk	283-1601	1 cup	245	184
Pork soups (283-2)				
Pork soup	283-2011	1 cup	240	180
		3/4 cup	180	
Ham, pasta, vegetable soup	283-2012	1 cup	240	180
		3/4 cup	180	
Ham, rice and potato soup, Puerto Rican style	283-2013	1 cup	240	180
		3/4 cup	180	
Ham noodle soup, Puerto Rican style	283-2014	1 cup	250	375
		1-1/2 cup	375	
Pork and hominy soup (Include pozole)	283-2020	1 cup	240	180
Lamb soups (283-3)				
Scotch broth	283-3011	1 cup	250	188
		3/4 cup	188	
		1/2 (10-1/2 oz) can (prepared with equal volume water)	304	
Lamb and pork soup, Puerto Rican style	283-3111	1 cup	250	250

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Poultry soups (283-4)				
Chicken, broth, bouillon, consomme (Include chicken broth powder)	283-4011	1 cup	240	180
		3/4 cup	180	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
		1 packet (yields 3/4 cup)	180	
		1 tbsp	15	
Chicken rice soup, Puerto Rican style (Sopa de pollo con arroz)	283-4021	1 cup (boneless)	220	330
		1-1/2 cups (boneless)	330	
Chicken soup with noodles and potatoes, Puerto Rican style	283-4022	1 cup (boneless)	220	330
P.R. - Chicken soup	283-4023	1 cup (boneless)	220	330
Chicken gumbo soup	283-4031	1 cup	240	180
		3/4 cup	180	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
Chickarina soup	283-4041	1 cup	250	188
		3/4 cup	188	
Chicken or turkey soup	283-4051	1 cup	240	180
		3/4 cup	180	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
Chicken soup, undiluted	283-4052	1 cup	245	123
		1/2 cup	123	
		1 can (10-3/4 oz)	305	
Sweet and sour soup	283-4055	1 cup	240	180
		3/4 cup	180	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Poultry soups (283-4) -- Continued				
Chicken soup, stew type (Include chunky style, gnochetti soup)	283-4061	1 cup	227	170
		3/4 cup	170	
		1 can (chunky)	539	
Turkey noodle soup, chunky style	283-4062	1 cup	227	170
		3/4 cup	170	
Chicken with rice soup, chunky style	283-4063	1 cup	227	170
		1 can (19 oz)	539	
Bird's nest soup	283-4070	1 cup	240	180
		3/4 cup	180	
Hot and sour soup (Include hot and spicy Chinese soup)	283-4075	1 cup	240	180
		3/4 cup	180	
Poultry cream soups: (Subgroup Code 283-45)				
Chicken soup, cream of, NFS	283-4511	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	
Chicken soup, cream of (prepared with milk)	283-4512	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Poultry cream soups: (Subgroup Code 283-45) -- Continued				
Chicken soup, cream of (prepared with water) (Include instant)	283-4513	1 cup	240	180
		3/4 cup	180	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
Chicken soup, cream of, prepared with cream	283-4514	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume cream)	316	
Fish, shellfish soups: (Subgroup Code 283-5)				
Fish broth	283-5004	1 cup	240	
Fish chowder, NFS (Include fisherman's soup, seafood chowder)	283-5005	1 cup	245	184
		3/4 cup	184	
Crab soup, NFS	283-5011	1 cup	245	184
		3/4 cup	184	
Crab soup (tomato base)	283-5012	1 cup	245	184
		3/4 cup	184	
Clam chowder, NFS	283-5021	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Cod 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Fish, shellfish soups: (Subgroup Code 283-5) -- Continued				
Clam chowder, Manhattan (Include chunky style)	283-5022	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
Turtle soup (Include snapper soup)	283-5031	1 cup	250	188
		3/4 cup	188	
P.R. - Fish soup (Sopa de pescado)	283-5111	1 cup	250	250
Codfish soup, Puerto Rican style	283-5116	1 cup	245	
Codfish soup with noodles, Puerto Rican style	283-5117	1 cup	245	245
Clam chowder, New England, NFS	283-5511	1 cup	250	191
		3/4 cup	191	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	
		1/3 (10-3/4 oz) can (prepared with equal volume milk)	211	
Clam chowder, New England (prepared with milk)	283-5512	1 cup	250	191
		3/4 cup	191	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	
		1/3 (10-3/4 oz) can (prepared with equal volume milk)	211	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Fish, shellfish soups: (Subgroup Code 283-5) -- Continued				
Clam chowder, New England, (prepared with water)	283-5513	1 cup	245	180
		3/4 cup	180	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	311	
Crab soup (prepared with milk) (Include crab bisque, seafood bisque)	283-5521	1 cup	255	191
		3/4 cup	191	
		1/2 (10-1/2 oz) can (prepared with equal volume milk)	315	
Lobster bisque	283-5525	1 cup	255	191
		3/4 cup	191	
Oyster stew	283-5531	1 cup	240	180
		3/4 cup	180	
		1/2 (10-1/2 oz) can (prepared with equal volume milk)	309	
Salmon soup	283-5535	1 cup	245	184
		3/4 cup	184	
Shrimp soup, cream of (Include shrimp chowder)	283-5541	1 cup	255	191
		3/4 cup	191	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	
		1/2 (13 oz) can (ready-to-serve)	185	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES, WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Soups, broths, extracts from meat, poultry, fish base: (Subgroup Code 283) -- Continued				
Fish, shellfish soups: (Subgroup Code 283-5) -- Continued				
Shrimp soup, cream of (prepared with milk) (Include shrimp bisque)	283-5542	1 cup	255	191
		3/4 cup	191	
		1/2 (10-3/4 oz) can (prepared with equal volume milk)	316	
		1/2 (13 oz) can (ready-to-serve)	185	
Shrimp soup, cream of, canned (prepared with water)	283-5543	1 cup	245	184
		3/4 cup	184	
		1/2 (10-3/4 oz) can (prepared with equal volume water)	308	
Shrimp gumbo	283-5544	1 cup	245	184
		3/4 cup	184	
Puerto Rican soups: (Subgroup Code 283-6)				
P.R. - Meat broth (Caldo)	283-6010	1 cup	240	240
P.R. - Spanish vegetable soup (Caldo gallego)	283-6021	1 cup	250	250
Gelatin drinks, plain: (Subgroup Code 284)				
Gelatin, plain, drink	284-0000	1 cup (8 fl oz)	238	238
Gelatin, plain, powder, dry	284-0010	1 envelope	7	7
		1 tbsp	7	
Gelatin, plain, prepared	284-0020	1 cup	240	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
MEATS: (Category Code 2) -- Continued				
PLATE MEALS, SOUPS AND GRAVIES WITH MEAT, POULTRY OR FISH BASE, PLAIN GELATIN DRINKS: (Subgroup Code 28) -- Continued				
Gravies, meat: (Subgroup Code 285)				
Gravy, meat or poultry (prepared with water), NFS	285-0000	1 tbsp 1 cup	15 245	30
Meat gravy with wine	285-0001	1 tbsp 1 cup	15 245	30
Gravy with fruit juice (Include French sauce)	285-0002	1 tbsp 1 cup	15 245	30
Swiss steak gravy	285-0004	1 tbsp 1 cup	15 245	30
Giblet gravy (Include any poultry gravy with pieces of meat)	285-0005	1 tbsp 1 cup	15 245	30
Mushroom gravy	285-0010	1 tbsp 1 cup	15 245	30
P.R.S. - Gravy or sauce from chicken fricasse	285-1001	1 tbsp	15	30
P.R.S. - Gravy from stuffed pot roast	285-1002	1 tbsp	17	17
P.R.S. - Gravy from Puerto Rican beef stew	285-1003	1 tbsp 1/4 cup	13 52	52
Chinese gravy or sauce (soy sauce, stock or bouillon, cornstarch)	285-2000	1 tbsp	15	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3)				
EGGS: (Subgroup Code 31)				
Chicken eggs: (Subgroup Code 311)				
Eggs, NFS	311-0100	1 extra large	58	50
		1 large	50	
		1 medium	44	
		1 small	38	
		1 cup (boiled/chopped)	136	
		1 tbsp	9	
Eggs, whole, raw	311-0101	1 extra large	58	50
		1 large	50	
		1 medium	44	
		1 small	38	
Eggs, whole, cooked, NFS	311-0200	1 extra large	58	50
		1 large	50	
		1 medium	44	
		1 small	38	
Eggs, whole, boiled	311-0300	1 extra large	58	50
		1 large	50	
		1 medium	44	
		1 small	38	
		1 cup, chopped	136	
Eggs, whole, poached	311-0400	1 extra large	58	50
		1 large	50	
		1 medium	44	
		1 small	38	
Eggs, whole, fried (Include double yolk)	311-0500	1 extra large	52	
		1 large	46	
		1 medium	40	
		1 small	35	
		1 cup	184	
		1 tbsp	12	46
Eggs, whole, baked	311-0600	1 extra large	66	59
		1 large	59	
		1 medium	54	
		1 small	48	
Eggs, whole, baked, no fat added	311-0601	1 extra large	52	45
		1 large	45	
		1 medium	40	
		1 small	34	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Ser... no... specified grams
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3) -- Continued				
EGGS: (Subgroup Code 31) -- Continued				
Chicken eggs: (Subgroup Code 311) -- Continued				
Eggs, whole, baked, fat added -	311-0602	1 extra large	66	59
		1 large	59	
		1 medium	54	
		1 small	48	
Eggs, whole, pickled	311-0700	1 egg	50	50
Egg, white only, raw	311-0801	1 white	33	33
		1 tbsp	15	
Egg, white only, cooked	311-0901	1 white	33	33
Egg, yolk only, raw	311-1001	1 yolk	17	17
Egg, yolk only, cooked	311-1101	1 yolk	17	
		1 extra-large	19	
Other poultry eggs: (Subgroup Code 312)				
Eggs, duck, cooked	312-0100	1 egg	70	70
Goose egg	312-0200	1 egg	144	144
EGG MIXTURES: (Subgroup Code 32)				
Egg dishes: (Subgroup Code 321)				
Eggs, creamed	321-0100	1/2 cup	100	113
		1 egg	113	
Eggs, Benedict	321-0150	1 extra-large egg	156	
		1 large egg	148	148
		1 medium egg	142	
Eggs, deviled	321-0200	1 egg	55	55
		1 heaping tbsp	45	
		1 tbsp	15	
Egg salad	321-0300	1/2 cup	120	120
		2 eggs	142	
Egg salad with peas	321-0301	1 cup	240	
		1/2 cup	120	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3) -- Continued				
EGG MIXTURES: (Subgroup Code 32) -- Continued				
Egg dishes: (Subgroup Code 321) -- Continued				
Egg salad with lettuce and tomato	321-0400	2 eggs	174	87
		1 egg	87	
Egg omelet or scrambled egg	321-0500	1 cup (about 3.4 large eggs)	220	64
		1 egg	64	
		1 small egg	48	
		1 medium egg	56	
		1 extra large	73	
Egg omelet or scrambled eggs with cheese	321-0501	1 cup	243	78
		1 egg	78	
		1 tablespoon	15	
Egg omelet or scrambled eggs with fish	321-0502	1 egg	76	76
		1 cup	216	
Egg omelet or scrambled eggs with ham or bacon	321-0503	1 egg	92	92
		1 cup	220	
		1 slice	46	
Egg omelet or scrambled eggs with poke greens	321-0504	1 egg	109	109
		1 cup	202	
Egg omelet or scrambled eggs with vegetables other than poke greens	321-0505	1 egg	79	79
		1 cup	237	
Egg omelet or scrambled eggs, Western	321-0506	1 egg	117	117
Egg omelet or scrambled eggs with mushrooms	321-0507	1 egg	82	82
Omelet with cheese and ham	321-0508	1 egg	106	106
		1 cup	220	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serv not specified grams
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3) -- Continued				
EGG MIXTURES: (Subgroup Code 32) -- Continued				
Egg dishes: (Subgroup Code 321) -- Continued				
Omelet with cheese and pizza sauce	321-0509	1 egg	93	93
Egg omelet or scrambled eggs with potatoes	321-0510	1 cup	155	
		1 egg	139	139
Egg omelet or scrambled eggs with ground beef and onions	321-0511	1 cup	200	
Egg omelet or scrambled eggs with sausage and mushrooms	321-0512	1 cup	195	
		1 egg	90	90
Egg omelet, Spanish	321-0513	1 cup	200	
		1 egg	200	
Pork egg foo yung	321-0522	1 patty	81	
		1 cup	175	
Shrimp Egg Foo Yung (Include Tortas de Carmaron)	321-0523	1 cup	175	
		1 pattie	81	81
P.R. - Ripe plantain omelet (Tortilla de amarillo)	321-0531	1 cup	173	85
		1 egg	85	
P.R. - Spanish omelet (Tortilla Espanola) (Include Puerto Rican omelet, NFS)	321-0532	1 cup	192	140
		1 egg	140	
		9-1/4" diameter	740	
		7" diameter	560	
P.R. - Scrambled eggs with jerked beef (Revoltillo de tasajo)	321-0533	3/4 cup	105	105
		1 bowl	105	
		2 large serving spoons	90	
P.R. - Eggs a la Malaguena (Huevos a la Malaguena)	321-1010	1 egg	123	123
Heaven's delight (Tocino del cielo)	321-2010	1 cup	265	
		1/2 cup	133	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3) -- Continued				
EGG MIXTURES: (Subgroup Code 32) -- Continued				
Egg sandwiches: (Subgroup Code 322)				
Egg sandwich, NFS	322-0100	1 sandwich	114	114
Egg muffin (sandwich)	322-0201	1 egg muffin	127	127
Egg salad sandwich	322-0301	1 sandwich	97	97
Egg sandwich, scrambled (1 egg, with 2 slices bread)	322-0401	1 sandwich	114	114
Egg soups: (Subgroup Code 323)				
Egg drop soup	323-0010	1 cup	240	180
		3/4 cup	180	
P.R. - Garlic Egg Soup (Sopa de ajo)	323-0110	1 cup	202	345
		1 cereal bowl	345	
		1 soup plate	345	
Meringues: (Subgroup Code 324)				
Meringues	324-0100	1 small meringue	15	30
P.R. - Meringues	324-1011	1 meringue (4" x 2" x 2")	30	30
EGG SUBSTITUTES: (Subgroup Code 33)				
Egg substitute, NFS	330-0010	1/5 cup, cooked	42	42
Made from powdered mixture: (Subgroup Code 331)				
Scrambled eggs made from powdered mixture (Include Eggstra)	331-0201	2/5 cup, cooked	75	75
		(1 packet dry mix, equivalent to 2 eggs)		
		1 powdered egg	36	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv... not specified *grams*
EGGS, MIXTURES, SUBSTITUTES: (Category Code 3) -- Continued				
EGG SUBSTITUTES: (Subgroup Code 33) -- Continued				
Made from frozen mixture: (Subgroup Code 332)				
Scrambled eggs made from cholesterol-free frozen mixture (Include Egg Beaters) -	332-0101	1/3 cup, cooked ---------	51	51
		(1/4 cup, raw, equivalent to 1 large egg)		
		1 carton (8 fl oz) yields	204	
		1 fl oz raw yields ------	26	
Scrambled eggs made from frozen mixture (Include Egg Delight) -	332-0201	1/4 cup, cooked ---------	35	35
		(3 tbsp, raw, equivalent to 1 large egg)		
Made from liquid mixture: (Subgroup Code 333)				
Scrambled eggs made from packaged liquid mixture (Include Second Nature) ----------	333-0101	1/5 cup, cooked ---------	42	42
		(3 tbsp, raw, equivalent to 1 large egg)		
BABY FOOD - EGGS: (Subgroup Code 34)				
Egg yolk: (Subgroup Code 341)				
Egg yolk ----------	341-0100	1 jar (3-1/2 oz) --------	99	50
		1 tbsp ----------	14	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4)				
LEGUMES: (Subgroup Code 41)				
Cooked or canned dried beans: (Subgroup Code 411)				
Beans, dry, cooked, NFS	411-0100	1 cup	185	9
		1/2 cup	93	
White bean, dry, cooked (Include Navy (pea), Great Northern, others NFS)	411-0110	1 cup	185	9
		1/2 cup	93	
		1 tbsp	12	
White bean, dry, cooked, with added fat	411-0111	1 cup	185	9
		1/2 cup	93	
Black, brown, and Bayo bean, dry, cooked	411-0200	1 cup	185	9
		1/2 cup	93	
Black, brown, and Bayo bean, dry, cooked, with added fat	411-0201	1 cup	185	9
		1/2 cup	93	
Lima beans, dry, cooked (Include butter beans)	411-0300	1 cup	190	9
		1/2 cup	95	
Lima beans, dry, cooked with added fat (Include butter beans)	411-0301	1 cup	190	9
		1/2 cup	95	
Pinto, calico, red Mexican beans, dry, cooked (Include October beans)	411-0400	1 cup	190	9
		1/2 cup	95	
		1 tbsp	12	
		1 cup (mashed)	290	
Pinto, calico, red Mexican beans, dry, cooked with fat	411-0401	1 cup	190	9
		1/2 cup	95	
Red kidney beans	411-0600	1 cup	185	93
		1/2 cup	93	
		1 tbsp (mashed)	18	
		1 can (assume 16 oz) yield	309	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Cooked or canned dried beans: (Subgroup Code 411) -- Continued				
Red kidney beans, cooked with fat	411-0601	1 cup 1/2 cup	185 93	93
Cooked or canned dried beans, mixtures: (Subgroup Code 411)				
Soybeans	411-0700	1 cup 1/2 cup	180 90	90
Mung Beans	411-0800	1 cup 1/2 cup	180 90	90
Mongo beans	411-0900	1 cup 1/2 cup	180 90	
Cooked or canned dried beans, mixtures: (Subgroup Code 412)				
Baked beans, NFS	412-0101	1/2 cup 1 cup 16 oz can	128 255 454	128
Baked beans, with tomato sauce (Include vegetarian baked beans)	412-0102	1 cup 1/2 cup	255 128	128
Baked beans, with pork and sweet sauce	412-0104	1 cup 1/2 cup	255 128	128
Chili beans, barbecue beans, ranch style, Mexican style (Include beans in chili sauce)	412-0202	1 cup 1/2 cup	255 128	128
Kidney bean salad	412-0302	1 cup 1/2 cup	261 130	130
Boston baked beans	412-0402	1 cup 1/2 cup	255 128	
Fried beans (Include refried beans)	412-0501	1 cup 1/2 cup 1 tsp	290 145 6	145

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Cooked or canned dried beans, mixtures: (Subgroup Code 412) -- Continued				
Bean dip, made with refried beans (Include garbanzo bean dip)	412-0505	1 cup	275	17
		1/8 cup	34	
		1 tbsp	17	
Black bean sauce	412-0510	1 cup	275	17
		1/8 cup	34	
		1 tbsp	17	
Beans and franks	412-0603	1 cup	255	190
		3/4 cup	190	
Beans dry, cooked and ground beef	412-0703	1 cup	255	190
		3/4 cup	190	
Pork and beans	412-0803	1 cup	255	128
		1/2 cup	128	
		1 small can	227	
Beans, dry, cooked, with pork	412-0810	1 cup	190	95
		1/2 cup	95	
Beans, dry, cooked, with sugar, salt, fat	412-0820	1 cup	190	95
		1/2 cup	95	
P.R. - Stewed dry red beans (Habichuelas coloradas guisadas) (Include beans, stewed, Puerto Rican style, NFS)	412-1010	1 serving spoon	130	130
		1/2 cup	125	
		1 ladle	125	
		1 deep dish	140	
		1 cup	250	
Stewed dry lima beans	412-1011	1 cup	255	128
		1/2 cup	128	
Stewed white beans (Puerto Rican Style)	412-1012	1 cup	255	128
		1/2 cup	128	
Stewed pink beans (with viandas, ham, Puerto Rican style (Include pinto beans)	412-1015	1 cup	255	128
		1/2 cup	128	
		1/4 cup	64	
		1 tbsp	16	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Cooked or canned dried beans, mixtures: (Subgroup Code 412) -- Continued				
Stewed pink beans with pig's feet	412-1016	1 cup (yield after bones removed)	202	202
Stewed red beans with pig's feet	412-1017	1 cup (yield after bones removed)	202	
Stewed white beans with pig's feet	412-1018	1 cup (yield after bones removed)	202	
Stewed red beans with pig's feet and potatoes	412-1019	1 cup (yield after bones removed)	220	
P.R. - Black beans Cuban style- (Habichuelas negras guisadas a la Cubana)	412-1020	1 ladle 1/2 cup	115 135	135
Cooked dried peas, lentils and mixtures: (Subgroup Code 413)				
Cowpeas, dry, cooked (Include blackeye peas)	413-0100	1 cup 1/2 cup	205 102	102
Cowpeas, dry, cooked with fat (Include blackeye peas, field peas)	413-0101	1 cup 1/2 cup	205 102	102
Chickpeas, dry, cooked (Include garbanzos)	413-0200	1 cup 1/2 cup 1 tbsp 1 can (assume 16 oz) yields	170 85 11 291	85
Green or yellow split peas, dry, cooked (Include dry peas, NFS)	413-0300	1 cup 1/2 cup 10 fl oz	200 100 250	100

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Cooked dried peas, lentils and mixtures (Subgroup Code 413) -- Continued				
Stewed green peas (Habichuelas del pais)	413-0350	1 cup 1/2 cup	260 130	
Stewed green peas with pig's feet and potatoes	413-0355	1 cup (yield after bones removed)	230	
Peas, dry, cooked with pork	413-0403	1 cup 1/2 cup	200 100	100
Lentils, dry, cooked	413-0500	1 cup 1/2 cup 1 tablespoon	200 100 13	100
P.R. - Stewed pigeon peas (Gandul guisado (Gandur, Gandules)	413-1010	1/2 cup 1 ladle 1 deep dish 1 plantain ball	130 130 130 15	145
Stewed chickpeas	413-1015	1 cup	260	130
Stewed chickpeas with potatoes	413-1016	1 cup 1/4 cup	260 65	130
P.R. - Chickpeas stewed with pig's feet (Garbanzos guisados con patitos de cerdo)	413-1020	1 cup (yield after bones removed) 1 serving (1/2 cup -- 150 grams, with 2 pieces pigs feet -- 58 grams)	202 208	208
P.R. - Stewed chickpeas with spanish sausages (Garbanzos guisados con chorizos)	413-1021	1 cup 1 bowl 1 ladle	250 155 140	140
P.R. - Fried chickpeas (Garbanzos fritos)	413-1022	1/2 cup 1/2 deep dish 1/2 serving spoon	60 70 60	60

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Cooked dried peas, lentils and mixtures: (Subgroup Code 413) -- Continued				
Stewed cowpeas (Include frijoles)	413-1031	1 cup	260	130
Stewed chickpeas with pig's feet	413-2010	1 cup (yield after bones removed)	202	202
Soybean derived products (exclude milks): (Subgroup Code 414)				
Soybean product: soy nuts	414-1001	1 package (4-3/4 oz)	135	28
		1/4 cup	26	
		1 oz	28	
Soybean product: Bean curd (Include stir fried)	414-2001	1 cup	250	
		1/2 cup	125	
		1 tbsp	16	
Soybean product: Curd cheese	414-2005	1 cup	225	
Soybean product: Miso sauce (Include Ae sauce)	414-2010	1 tablespoon	15	
		1 cup	202	
Soybean product: Miso	414-2011	1 tablespoon	17	
Soybean product: Natto	414-2020	1 cup	175	
		1 tablespoon	11	
Soybean product: Fried soybean curd (aburage)	414-2101	1 oz	28	
Soybean product: Soybean meal	414-2201	1 cup	122	
Vermicelli, made from soy beans	414-2501	1 cup	140	93
		2/3 cup	93	
Protein powder, NFS	414-3000	1 oz	28	28
Protein supplement, powdered	414-3001	3 tbsp	28	28

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Soybean derived products (exclude milks): (Subgroup Code 414)				
Protein supplement, tablet (Include milk tablet)	414-3021	1 tablet	1	
Protein diet powder with soy and casein	414-3031	1 serving	20	
High protein bar, soy base	414-3501	1 bar	71	71
High protein bar; candy like, soy and milk base	414-3511	1 bar	50	
Meal replacement or supplement liquid, high protein (Include Ensure liquid nutrition)	414-4001	1 cup 1 fl oz	256 32	256
Meal replacement or supplement, liquid, predigested protein (Include Pro-Linn)	414-5001	1 fl oz	37	
Hi-protein wafers (Include hi-protein oatmeal wafer)	414-6001	25 wafers 1 wafer	60 2.4	60
Frozen meals with dried beans or peas as main course: (Subgroup Code 415)				
Mexican frozen dinner with fried beans	415-0100	18 oz	510	
Beans and franks, frozen dinner	415-0200	12 oz	340	
Cheese enchilada frozen dinner with beans and rice	415-0300	1 dinner	340	

Food description	1977 Food code	Common measure or weight	Weight in grams	Servi not specified
			edible portion	*grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Soups, mainly legumes: (Subgroup Code 416)				
Bean soup, NFS	416-0101	1 cup 3/4 cup	250 188	188
Bean with bacon or pork soup	416-0102	1 cup 3/4 cup	250 188	188
Black bean soup	416-0103	1 cup 3/4 cup	250 188	188
Lima bean soup	416-0104	1 cup 3/4 cup	250 188	188
Soybean soup, made with milk	416-0105	1 cup 3/4 cup	250 188	188
Bean soup, with macaroni and meat (Include Pasta Fazool)	416-0106	1 cup 3/4 cup	250 188	
Soybean soup, miso broth	416-0107	1 cup 3/4 cup 1/2 cup	240 180 120	180
Pinto bean soup	416-0108	1 cup 3/4 cup	250 188	188
Portuguese bean soup	416-0110	1 cup	250	
Liquid from stewed beans, kidney	416-0120	1 cup 3/4 cup	240 180	180
Chunky pea and ham soup	416-0201	1 cup 3/4 cup	260 195	195
Garbanzo, chickpea soup	416-0202	1 cup 3/4 cup	250 188	188
Split pea and ham soup	416-0203	1 cup 3/4 cup	245 184	184
Pea soup, instant type	416-0204	1 cup 3/4 cup	240 180	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Soups, mainly legumes: (Subgroup Code 416) -- Continued				
Split pea soup	416-0205	1 cup	245	184
		3/4 cup	184	
Pigeon pea asopao	416-0206	1 cup	250	
Lentil soup	416-0301	1 cup	245	184
		3/4 cup	184	
P.R. - White bean soup (Sopon de habichuelas blancas)	416-1010	1 cereal bowl	300	300
		1 cup	275	
		2 ladles	300	
Baby foods - legumes: (Subgroup Code 417)				
Split peas with vegetables, ham or bacon, junior	417-0101	1 7-1/2 oz jar	213	107
Meat substitutes (mainly vegetable protein): (Subgroup Code 418)				
Bacon strips, meatless	418-1020	1 strip	8	16
Bacon bits, meatless	418-1025	1 tsp	2	2
		1 sprinkle	2	
Breakfast links, patties, slices, meatless brand	418-1040	1 link	25	25
		1 patty	38	38
		1 slice	28	28
Chicken, meatless	418-1060	1/2 cup	84	84
Enchiladas, meatless (canned with sauce)	418-1100	1 enchilada	65	65
Fish sticks, meatless	418-1120	1 stick	28	28

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES (Subgroup code 41) -- Continued				
Meat substitutes (mainly vegetable protein): (Subgroup Code 418) -- Continued				
Frankfurter, meatless	418-1140	1 frankfurter	70	70
		1/2 cup	70	
Luncheon slices, meatless - beef, canned beef, chicken, salami, turkey (Include vegetarian ham)	418-1160	1 thin slice	14	28
		1 regular slice	28	
		1 oz	28	
Meatballs (meatless)	418-1180	1 meatball	18	36
		1 cup	144	
Soy burger (Include vegetarian burger)	418-1190	1 patty	70	
		1 cup	282	
Sandwich spread, meat substitute type	418-1200	1 tbsp	16	16
Tamales, meatless (canned)	418-1220	1 tamale	68	68
Vegetarian pie (Include beef-like and chicken-like pot pies-	418-1240	1 pie	227	227
Vegetarian fillets	418-1260	1 fillet	85	85
Vegetarian stew	418-1280	1 cup	245	245
Vegetarian meat loaf or patties (meat loaf made with meat substitute)	418-1290	1 slice	56	56
Vegetarian Bouillon, dry	418-1300	1 cube	4	4
Meat substitute sandwiches: (Subgroup Code 419)				
Soyburger with cheese, regular condiments	419-0102	1 sandwich	140	140

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
LEGUMES: (Subgroup Code 41) -- Continued				
Nuts: (Subgroup Code 421)				
Nuts, NFS	421-0010	1 cup	144	18
		1 tbsp	9	
		1 tsp	3	
Almonds	421-0100	1 cup	142	9
		1 tsp	3	
		1 tbsp	9	
		1 almond	1	
Brazil nuts	421-0200	1 cup	140	14
		1 tbsp	9	
		1 nutmeat	7	
Breadnuts	421-0250	1 cup	160	
Butter nuts	421-0300	1 cup	120	8
		2 tbsp	15	
		1 nutmeat	3	
Cashew nuts	421-0400	1 cup	140	9
		1 tbsp	9	
		1 nut	2	
Cashew nuts, dry roasted	421-0401	1 cup	140	9
		1 tbsp	9	
Chestnuts, roasted	421-0500	1 cup	160	10
		1 tbsp	10	
Chesnuts, boiled	421-0501	1 chesnut	7	
Coconut meat, fresh, shredded	421-0600	1 cup	80	10
		1/8 cup	10	
		1 medium	397	
Coconut meat, dried, shredded, unsweetened	421-0601	1 cup	90	11
		1/8 cup	11	
Coconut meat, dried, shredded, sweetened	421-0602	1 oz	28	
Filberts, hazel nuts	421-0700	1 cup	135	8
		1 tbsp	8	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
NUTS AND NUT BUTTERS AND MIXTURES: (Subgroup Code 42)				
Nuts: (Subgroup Code 421)				
Ginko nuts	421-0750	1 medium	2	
		1/2 cup	77	
Hickory nuts	421-0800	1 cup	120	8
		1 tbsp	8	
Macadamia nuts	421-0900	1 cup	135	9
		1 tbsp	9	
		1 nut	4	
Mixed nuts	421-1000	1 cup	145	18
		2 tbsp	18	
		6 nuts	6	
Mixed nuts, in shell	421-1050	1 cup with shell	26	
		6 assorted nuts	18	
		1 oz, minus shells	13	
Peanuts	421-1100	1 cup	144	18
		2 tbsp	18	
		1 nut	1	
		1 package	35	
Peanuts, in shell	421-1101	1 cup, 3 oz	63	17
		10 jumbo nuts	17	
		1 oz, shell removed	21	
Peanuts, dry, roasted	421-1102	1 peanut	1	18
		1 cup	144	
Peanuts, boiled	421-1103	1 cup in shell	63	
Pecans	421-1200	1 cup	108	9
		10 large halves	9	
Pignolias (pine nuts)	421-1300	1 cup	162	10
		1 tbsp	10	
Pistachio nuts	421-1400	1 cup	125	
		1 tbsp	8	
		30 nuts	15	
		1 pack	34	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
NUTS AND NUT BUTTERS AND MIXTURES: (Subgroup Code 42) -- Continued				
Nuts: (Subgroup Code 421) -- Continued				
Soynuts (Include pernuts)	421-1001	1 package (4-3/4 oz) 1/4 cup 1 oz	135 26 28	28
Walnuts, black native	421-1500	1 cup 1 tbsp	125 8	8
Walnuts, English (Include Walnuts, NFS)	421-1600	1 cup 50 halves 1/2 nutmeat 1 cup, with shells yields 7 average nuts	100 100 2 28	8
Nut butters: (Subgroup Code 422)				
Almond butter	422-0050	1 tablespoon	16	16
Cashew butter	422-0100	1 tbsp	16	16
Peanut butter	422-0200	1 cup 1 tbsp	258 16	16
Peanut butter, low sodium	422-0201	1 cup 1 tbsp	258 16	16
Peanut butter and jelly	422-0300	1 tbsp	16	16
Peanut spread (Include imitation peanut butter)	422-0400	1 tbsp	16	16
Nut butter sandwiches: (Subgroup Code 423)				
Peanut butter sandwich	423-0101	1 sandwich	74	74
Peanut butter and jelly sandwich	423-0201	1 sandwich	88	88
Peanut butter and banana sandwich	423-0301	1 sandwich	134	134

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
NUTS AND NUT BUTTERS AND MIXTURES: (Subgroup Code 42) -- Continued				
Coconut beverages and mixtures: (Subgroup Code 424)				
Coconut milk	424-0101	8 fl oz	240	
Coconut cream (Include Coco Lopez)	424-0201	1 oz	28	
Coconut water	424-0301	1 cup	240	
		1 coconut yields	206	
Nut Mixtures: (Subgroup Code 425)				
Nut mixture with dried fruit and seeds (Include trail mix and Garp)	425-0100	1/2 cup	70	18
		1 tbsp	9	
Mixed nuts and seeds	425-0200	1 cup	140	
		1 tablespoon	9	
		1 oz	28	
SEEDS AND SEED MIXTURES: (Subgroup Code 43)				
Seeds: (Subgroup Code 431)				
Pumpkin seeds, hulled	431-0100	1 oz	28	9
		1 cup	140	
		1 tbsp	9	
		10 seeds	1	
Sunflower seeds (If NS assume hulled)	431-0200	1 7/8 oz package	25	9
		1 cup, hulled	145	
		1 cup, with hulls	48	
		1 tbsp, hulled	9	
		1 oz hulls removed	15	
Sesame seeds (Include toasted)	431-0300	1 cup	150	8
		1 tbsp	8	
Sesame Sauce (Include Tahini sauce)	431-0310	1 cup	192	12
		1 tbsp	12	
Flax seed	431-0400	1 cup	145	
		1 tbsp	9	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
DRY BEANS, PEAS, OTHER LEGUMES, NUTS AND SEEDS: (Category Code 4) -- Continued				
SEEDS AND SEED MIXTURES: (Subgroup Code 43) -- Continued				
Seeds: (Subgroup Code 431) -- Continued				
Psyllium seed	431-0500	1 cup	145	3
		1 tbsp	9	
Chia seeds	431-0600	1 cup	145	9
		1 tbsp	9	
Mixed seeds, NFS	431-0700	1 cup	145	
		1 tablespoon	9	
Apricot seeds	431-0800	1/4 cup	37	
		1 tbsp	9	
Anise seeds	431-0900	1 tablespoon	7	
Carob Bean and Carob Products: (Subgroup Code 44)				
Carob powder or flour	441-0100	1 cup	140	8
		1 tbsp	8	
Carob chips	442-0100	1 cup	173	11
		1 tablespoon	11	

Food description	1977 Food code	Common measure or weight	Weight in grams. *edible portion*	Servi not specified *grams*

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5)				
Flour: (Subgroup Code 50)				
Flour, NFS	500-1000	1 cup	136	
		1 tbsp	8.5	
		1 tsp	3	
Flour, whole wheat	500-2000	1 tsp	3	
		1 tbsp	8	
Biscuit Mix, dry	500-3000	1 cup	116	
YEAST BREADS, ROLLS: (Subgroup Code 51)				
Breads, rolls, NFS: (Subgroup Code 510)				
Bread, NFS	510-0010	1 thin slice	20	25
		1 regular slice	25	
		1 large slice	30	
		1 mini loaf	150	
Toast, NFS	510-0011	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
		1 cup	42	
Bread, enriched	510-0013	1 thin slice	20	25
		1 regular slice	25	
		1 large slice	30	
Toast, enriched	510-0014	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
Bread, unenriched	510-0016	1 thin slice	20	25
		1 regular slice	25	
		1 large slice	30	
Toast, unenriched	510-0017	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
Bread, homemade, NFS	510-0018	1 thin slice	15	23
		1 regular slice	23	
		1 large slice	28	
		1 cubic inch	2	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serv not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
Breads, rolls, NFS: (Subgroup Code 510) -- Continued				
Bread, homemade, toasted, NFS	510-0019	1 thin slice	14	21
		1 regular slice	21	
		1 large slice	25	
Rolls, NFS (Include seeded rolls, NFS)	510-0020	1 roll	28	28
		1 large roll	40	
		1 cup	40	
Rolls, enriched	510-0021	1 roll	28	28
		1 cup	40	
Rolls, unenriched	510-0022	1 roll	28	28
Roll, toasted, NFS	510-0023	1 roll	25	
Rolls, homemade, NFS	510-0025	1 dinner roll	35	
		1 cubic inch	2	
Rolls, homemade, toasted	510-0026	1 dinner roll	32	32
White breads, rolls: (Subgroup Code 511)				
Bread, white (Include sandwich bread, NFS)	511-0100	1 thin slice (1/22 of 1 lb loaf)	20	25
		1 regular slice (1/18 of 1 lb loaf)	25	
		1 large slice	30	
		1 cubic inch	2	
		1 loaf NFS	454	
		1 cup	40	
Bread, white, toasted	511-0101	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
		1 cup	42	
Bread, white, made from home recipe	511-0105	1 thin slice	15	23
		1 regular slice	23	
		1 large slice	28	
Bread, white made from home recipe, toasted	511-0106	1 thin slice	14	21
		1 regular slice	21	
		1 large slice	25	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, white, enriched (Include sandwich bread, enriched, NFS)	511-0110	1 thin slice (1/22 of 1 lb loaf)	20	25
		1 regular slice (1/18 of 1 lb loaf)	25	
		1 large slice	30	
		1 trimmed slice	20	
		1 cubic inch	2	
		1 cup	40	
Bread, white, enriched, toasted	511-0111	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
		crust only	4	
		Slice without crust	18	
Bread, white, enriched, made from home recipe	511-0115	1 thin slice	15	23
		1 regular slice	23	
		1 large slice	28	
Bread, white, enriched, made from home recipe, toasted	511-0116	1 thin slice	14	21
		1 regular slice	21	
		1 large slice	25	
Bread, white, not enriched	511-0150	1 thin slice	20	25
		1 regular slice	25	
		1 large slice	30	
		1 cubic inch	2	
Bread, white, not enriched, toasted	511-0151	1 thin slice	17	22
		1 regular slice	22	
		1 large slice	27	
Bread, white and whole wheat (Include half and half)	511-0201	1 thin slice	20	25
		1 regular slice	25	
		1 large slice	30	
Bread, white and whole wheat, toasted	511-0202	1 thin slice	18	23
		1 regular slice	23	
		1 large slice	27	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, white, diet (Include low calorie diet bread, NFS) --	511-0301	1 very thin slice	15	20
		1 thin slice	20	
Bread, white, diet, toasted ---	511-0302	1 very thin slice	14	17
		1 thin slice	17	
Bread, Cuban, Spanish --------- (Include Portuguese)	511-0501	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	20
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
		1 cup	40	
Bread, Cuban, Spanish, enriched ----------	511-0502	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	20
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
Bread, Cuban, Spanish, unenriched ----------	511-0503	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	20
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
Bread, Cuban, Spanish, ----- (Include Portuguese)	511-0504	1 medium slice	18	18
Bread, P.R. Native, NFS (Pan Criollo) ----------	511-0601	1 medium slice	25	25
Bread, P.R. Native bread, toasted ----------	511-0602	1 medium slice	23	23
Bread, P.R. Native water bread (Pan de agua) ----------	511-0610	1 medium slice or bun --	25	25
		1 small slice	15	
Bread, P.R. lard bread (Pan de manteca) ----------	511-0620	1 medium slice	25	
		1 large slice	35	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, P.R. lard bread, toasted	511-0621	1 medium slice	23	23
Bread, P.R. caressed bread, (Pan sobao)	511-0630	1 medium slice	25	25
Bread, P.R. caressed bread, (Pan Sobao) toasted	511-0631	1 medium slice	23	23
Bread, French or Vienna (Include Hawaiian sandwich bread)	511-0701	1 small slice (2-1/2 x 2 x 1/2)	15	25
		1 medium slice (4-3/4 x 4 x 1/2)	25	
		1 large slice (5 x 2-1/2 x 1)	35	
		School lunch serving	42	
		1 cup	40	
		1 loaf, NFS	454	
Bread, French or Vienna, enriched	511-0702	1 small slice (2-1/2 x 2 x 1/2)	15	25
		1 medium slice (4-3/4 x 4 x 1/2)	25	
		1 large slice (5 x 2-1/2 x 1)	35	
Bread, French or Vienna, unenriched	511-0703	1 small slice (2-1/2 x 2 x 1/2)	15	25
		1 medium slice (4-3/4 x 4 x 1/2)	25	
		1 large slice (5 x 2-1/2 x 1)	35	
Bread, French or Vienna, toasted	511-0704	1 small slice	14	23
		1 medium slice	23	
		1 large slice	32	
Bread, Italian, Grecian, Armenian (Include Sesame Bread)	511-0901	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	30
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
		1 loaf, NFS	454	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, Italian, Grecian, Armenian, enriched	511-0902	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	30
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
Bread, Italian, Grecian, Armenian, unenriched	511-0903	1 small slice (3-1/4 x 2-1/2 x 1/2)	10	30
		1 medium slice	20	
		1 large slice (4-1/2 x 3-1/4 x 3/4)	30	
Bread, Italian, Grecian, Armenian, toasted	511-0904	1 small slice	9	
		1 medium slice	18	
		1 large slice	27	
Bread, flat bread (Include Greek, Syrian flat bread, Pita, Arab with pocket)	511-0910	1 small	57	57
		1 large	113	
Bread, flat bread, toasted	511-0911	1 small	52	52
		1 large	103	
Bread, batter	511-1001	1 small slice	10	30
		1 medium slice	20	
		1 large slice	30	
Bread, cheese (Include onion cheese)	511-1101	1 slice	23	23
		1 small loaf	113	
Bread, cheese, enriched	511-1102	1 slice	23	23
Bread, cheese, unenriched	511-1103	1 slice	23	23
Bread, cheese, toasted	511-1104	1 slice	21	21
Bread, cinnamon	511-1301	1 slice	25	
Bread, cinnamon, enriched	511-1302	1 slice	25	25
Bread, cinnamon, unenriched	511-1303	1 slice	25	25

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, cinnamon, toasted	511-1310	1 slice	23	23
Bread, corn and molasses	511-1501	1 slice	26	26
Bread, corn and molasses, toasted (Include Anadama bread homemade)	511-1502	1 slice	24	24
Bread, Cornell-formula	511-1701	1 slice	23	23
Bread, Cornell-formula, toasted	511-1702	1 slice	21	21
Bread, egg, Chalah	511-1901	1 slice	23	23
Bread, egg, Chalah, enriched	511-1902	1 slice	23	23
Bread, egg, Chalah, unenriched	511-1903	1 slice	23	23
Bread, egg, Chalah, toasted	511-1904	1 slice	21	21
Bread, lowfat, 98% fat free	511-1910	1 slice	25	25
Bread, lowfat, 98% fat free, toasted	511-1911	1 slice	23	23
Bread, with garlic spread (Include homemade)	511-2101	1 small slice (2-1/2 x 2 x 1/2)	20	30
		1 medium slice	30	
		1 large slice (5 x 2-1/2 x 1)	40	
		1 loaf NFS	454	
Bread, with garlic spread, enriched	511-2102	1 small slice (2-1/2 x 2 x 1/2)	20	30
		1 medium slice	30	
		1 large slice (5 x 2-1/2 x 1)	40	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, with garlic spread, unenriched	511-2103	1 small slice (2-1/2 x 2 x 1/2)	20	30
		1 medium slice	30	
		1 large slice (5 x 2-1/2 x 1)	40	
Bread, garlic, toasted (Include Texas Toast)	511-2104	1 small slice	18	27
		1 medium slice	27	
		1 large slice	36	
		1 cup	42	
Bread, onion	511-2111	1 slice	25	25
Bread, gluten	511-2150	1 slice	25	
Bread, gluten, toasted	511-2151	1 slice	22	22
Bread, high fiber	511-2200	1 thin slice	23	28
		1 regular slice	28	
Bread, high fiber, toasted	511-2201	1 thin slice	21	25
		1 regular slice	25	
Bread, high protein	511-2301	1 slice	23	23
Bread, high protein, toasted	511-2302	1 slice	21	21
Bread, low sodium	511-2501	1 thin slice	20	25
		1 regular slice (4 x 4-1/4 x 9/16)	25	
Bread, low sodium, toasted	511-2502	1 thin slice	18	23
		1 regular slice	23	
Bread, potato	511-2701	1 thin slice (4 x 4 x 7/16)	20	25
		1 regular slice (4 x 4 x 9/16)	25	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST ROLLS, BREAD: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Bread, potato, toasted	511-2702	1 thin slice	18	23
		1 regular slice	23	
Bread, raisin (Include homemade, with or without nuts, cinnamon-raisin)	511-2901	1 slice (3-3/4 x 3-5/8 x 1/2)	25	25
		1 thin slice	20	
Bread, raisin, toasted	511-2902	1 slice	21	21
		1 thin slice	17	
Bread, salt rising	511-3101	1 slice (4-1/8 x 4-1/2 x 7/16)	24	24
Bread, salt rising, enriched	511-3102	1 slice (4-1/8 x 4-1/2 x 7/16)	24	24
Bread, salt rising, unenriched	511-3103	1 slice (4-1/8 x 4-1/2 x 7/16)	24	24
Bread, salt rising, toasted (Include enriched)	511-3104	1 slice	22	22
Bread, sour dough	511-3301	1 small slice (2-1/2 x 2 x 1/2)	15	25
		1 medium slice	25	
		1 large slice (5 x 2-1/2 x 1)	35	
		1 loaf NFS	454	
Bread, sour dough, toasted	511-3302	1 small	14	23
		1 medium	23	
		1 large	32	
Bread, sweetpotato	511-3400	1 slice	25	25
Bread, dough, fried (Include homemade fried bread, Indian Fried, Pig Lip)	511-4010	1 medium slice or roll	26	26
		1 small slice or roll	13	
		1 cup	140	
Rolls, white, soft (Include potato roll, onion roll, rolls made from mix)	511-5000	1 pan or dinner roll	28	28
		1 medium roll	35	
		1 cup	40	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Rolls, white, toasted	511-5010	1 pan or dinner roll	25	25
Rolls, white, soft, enriched (Include Brown and Serve)	511-5101	Cloverleaf, pan or dinner roll	28	28
		Frankfurter roll	40	
		Hamburger roll	40	
		1 large hamburger bun	64	
		10" dia bun	236	
Rolls, white, soft, enriched, toasted	511-5102	Cloverleaf, pan or dinner roll	25	36
		Frankfurter roll	36	
		Hamburger roll	36	
Rolls, white, soft, enriched, home recipe	511-5106	Dinner roll	35	
		1 large roll	70	
Rolls, white, soft, unenriched, made from home recipe	511-5111	Dinner roll	35	35
Rolls, white, hard	511-5300	Small Rectangular roll	25	25
Rolls, hard, toasted	511-5301	1 medium	34	34
		1 large	46	
Rolls, white, hard, enriched	511-5400	Small rectangular roll	25	37
		Medium roll	37	
		Large rectangular or round roll	50	
Rolls, white, hard, unenriched	511-5450	Small rectangular roll	25	37
		Medium roll	37	
		Large rectangular or round roll	50	
Rolls, diet	511-5451	1 medium roll	37	37
Rolls, egg bread	511-5455	1 roll	28	
Rolls, cheese	511-5460	1 roll	28	
Rolls, French or Vienna	511-5500	1 small	34	45
		1 medium	45	
		1 large	57	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST ROLLS, BREAD: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Rolls, French or Vienna, toasted	511-5501	1 small	31	41
		1 medium	41	
		1 large	52	
Rolls, French or Vienna, enriched	511-5510	1 small	34	45
		1 medium	45	
		1 large	57	
Rolls, French or Vienna, unenriched	511-5600	1 small	34	45
		1 medium	45	
		1 large	57	
Rolls, garlic	511-5650	1 small	30	42
		1 medium	42	
		1 large	55	
Rolls, hoagie, submarine, sandwich	511-5700	1 small	64	100
		1 medium	100	
		1 large	135	
Rolls, hoagie, submarine, sandwich, enriched	511-5710	1 small	64	100
		1 medium	100	
		1 large	125	
Rolls, hoagie, submarine, sandwich, unenriched	511-5800	1 small	64	100
		1 medium	100	
		1 large	125	
Rolls, sour dough	511-5900	1 small	34	45
		1 medium	45	
		1 large	57	
Rolls, sweet, NFS (Include butter horn, Portuguese sweet bread)	511-6000	1 small	35	50
		1 medium	50	
		1 large	71	
		1 slice	38	
Rolls, sweet, toasted (Include Portuguese sweet bread)	511-6001	1 medium roll	45	45
		1 slice	34	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	S... not specifie grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST ROLLS, BREAD: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Rolls, cinnamon bun	511-6010	1 small	35	5
		1 medium	50	
		1 large	71	
		1 honey bun, frozen	64	
		1 honey bun, fresh or NFS	85	
		1 cup	113	
		1 cubic inch	7.8	
Rolls, sweet, with fruit (Include with jelly, sweetbread, Mexican sweetbread, apple rolls, Kolaches, Lakvar, Kuchen)	511-6100	1 small	35	5
		1 medium	50	
		1 large	71	
		1 Bear claw	71	
Rolls, sweet, with frosting and nuts (Include caramel roll)	511-6105	1 small	35	
		1 medium	50	
		1 large	71	
		1 cubic inch	7.8	
Rolls, hot cross buns	511-6110	1 small	35	5
		1 medium	50	
		1 large	71	
Rolls, pecan	511-6120	1 small	35	5
		1 medium	50	
		1 large	71	
Coffee cake, yeast type (Include with or without nuts, coffee bread with icing)	511-6500	1/6 of 1-lb cake (2-5/8 x 2-3/4 x 1-1/4)	76	7
		1/4 of 1-lb cake (3-7/8 x 2-3/4 x 1-1/4)	113	
		1 cubic inch	7.8	
Coffee cake, yeast type, made from home recipe	511-6506	1/6 of 1-lb cake (2-5/8 x 2-3/4 x 1-1/4)	76	7
		1/4 of 1-lb cake (3-7/8 x 2-3/4 x 1-1/4)	113	
		1 cubic inch	7.8	
Brioche (Include Pan de Huevo)	511-6700	1 medium piece	77	
		1 large piece	115	
Bread, Spanish coffee (Include Mallorca)	511-6800	1 small	42	8
		1 medium	85	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST ROLLS, BREAD: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Coffee Cake, crumb type - see Subgroup Code 536				
Bagels (Include water bagels, flavored bagels, egg bagels, bialy)	511-8001	1 small	18	55
		1 bagel (3" dia)	55	
		1 large	82	
Bagels, toasted	511-8002	1 bagel	52	52
Bread stuffing (Include homemade; stuffing NFS)	511-8201	1 cup	140	70
		1 cubic inch	10	
		1 tbsp stuffing	9	
		1 serving spoon	26	
		1 school lunch serving -	47	
Bread sticks (Include sesame sticks)	511-8400	1 small stick	5	10
		1 medium stick	10	
		1 large stick	20	
		1 extra large stick	35	
		1 cup	48	
Croutons (Include seasoned, bread crumbs)	511-8500	4 medium cubes	1	5
		1 cup	48	
		1 tbsp	3	
Muffins, English, NFS (Include sour dough)	511-8601	1 muffin	57	57
		1/2 muffin	28	
Muffins, English, NFS, toasted	511-8602	1 muffin	50	50
		1/2 muffin	25	
Muffins, English, enriched	511-8603	1 muffin	57	57
		1/2 muffin	28	
Muffins, English, enriched, toasted	511-8604	1 muffin	50	50
		1/2 muffin	25	
Muffins, English, unenriched	511-8606	1 muffin	57	57
		1/2 muffin	28	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST ROLLS, BREAD: (Subgroup Code 51) -- Continued				
White breads, rolls: (Subgroup Code 511) -- Continued				
Muffins, English, unenriched, toasted	511-8607	1 muffin	50	50
		1/2 muffin	25	
Muffins, English, with raisins	511-8610	1 muffin	57	57
		1/2 muffin	28	
Muffins, English, with raisins, toasted	511-8612	1 muffin	50	50
		1/2 muffin	25	
Melba toast (Include flavors)	511-8700	1 slice	4	12
Melba toast with wheat germ	511-8701	1 slice	4	
Anisette Toast (Include almond toast)	511-8702	1 piece	11	22
Teething biscuit	511-8800	1 biscuit	11	11
Zwieback	511-8850	1 piece	7	7
Whole wheat bread, rolls: (Subgroup Code 512)				
Bread, whole wheat (Include dark bread, brown bread, whole grain, wheat bread)	512-0101	1 thin slice	23	23
		1 regular slice (1/16 of 1 lb loaf)	28	
		1 large slice	33	
Bread, whole wheat, toasted (Inlcude dark bread, brown bread)	512-0102	1 thin slice	21	25
		1 regular slice (1/16 of 1 lb loaf)	25	
		1 large slice	30	
Bread, whole wheat, high fiber	512-0103	1 regular size	28	25
Bread, whole wheat, high fiber, toasted	512-0104	1 slice	25	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
Whole wheat bread, rolls: (Subgroup Code 512) -- Continued				
Bread, whole wheat, homemade	512-0106	1 thin slice	20	25
		1 regular slice (1/16 of 1 lb loaf)	25	
		1 large slice	30	
Bread, whole wheat, homemade, toasted	512-0107	1 thin slice	18	23
		1 regular slice	23	
		1 large slice	27	
Bread, whole wheat with raisins	512-0111	1 slice	25	25
Bread, whole wheat, with raisins, toasted	512-0112	1 thin slice	18	23
		1 regular slice	23	
		1 large slice	27	
Bread, flat, whole wheat (Include Roti)	512-0115	1 small	57	
		1 large	113	
Muffins, English, whole wheat	512-0200	1 muffin	57	57
		1/2 muffin	28	
Muffins, English, whole wheat, toasted	512-0202	1 muffin	50	50
		1/2 muffin	25	
Bread, wheat germ	512-0401	1 slice	26	26
		1 thin slice	13	
Bread, wheat germ, toasted	512-0402	1 regular slice	24	24
Bread, sprouted wheat	512-0701	1 slice (1/18 of 1-lb loaf)	25	25
Bread, sprouted wheat, toasted	512-0702	1 regular slice	23	23
Bagel, whole wheat	512-0800	1 bagel	55	55
Rolls, whole wheat	512-2000	1 small	28	28
		1 medium	35	
Rolls, whole wheat, toasted	512-2001	1 small	25	25

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
Cracked wheat bread, rolls: (Subgroup Code 513)				
Bread, cracked wheat ----------	513-0101	1 thin slice ----------	20	25
		1 slice (1/18 of 1-lb loaf) ----------	25	
Bread, cracked wheat, toasted -	513-0102	1 thin slice ----------	18	21
		1 slice ----------	21	
Bread, Bran (Include granola) -	513-0201	1 slice ----------	34	34
Bread, Bran, toasted ----------	513-0202	1 slice ----------	31	31
Muffin, English, cracked wheat-	513-0301	1 muffin ----------	57	57
Muffin, English, cracked wheat, toasted ----------	513-0302	1 muffin ----------	50	50
Rolls, cracked wheat ----------	513-2001	1 small ----------	28	
		1 medium ----------	35	
Rye bread, rolls: (Subgroup Code 514)				
Bread, rye ---------- (Include corn rye)	514-0101	1 slice, snack size ----	7	25
		1 thin slice ----------	12	
		1 regular slice --------	25	
		1 large slice ----------	32	
Bread, rye, toasted ----------	514-0102	1 thin slice ----------	11	22
		1 regular slice --------	22	
		1 large slice ----------	29	
Bread, pumpernickel ----------	514-0401	1 slice, snack size ----	7	25
		1 thin slice ----------	12	
		1 regular slice --------	25	
		1 large slice ----------	32	
Bread, pumpernickel, toasted -- (Include with raisins)	514-0402	1 thin slice ----------	11	23
		1 regular slice --------	23	
		1 large slice ----------	29	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
Rye bread, rolls: (Subgroup Code 514) -- Continued				
Bagel, pumpernickel (Include rye)	514-0450	1 bagel	55	55
Bagel, pumpernickel, toasted	514-0451	1 bagel	52	52
Bread, black	514-0701	1 regular slice 1 large slice	25 32	25
Bread, black, toasted	514-0702	1 slice	23	23
Rolls, rye	514-2000	1 small 1 medium	28 35	28
Oatmeal bread: (Subgroup Code 515)				
Bread, oatmeal	515-0101	1 slice (1/18 of 1-lb loaf)	25	25
Bread, oatmeal, toasted	515-0102	1 thin slice 1 regular slice	18 23	23
Muffin, English, granola	515-0200	1 muffin	57	57
Multigrain bread: (Subgroup Code 516)				
Bread, multigrain, toasted	516-0101	1 thin slice 1 regular slice 1 large slice	18 23 27	23
Bread, multigrain	516-0102	1 thin slice 1 regular slice 1 large slice	20 25 30	25
Muffin, English, 7 grain	516-0103	1 muffin	57	57
Cottonseed bread: (Subgroup Code 517)				
Bread, cottonseed, toasted	517-0101	1 regular slice	41	41
Other breads: (Subgroup Code 518)				
Bread, barley	518-0101	1 slice	28	28
Bread, triticale	518-0201	1 slice	25	25

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv... not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
YEAST BREADS, ROLLS: (Subgroup Code 51) -- Continued				
Other breads: (Subgroup Code 518) -- Continued				
Bread, triticale, toasted	518-0202	1 slice	23	23
Bread, buckwheat	518-0301	1 small slice	23	28
		1 medium	28	
		1 large slice	33	
Bread, buckwheat, toasted	518-0302	1 regular slice	25	25
Bread, soy	518-0401	1 regular slice	25	25
		1 cup	40	
Bread, soy, toasted	518-0402	1 regular	23	23
QUICK BREADS: (Subgroup Code 52)				
Biscuits: (Subgroup Code 521)				
Biscuits, baking powder or buttermilk type (Include mayonnaise biscuits, crumpets, biscuits made from mix, toasted)	521-0100	1 small (2" dia)	28	38
		1 medium (2-1/2" dia)	38	
		1 large	60	
Biscuit dough, raw	521-0102	1/2 cup	85	
Biscuit dough, fried	521-0103	1 piece	43	43
Biscuits, baking powder or buttermilk type, enriched	521-0110	1 small (2" dia)	28	38
		1 medium (2-1/2" dia)	38	
		1 large	60	
Biscuits, baking powder or buttermilk type, unenriched	521-0120	1 small (2" dia)	28	38
		1 medium (2-1/2" dia)	38	
		1 large	60	
Biscuits, baking powder, made from refrigerated dough	521-0204	1 regular biscuit	20	
		1 large biscuit (Hungry Jack)	25	
		1 crescent	28	
		1 wrap	22	
		4 oz raw yield cooked	108	
		1 cup	62	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
QUICK BREADS: (Subgroup Code 52) -- Continued				
Biscuits: (Subgroup Code 521) -- Continued				
Biscuits, baking powder, made from refrigerated dough, enriched	521-0205	1 regular biscuit	20	20
		1 large biscuit	25	
		1 crescent	28	
Biscuits, baking powder, made from refrigerated dough, unenriched	521-0206	1 regular biscuit	20	20
		1 large biscuit	25	
		1 crescent	28	
Biscuits, baking powder type, homemade (Include homemade, NFS)	521-0401	1 small biscuit	14	28
		1 medium biscuit (2" dia x 1-1/4)	28	
		1 large biscuit	42	
		1 cup	62	
		1 tiny biscuit	6	
Biscuits, baking powder type, homemade, enriched	521-0402	1 small biscuit	14	28
		1 medium biscuit (2" dia x 1-1/4)	28	
		1 large biscuit	42	
Biscuits, baking powder type, homemade, unenriched	521-0403	1 biscuit (2" dia x 1-1/4" high)	28	28
Biscuits, whole wheat	521-0404	1 small biscuit	14	28
		1 medium biscuit	28	
		1 large biscuit	42	
Biscuit, cheese	521-0410	1 small	28	28
		School lunch	31	
Scones	521-0510	1 small	14	28
		1 regular	28	
Scones, whole wheat	521-0511	1 small	14	28
		1 regular	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
QUICK BREADS: (Subgroup Code 52) -- Continued				
Cornbread and corn muffins: (Subgroup Code 522)				
Cornbread, NFS (Include Jalapeno cornbread)	522-0100	1 small piece	39	78
		1 medium piece	78	
		1 large piece	117	
		1 cup	120	
		1 cubic inch	8.3	
		1 school lunch serving	81	
Cornbread, homemade	522-0206	1 piece (2-1/2 x 2-1/2 x 1-1/2)	78	78
		1 cubic inch	8.3	
		Cornbread (10" dia x 1")	652	
		1 cup	120	
		Cornbread (9" dia)	528	
		Cornbread (9" dia x 2")	1,056	
Cornbread stuffing	522-0400	1 cup	141	70
		1/2 cup	70	
Cornbread muffins, sticks, rounds	522-0601	1 small muffin	20	
		1 medium muffin	40	45
		1 stick	45	
		1 small round	36	
		1 medium round	45	
		1 cup	120	
Cornbread muffins, stick rounds, toasted	522-0602	1 medium muffin	37	41
		1 stick	41	
		1 small round	33	
		1 medium round	41	
Cornbread, muffins, sticks, rounds, from home recipe	522-0606	1 muffin	45	45
		1 round (5" dia x 1/4")	41	
		1 cornbread (5" dia x 3")	489	
		1 cubic inch	8.3	
Corn flour patties (or tarts), fried	522-0701	1 patty	10	20
Corn pone (Include hoecake, pone)	522-0801	1 pone (9" dia x 3/4")	485	61
		1/8 of pone (3-1/2" arc)	61	
		1 cubic inch	10	
		1 pone (8" dia x 3/4")	377	
		1 pone (8" dia x 1-1/2")	754	
		1 pone (9" dia x 2")	1,272	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
QUICK BREADS: (Subgroup Code 52) -- Continued				
Cornbread and corn muffins: (Subgroup Code 522) -- Continued				
Corn pone, fried	522-0802	1 piece	61	61
Hush puppies (Include fried cornbread)	522-0901	1 small	15	38
		1 medium	38	
		1 large	45	
		1 cup	152	
		1 cubic inch	10	
Johnnycake	522-1101	1 piece (2" square)	40	40
		1 cup	120	
Spoonbread	522-1301	1 cup	240	90
		3/8 cup	90	
		1 cubic inch	17	
Tortillas, NFS	522-1500	1 tortilla	30	30
Tortillas, corn	522-1510	1 tortilla	30	30
		1 cup	60	
Tortillas, wheat	522-1520	1 tortilla	35	35
Tortilla, whole wheat (Include chappatti and puri)	522-1526	1 tortilla	35	35
		1 cup	60	
Taco shell	522-1530	1 shell	12	12
		1 cup	40	
P.R. - Cornmeal bread Dominican style (Arepa Dominicana)	522-2011	1 piece (4 x 2 x 1-3/4")	115	115
Other muffins, popovers: (Subgroup Code 523)				
Muffins, NFS (Include spiced)	523-0100	1 muffin (3" dia x 1-1/2")	40	40
		1 small	36	
Muffins, blueberry, fruit, ready-to-eat	523-0201	1 muffin	45	45
		1 small round	36	
		1 medium round	45	
		1 bite	6	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Ser... not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
QUICK BREADS: (Subgroup Code 52) -- Continued				
Other muffins, popovers: (Subgroup Code 523) -- Continued				
Muffins, blueberry, fruit, made from home recipe (Include cranberry nut)	523-0206	1 muffin	45	45
Muffins, whole wheat (Include graham)	523-0301	1 small muffin	32	
		1 muffin	40	40
Muffins, bran, rounds (Include with raisins and walnuts)	523-0401	1 muffin (2-5/8" dia x 1-3/8")	40	40
Muffins, oatmeal (Include Granola)	523-0410	1 muffin	40	40
Muffins, plain (Include Matzo Meal)	523-0601	1 muffin (3" dia x 1-1/2" high)	40	40
Muffin, pumpkin with raisin	523-0650	1 muffin	45	45
Matzo, fritters	523-0801	1 fritter	15	30
Popovers (Include Dutch Baby)	523-1101	1 popover (2-3/4" dia x 4")	40	40
Quick breads excluding cornbread and muffins: (Subgroup Code 524)				
Bread, Boston Brown	524-0100	1 slice (1/10 of 1-lb roll, 5-1/4" long)	45	45
		1 cubic inch	9	
Bread, Boston Brown, homemade	524-0106	1 slice	45	45
		1 cubic inch	9	
Bread, nut (Include banana nut, coconut)	524-0300	1 slice	45	45
		1 cubic inch	9	
Bread, nut, homemade	524-0306	1 slice	45	45
		1 cubic inch	9	
Bread, pumpkin, with raisins	524-0406	1 slice	45	
		1 cubic inch	9	
Bread, fruit (without nuts) (Include lemon bread, banana bread)	524-0501	1 slice	45	45
		1 cubic inch	9	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
QUICK BREADS: (Subgroup Code 52) -- Continued				
Quick breads excluding cornbread and muffins: (Subgroup Code 524) -- Continued				
Bread, whole wheat, with nuts	524-0601	1 slice	45	45
		1 cubic inch	9	
Bread, zucchini (Include squash bread, homemade carrot bread)	524-0700	1 slice	45	45
		1 cubic inch	9	
Bread, Irish soda	524-0800	1 slice	30	30
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53)				
Cakes: (Subgroup Code 531)				
Batter, raw chocolate	531-0005	1 tbsp	15	
Cake, NFS (Include cake homemade NFS or cake with or without frosting, NFS)	531-0010	1/10 of layer cake	95	95
		1 cake (8" dia)	950	
		1 cup	73	
		1 layer (9" dia x 1.4)	445	
		1 cubic inch	5	
		School lunch	41	
Cake, angel food, NFS	531-0100	1 tube cake (9-3/4" dia)	635	40
		1/12 of cake	53	
		1/16 of cake	40	
		1 cubic inch	2.3	
Cake, angel food, without icing (Include dietary cake, NFS)	531-0110	1 tube cake (9-3/4" dia)	635	40
		1/12 of cake	53	
		1/16 of cake	40	
		1 cubic inch	2.3	
		1 cup	33	
		1/16 of 8" cake	29	
Cake, angel food, without icing, made from home recipe	531-0116	1 tube cake (9-3/4" dia)	716	45
		1/12 of cake	60	
		1/16 of cake	45	
		1 cubic inch	2.9	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serv not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, angel food, with icing	531-0120	1 tube cake (10" dia)	954	60
		1/12 of cake	80	
		1/16 of cake	60	
		1 cubic inch	3.5	
Cake, angel food, with icing, made from home recipe	531-0126	1 tube cake (10" dia)	1,035	65
		1/12 of cake	86	
		1/16 of cake	65	
		1 cubic inch	4.2	
Cake, angel food, chocolate	531-0130	1 tube cake	635	40
		1/12 of cake	53	
		1/16 of cake	40	
		1 cubic inch	2.3	
Cake, banana or applesauce (Include with or without nuts, blueberry, apricot, blackberry, apple crunch cake)	531-0200	1 tube cake (6-1/2" dia)	396	40
		1/10 of tube cake	40	
		1 cubic inch	5.4	
		1 tube cake (8" dia)	475	
Cake, banana or applesauce, without icing (Include rhubarb)	531-0210	1 loaf cake	283	40
		1/8 of loaf cake	35	
		1 tube cake	396	
		1/10 of tube cake	40	
		1 cubic inch	5.4	
Cake, banana or applesauce, without icing, made from home recipe	531-0216	1 loaf cake	283	40
		1/8 of loaf cake	35	
		1 tube cake	396	
		1/10 of tube cake	40	
		1 cubic inch	5.4	
Cake, banana or applesauce, with icing	531-0220	1 loaf cake	443	56
		1/8 of loaf cake	56	
		1 tube cake	556	
		1/10 of tube cake	56	
		1 cubic inch	6.8	
		1 cup	99	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, Boston cream pie	531-0300	1 round cake (8" dia x 3-1/2")	825	69
		1/8 of cake (3-1/2" arc)	103	
		1/12 of cake (2-1/8" arc)	69	
		1 cubic inch	5	
Cake, Boston cream pie, with icing, made from home recipe	531-0326	1 cake (8" dia x 3-1/2")	825	69
		1/8 of cake (3-1/2" arc)	103	
		1/12 of cake (2-1/8" arc	69	
		1 cubic inch	5	
		1 cake (9" dia)	1,113	
Cake, carrot, NFS (Include carrot cupcakes with frosting, Zucchini cake)	531-0400	1 cake	482	60
		1/8 of cake	60	
		1/12 of cake	40	
		1 cubic inch	6.5	
		1 cup	94	
Cake, carrot, without icing (Include zucchini cake, carrot pudding)	531-0410	1 cake (10" dia)	1,337	
		1/16 cake	84	
		1 cubic inch	5.7	
		1 cup	94	84
Cake, carrot, with icing, made from home recipe	531-0426	1 cake	482	60
		1/8 of cake	60	
		1 cubic inch	6.5	
Cake, cheese cake - see Subgroup Code 146				
Cake, chocolate, devil's food or fudge, NFS (Include Mississippi Mud cake, Red Velvet)	531-0500	1 2-layer cake (9" dia x 2-7/8" or 8" dia x 3-3/4")	1,107	92
		1/12 of cake	92	
		1/16 of cake	69	
		1 cubic inch	5.8	
		1 cup	84	
		School lunch	61	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, chocolate, devil's food or fudge, without icing or filling	531-0510	1 layer cake (9" dia x 1-2/5" or 8" dia x 1.9)	393	66
		1/6 of layer	66	
		1/8 of layer	49	
		1 cubic inch	4.5	
		1 bite	1.5	
Cake, chocolate, devil's food or fudge, without icing or filling, made from home recipe	531-0516	1 piece (3 x 3 x 2, sheet cake)	88	88
		1 piece (2 x 2 x 2, sheet cake)	39	
		1 cubic inch	4.9	
Cake, chocolate, devil's food or fudge, with icing, coating or filling (Include whipped cream)	531-0520	1 2-layer cake	1,107	92
		1/12 of cake	92	
		1/16 of cake	69	
		1 cubic inch	5.8	
		1 cup	84	
		1 school lunch	87	
Cake, chocolate, devil's food or fudge, with icing, coating or filling, made from home recipe (Include mayonnaise cake)	531-0526	2 layers (9" dia x 3")	1,193	99
		1/12 of cake	99	
		1/16 of cake	75	
		2 layers (8" dia x 3")	938	
		1/12 of cake	78	
		1/16 of cake	59	
		Sheet cake		
		1 piece (3 x 3 x 2)	120	
		1 piece (2 x 2 x 2)	53	
		1 cubic inch	6.1	
Cake, German chocolate	531-0530	1 2-layer cake	1,107	
		1/12 of cake	92	
		1/16 of cake	69	
		1 cubic inch	5.8	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, chocolate, with cream frosting (Include Black Forest)	531-0535	1 cake (8" dia) 1/8 of cake 1/12 of cake 1 cubic inch	595 74 50 3.9	74
Cake, chocolate pudding	531-0600	1 medium piece 1 cubic inch	147 10	147
Cake, Poor Man's Cake	531-0610	1 cake (8 x 8 x 1-1/2) 1/6 of cake 1/8 of cake 1 cubic inch	436 73 54 4.5	73
Cake, cream (Include Italian rum-cream)	531-0650	1 cake (8" dia) 1/8 of cake 1/12 of cake 1 cubic inch	510 64 43 3.4	64
Cake, cupcakes, NFS (Include with nuts)	531-0700	1 cupcake (2-3/4 dia) 1 cupcake (2-1/2 dia) 1 cubic inch	48 36 7	36
Cake, cupcakes, without icing	531-0710	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia) 1 cubic inch	33 25 5	33
Cake, cupcakes, iced	531-0720	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia) 1 cubic inch	48 36 7	36
Cake, cupcakes, chocolate, NFS (Include chocolate crunch bar, with or without nuts)	531-0800	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia) 1 cubic inch	46 35 7	35
Cake, cupcakes, chocolate, without icing or filling	531-0810	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia) 1 cubic inch	33 25 5	33

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, cupcakes, chocolate, with icing or filling	531-0820	1 cupcake (2-3/4" dia)	46	46
		1 cupcake (2-1/2" dia)	35	
		1 cubic inch	7	
		Prepackaged		
		Small	28	
		Medium	38	
		Large	71	
		1 cake roll	31	
Cake, cupcakes, not chocolate, NFS	531-0900	1 cupcake (2-3/4" dia)	48	48
		1 cupcake (2-1/2" dia)	36	
		1 cubic inch	7	
Cake, cupcakes, not chocolate, without icing or filling	531-0910	1 cupcake (2-3/4" dia)	33	33
		1 cupcake (2-1/2" dia)	25	
		1 cubic inch	5	
Cake, cupcakes, not chocolate, with icing or filling	531-0920	1 cupcake (2-3/4" dia)	48	48
		1 cupcake (2-1/2" dia)	36	
		1 cubic inch	7	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, Dobos Torte (Include seven-layer cake)	531-0930	1 cake (8-1/2" dia)	1,472	92
		1/9 of cake	164	
		1/12 of cake	123	
		1/16 of cake	92	
		1 cubic inch	7.4	
Cake, fruit cake, light or dark	531-1000	3-lb tube cake (7" dia x 2-1/4")	1,361	43
		1/32 of cake (2/3" arc)	43	
		1 lb loaf	454	
		1/30 of loaf (2 x 1-1/2 x 1/4")	15	
		1 cubic inch	20	
Cake, plum pudding (Include date pudding)	531-1010	1 medium piece	40	40
		1 cubic inch	15	
		1 cup	218	
Cake, gingerbread, NFS	531-1100	1 square cake (8-1/4" x 8-1/4" x 1-3/8")	570	63
		1/9 of cake	63	
		1 cubic inch	6.1	
		1 cup	88	
Cake, gingerbread, made from home recipe (Include Molasses cake)	531-1106	1 square cake (9" x 9" x 2")	1,055	88
		1/9 of cake	117	
		1/12 of cake	88	
		1 cubic inch	6.5	
		1 cup	94	
Cake, graham cracker	531-1150	1 layer (9" dia x 1-1/2")	446	74
		1/6 of cake	74	
		1/8 of cake	56	
		1 cubic inch	4.7	
Cake, ice cream roll or cake, chocolate	531-1200	1 ice cream roll (12 oz)	340	85
		1/4 of roll	85	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, ice cream roll or cake, not chocolate	531-1210	1 ice cream roll (12 oz)	340	85
		1/4 of roll	85	
Cake, ice box with fruit	531-1250	1 cake	825	69
		1/12 of cake	69	
Cake, jelly roll, NFS	531-1300	1 jelly roll	312	39
		1/8 of roll	39	
		1 cubic inch	3	
Cake, jelly roll, made from home recipe	531-1306	1 jelly roll (5" x 4" x 3")	312	
		1/8 of roll	39	
		1/13 of roll	24	
		1 cubic inch	3	
Cake, lemon pudding (Include pudding cake, NFS)	531-1400	1 square cake (8" x 8" x 1-1/2")	436	54
		1/6 of cake	73	
		1/8 of cake	54	
		1 cubic inch	4.5	
		1 cup	65	
Cake, marble, NFS	531-1500	1 2-layer cake (9" x 2-3/4 or 8" x 3-1/2)	1,045	105
		1/10 of cake	105	
		1/12 of cake	87	
		1/16 of cake	65	
		1 cubic inch	5.1	
Cake, marble, without icing, NFS	531-1510	1 layer cake (9" x 1-2/5" or 8" x 1-3/4")	397	66
		1/6 of 1 layer	66	
		1/8 of 1 layer	50	
		1 cubic inch	4.8	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, marble, without icing, made from home recipe	531-1516	1 layer cake (9" dia x 1-1/2")	435	72
		1/6 of cake	72	
		1/8 of cake	54	
		1 layer cake (8" dia x 1-1/2")	340	
		1/6 of cake	57	
		1/8 of cake	43	
		1 cubic inch	4.8	
Cake, marble, with icing, NFS	531-1520	1 2-layer cake (9" x 2-3/4 or 8" x 3-1/2")	1,045	105
		1/10 of cake	105	
		1/12 of cake	87	
		1/16 of cake	65	
		1 cubic inch	5.1	
		1 cup	74	
Cake, marble, with icing, made from home recipe	531-1526	1 2-layer cake (9" dia x 3")	1,203	120
		1/10 of cake	120	
		1/12 of cake	100	
		1/16 of cake	75	
		1 2-layer cake (8" dia x 3")	943	
		1/10 of cake	94	
		1/12 of cake	79	
		1/16 of cake	59	
		1 cubic inch	6.1	
Cake, oatmeal	531-1540	1 cake	777	86
		1/9 of cake	86	
		1 cubic inch	4.8	
Cake, oatmeal with icing	531-1541	1 cake	1,096	121
		1/9 of cake	121	
		1 cubic inch	6.2	
Cake, pound, NFS (Include toasted cake, yogurt honey pound cake)	531-1600	1 loaf (8-1/2 x 3-1/2 x 3")	500	29
		1/17 of loaf	29	
		1 cubic inch	5.6	
		1 cup	81	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, pound, without icing, NFS (Include butter rum, whiskey cake, lemon pound cake with glaze)	531-1620	1 loaf (8-1/2 x 3-1/2 x 3")	500	29
		1/17 of loaf	29	
		1 cubic inch	5.6	
		1 cup	81	
		1 thin slice	15	
Cake, pound, without icing, made from home recipe (Include coconut pound cake, sour cream)	531-1626	1 loaf (8-1/2 x 3-1/2 x 3")	514	30
		1/17 of loaf	30	
		1 cubic inch	5.8	
		1 cup	84	
Cake, pound, chcolate (Include with icing)	531-1627	1 loaf	500	
		1/17 of loaf	29	
		1 cubic inch	5.6	
		1 cup	81	
P.R. - Cake, Puerto Rican Pound (Ponque)	531-1635	1 slice (3-1/2 x 3-1/2 x 1")	90	90
Cake, pumpkin, homemade	531-1650	1 cake (8-1/4 x 8-1/4 x 1-3/8")	570	63
		1/9 of cake	63	
		1 cubic inch	6.1	
		1 cup	70	
Cake, raisin-nut (Include prune cake, date nut)	531-1655	1 layer (8" dia x 3-5/8)	512	64
		1/6 of cake	85	
		1/8 of cake	64	
		1 cubic inch	5.6	
		1 cup	81	
Cake, raisin-nut with icing	531-1656	1 2-layer cake (8" dia x 4')	1,426	119
		1/10 of cake	143	
		1/12 of cake	119	
		1/16 of cake	89	
		1 cubic inch	7.1	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, Ravini	531-1657	1 cake	564	94
		1/6 of cake	94	
		1/8 of cake	71	
		1/12 of cake	47	
		1 cubic inch	5.9	
Cake, rice flour (Include coconut mochiko, Filipino cake)	531-1660	1 piece	45	
Cake, soybean	531-1675	1 cake (8" dia x 3")	686	98
		1/6 of cake	114	
		1/7 of cake	98	
		1/8 of cake	86	
		1 cubic inch	4.5	
Cake, spice, NFS (Include apple walnut)	531-1700	1 2-layer cake (9" dia x 2-3/4" or 8" dia x 3-5/8")	1,235	123
		1/10 of cake	123	
		1 cubic inch	5.8	
		1 cup	84	
Cake, spice, without icing, NFS	531-1710	1 layer cake (9" dia x 1.4 or 8" dia x 1.8)	405	68
		1/6 of cake	68	
		1/8 of cake	51	
		1 cubic inch	4.8	
		1 cup	70	
Cake, spice, without icing, made from home recipe	531-1716	1 layer cake (9" dia x 1.5")	435	72
		1/6 of cake	72	
		1 layer cake (8" dia x 1.5")	341	
		1/6 of cake	57	
		1 cubic inch	4.8	
		1 cup	70	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Ser... not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, spice, with icing, NFS (Include walnut cake with whipped cream)	531-1720	1 2-layer cake (9" dia x 2-3/4 or 8" dia x 3-5/8")	1,235	123
		1/10 of cake	123	
		1/12 of cake	103	
		1/16 of cake	77	
		1 cubic inch	6.6	
Cake, spice, with icing, made from home recipe	531-1726	1 2-layer cake (9" dia x 3")	1,296	130
		1/10 of cake	130	
		1/12 of cake	108	
		1/16 of cake	81	
		1 2-layer cake (8" dia x 3")	1,016	
		1/10 of cake	102	
		1/12 of cake	85	
		1/16 of cake	64	
		1 cubic inch	6.5	
Cake, sponge or chiffon, NFS	531-1800	1 tube cake (8-1/2 dia x 3-1/2")	843	84
		1/10 of cake	84	
		1 cubic inch	5	
		1 cup	72	
Cake, sponge or chiffon, without icing, NFS (Include shortcake)	531-1810	1 tube cake (8-1/2" dia x 3-1/2")	524	52
		1/10 of cake	52	
		1/12 of cake	44	
		1 tube cake (9-3/4" dia x 4")	790	
		1/12 of cake	66	
		1 cubic inch	3.2	
		1 dessert shell	24	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, sponge or chiffon, without icing, made from home recipe	531-1816	1 tube cake (9-3/4" dia x 4")	790	66
		1/12 of cake	66	
		1/16 of cake	49	
		1 cubic inch	3.2	
Cake, sponge or chiffon, with icing, NFS	531-1820	1 tube cake	843	84
		1/10 of cake	84	
		1 cubic inch	5	
Cake, sponge or chiffon, with icing, made from home recipe	531-1826	1 tube cake	1,109	111
		1/10 of cake	111	
		1 cubic inch	5	
Cake, sponge or chiffon, chocolate, without icing	531-1830	1 tube cake (8-1/2" dia x 3-1/2" high)	524	52
		1/10 of cake	52	
		1/12 of cake	44	
		1 cubic inch	3.2	
Cake, sponge or chiffon, chocolate, with icing, NFS	531-1831	1 tube cake	843	84
		1/10 of cake	84	
		1 cubic inch	5	
P.R. - Cake, rum flavored (Sopa Borracha)	531-1841	1 slice (4 x 3 x 1-3/4")	185	185
Cake, torte (Include Mocha torte, fruit tortes)	531-1850	1/8 of 8" dia cake	64	64
		1/12 of 8" dia cake	43	
		1 cup	72	
		1 cubic inch	5	
Cake, upside down (all fruits), NFS	531-1900	1 medium piece	147	147
		1 cubic inch	10	
		1 cup	145	
		1 cake (8" dia)	880	
		School lunch	109	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, white, NFS ----------	531-2000	1 2-layer cake (9" dia x 2-2/3" or 8" dia x 3-3/8") ----------	1,140	114
		1/10 of cake ----------	114	
		1/12 of cake ----------	95	
		1/16 of cake ----------	71	
		1 cubic inch ----------	6.4	
		1 2-layer cake (10" dia)	1,508	
		1 cup ----------	93	
Cake, white, without icing, NFS ---------- (Include pistachio)	531-2010	1 layer cake (9" dia x 1.3" or 8" dia x 1.7) ----------	392	65
		1/6 of cake ----------	65	
		1/8 of cake ----------	49	
		1 cubic inch ----------	4.9	
Cake, white, without icing, made from home recipe ---------	531-2016	1 layer cake (9" dia x 1.5") ----------	423	70
		1/6 of cake ----------	70	
		1/8 of cake ----------	53	
		1 layer cake (8" dia x 1.5") ----------	332	
		1/6 of cake ----------	55	
		1/8 of cake ----------	42	
		1 cubic inch ----------	4.7	
Cake, white, with icing, NFS -- (Include coconut, cherry with cherry frosting, strawberry, Lady Baltimore cake, wedding cake, mandarin orange)	531-2020	1 2-layer cake (9" x 2-2/3" or 8" x 3-3/8")	1,140	114
		1/10 of cake ----------	114	
		1 cubic inch ----------	6.4	
		1 cup ----------	93	
		1" round ----------	9	
		1 2-layer cake (5" dia)	378	
		1 adult bite ----------	6	
		School lunch ----------	84	

Food description	1977 Food code	Common measure or weight	Weight in grams: edible portion	Serving not specified: grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, white, with icing, made from home recipe	531-2026	1 2-layer cake (9" dia x 3")	1,252	125
(Inlcude cherry-vanilla, pistachio-nut)		1/10 of cake	125	
		1 2-layer cake (8" dia x 3")	983	
		1/10 of cake	98	
		1 cubic inch	6.3	
		1 cup	91	
Cake, whole wheat with fruit and nuts (Include apple nut loaf, whole wheat banana carob cake with carob frosting)	531-2050	1 loaf	283	35
		1/8 of loaf	35	
		1 cubic inch	5.4	
Cake, yellow, NFS	531-2100	1 2-layer cake (9" x 2-7/8" or 8" x 3-5/8")	1,108	111
(Include lemon-coconut, butter pecan, walnut cake, butter cake, caramel cake, lemon crunch)		1/10 of cake	111	
		1/12 of cake	92	
		1/16 of cake	69	
		1 cubic inch	5.9	
		1 bite	2	
		1 cup	86	
Cake, yellow, without icing, NFS (Include lemon, banana-walnut, pecan coconut snacking cakes, cherry chip, peanut butter cake, orange loaf)	531-2110	1 layer cake (9" x 1.4 or 8" x 1.8")	395	66
		1/6 of cake	66	
		1/8 of cake	49	
		1 cubic inch	4.6	
		1 layer cake (8" sq x 1 3/4)	515	
		1 cup	67	
Cake, yellow, without icing, made from home recipe	531-2116	1 layer cake (9" dia x 1.5")	435	72
		1/6 of cake	72	
		1/8 of cake	54	
		1 layer cake (8" dia x 1.5")	341	
		1/6 of cake	57	
		1/8 of cake	43	
		1 cubic inch	4.8	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, yellow, with icing, NFS (Include lemon cake, walnut iced cake, fruit and/or nut frostings, pineapple cake, peanut butter cake with icing, butter brickle)	531-2120	1 2-layer cake (9" x 2-7/8 or 8" x 3-5/8")	1,108	111
		1/10 of cake	111	
		1/12 of cake	92	
		1/16 of cake	69	
		1 cubic inch	5.9	
		1 cup	86	
Cake, yellow, with icing, made from home recipe (Include orange cake, pineapple cake, caramel cake)	531-2126	1 2-layer cake (9" dia x 3")	1,203	120
		1/10 of cake	120	
		1/12 of cake	100	
		1/16 of cake	75	
		1 2-layer cake (8" dia x 3")	943	
		1/10 of cake	94	
		1/12 of cake	79	
		1/16 of cake	59	
		1 cubic inch	6.1	
Cake, yellow, made with pudding mix	531-2130	1 medium slice	29	29
		1 cubic inch	5.6	
Cake, shortcake, biscuit type, with whipped cream and fruit	531-2207	1 biscuit with fruit and whipped cream	108	108
		1 cup	129	
		1 cubic inch	8.9	
Cake, shortcake, biscuit type, with fruit	531-2208	1 biscuit with fruit	100	100
		1 cup	133	
		1 cubic inch	9.2	
Cake, shortcake, sponge type, with whipped cream and fruit (Include strawberry cake, NFS; shortcake, NFS)	531-2307	1 cake with fruit and whipped cream	108	108
		1 cup	70	
		1 cubic inch	4.8	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cakes: (Subgroup Code 531) -- Continued				
Cake, shortcake, sponge type, with fruit	531-2308	1 cake with fruit	100	100
		1 cup	69	
		1 cubic inch	4.8	
Cookies: (Subgroup Code 532)				
Cookie, NFS (Include homemade)	532-0100	1 small	5	9
		1 medium	9	
		1 large	14	
		1 cup	50	
		School lunch	34	
		1 small pack	57	
Cookie, almond	532-0200	1 cookie	13	13
Cookie, applesauce (Include apple snacks, Dutch apple)	532-0300	1 medium	17	17
		1 large	26	
Cookie, brownies, NFS	532-0400	1 brownie (1-1/2" x 1-3/4 x 7/8")	20	20
		1 cubic inch	12	
		1 cup	174	
Cookie, brownies, without icing (Include with nuts)	532-0401	1 brownie (1-3/4" x 1-3/4 x 7/8")	20	20
		1 cubic inch	12	
Cookie, brownies, with chocolate icing (Include with nuts)	532-0410	1 brownie (1-1/2" x 1-3/4 x 7/8")	25	25
		1 cubic inch	12	
Cookie, butter (Include sesame cookies, wedding cookies)	532-0500	1 cookie	5	5
		1 cup	72	
Cookie, butterscotch, brownie	532-0525	1 brownie (2x2x7/8)	42	42
		1 cubic inch	12	
Cookie, butterscotch chip (Include homemade)	532-0550	1 small	5	7
		1 medium	7	
		1 large	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cookies: (Subgroup Code 532) -- Continued				
Cookie, carob	532-0575	1 medium	15	15
		1 large	23	
Cookie, carob and honey brownie	532-0576	1 brownie	42	42
Cookie, chocolate chip (Include with or without nuts, Toll House cookies, Congo Bar)	532-0600	1 small	5	7
		1 medium	7	
		1 large	11	
		1 small box	64	
		1 bar	42	
		1 cup	71	
Cookie, chocolate chips with raisins (Include date nut chocolate chip bars)	532-0601	1 small	5	
		1 medium	7	
		1 large	11	
Cookie, chocolate, made with rice cereal	532-0650	2" square	20	40
Cookie, chocolate fudge, with/without nuts (Include chocolate cookie, NFS, chocolate-jelly cookies) chocolate-jelly cookies)	532-0700	1 cookie	11	11
		1 small	6	
Cookie, chocolate covered (Include marshmallow puff, pinwheels)	532-0800	1 cookie	13	13
Cookie, chocolate covered, marshmallow pie (Include moon pies, sweetie pies)	532-0820	1 pie	57	57
		1 sweetie pie	28	
Cookie, chocolate, chocolate covered or fudge sandwich	532-0900	1 sandwich	10	10
		1 fudge stick	9	
		1 small box (2.5 oz)	71	
		1 double stuffed	13	
		1 cup	75	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cookies: (Subgroup Code 532) -- Continued				
Cookie, chocolate wafers (Include chocolate snaps, Pirouettes)	532-1000	1 small	4	8
		1 large	10	
		1 small box	71	
		1 pirouette	6	
Cookie, bar, with chocolate, and graham crackers	532-1100	1 bar	52	52
Cookie, coconut bars	532-1500	1 cookie	9	9
Cookie, fruit filled bars (Include trail mix cookies, fruitcake cookies)	532-2000	1 small	7	14
		1 medium	14	
Cookie, date bar (Include date nut bar, date macaroon, date pinwheel)	532-2002	1 cookie	14	14
Cookie, fig bars	532-2003	1 cookie	14	14
Cookie, fortune	532-2201	1 cookie	8	8
Cookie, cone shell, ice cream type	532-2202	1 cone	5	5
Cookie, cone shell, ice cream type, brown sugar	532-2210	1 cone	9	9
Cookie, gingersnaps	532-2300	1 small	4	
		1 large	7	7
		1 small box	71	
Cookie, granola	532-2310	1 small	6	13
		1 medium	13	
Cookie, lady fingers (Include anisette sponge)	532-2400	1 ladyfinger	11	11
		1 anisette cookie	12	
Cookie, lemon bars	532-2425	1 bar	14	28
Cookie, macaroons	532-2500	1 cookie	19	19

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
COOKIES: (Subgroup Code 532) -- Continued				
Cookie, marshmallow with coconut	532-2600	1 cookie	18	18
Cookie, marshmallow with rice cereal	532-2650	2" square	20	40
		1 cubic inch	4.2	
		1 cup	61	
Cookie, marshmallow pies, no chocolate coating (Include Banana)	532-2700	1 pie	57	57
Cookie, meringue (Include Marguerite, angel cup)	532-2800	1 cookie	4	4
Cookie, marzipan	532-2810	1 oz	28	
Cookie, molasses (Include hermits, gingerbread man)	532-3000	1 small	7	15
		1 medium	15	
		1 large (3-5/8" dia x 3/4")	33	
Cookie, Lebkuchen (Include Honey Nut Bar)	532-3100	1 medium	15	15
		1 small	7	
Cookie, oatmeal, raisin, NS (Include cereal cookies, with nuts)	532-3300	1 medium (2-5/8" dia)	13	13
		1 large	23	
		1 very small	6	
		1 cup	75	
		School lunch	34	
Cookie, oatmeal with raisins (Include with dates, with dates and walnuts)	532-3301	1 medium	13	13
		1 large	23	
Cookie, oatmeal sandwich with creme filling	532-3305	1 sandwich (2 oz)	57	
Cookie, oatmeal with chocolate chips (Include with chocolate frosting)	532-3306	1 medium	13	13
		1 large	23	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cookies: (Subgroup Code 532) -- Continued				
Cookie, peanut butter with oatmeal	532-3401	1 large	33	33
Cookie, peanut (Include chocolate peanut bars, peanut sandwich cookies, peanut butter cookies, peanut butter wafers)	532-3500	1 cookie 1 cup	12 75	12
Cookie, pizzelles (Italian style wafer) (Include Rosettes)	532-3600	1 wafer or rosette	14	14
Cookie, pumpkin (Include carrot bar, homemade bars)	532-3610	1 small 1 medium 1 large	6 13 20	20
Cookie, raisin (Include date-nut, raisin sugar cookie)	532-3700	1 cookie (2-1/4" x 2 x 1/4") 1 cookie (2-1/4" x 2-1/2" x 1/4") 1 small (1 1/2" dia) 1 cup	14 18 7 94	14
Cookie, raisin sandwich, cream filled	532-3701	1 sandwich	57	57
Cookie, sandwich type, not chocolate or vanilla (Include sandwich cookie, NFS, banana cream-filled cookie, cream sandwich)	532-3800	1 sandwich 1 cup	10 75	10
Cookie, shortbread	532-3900	1 small 1 large 1 cup	8 14 71	11

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cookies: (Subgroup Code 532) -- Continued				
Cookie, sugar, (Include fruit-flavors, with/without nuts, spice, Kichel, homemade, jelly topped)	532-4100	1 small	8	16
		1 medium	16	
		1 large	27	
		1 cup	80	
Cookie, sugar wafers	532-4200	1 small	4	7
		1 medium	7	
		1 large	10	
Cookie, teething	532-4225	1 cookie	6.5	6.5
Cookie, vanilla sandwich	532-4300	1 round	10	
		1 oval	15	
Cookie, sugar with chocolate frosting	532-4401	1 small	8	16
		1 medium	16	
		1 large	27	
Cookie, sugar, iced (Include spice and other flavors)	532-4402	1 medium	8	8
		1 large	12	
Cookie, vanilla waffle cremes	532-4500	1 small	4	7
		1 medium	7	
		1 large	9	
Cookie, tea, Japanese (Include senbei, plain, ginger or seaweed)	532-4600	1 small	2	5
		1 medium	5	
		1 large	11	
Cookie, vanilla wafers (Include Vanilla cookie, NFS, wafers, NFS)	532-4700	1 small	3	4
		1 medium	4	
		1 large	6	
		1 cup	50	
Cookie, whole wheat, dried fruit, nut	532-4800	1 large	23	23

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cookies: (Subgroup Code 532) -- Continued				
Cookie, Rugelach	532-5110	1 cake	14	14
Cookie, dietetic, NFS (Include coconut, thin diet wafers NFS)	532-6000	1 cookie	6	6
Cookie, dietetic, apple pastry	532-6001	1 cookie	24	24
Cookie, dietetic, chocolate chip	532-6003	1 cookie	7	7
Cookie, dietetic, chocolate flavored	532-6005	1 wafer	6	6
Cookie, dietetic, fruit types	532-6010	1 cookie	11	11
Cookie, dietetic, oatmeal with raisins	532-6020	1 cookie	7	7
Cookie, dietetic, sandwich type	532-6030	1 small 1 medium	5 11	11
Cookie, dietetic, sugar or plain	532-6040	1 lemon thin	6	6
P.R. - Cookies, Puerto Rican Mantecaditos polvorones)	532-7010	1 cookie (2 x 2 x 1/4)	19	38
Pies: (Subgroup Code 533)				
Fruit pies, pie tarts				
Pie, NFS (Include fruit pie NFS)	533-0010	9" dia pie 1/6 of pie 1/7 of pie 1/8 of pie 1 cubic inch	945 158 135 118 15	135
Pie, individual size or tart, NFS	533-0017	1 individual pie	128	128
Pie, fried, NFS	533-0018	1 pie	75	75

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Ser not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, apple (Include apple-peach, apple-berry)	533-0100	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		1 cup	192	
		8" dia pie	754	
		10" dia pie	1,178	
		7" dia pie	577	
Pie, apple-sour cream	533-0103	9" dia pie	945	
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, apple, low calorie	533-0105	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		8" dia pie	754	
Pie, apple, individual size or tart	533-0107	1 tart	100	100
		Individual pie	128	128
		1 cup	192	
Pie, apple, fried pie	533-0108	1 pie	75	75
		1 cup	192	
Pie, apricot	533-0200	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		1 cup	192	
Pie, apricot, individual size or tart	533-0207	1 tart	100	100
		Individual pie	128	128

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, apricot, fried pie	533-0208	1 pie	75	75
Pie, blackberry (Include boysenberry)	533-0300	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		6" dia pie	424	
		1 cup	192	
		1 cubic inch	15	
Pie, blackberry, individual size or tart	533-0307	1 tart	100	100
		Individual pie	128	128
Pie, berry, NFS (Include cranberry)	533-0350	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, berry, individual size or tart	533-0357	1 tart	100	100
		1 snack size	113	113
		Individual pie	128	128
Pie, blueberry (Include huckleberry)	533-0400	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cup	192	
		1 cubic inch	15	
Pie, blueberry, individual size or tart	533-0407	1 tart	100	100
		Individual pie	128	128
Pie, cherry	533-0500	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cup	192	
		1 cubic inch	15	
		8" dia pie	754	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specifie *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, cherry, one crust	533-0501	9" dia pie	742	106
		1/6 of pie	124	
		1/7 of pie	106	
		1/8 of pie	93	
		1 cubic inch	12	
Pie, cherry, made with cream cheese	533-0505	9" dia pie	1,110	159
		1/6 of pie	185	
		1/7 of pie	159	
		1/8 of pie	139	
		1 cubic inch	15	
Pie, cherry, individual size or tart	533-0507	1 tart	100	
		Individual pie	128	
Pie, cherry, fried pie	533-0508	1 pie	75	75
Pie, gooseberry	533-0515	9" dia	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		8" dia pie	754	
		10" dia pie	1,178	
		1 cup	192	
Pie, grape	533-0520	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, Juneberry	533-0550	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		8" dia pie	754	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, mince	533-0600	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		1 cup	192	
Pie, mince, individual size or tart	533-0607	1 tart	100	100
		Individual pie	128	128
Pie, peach	533-0700	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		10" dia pie	1,178	
		1 cup	192	
		7" dia pie	577	
		12" dia pie	1,696	
Pie, peach, individual size or tart	533-0707	1 tart	100	100
		Individual pie	128	128
Pie, peach, fried pie	533-0708	1 pie	75	75
Pie, pear	533-0750	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, pear, individual size or tart	533-0757	1 tart	100	100
		Individual pie	128	128
Pie, pineapple	533-0800	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, pineapple, individual size or tart	533-0807	1 tart	100	100
		Individual pie	128	128
Pie, pineapple-apple	533-0810	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, plum	533-0830	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, prune	533-0850	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		8" dia pie	754	
Pie, raisin	533-0900	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
Pie, raisin, individual size or tart	533-0907	1 tart	100	100
Pie, raspberry, one crust	533-1000	9" dia pie	742	106
		1/6 of pie	124	
		1/7 of pie	106	
		1/8 of pie	93	
		1 cubic inch	12	
Pie, rhubarb	533-1100	9" dia pie	945	1
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	15	
		8" dia pie	754	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Fruit pies, pie tarts -- Continued				
Pie, rhubarb, individual size or tart	533-1107	1 tart	100	100
Pie, strawberry, one crust	533-1200	9" dia pie	742	106
		1/6 of pie	124	
		1/7 of pie	106	
		1/8 of pie	93	
		1 cup	174	
		1 tbsp	11	
		1 cubic inch	12	
		10" dia pie	942	
Pie, strawberry-rhubarb	533-1300	9" dia pie	945	135
		1/6 of pie	158	
		1/7 of pie	135	
		1/8 of pie	118	
		1 cubic inch	14	
		1 cup	192	
Cream and custard pies				
Pie, banana cream	533-4100	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
		1 cup	179	
		11" dia pie	1,330	
Pie, banana cream, individual size or tart	533-4107	1 tart	100	100
Pie, banana cream, diet	533-4110	8" dia pie	752	107
		1/6 of pie	125	
		1/7 of pie	107	
		1/8 of pie	94	
Pie, buttermilk	533-4150	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subroup Code 553) -- Continued				
Cream and custard pies -- Continued				
Pie, chocolate cream	533-4200	9" dia pie	910	130
(Include chocolate pie, NFS, chocolate meringue, chocolate ice box dessert, chocolate pudding pie)		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
		1 tbsp	11	
		12" dia pie	1,583	
		10" dia pie	1,100	
Pie, chocolate cream, individual size or tart	533-4207	1 tart	100	100
Pie, coconut cream	533-4300	9" dia pie	910	1
(Include coconut pie, NFS, coconut custard)		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cup	179	
		1 cubic inch	14	
		8" dia pie	719	
		10" dia pie	1,100	
Pie, coconut cream, individual size or tart	533-4307	1 tart	100	100
Pie, custard (or custard cream)	533-4400	9" dia pie	910	130
(Include egg pie)		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cup	179	
		1 cubic inch	14	
		10" dia pie	1,100	
Pie, custard (or custard cream), individual size or tart	533-4407	1 tart	100	100
		1 cup	179	
Pie, lemon cream	533-4500	9" dia pie	840	1
(Include lemon ice box pie)		1/6 of pie	140	
		1/7 of pie	120	
		1/8 of pie	165	
		1 cup	179	
		1 cubic inch	13	
		10" dia	1,037	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Cream and custard pies -- Continued				
Pie, lemon cream, individual size or tart	533-4507	1 tart	100	100
Pie, lemon with fruit	533-4508	9" dia pie	840	120
		1/6 of pie	140	
		1/7 of pie	120	
		1/8 of pie	105	
		1 cubic inch	13	
Pie, lemon fried	533-4509	1 pie	75	75
Pie, peanut butter cream	533-4600	9" dia pie	998	143
		1/6 of pie	166	
		1/7 of pie	143	
		1/8 of pie	125	
		1 cubic inch	16	
		8" dia pie	804	
Pie, pineapple cream (Include millionaire's pie, Hawaiian pie, sunshine pie)	533-4650	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, pumpkin	533-4700	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cup	179	
		1 cubic inch	14	
		10" dia pie	1,100	
		8" dia pie	719	
		11" dia pie	1,330	
		7" dia pie	539	
		12" dia pie	1,583	
		5" dia pie	275	
		1 tbsp	11	
Pie, pumpkin, individual size or tart	533-4707	1 tart	100	100

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Cream and custard pies -- Continued				
Pie, raspberry cream	533-4710	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, rhubarb cream	533-4720	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, sour cream, raisin	533-4750	9" dia pie	910	
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, squash	533-4760	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, strawberry cream	533-4800	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
		10" dia pie	1,100	
Pie, strawberry cream, individual size or tart	533-4807	1 tart	100	100
Pie, sweet potato (Include baked potato pie)	533-6000	9" dia pie	910	130
		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 tbsp	11	
		1 cubic inch	14	
		1 cup	179	
		8" dia pie	719	
		10" dia pie	1,100	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Cream and custard pies -- Continued				
Pie, vanilla cream	533-6500	9" dia pie	910	130
(Include butterscotch pie)		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
		10" pie	1,100	
Pie, yogurt	533-6600	9" dia pie	910	130
(Include all flavors)		1/6 of pie	152	
		1/7 of pie	130	
		1/8 of pie	114	
		1 cubic inch	14	
Pie, chiffon, not chocolate	533-7000	9" dia pie	648	93
		1/6 of pie	108	
		1/7 of pie	93	
		1/8 of pie	81	
		1 cup	145	
		1 cubic inch	10	
		10" dia pie	785	
Pie, chiffon, chocolate	533-7100	9" dia pie	648	93
		1/6 of pie	108	
		1/7 of pie	93	
		1/8 of pie	81	
		1 cubic inch	10	
		1 cup	145	
Pie, chiffon, with liquer (Include grasshopper pie)	533-7110	9" dia pie	648	93
		1/6 of pie	108	
		1/7 of pie	93	
		1/8 of pie	81	
		1 cubic inch	10	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Miscellaneous pies				
Pie, lemon meringue (Include lemon, NFS)	533-8100	9" dia pie	840	120
		1/6 of pie	140	
		1/7 of pie	120	
		1/8 of pie	105	
		1 cubic inch	13	
		1 cup	188	
		8" dia pie	664	
		10" dia pie	1,037	
		12" dia pie	1,470	
Pie, lemon meringue, individual size or tart	533-8107	1 tart	100	100
Pie, chocolate-marshmallow	533-8200	8" dia pie	819	
		1/6 of pie	136	
		1/7 of pie	117	
Pie, pecan (Include chess pie, coconut-pecan pie, walnut pie)	533-8500	9" dia pie	825	118
		1/6 of pie	138	
		1/7 of pie	118	
		1/8 of pie	103	
		1 cubic inch	13	
		10" dia pie	1,019	
		8" dia pie	652	
		12" dia pie	1,470	
		1 cup	179	
Pie, pecan, individual size or tart	533-8507	1 small tart	57	57
		1 individual pie	85	
Pie, peanut (Include southern pie)	533-8510	9" dia pie	825	118
		1/6 of pie	138	
		1/7 of pie	118	
		1/8 of pie	103	
		1 cubic inch	13	
		10" dia pie	1,019	
Pie, oatmeal	533-8550	9" dia pie	881	
		1/6 of pie	147	
		1/7 of pie	126	
		1/8 of pie	110	
		1 cubic inch	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Pies: (Subgroup Code 533) -- Continued				
Miscellaneous Pies -- Continued				
Pie, shoo-fly	533-9000	9" dia pie	660	110
		1/6 of pie	110	
		1/7 of pie	94	
		1/8 of pie	82	
		1 cubic inch	10	
Pie, shell	533-9100	1 tart shell	14	14
		1 cup	119	
		9" dia shell	180	
Pie, shell, graham cracker	533-9110	1 medium tart shell	14	14
		1 large tart shell	25	
		8" dia shell	170	
Vanilla wafer dessert base	533-9120	1 cup	129	64
		1/2 cup	64	
Cobblers, eclairs, turnovers, other pastries: (Subgroup Code 534)				
Blintzes, NFS	534-0010	1 blintz	70	70
Blintzes, cheese-filling	534-0020	1 blintz	70	70
Blintzes, fruit-filling	534-0030	1 blintz	70	70
Cobbler, apple (Include fruit cobbler, school lunch, NFS)	534-1010	1 cobbler (26 oz)	737	100
		1/7 of cobbler, 3-1/2 oz	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
		1 school lunch serving	149	
Cobbler, apricot	534-1020	1 cobbler	737	100
		1/7 of cobbler	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cobblers, eclairs, turnovers, other pastries: (Subgroup Code 534) -- Continued				
Cobbler, berry	534-1030	1 cobbler (26 oz)	737	100
		1/7 of cobbler, 3-1/2 oz	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
Cobbler, cherry	534-1050	1 cobbler (26 oz)	737	100
		1/7 of cobbler, 3-1/2 oz	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
		3" square	135	
Cobbler, peach	534-1080	1 cobbler (26 oz)	737	100
		1/7 of cobbler, 3-1/2 oz	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
		1 school lunch serving	149	
Cobbler, pear	534-1085	1 cobbler	737	100
		1/7 of cobbler	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
Cobbler, pineapple	534-1086	1 cobbler	737	100
		1/7 of cobbler	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
Cobbler, plum	534-1088	1 cobbler	737	100
		1/7 of cobbler	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	
Cobbler, rhubarb	534-1090	1 cobbler	737	100
		1/7 of cobbler	100	
		1 cup	192	
		1/2 cup	96	
		1 cubic inch	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cobblers, eclairs, turnovers, other pastries: (Subgroup Code 534) -- Continued				
Cream puffs, eclairs, NFS	534-2000	1 eclair (5 x 2 x 1-3/4)	100	100
		1 cream puff (3-1/2 x 2)	138	138
		Napolean	85	
		1 miniature	30	
Cream puffs, eclairs, custard or cream filling, not iced (Include French horn, lady lock)	534-2010	1 eclair (5 x 2 x 1-3/4)	94	94
		1 cream puff (3-1/2 x 2)	130	130
		1 cream or French horn	57	
Cream puffs, eclairs, custard or cream filled, with chocolate icing	534-2020	1 eclair (5 x 2 x 1-3/4)	100	100
		1 cream puff (3-1/2 x 2)	138	138
P.R. - Air filled fritters or fried puffs (Bunuelos de viento) (Include wheat flour "turnover" (Pastelillo de harina de trigo))	534-2030	2 puffs (3 x 3 with 2 tbsp syrup)	85	85
		1 turnover	57	
Wheat flour fritters, without sirup	534-2031	1 medium	22	22
		1 small	11	
Crepes, dessert type, NFS	534-3000	Crepe with filling	56	112
Crepes, dessert type, chocolate filled	534-3010	Crepe with filling	56	112
Crepes, dessert type, fruit filled	534-3020	Crepe with filling	56	112
Crepes, dessert type, ice cream filled	534-3030	Crepe with filling	56	112
Strudel, apple (Include strudel NFS, fruit filling NS)	534-4000	Strudel (20 oz)	567	85
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		1 cubic inch	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serv not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cobblers, eclairs, turnovers, other pastries: (Subgroup Code 534) -- Continued				
Strudel, berry	534-4030	Strudel (20 oz)	567	85
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		1 cubic inch	15	
Strudel, cherry	534-4050	Strudel (20 oz)	567	85
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		1 cubic inch	15	
Strudel, peach	534-4070	Strudel (20 oz)	567	85
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		cubic inch	15	
		1 cup	218	
Strudel, pineapple cheese (Include cheese strudel, NFS)	534-4080	Strudel (20 oz)	567	85
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		1 cubic inch	15	
Strudel, prune	534-4090	Strudel (20 oz)	567	
		1/6 of strudel	95	
		Strudel (15 oz)	425	
		1/5 of strudel	85	
		cubic inch	15	
Baklava (Include Kadayif)	534-4111	1 pastry (7 x 7 x 1-3/4")	1171	47
		1 serving (1.4 x 1.4 x 1.75)	47	
		1 cubic inch	15	
		1 small	24	
Turnovers, dumpling, apple	534-5000	1 turnover	85	85
		1 cup	192	
Turnovers, dumpling, apple, made from home recipe	534-5016	1 turnover	90	
Turnovers, dumpling, berry	534-5030	1 turnover	85	85

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Cobblers, eclairs, turnovers, other pastries: (Subgroup Code 534) -- Continued				
Turnovers, dumpling, berry, made from home recipe	534-5036	1 turnover 1 cup	90 192	90
Turnovers, dumpling, cherry (Include Empanada)	534-5050	1 turnover	85	85
Turnovers, dumpling, cherry, made from home recipe	534-5056	1 turnover	90	90
Turnovers, dumpling, lemon	534-5080	1 turnover	85	85
Turnovers, dumpling, lemon, made from home recipe	534-5086	1 turnover	90	90
Turnovers, dumpling, peach	534-5100	1 turnover	85	85
Turnovers, dumpling, peach, made from home recipe	534-5106	1 turnover	90	90
Turnover, coconut	534-5140	1 turnover 1 small	85 42	85
Turnover, guava	534-5150	1 turnover	85	85
Pastry, fruit filled (Include hamantaschen)	534-5210	1 pastry	85	85
Pastry, Chinese (Include nine-layer pudding)	534-5215	1 oz	28	
Pastry, Italian (Include cannoli)	534-5220	1 pastry	85	
Pastry, deep fried with sirup	534-5230	1 small strip with 1/2 tbsp sirup 1 medium strip with 1 tbsp sirup	23 46	46
Pastry, puff (Include angel wings, flaky pastry)	534-5240	1 pastry	11	11
Cheese puffs (Include cheese straws)	534-5245	1 puff	6	12

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
COBBLERS, ECLAIRS, TURNOVERS, OTHER PASTRIES: (Subgroup Code 534) -- Continued				
Pastry turnover, cream filled (Include Puerto Rican style)	534-5250	1 turnover	85	85
Danish, breakfast pastries, bars and doughnuts: (Subgroup Code 535)				
Pastry, NFS	535-0010	1 small	32	64
		1 medium	64	
		1 large	96	
Danish pastries (Include fruit and/or spice, pecan swirls, snail Danish, pastry with icing, Babka, croissant)	535-1000	1 rectangular piece (6-1/2 x 2-3/4 x 3/4)	75	65
		1 round pastry (4-1/4" dia x 1"	65	
		1 small pastry	28	
		1 pecan swirl	49	
		1 cubic inch	5.6	
Danish pastries with cheese	535-1100	1 piece (1-1/2 x 3 x 1")	32	65
		1 piece (5 x 3 x 1")	105	
		1 cubic inch	7	
Doughnuts, NFS	535-2000	1 doughnut	42	42
		2" ball	25	
		1 hole	13	
		School lunch	62	
Doughnuts, cake type (Include dipped in coconut, sugar coated, glazed)	535-2011	Doughnut, 2 oz (3-5/8 dia x 1-1/4")	56	42
		Doughnut, 1-1/2 oz (3-1/4 dia x 1")	42	
		Doughnut, 7/8 oz (2-1/2 dia x 1")	25	
		Doughnut, 1/2 oz (1-1/2 dia x 3/4")	14	
Doughnuts, cake type, chocolate covered (Include chocolate doughnut, NFS)	535-2014	1 doughnut	43	43
		1 small (2-1/2 dia)	26	
Doughnuts, cake type, chocolate covered dipped in peanuts (Include peanut stick)	535-2015	1 stick	43	43

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Danish, breakfast pastries, bars and doughnuts: (Subgroup Code 535) -- Continued				
Doughnuts, cake type, chocolate with chocolate icing	535-2016	1 doughnut	43	43
Doughnuts, oriental (Include Okinawan)	535-2050	1 doughnut	18	18
Doughnuts, raised or yeast (Include regular glazed; cruellers, doughboys, doughnut holes, honey, dip, frozen, malasadas)	535-2111	1 doughnut	42	42
		1 large doughnut	63	
		1 cup of doughnut holes	65	
		1 hole piece	13	
		1 malasadas	31	
Doughnuts, raised or yeast, chocolate	535-2112	1 doughnut	42	42
Doughnuts, jelly	535-2114	1 doughnut	52	52
Doughnuts, custard filled (Include Long John, cream filled)	535-2121	1 doughnut	57	57
Doughnuts, chocolate creme filled	535-2122	1 doughnut	57	57
Doughnuts, whole wheat	535-2125	1 doughnut	66	66
Breakfast tarts (Include poptarts, toaster pastries)	535-3000	1 fruit poptart	52	52
		1 Danish-type poptart	43	
		1 cup	174	
Breakfast bars, NFS	535-4000	1 cake like bar	43	30
		1 oats/coconut bar	24	
		1 oats/peanut bar	30	
Breakfast bars, cake-like	535-4010	1 cinnamon or chocolate bar	43	43
		1 almond crunch bar	43	
		1 chocolate chip bar	44	
		1 packet (2 bars)	85	
Breakfast bars, diet meal type	535-4110	1 bar	25	25

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CAKES, COOKIES, PIES AND PASTRIES: (Subgroup Code 53) -- Continued				
Danish, breakfast pastries, bars and doughnuts: (Subgroup Code 535) -- Continued				
Breakfast bars, oats, sugar, raisins, coconut (Include granola bars)	535-4210	1 bar	42	42
		1 cookie	16	
		1 cup	174	
Breakfast bars, peanuts, oats, sugar, wheat germ	535-4310	1 bar	30	30
Coffee cake, not yeast type: (Subgroup Code 536)				
Coffee cake, NFS (Include cinnamon cake)	536-1000	1 piece (2-5/8" x 2-3/4 x 1-1/4")	72	72
		1 cubic inch	7.8	
Coffee cake, crumb or quick-bread type	536-1010	1 small cake	31	52
		1 medium cake	52	
		1 large cake	71	
		1 cubic inch	7.8	
		1 cake (9" dia x 1-3/4")	868	
		1 cake (9" dia x 1-1/4")	620	
Coffee cake, crumb or quickbread type, made from home recipe	536-1016	1 cake (7-3/4" x 5-5/8 x 1-1/4")	430	72
		1/6 of cake	72	
		1 cubic inch	7.8	
		1 cake (9" x 7" x 1-1/4")	614	
Coffee cake with fruit (Include apple pastry cake)	536-1017	1 large piece	72	72
		1 cubic inch	7.8	
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54)				
Sweet crackers: (Subgroup Code 541)				
Crackers, NFS	541-0100	1 cracker	3	
		1 cup	50	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Sweet crackers: (Subgroup Code 541) -- Continued				
Crackers, animal	541-0101	1 cracker	3	3
		1 social tea biscuit	5	
		1 cup crackers	55	
Cracker, graham	541-0201	1 large (rectangular piece)	14	14
		2 squares (2-1/2")	14	
		4 small (rectangular pieces)	14	
		1 tbsp	5	
		1 packet	154	
Cracker, graham, chocolate covered	541-0202	1 cracker (2-1/2" x 2 x 1/4")	13	13
		1 small cracker	6	
Crackers, graham, sugar-honey coated, cinnamon crisps	541-0203	1 large (rectangular piece)	14	14
		2 squares (2-1/2")	14	
		4 small (rectangular pieces)	14	
Crackers, whole wheat (Include table water biscuits)	541-0204	1 cracker	11	22
Crackers, oatmeal	541-0205	1 cracker	11	22
Crackers, Cuban	541-0206	1 cracker	5	5
Crackers, Cuca	541-0207	1 cracker	28	28
Low sodium (dietary crackers): (Subgroup Code 542)				
Crackers, low sodium, dietetic matzo	542-0101	1 large cracker	28	28
		1 small cracker	3	
Crackers, low sodium, matzo with wheat germ	542-0102	1 cracker	28	28
Crackers, low sodium saltines	542-0201	1 cracker	3	3
		1 cup	40	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Non-sweet crackers: (Subgroup Code 543)				
Crackers, butter (Include snack flavored crackers, bacon chips)	543-0100	1 round cracker	3	3
		1 rectangular cracker	4	
		1 cup	50	
		Individual package (2 crackers)	8	
		1 handful	17	
Crackers, cheese (Include cheese sticks)	543-0400	1 round cracker	3	3
		1 square cracker	1	
		1 cracker (various shapes)	3	
		1 cup	55	
		1 small bar	57	
Crackers, flat bread unleavened (Include Armenian crackers, Lavosh, Hardtack)	543-0500	1 oz	28	28
Crackers, matzo	543-0700	1 cracker	28	28
Cracker, milk	543-0800	1 cracker	11	22
Crackers, oyster (Include chowder cracker)	543-1300	10 crackers	8	8
		1 cup	45	
Crackers, rice (Include rice paper)	543-1900	1 cracker	2	10
		6 sheets paper	1	
		1 cup	45	
Crackers, rye wafers	543-2200	1 wafer (3-1/2 x 1-7/8 x 1/4)	6	6
		1 wafer (1-7/8 x 1-1/8 x 1/4)	2	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Non-sweet crackers: (Subgroup Code 543) -- Continued				
Crackers, saltine	543-2500	1 cracker	3	3
		1 sesame seed	5	
		1 cup (whole crackers)	40	
		1 package (2 crackers)	8	
		1 cup (crumbs)	80	
Crackers, sandwich-type, peanut butter or cheese	543-2800	1 sandwich	7	7
		1 pkg 6 sandwiches 1-1/2 oz (peanut butter)	43	
		1 pkg 4 sandwiches 1 oz (peanut butter)	28	
		1 pkg 4 sandwiches 7/8 oz (cheese filled)	25	
Crackers, soda	543-3100	1 square	3	3
		1 pkg (2 crackers)	8	
		1 cup	40	
Crackers, toast thins (rye, wheat, white flour) (Include pizza thins, stoned wheat wafers pumpernickle, onion toast, Won-Ton Chips)	543-3400	1 cracker	2	10
		1 wafer	1	
		1 cup	55	
		1 handful	10	
Crackers, whole wheat crackers	543-3700	1 cracker	4	4
		1 cup	44	
Salty snacks from grain or grain products: (Subgroup Code 544)				
Salty snacks, corn or cornmeal base, corn toasted	544-0101	5 oz package	142	21
		3/4 oz	21	
		1 cup	98	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Ser not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Salty snacks from grain or grain products: (Subgroup Code 544) -- Continued				
Salty snacks, corn or cornmeal base, corn chips ---------- (Include plain, flavored or barbecued chips, chips NFS)	544-0102	3/4 oz package ----------	21	21
		1 cup ----------	40	
Salty snacks, corn or cornmeal base, corn-cheese chips -------	544-0103	3/4 oz ----------	21	21
		1 cup ----------	40	
		1 chip ----------	2	
Salty snacks, corn or cornmeal base, cornmeal, peanuts, sugar-	544-0104	6 oz package ----------	170	21
		3/4 oz ----------	21	
		1 cup ----------	39	
Salty snacks, corn or cornmeal base, corn puffs and twists ---	544-0105	19 pieces ----------	28	21
		1 cup (1-1/4 oz) ---------	35	
		3/4 oz ----------	21	
Salty snacks, corn or cornmeal base, corn-cheese puffs and twists ----------	544-0106	16 pieces ----------	28	21
		3/4 oz ----------	21	
		1 cup ----------	36	
		1 snack pack ----------	14	
		1 pkg NS ----------	85	
Salty snacks, corn or cornmeal base, onion-flavored snacks ---	544-0107	1 handful ----------	11	21
		3/4 oz ----------	21	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALTY SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Salty snacks from grain or grain products: (Subgroup Code 544) -- Continued				
Popcorn, NFS	544-0300	1 cup	9	9
		1 small bag	28	
		1 medium bag	128	
		1 large bag	198	
		1/4 cup, unpopped yields 6.2 cups	56	
Popcorn, plain	544-0301	1 cup	6	6
		3 kernels	1	
Popcorn, with butter and salt	544-0302	1 cup	9	9
		1 cup, unpopped corn yields 25 cups popped	225	
Popcorn, with cheese (Include with parmesan cheese)	544-0303	1 cup	9	9
Popcorn, with bacon drippings	544-0305	1 cup	9	9
Popcorn, sugar sirup coated	544-0311	1 cup	35	35
		1 box (6.5 oz)	184	
Popcorn, sugar sirup coated with peanuts	544-0312	1 cup	39	39
		1 piece	3	
Popcorn, caramel coated	544-0313	1 cup	35	35
		Popcorn ball	50	
		1 kernel	2	
Popcorn, caramel coated with nuts	544-0314	1 small box (3/4 oz)	21	28
		1 medium box (1 oz)	28	
		1 large box (4-1/2 oz)	128	
		1 cup	35	
Onion-flavored rings (food starch base)	544-0601	3/4 oz	21	21

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
CRACKERS AND SALT SNACKS FROM GRAIN OR GRAIN PRODUCTS: (Subgroup Code 54) -- Continued				
Salty snacks from grain or grain products: (Subgroup Code 544) -- Continued				
Shrimp chips (tapioca base) ---	544-0620	1 cup ----------	40	21
		3/4 oz ----------	21	
Pretzels, NFS ----------	544-0800	1-3 ring pretzel --------	3	15
		1 small bag ----------	28	
		1 cup ----------	45	
Pretzels, hard ---------- (Include cheese flavored pretzels)	544-0801	1-one ring pretzel ------	2	15
		1-3 ring pretzel --------	3	
		Dutch pretzel (Thick twisted pretzel) ------	16	
		1 cup ----------	45	
		8" pretzel ----------	14	
		1 log ----------	5	
		12 sticks ----------	4	
Pretzels, soft ----------	544-0802	1 pretzel ----------	55	
		1 cup ----------	77	
Pretzels, baby ----------	544-0810	1 pretzel ----------	5	5
Wheat sticks, 100% whole wheat (with sesame seeds) -----	544-1211	3/4 oz ----------	21	21
		1 cup sticks ----------	55	
Wheat-cheese chips, with or without sesame ----------	544-1221	1 waffle chip ----------	1.5	21
		3/4 oz ----------	21	
Multigrain mixture, chip with cheese crax, peanuts ----------	544-2001	3/4 oz ----------	21	21
		1 cup ----------	45	
Yogurt chips ----------	544-3001	1 oz ----------	28	21
		3/4 oz ----------	21	
		1 package ----------	113	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
PANCAKES, WAFFLES, FRENCH TOAST: (Subgroup Code 55)				
Pancakes: (Subgroup Code 551)				
Pancakes	551-0100	1 small pancake (3-1/2" dia x 3/8")	18	
		1 medium pancake (4" dia x 3/8")	27	27
		1 large pancake (6" dia x 1/2")	73	
		1 pancake (10" dia x 3/8")	147	
		1 cup flour or mix yield 7 medium pancakes		
		1 pancake (5" dia x 3/8")	37	
		1 cup	73	
		1 pancake (3" dia x 3/8")	13	
		1 pancake (8" dia x 1/2")	126	
		1 pancake (8" dia x 3/8")	94	
		1 pancake (7" dia x 3/8")	72	
		1 pancake (13" dia x 3/8")	249	
Pancakes, with fruit (Include blueberries)	551-0300	1 pancake (4" dia x 3/8")	27	27
		1 pancake (6" dia x 1/2")	73	
Pancakes, buckwheat	551-0500	1 pancake (4" dia x 3/8")	27	27
		1 pancake (6" dia x 1/2")	73	
Pancakes, cornmeal	551-0510	1 pancake (3" dia x 1/2")	18	27
		1 pancake (4" dia x 3/8")	27	
		1 pancake (5" dia x 1/2")	49	
		1 pancake (6" dia x 1/2")	73	
Pancakes, whole wheat (Include wheat cakes, fritter)	551-0520	1 pancake (4" dia x 3/8")	27	27
		1 pancake (6" dia x 1/2")	73	
		1 pancake (3-1/2" dia x 3/8")	18	
		1 pancake (9" dia x 3/8")	120	
Pancakes, sour dough	551-0530	1 pancake	27	27
Pancakes, rye	551-0540	1 pancake (4" dia x 3/8")	27	27

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
PANCAKES, WAFFLES, FRENCH TOAST: (Subgroup Code 55) -- Continued				
Waffles: (Subgroup Code 552)				
Waffles, plain	552-0100	1-7" round waffle	75	50
		1-9" square waffle	200	
		1/4 of 9" square waffle	50	
		1 small waffle (3-1/2 x 2-3/4 x 5/8")	20	
		1 round waffle	39	
		1-12" round waffle	283	
		1-8" square waffle	158	
		1 cup	72	
		Individual waffle sections:		
		1 small section	20	
		1 medium section	39	
		1 large section	50	
		1-8" dia waffle	94	
		1-10" dia waffle	196	
		1-10" sq. waffle	247	
Waffles, bran	552-0200	1 square	50	50
Waffles, fruit (Include blueberry)	552-0300	1-7" round waffle	75	50
		1-9" square waffle	200	
		1/4 of 9" square waffle	50	
		1 small waffle (3-1/2" x 2-3/4 x 5/8")	20	
		1 round waffle	39	
Waffle, cornmeal	552-0400	1 small section	20	50
		1 medium section	39	
		1 large section	50	
Waffles, Roman Meal	552-0500	1 small section	20	50
		1 medium section	39	
		1 large section	50	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
PANCAKES, WAFFLES, FRENCH TOAST: (Subgroup Code 55) -- Continued				
French toast: (Subgroup Code 553)				
French toast, plain, NFS	553-0100	1 slice	45	45
		1 thin slice	40	
		1 large slice	65	
French toast, plain, made from home recipe (Include Roman meal)	553-0106	1 slice	65	65
P.R. - Bread fritters (Torrejas)	553-1010	2 fritters with sirup (4 x 2-1/2 x 3-1/4")	110	110
Crepes: (Subgroup Code 554)				
Crepe (Include French pancake)	554-0100	1 crepe (7"dia)	28	28
		1 pancake (10" dia x 1/4")	40	
		1 crepe (9" dia)	46	
		1 crepe (10" dia)	57	
		1 crepe (8" dia)	32	
Flour-Water Patties: (Subgroup Code 555)				
Pancake, Chinese (flour-water patty)	555-0100	1 pancake	28	28
Flour-Milk Patties: (Subgroup Code 556)				
Flour patties; whole wheat and milk	556-0100	1 medium	28	28
Rice Flour Cakes: (Subgroup Code 557)				
Rice cake (Mochi)	557-0100	1 oz	28	
COOKED PASTES AND CEREALS: (Subgroup Code 56)				
Pastes: (Subgroup Code 561)				
Macaroni, cooked, NFS (Include lasagna noodles)	561-0100	1 cup	140	93
		2/3 cup	93	
		1 cup raw, yields cooked	355	
		1/2 lb yield cooked	619	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Pastes: (Subgroup Code 561) -- Continued				
Macaroni, cooked, enriched	561-0101	1 cup	140	93
		2/3 cup	93	
Macaroni, cooked, unenriched	561-0102	1 cup	140	93
		2/3 cup	93	
Macaroni, buttered, NFS	561-0103	1 cup	140	93
		2/3 cup	93	
Macaroni, enriched, cooked, buttered	561-0104	1 cup	140	93
		2/3 cup	93	
Macaroni, unenriched, cooked, buttered	561-0105	1 cup	140	
		2/3 cup	93	
Noodles or egg noodles, cooked, NFS	561-1200	1 cup	160	107
		2/3 cup	107	
		1 tbsp	10	
Noodles or egg noodles, enriched, cooked	561-1201	1 cup	160	107
		2/3 cup	107	
Noodles or egg noodles, unenriched, cooked	561-1202	1 cup	160	107
		2/3 cup	107	
Noodles or egg noodles, cooked, buttered, NFS (Include fried noodles)	561-1203	1 cup	160	107
		2/3 cup	107	
		1 oz dry yields cooked	74	
		1 Mug-a-Lunch	198	
Noodles or egg noodles, enriched, cooked, buttered	561-1204	1 cup	160	107
		2/3 cup	107	
Noodles or egg noodles, unenriched, cooked, buttered	561-1205	1 cup	160	
		2/3 cup	107	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Pastes: (Subgroup Code 561) -- Continued				
Noodles, whole wheat, cooked --	561-1301	1 cup 2/3 cup	160 107	107
Noodles, spinach, cooked ------	561-1400	1 cup 2/3 cup	160 107	107
Noodles, chow mein ---------- (Include Chinese noodles)	561-1600	1 cup 1/2 cup 3 oz can	45 23 85	23
Noodles, rice, cooked ---------	561-1700	1 cup 2/3 cup	160 107	107
Chow fun rice noodles, cooked -	561-1710	1 cup 1/2 cup	152 76	76
Spaghetti, cooked, NFS -------- (Include fides, Vermicelli)	561-3000	1 cup 3/4 cup 1/4 pound dry yields cooked	140 105 320	105
Spaghetti, enriched, cooked ---	561-3001	1 cup 3/4 cup 1 oz yields cooked -----	140 105 79	105
Spaghetti, unenriched, cooked -	561-3002	1 cup 3/4 cup	140 105	105
Spaghetti, cooked, buttered, NFS ----------	561-3100	1 cup 3/4 cup	140 105	105
Spaghetti, enriched, cooked, buttered ----------	561-3101	1 cup 3/4 cup	140 105	105
Spaghetti, unenriched, cooked, buttered ----------	561-3102	1 cup 3/4 cup	140 105	105
Spaghetti, high protein type --	561-3200	1 cup 3/4 cup	140 105	105

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562)				
Cereal, cooked, NFS	562-0030	1 cup	240	160
		2/3 cup	160	
Cereal instant, NFS (Include with flavors)	562-0035	1 cup	240	160
		2/3 cup	160	
		1 dry oz yields	175	
Barley, cooked with fat (Include egg barley)	562-0040	1 cup	123	82
		2/3 cup	82	
Buckwheat groats (Include kasha)	562-0500	1 cup	175	117
		2/3 cup	117	
		2 oz uncooked yields cooked	175	
Grits, corn or hominy, cooked, NFS	562-0100	1 cup	245	163
		2/3 cup	163	
		1 cup dry yields	965	
		School lunch serving	122	
Grits, corn or hominy, cooked, regular cooking	562-0101	1 cup	245	163
		2/3 cup	163	
Grits, corn or hominy, cooked, regular cooking, with fat	562-0102	1 cup	245	163
		2/3 cup	163	
Grits, corn or hominy, cooked, quick cooking	562-0111	1 cup	245	163
		2/3 cup	163	
		1 tbsp	15	
Grits, corn or hominy, cooked, quick cooking, with fat	562-0112	1 cup	245	163
		2/3 cup	163	
Grits, corn or hominy, cooked, instant (Include with flavors)	562-0121	1 cup	220	
		2/3 cup	147	
		1 packet yields cooked	215	
Grits, corn or hominy, cooked, instant, with fat	562-0122	1 cup	220	147
		2/3 cup	147	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562) -- Continued				
Hominy, cooked or canned see -- 752-1750				
Corn meal mush, cooked with water (Include Polenta)	562-0151	1 cup 2/3 cup 1 slice 1/2 cup dry yields cooked	240 160 40 667	160
Corn meal mush, fried	562-0152	1 cup 2/3 cup	240 160	160
Corn meal mush, cooked with milk	562-0153	1 cup 2/3 cup	240 160	160
P.R. - Corn meal Puerto Rican style (Harina de maiz con leche)	562-0154	3/4 cup 1 bowl 1 ladel	170 176 165	176
Cornmeal dumpling (Include boiled cornbread)	562-0155	1 cup 2/3 cup 1 dumpling	240 160 80	160
Cornmeal sticks, boiled (Include quanimes)	562-0156	1 medium 1 large 1 cup	70 105 211	140
Corn meal, lime-treated, cooked (Masaharina) (Include Fu Fu)	562-0160	1 cup 2/3 cup	240 160	160
Cornstarch with milk, eaten as a cereal (2 tbsp cornstarch in 2-1/2 cups milk)	562-0170	1 cup 2/3 cup	250 167	167
Millet, cooked	562-0200	1 cup 2/3 cup	245 163	163
Oatmeal, cooked, NFS (Include cooked oats)	562-0300	1 cup 2/3 cup 1 cup dry yields cooked -	240 160 462	160

Food description	1977 Food code	Common measure or weight	Weight: in grams, edible portion	Serv. no. specified, grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562) -- Continued				
Oatmeal, cooked, regular cooking	562-0301	1 cup	240	160
		2/3 cup	160	
		1 cup dry yields cooked	462	
Oatmeal, cooked, quick cooking (1 or 3 minutes)	562-0302	1 cup	240	160
		2/3 cup	160	
		1/2 cup dry yields cooked	242	
Oatmeal, cooked, instant (Include with and without spices, fruit)	562-0303	1 cup	240	160
		2/3 cup	160	
		1 packet, 1-1/2 oz dry yields cooked	263	
		1/3 cup dry yields cooked	165	
Oatmeal with maple flavor, cooked, 30 seconds cooking time	562-0311	1 cup	240	160
		2/3 cup	160	
Oatmeal with raisins, cooked	562-0320	1 cup	240	160
		2/3 cup	160	
Oatmeal cooked with milk (Include made from regular, instant or quick)	562-0321	1 cup	240	160
		2/3 cup	160	
P.R. - Oatmeal Puerto Rican style (Avena con leche)	562-0354	1 cup	210	210
		1 bowl	210	
		1 ladle	195	
Rice, cooked, NFS (Include yellow rice, flavored rice)	562-0500	1 cup	175	131
		3/4 cup	131	
		1 cup raw yields 3.7 cups cooked	648	
		3" dia ball	170	
Rice, white, cooked, regular cooking, buttered	562-0501	1 cup	175	131
		3/4 cup	131	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
RAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562) -- Continued				
Rice, white, cooked, instant or minute	562-0503	1 cup	165	124
		3/4 cup	124	
Rice, white, cooked, converted	562-0504	1 cup	175	131
		3/4 cup	131	
		2 oz raw yields cooked	200	
Rice, cream of, cooked	562-0505	1 cup	245	163
		2/3 cup	163	
Rice cooked with milk	562-0506	1 cup	200	133
		2/3 cup	133	
Rice, sweet	562-0507	1 cup	175	131
		3/4 cup	131	
Rice, cream of, made with milk (P.R. style)	562-0508	1 cup	245	245
Rice, gruel	562-0510	1 cup	245	245
Rice, brown, cooked	562-0511	1 cup	195	130
		2/3 cup	130	
		1 tbsp	12	
		1/2 cup raw yields cooked	310	
Rice, wild, cooked	562-0521	1 cup	130	87
		2/3 cup	87	
Rice, brown and wild, cooked	562-0531	1 cup	150	100
		2/3 cup	100	
P.R. - Rice, white Puerto Rican (Arroz blanco)	562-0541	3 serving spoonfuls	165	155
		1 cup	155	
		1 cereal bowl	155	
Rice, long (Include transparent noodles)	562-0601	1 cup	153	76
		1/2 cup	76	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serv no specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562) -- Continued				
Wheat, cream of, or farina, cooked, NFS	562-0700	1 cup	245	163
		2/3 cup	163	
		2 tbsp yields cooked	156	
Wheat, cream of, or farina, cooked, regular cooking	562-0701	1 cup	245	163
		2/3 cup	163	
Wheat, cream of, or farina, cooked, quick cooking	562-0702	1 cup	245	163
		2/3 cup	163	
Wheat, cream of, or farina, cooked, instant (Include with and without fruit, spices)	562-0703	1 cup	245	
		2/3 cup	163	
		1 packet (2-1/2 tbsp) yields	173	
Wheat, cream of, made with milk	562-0704	1 cup	245	163
		2/3 cup	163	
Wheat, cream of, or Farina, P.R. style (assume made with milk and sugar)	562-0705	1 cup	245	163
		2/3 cup	163	
Wheat cereal, cooked, NFS	562-0709	1 cup	245	163
		2/3 cup	163	
Wheat, rolled, cooked	562-0710	1 cup	245	163
		2/3 cup	163	
Bulgur, cooked (Include wheat pilaf)	562-0711	1 cup	135	90
		2/3 cup	90	
Bulgur, canned	562-0717	1 cup	135	
		2/3 cup	90	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
COOKED PASTES AND CEREALS: (Subgroup Code 56) -- Continued				
Cooked cereals: (Subgroup Code 562) -- Continued				
Whole wheat cereal, cooked	562-0720	1 cup	245	163
		2/3 cup	163	
Whole wheat cereal, wheat and barley, cooked	562-0730	1 cup	245	163
		2/3 cup	163	
		1/4 cup dry yields cooked	186	
Wheat hearts, cooked	562-0731	1 cup	245	163
		2/3 cup	163	
Whole wheat cereal, chocolate flavored, cooked (Include cocoa wheat cereal)	562-0732	1 cup	245	163
		2/3 cup	163	
Seven grains cereal, cooked (Include multi-grain cereals)	562-0800	1 cup	245	163
		2/3 cup	163	
Rye, cream of	562-0900	1 cup	245	163
		2/3 cup	163	
Nestum (P.R. cereal)	562-1000	1 cup	245	163
		2/3 cup	163	
READY-TO-EAT CEREALS: (Subgroup Code 57)				
Cereal, ready-to-eat, NFS (Include cereal NFS, Variety Packs)	571-0010	1 cup	25	28
		1 oz	28	
		1 box, 3/4 oz	21	
Cereal ready to eat sugared, NFS	571-0020	1 cup	40	28
		1 oz	28	
Cereal, Chex, NFS	571-0030	1 cup	55	
Buckwheat cereal: (Subgroup Code 571)				
Buckwheat cereal, ready-to-eat (Buc Wheats)	571-0101	1 cup	37	28
		3/4 cup, 1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv. no. specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Bran cereals: (Subgroup Code 572)				
Bran, unprocessed	572-0010	2 tbsp	3	3
Bran cereal, NFS	572-0050	1 cup	35	28
		1 oz	28	
All bran, ready-to-eat (added sugar, salt, malt extract, and vitamins)	572-0100	1 box, 1-1/4 oz	35	28
		1 cup	60	
		3/4 cup	45	
		1/2 cup	30	
		1 oz	28	
All bran buds, ready-to-eat (added sugar, salt, defatted wheat germ, and vitamins)	572-0200	1 cup	75	
		1/2 cup	38	
		1 oz	28	
Bran flakes (40% bran), ready-to-eat (added sugar, salt, iron, and vitamins)	572-0300	1 box, 1 oz	28	28
		1 cup	35	
		3/4 cup	26	
Bran flakes with raisins, ready-to-eat (added sugar, salt, iron, and vitamins)	572-0400	1 box, 1-1/4 oz	35	28
		1 cup	50	
		3/4 cup	38	
		1/2 cup	25	
		1 oz	28	
Bran shredded ready-to-eat (Include Bran Chex)	572-0500	1 cup	42	28
		2/3 cup (1 oz)	28	

Food description	1977 Food code	Common measure or weight	Weight in grams	Servin not specifie
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Corn cereals: (Subgroup Code 573)				
Corn flakes, ready-to-eat (Include Kellogg's Corn Flakes, Post Toasties)	573-0100	1 box, 3/4 oz	21	2
		1 cup	25	
		1 oz	28	
Corn flakes, sugar-coated, ready-to-eat (Include Sugar Sparkled Flakes, Sugar Frosted Flakes, Post Country Crisp)	573-0200	1 box, 1 oz	28	2
		1 cup	40	
		3/4 cup	30	
Corn, puffed, ready-to-eat (Include Corn Kix)	573-0300	1 box, 3/4 oz	21	2
		1 cup	20	
		1 oz	28	
Corn, puffed, presweetened, ready-to-eat (Include Sugar Pops)	573-0400	1 box, 3/4 oz	21	28
		1 cup	30	
		1 oz	28	
Corn, puffed, presweetened, cocoa-flavored, ready-to-eat (Include Cocoa Puffs, Chocolate Puffs)	573-0500	1 box, 3/4 oz	21	28
		1 cup	30	
		1 oz	28	
Corn, puffed, presweetened, fruit-flavored, ready-to-eat (Include Trix)	573-0600	1 box, 1 oz	28	28
		1 cup	30	
Corn, shredded, ready-to-eat (Include Corn Chex)	573-0700	1 cup	25	28
		1 oz	28	
Cornmeal and wheat flour, flaked, ready-to-eat (Include Golden Grahams, Honey Grahams)	573-0800	1 cup, 1 oz	28	28

Food description	1977 Food code	Common measure or weight	Weight in grams, edible portion	Servi not specified, grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Oat cereals: (Subgroup Code 574)				
Oats, raw	574-0050	1 cup	80	20
		1/4 cup	20	
Oats, extruded, ready-to-eat (added salt, vitamins, minerals) (Include Cheerios)	574-0100	1 box, 3/4 oz	21	28
		1 cup	25	
		1 oz	28	
Oats, puffed, sugar-covered, ready-to-eat (Include Lucky Charms)	574-0300	1 box, 1 oz	28	28
		1 cup	28	
Oats and wheat, nuggets, with fruits, nuts, sugar, honey, with or without dry milk, ready-to-eat (Include Country Morning, 100% Natural Cereal, Granola, homemade granola, CW Post cereal, Granola Puffs)	574-0400	Country Morning, Granola		
		1 cup	84	28
		1/3 cup	28	
		100% Natural Cereal, CW Post		
		1 cup	112	
		1/4 cup	28	
Oats, sugar, wheat germ, with or without fruit, ready-to-eat (Include Heartland)	574-0500	1 cup	113	28
		1/4 cup, 1 oz	28	
Oat flour, soy protein, sugared, ready-to-eat (Include Life)	574-0600	1 cup	43	28
		2/3 cup, 1 oz	28	
Oats, flaked, with soy and wheat flour, ready-to-eat (Include Post's Oat Flakes)	574-0700	1 cup	43	28
		2/3 cup, 1 oz	28	
Oats, rolled, with fruit and soybeans, salt free, ready-to-eat (Include Pernola, Golden Harvest, Proteinola)	574-0800	1 cup	84	28
		1/3 cup	28	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Rice cereals: (Subgroup Code 575)				
Rice cereal, NFS	575-0010	1 oz	28	28
Rice, oven-popped, ready-to-eat (Include Rice Krispies, Crispy Rice, Crisp Rice)	575-0100	1 box, 5/8 oz	18	28
		1 cup	30	
		1 oz	28	
Rice, puffed, ready-to-eat (Include Puffed Rice, Malto-O-Meal Puffed Rice)	575-0200	1 box, 3/4 oz	21	15
		1 cup	15	
		1 oz	28	
Rice, oven-popped, presweetened, ready-to-eat (Include Sugar Sparkled Rice Krinkles, Frosted Rice)	575-0300	1 box, 3/4 oz	21	28
		1 cup	45	
		1 oz	28	
Rice, puffed, presweetened, added honey or cocoa, ready-to-eat (Include Rice Honey Crunchers, Cocoa Krispies)	575-0400	1 box, 1 oz	28	28
		1 cup	35	
Rice, shredded, ready-to-eat (Include Rice Chex)	575-0500	1 cup	25	28
		1 oz	28	
Rice flakes with wheat gluten, ready-to-eat (Include Special K)	575-0700	1 box, 5/8 oz	18	28
		1 cup	20	
		1 oz	28	
Rice nuggets with sugar, ready-to-eat (Include Klondike Pete's Crunchy Nuggets)	575-0800	1 cup, 1 oz	28	28
Rice with sugar, fruit-flavored, ready-to-eat (Include Fruity Pebbles)	575-0900	1 box, 3/4 oz	21	28
		1 cup	32	
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Rice cereals: (Subgroup Code 575) -- Continued				
Rice, nuggets with sugar, cocoa-flavored, ready-to-eat (Include Cocoa Pebbles)	575-1000	1 cup	32	28
		1 oz	28	
Rice polishings	575-1100	1 cup	105	7
		1 tbsp	7	
Wheat cereals: (Subgroup Code 576)				
Wheat flakes, ready-to-eat (Include Wheaties, Pep, Uncle Sam's Hi-Fiber cereal)	576-0100	1 box, 1 oz	28	28
		1 cup	30	
Wheat germ cereal, ready-to-eat (Include Kretschmers Wheat Germ)	576-0200	1 tbsp	7	
		1/4 cup, 1 oz	28	
Wheat germ with sugar and honey, ready-to-eat (Include Kretschmer's sugar and honey wheat germ)	576-0210	1 tbsp	7	28
		1/4 cup, 1 oz	28	
Wheat, puffed, ready-to-eat (Include Puffed Wheat)	576-0300	1 cup	15	15
		1 oz	28	
Wheat, puffed with sugar or sugar and honey, ready-to-eat (Include Wheat Honey Crunchers, Sugar Smacks, Super Sugar Crisp)	576-0400	1 box, 7/8 oz	25	28
		1 cup	35	
		1 oz	28	
Wheat, shredded, ready-to-eat (Include 100% Shredded Wheat)	576-0500	Oblong biscuit (3-3/4" x 2-1/4" x 1")	25	25
		Round biscuit (3" dia x 1")	20	
		1 cup, 50 spoonsize biscuits	50	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Wheat cereals: (Subgroup Code 576) -- Continued				
Wheat, shredded, presweetened, ready-to-eat (Include Frosted Mini Wheats, Cinnamon Frosted)	576-0510	4 biscuits	28	28
		1 cup	60	
Wheat, shredded, with malt, ready-to-eat (Include Wheat Chex, Krumbles)	576-0600	1 cup (bite size squares)	55	28
		1 cup (shreds)	40	
		1 oz	28	
Wheat, shredded with high fiber, multivitamin and iron supplements, and wheat germ, ready-to-eat (Include Most)	576-0610	1 oz	28	28
Wheat and malt barley flakes, ready-to-eat (Include Grape Nuts Flakes)	576-0700	1 box, 1-1/4 oz	35	28
		1 cup	40	
		1 oz	28	
Wheat and malt barley granules, ready-to-eat (Include Grape Nuts)	576-0800	1 cup	110	28
		1 oz	28	
Whole wheat flakes, sugar, malt, fortified, ready-to-eat (Include Total)	576-0900	1 cup	30	28
		1 oz	28	
Whole wheat cracked (Include homemade, ground grain)	576-0901	1 cup	120	30
		1/4 cup	30	
		1 tbsp	8	
Multigrain cereals: (Subgroup Code 577)				
Wheat and oat flakes, with dry milk, nuts and malt, ready-to-eat (Include Alpen)	577-0100	1 cup, 4 oz	113	28
		1/2 cup, 2 oz	57	
		1/4 cup, 1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams, edible portion	Serving not specified, grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Multigrain cereals: (Subgroup Code 577) -- Continued				
Corn and oats, sugared, ready-to-eat (Include Captain Crunch, Cap'n Crunch's Crunch Berries)	577-0200	1 cup	37	28
		3/4 cup, 1 oz	28	
Corn, wheat, oats, sugared, fruit-flavored, puffed, ready-to-eat (Include Fruit Loops, Apple Jacks)	577-0300	1 box, 3/4 oz	21	28
		1 cup, 1 oz	28	
Corn, oats, wheat flour, fruit-flavored nuggets, ready-to-eat (Include Freakies)	577-0350	1 cup	32	28
		7/8 cup, 1 oz	28	
Rice, wheat, corn, oats, sugar, malt, with or without wheat germ, ready-to-eat (Include Team)	577-0400	1 cup, 1 oz	28	28
Corn, oats, and wheat flour, rice, flaked mixture, ready-to-eat (Include Product 19)	577-0450	1 box, 1 oz	28	28
		1 cup	38	
		3/4 cup, 1 oz	28	
Rice, wheat, casein, corn, wheat germ, ready-to-eat (Include Concentrate)	577-0500	1 cup, 3 oz	85	28
		1/3 cup, 1 oz	28	
Corn, oats, rice, sugared, puffed mixture, ready-to-eat (Include King Vitaman, Cap'n Crunch's Punch Crunch)	577-0600	1 box, 1 oz	28	28
		1 cup	37	
		3/4 cup	28	
Corn, oats, rice, sugared with peanut butter, puffed, ready-to-eat (Include Cap'n Crunch's Peanut Butter Cereal)	577-0700	1 cup	37	28
		3/4 cup, 1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Multigrain cereals: (Subgroup Code 577) -- Continued				
Oats, corn, sugared, puffed or nuggets, ready-to-eat (Include Alpha Bits, Fruit Brute, Frosty O's, Boo Berry, Frankenberry, Kaboom, Crispy Critters)	577-0900	1 cup, 1 oz	28	28
Oats, corn, sugared, with cocoa, nuggets, ready-to-eat (Include Count Chocula)	577-0910	1 cup, 1 oz	28	28
Corn, oats, sugared, puffed, ready-to-eat (Include Honeycomb, Quisp)	577-0915	1-1/3 cup, 1 oz	28	28
		1 cup	21	
Corn and oat flour, sugared (Include Corny Snaps, Crazy Cow)	577-0916	1 cup (1 oz)	28	28
Cornmeal, oat flour, cocoa, sugared (Include Crazy Cow chocolate flavored)	577-0917	1 cup (1 oz)	28	28
Corn, oats, wheat, sugared, puffed, ready-to-eat (Include Grins and Smiles and Giggles and Laughs, Moonstones)	577-1000	1-1/8 cup, 1 oz	28	28
Oats, corn, rice, sugared, puffed, ready-to-eat (Include Jean La Foote's Cinnamon Crunch, Jean La Foote's Vanilly Crunch)	577-1200	1 cup	37	28
		3/4 cup, 1 oz	28	
Wheat bran, rolled oats, presweetened (Include Cracklin' Bran)	577-1300	1 cup	85	28
		1/3 cup	28	
		1 piece	1	
Oat, wheat and rye flakes with fruit, sugar, nuts, wheat germ, honey (Include Familia)	577-1350	1 cup	129	32
		1/4 cup	32	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Multi grain cereals: (Subgroup Code 577) -- continued				
Yellow corn, rice, wheat, oat flours, sugared (Include Cookie Crisp)	577-1360	1 cup (1 oz)	28	28
Baby cereals: (Subgroup Code 578)				
Barley cereal, baby, dry, instant	578-0100	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
High protein cereal, baby, dry, instant	578-0200	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
Mixed cereal, baby, dry, instant (Include-baby cereal, NFS)	578-0300	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
Oatmeal cereal, baby, dry, instant	578-0400	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
		1 box	28	
Rice cereal, baby, dry, instant	578-0500	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
Rice cereal with banana, baby, dry, instant	578-0510	1 tbsp	2.4	
		1/8 cup	5	
		6 tbsp	14	14
Mixed cereal with bananas, baby, dry, instant	578-0600	1 tbsp	2.4	
		1/8 cup	5	
		6 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREALS: (Subgroup Code 57) -- Continued				
Baby cereals: (Subgroup Code 578) -- Continued				
Oatmeal with bananas, baby, dry instant	578-0610	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsps	14	
Honey mixed cereal, baby, dry, instant	578-0670	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
Wheat cereal, baby, dry, instant	578-0700	1 tbsp	2.4	14
		1/8 cup	5	
		6 tbsp	14	
Cereal, jarred, NFS	578-2000	1 jar (4.7 oz)	133	67
		1 tbsp	14	
High protein cereal with applesauce and bananas, jarred	578-2100	1 jar (4.7 oz)	133	67
		1 tbsp	14	
		1 cup	229	
Mixed cereal with applesauce and bananas, jarred	578-2200	1 jar (4.7 oz)	133	67
(Include cereal with fruit NFS, mixed cereal with fruit)		1 tbsp	14	
		1 cup	229	
Oatmeal with applesauce and bananas, jarred	578-2300	1 jar (4.7 oz)	133	67
		1 tbsp	14	
		1 cup	229	
Rice cereal with applesauce and bananas, jarred	578-2400	1 jar (4.7 oz)	133	67
		1 tbsp	14	
		1 cup	229	
Cereal and eggs, jarred	578-2500	1 jar (7-3/4 oz)	220	110
		1 jar (4-1/2 oz)	128	
		1 cup	229	
Baby food; cereal, egg yolk and bacon, junior	578-2512	1 jar (7-3/4 oz)	220	110

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
READY-TO-EAT CEREAL (Subgroup Code 57)				
Other Cereals: (Subgroup Code 579)				
Millet, raw	579-0100	1 cup	200	50
		1/4 cup	50	
Rye, raw	579-0200	1 cup	82	
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58)				
Mixed Dishes with animal protein: (Subgroup Code 581)				
Enchiladas	581-0101	1 enchilada	56	56
		1 cup	300	
Tacos, cheese (1 cup = 300 g used in previous editions of manual)	581-0102	1 cup	115	50
		1 taco	50	
Tamales	581-0103	1 tamale	45	
		1 cup	300	
Nachos, cheese and beans	581-0104	1 nacho	16	64
Tostado meat filled	581-0105	1 tostado	82	82
		1 cup	131	
Tostado with meat and beans	581-0106	1 tostado	100	100
		1 cup	145	
Chalupe	581-0107	1 chalupe	170	170
Taco with beef (Include Taco salad)	581-0108	1 taco	82	82
		1 cup	115	
Tamale Casserole	581-0109	1 cup	237	237
		3/4 cup	178	
		1/2 cup	118	
Taco with chicken	581-0110	1 small taco	72	
Taquitoes	581-0111	1 taquito	70	70
Quesadillas	581-0112	1 cup	53	
		1 quesadilla	19	
P.R. - Tamale Casserole				
(Tamales en Cazuela)	581-0113	1 cup	237	237

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein: (Subgroup Code 581) -- Continued				
P.R. - Tamal in a leaf (Tamales en hoja)	581-0114	1 tamal (6 x 2 x 1/2") --	41	41
P.R. - Tacos with crab meat (Tacos de jueyes)	581-0121	1 filled taco (4-1/2" dia)	121	121
P.R. - Cornmeal fritters (Arepa - P.R. arepitas)	581-0122	1 serving (2 fritters, (2-1/2 x 2-1/2 x 1/4")-	80	80
P.R. - Cornmeal sticks (Surullos)	581-0123	2 sticks (3 x 3/4") -----	40	60
Chicken cornbread	581-0201	1 slice (school lunch) --	143	143
Crepes, filled with meat, fish, poultry, cheese as main dish (Include Chinese pancakes)	581-0301	Crepe with filling ------	64	128
		1 cup ----------	128	
Dressing with oysters	581-0401	1 cup ----------	200	100
		1/2 cup ----------	100	
Dressing with chicken and vegetables	581-0402	1 cup ----------	200	200
Egg roll with shrimp or meat (Include Chinese rolls, egg roll, NFS, lumpia)	581-0501	1 large roll ----------	80	64
		1 medium roll ----------	64	
		1 miniature roll --------	13	
		1 cup ----------	160	
		1 lumpia ----------	64	
Lasagna (include Baked Ziti) --	581-0502	1 cup ----------	250	250
		1 cubic inch ----------	17	
		School lunch ----------	160	
Macaroni or noodles with cheese (Include Macaroni casserole, egg noodle stuffed with cottage cheese)	581-0503	1 cup, home recipe ------	200	160
		1 cup, mix or canned ----	240	
		2/3 cup, mix or canned --	160	
		1 piece, "button" -------	5	
		7 1/4 oz package, yield - after cooking	720	
		1 cubic inch ----------	14	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed Dishes with animal protein: (Subgroup Code 581) -- Continued				
Macaroni or noodles with beef, chicken or tuna (Include frozen, chicken tetrazini)	581-0504	1 cup 1 cubic inch	240 17	240
Macaroni or spaghetti, tomatoes and cheese sauce	581-0505	1 cup	250	250
Ravioli, meat filled, with tomato sauce	581-0506	1 cup 1 piece, (2" x 1-3/4")	250 38	250
Ravioli, cheese filled, with beef sauce	581-0507	1 cup 1 piece (2" x 1-3/4")	250 38	250
Spaghetti with tomato sauce and meat sauce or meat balls	581-0508	1 cup School lunch serving One 15 oz can	250 149 425	250
Spaghetti or noodles with tomato sauce	581-0509	1 cup 1 can (14-3/4 oz) 1 small can (7-1/2 oz)	250 418 213	250
Pasta, cheese, beef, tomato sauce (Include Supreme Cavanti, Maschocholle, Cannaline)	581-0510	1 cup	250	250
Pasta, beef, tomato sauce (Include American chop suey, chili with macaroni)	581-0511	1 cup 3/8 cup	250 94	250
Macaroni, shrimp, tomato sauce	581-0512	1 cup	250	250
Ravioli, NFS as to filling	581-0515	1 cup 1 piece	250 38	250
Ravioli, cheese, tomato sauce	581-0516	1 cup 1 piece	250 38	250
Tortellini with tomato sauce	581-0517	1 cup	200	200

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein: (Subgroup Code 581) -- Continued				
Wontons, fried, meat filled	581-0518	1 wonton 1 cup	10 40	40
Ravioli filled with cheese, no sauce	581-0519	1 cup 1 piece	240 30	240
Lasagna with whole wheat noodles	581-0520	1 cup 1 piece (3 x 4 x 2")	250 85	85
Spaghetti with frankfurters	581-0521	1 cup	240	240
Pasta with carbonara sauce	581-0522	1 cup	240	240
Lo mein with meat	581-0523	1 cup	200	200
Chow Fun: Noodles with meat and cabbage	581-0524	1 cup	152	152
Macaroni or noodles with tuna and cheese	581-0525	1 cup	240	240
P.R. - Macaroni with tuna (Macarrones con atun)	581-0531	1 cup 1 cereal bowl 3 serving tbsp	225 225 225	225
P.R. - Spaghetti with corned beef (Spahetti con "corned beef")	581-0532	1 measuring cup 3 serving spoons 1 bowl	215 175 235	215
Stewed spaghetti with ham	581-0533	1 cup	215	215
P.R. - Meat turnovers, Puerto Rican (Pastelellos de carne - Empanadellas)	581-0600	2 turnovers (4 x 2 x 3/4) 1 medium 1 large	55 28 42	55
Spinach and cheese baked in dough	581-0601	1 serving	113	113

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv... not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein: (Subgroup Code 581) -- Continued				
P.R. - Meat pie, Puerto Rican (Pastelon de carne)	581-0602	1/6 of 9" pie 1 serving	185 185	185
Noodle pudding	581-0603	1 cup 1/2 cup 1 cubic inch	265 132 18	132
P.R. - Kibby Kippe (Plato Arabe)	581-0612	2 fritters (3 x 3 x 1/2)	110	110
P.R. - Codfish fritters (Bacalaitos)	581-0613	1 fritter (3-1/2 x 3-1/2) 1 large	34 51	34
Quiche Lorraine (Include with crab meat, ham, Quiche NFS, shrimp)	581-0701	1 quiche 8" dia 1/6 quiche 1 individual quiche 1 cup 1 hor d'oeurve	973 162 100 276 12	
Spinach quiche	581-0702	9" dia quiche 1/6 of quiche	1,258 210	210
Cheese olive tart	581-0711	1 tart	8	40
Pastry cheese filled	581-0712	1 pastry 1 cup	14 84	14
Gnocchi (cheese)	581-0720	1 cup	70	
Dumpling meat filled (Include Peroski, beef roll-up, Kreplach)	581-0725	1 dumpling	85	85
Manapua (meat filled bun)	581-0727	1 manapua	85	85
Dim Sums	581-0728	1 dim sum	28	
Turnover, meat filled, with sauce	581-0730	1 turnover	113	
Turnover, meat and cheese filled (Include sausage balls)	581-0731	1 ball 1 small	28 14	57

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein; (Subgroup Code 581) -- Continued				
Pizza with cheese or NFS as to topping	581-1101	12" dia pizza	486	61
(Include English muffin, thin, homemade; diet)		1/8 of 12" dia pizza	61	
		5" dia pizza	84	
		1/2 muffin	57	
		24" dia pizza	1,945	
		18" dia pizza	1,094	
		16" dia pizza	865	
		snacking size	14	
		1 surface inch	4.3	
		School lunch serving	108	
		1 cup	102	
Pizza with sausage	581-1102	12" dia pizza	543	68
(Include diet)		1/8 of 12" dia pizza	68	
		5" dia pizza	94	
		1 pizza roll	12	
		1 surface inch	4.8	
		25" dia pizza	2,356	
		24" dia	2,171	
		20" dia	1,508	
		18" dia	1,221	
		16" dia	965	
		1 cup	102	
		School lunch Serving	108	
Calzone	581-1103	1 calzone	424	
		1 cubic inch	11.5	
		1 cup	167	
Pizza, with cheese, thick crust	581-1104	1 surface inch	4.8	68
Pizza with sausage, thick crust	581-1105	1 surface inch	5.3	
P.R. - Cheese turnovers, Puerto Rican (Pastelillos de queso-Empanadillas)	581-1400	1 serving (2 turnovers, (4 x 2 x 3/4")	42	42
Rice, fried	581-2102	1 cup	155	103
(Include pork fried rice, fried rice with peas, Chinese rice)		2/3 cup	103	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein: (Subgroup Code 581) -- Continued				
Rice and gravy	581-2103	1 cup 1/2 cup	228 114	114
Rice casserole with tuna	581-2104	1 cup	240	240
Rice and chicken	581-2105	1 cup	240	240
P.R. - Rice with chicken (Arroz con pollo) [Split: 241-0451, 241-0651, 241-0751, 241-0851, 581-2130]	581-2106	1 cup (yield after bone removed) 1 cup (boneless)	157 163	163
P.R. - Stuffed rice, Dominican style (Arroz relleno Dominicano)	581-2107	1 cup 3 serving tbsp	200 160	
P.R. - Paella Valencia style (Paella Valenciana)	581-2108	1 cup (yield after bone removed) 1 cup (boneless)	137 183	183
P.R. - Seafood Paella (Paella a la marinera)	581-2109	1 cup 3 serving spoons	230 230	230
P.R. - Soupy Puerto Rican rice with chicken (Asopao de pollo) [Split: 241-0451, 241-0651, 241-0751, 241-0851, 582-1103]	581-2110	1 cup (yield after bone removed) 1 cup (boneless)	215 263	263
Rice and sausage (Include Mexican chili)	581-2111	1 cup	240	240
Soupy rice mixture with chicken, potatoes, and ham	581-2112	1 cup	240	240
Rice casserole with cheese (Include Risotto)	581-2113	1 cup 1/2 cup	200 100	100
P.R. - Rice meal fritters (almojabanas)	581-2120	2 cruellers (3 x 2 x 1/2")	60	60

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes with animal protein: (Subgroup Code 581) -- Continued				
Rice, stewed with annatto (Include Red Rice)	581-2130	1 cup	170	170
P.R. - Stewed rice, Puerto Rican (arroz quisado) (Include rice stewed with ham)	581-2131	1 cup 2 large serving spoons	170 140	170
P.R. - Rice with squid (Arroz con calamares)	581-2132	1 cup 3 serving spoons	160 165	160
P.R. - Fried rice (arroz frito)	581-2133	3/4 cup 2-1/2 serving spoons 1 deep dish	130 130 130	130
P.R. - Rice with Vienna sausage (Arroz con salchichas) [Split: 581-2130, 252-2191]	581-2134	3 serving spoons 1 cup	180 180	180
Rice with Spanish sausage	581-2135	1 cup 1/2 cup	180 90	90
Macaroni salad with tuna fish	581-2200	1 cup 2/3 cup 1 tbsp	190 127 12	127
Macaroni salad with crabmeat	581-2201	1 cup 2/3 cup	190 127	127
Macaroni salad with shrimp	581-2202	1 cup 2/3 cup 1 tbsp	190 127 12	127
Manicotti, cheese filled shell with meat sauce	581-2210	1 filled shell with sauce	100	100
Pasta shells filled with cheese, no sauce (Include manicotti)	581-2211	1 manicotti 1 jumbo shell 1 cup	85 43 240	85
P.R. - "Hallacas"	581-3011	1 hallaca (5-3/4 x 2-1/2 x 1/2"	95	95
Somen salad	581-4010	1 cup	160	160

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes without animal protein: (Subgroup Code 582)				
Macaroni with beans and lentils	582-0101	1 cup	245	163
		2/3 cup	163	
Macaroni salad	582-0102	1 cup	190	127
		2/3 cup	127	
Macaroni and vegetables	582-0103	1 cup	240	160
		2/3 cup	160	
Macaroni, creamed (Include fettucini alfredo, macaroni cooked in milk, Noodles Romanoff)	582-0104	1 cup	200	133
		2/3 cup	133	
Macaroni and tomatoes	582-0105	1 cup	240	
		3/4 cup	180	
Lo mein with vegetable	582-0130	1 cup	200	150
		3/4 cup	150	
Chou Fun Noodles with vegetables	582-0140	1 cup	152	
Burrito, bean	582-0201	1 burrito	110	110
		1 cup	300	
Dumplings	582-0401	1 small	18	70
		1 medium	35	
		1 large	52	
		1 cup	70	
Dumplings, fried, P.R. style	582-0405	1 small dumpling	16	32
		1 medium dumpling	32	
		1 large dumpling	48	
Derma, stuffed (Include kishke)	582-0406	1 cubic inch	14	
		1 cup	76	
Egg roll, filled with vegetable	582-0410	1 egg roll	64	64
Manapua filled with bean paste	582-0420	1 bun	85	
Matzo balls	582-0501	1 matzo ball	35	35

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes without animal protein: (Subgroup Code 582) -- Continued				
Pierogies (potato/cheese filled dough) (Include potato dumpling, knish)	582-0575	1 pierogie 1 small 1 dumpling 1 cup	38 19 57 76	76
Knish, buckwheat	582-0578	1 knish	57	114
Ricearoni	582-0601	1 cup 2/3 cup 1 tbsp	175 117 11	117
Rice with stewed beans	582-0700	1 cup	188	188
Spanish rice	582-0701	1 cup 2/3 cup 1 tbsp	245 163 15	163
Rice and beans	582-0702	1 cup 2/3 cup	200 133	133
Rice, beans, and tomatoes	582-0703	1 cup 2/3 cup	200 133	133
Rice cake, pattie, croquette	582-0704	1 cake, 3 oz	85	85
Rice dressing (Include combined with bread)	582-0705	1 cup 2/3 cup	197 131	131
Rice, creamed	582-0706	1 cup 2/3 cup	200 133	133
Rice, brown with tomato sauce	582-0707	1 cup 2/3 cup	225 150	150
Rice Frys	582-0708	1 Fry	9	
Rice, fried with bean sprouts and scallions	582-0710	1 cup 1/2 cup	155 78	78
Rice and mushrooms (Include Rice Pilaf)	582-0715	1 cup 2/3 cup	175 117	117

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes without animal protein: (Subgroup Code 582) -- Continued				
Rice with vegetables	582-0716	1 cup 2/3 cup	208 139	139
Rice with raisins	582-0717	1 cup 2/3 cup	175 117	117
Rice dessert or salad with fruit (Include Glorified rice)	582-0718	1 cup 2/3 cup	113 75	75
Coconut-rice pudding	582-0719	1 cup 2/3 cup 1 piece	213 142 22	142
Grape leaves stuffed with rice	582-0720	1 roll	34	68
Sushi with vegetables rolled in seaweed	582-0721	1 piece 1 cup	28 140	28
Sushi with vegetables	582-0722	1 oz	28	28
Sushi (rice with vinegar sauce)	582-0723	1 oz	28	28
Tostado, bean and cheese	582-0730	1 tostado	51	102
P.R. - Rice with onions (Arroz con cebollas)	582-1101	1 serving - 1 cup 3 serving spoons	165 165	165
Soupy rice from Asopao de Pollo (chicken parts reported separately)	582-1103	1 cup	240	
Rice with (green) pigeon peas	582-1105	1 cup	178	178
P.R. - Spicy rice pudding (Arroz con dulce) (Arroz con especie)	582-1201	1 wedge (1/6 of 8" plate) 1/4 cup	80 60	80

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Mixed dishes without animal protein: (Subgroup Code 582) -- Continued				
P.R. - Rice with coconut (Arroz con coco)	582-1202	1 cup	256	110
		3/4 of deep dish	110	
P.R. - Cornstarch coconut dessert (Tembleque)	582-1203	1 cup	250	135
		1 custard cup	135	
		1 piece (3 x 2 x 1)	104	
		1 dessert goblet	140	
P.R. - Cornmeal, coconut dessert (Harina de maiz con coco)	582-1204	1 cup	262	175
		1 deep dish	175	
Frozen plate meals: (Subgroup Code 583)				
Frozen meal, Lasagna with cheese, tomato sauce, green beans, dessert	583-0101	1 meal	369	369
Frozen meal, Lasagna with cheese and sauce (low calorie meal)	583-0102	1 meal	369	369
Frozen meal, Macaroni and cheese, apples, peas	583-0201	1 meal	340	340
Frozen meal, Macaroni in meat sauce, apples, corn	583-0202	1 meal	284	284
Frozen meal, Macaroni with veal, cheese and sauce (low calorie)	583-0203	1 meal	369	369
Frozen meal, macaroni, cheese, tomatoe sauce	583-0301	1 entree	326	326

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Soups: (Subgroup Code 584)				
Noodle soup, canned, ready-to-eat	584-0010	1 cup 3/4 cup	240 180	180
Barley soup (Include beef barley, chicken barley, mushroom barley soup)	584-0101	1 cup 3/4 cup	240 180	180
Beef noodle soup undiluted	584-0200	10-3/4 oz can 1 cup	305 245	
Beef noodle soup	584-0201	1 cup 3/4 cup	240 180	180
Beef dumpling soup	584-0202	1 cup 3/4 cup	240 180	180
Beef rice soup	584-0203	1 cup 3/4 cup	240 180	180
Rice and pork soup	584-0250	1 cup 3/4 cup	240 180	180
Chicken noodle soup (Include Chicken and Stars soup, chicken flavored Chinese noodles)	584-0301	1 cup 3/4 cup 1 can 1 can soup for one, reconstituted	240 180 305 330	180
Chicken noodle soup, undiluted	584-0302	1 10-3/4 oz can 1 cup	305 245	152
Noodle and potato soup, P.R. style	584-0310	1 cup	245	245
Chicken rice soup (Include rice soup, Chinese rice)	584-0401	1 cup 3/4 cup	240 180	180
Chicken and rice soup undiluted	584-0402	10-3/4 oz	305	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Soups: (Subgroup Code 584) -- Continued				
Rice and potato soup, P.R. style	584-0410	1 cup	245	245
Matzo ball soup	584-0450	1 cup	240	180
		3/4 cup	180	
Chicken soup with dumplings and potatoes	584-0451	1 cup	240	180
		3/4 cup	180	
Chicken soup with dumplings	584-0452	1 cup	240	180
		3/4 cup	180	
Turkey noodle soup	584-0601	1 cup	240	180
		3/4 cup	180	
Instant soup, NFS	584-0700	1 cup	240	180
		3/4 cup	180	
Instant soup, noodle (Include meat and/or vegetable flavors)	584-0701	1 cup	240	180
		3/4 cup	180	
		1 packet yields 6 fl oz	180	
Instant soup, cream of ~~(Include Lipton's, Souptime, Cup-O-Soup)~~	584-0702	1 cup	240	180
		3/4 cup	180	
Soup, mostly noodles (Include spaghetti soup, Top Ramen, Oriental Noodle Soup, meat flavors, "Saimin soup")	584-0703	3 oz dry yields	480	240
		1 cup	240	
Instant soup, rice (Include meat or chicken flavor)	584-0704	1 cup	240	180
		3/4 cup	180	
Instant soup, noodle with egg, shrimp or chicken	584-0705	2.5 oz pkg. yields	386	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
GRAIN PRODUCTS: (Category Code 5) -- Continued				
MIXTURES WITH GRAIN PRODUCT AS MAJOR INGREDIENT: (Subgroup Code 58) -- Continued				
Soups: (Subgroup Code 584) -- Continued				
Won-Ton soup	584-0801	1 cup	240	180
		3/4 cup	180	
Rice soup with tea	584-1010	1 cup	240	180
		3/4 cup	180	
Noodle soup made with milk	584-5030	1 cup	240	180
		3/4 cup	180	
Baby foods - meat or poultry with or without vegetables: (Subgroup Code 585)				
Beef lasagne, toddler	585-0203	1 jar (6-1/4 oz)	177	177
Macaroni, tomatoes and beef, baby or junior (Include macaroni, beef and vegetables, baby food, NFS)	585-0300	1 jar (7-3/4 oz)	220	128
		1 jar (7-1/2 oz)	213	
		1 jar (4-3/4 oz)	135	
		1 jar, (4-1/2 oz)	128	
Macaroni, tomatoes, and beef, baby or strained	585-0301	1 jar, (4-1/2 oz)	128	128
Macaroni, tomatoes and beef, junior	585-0302	1 jar (7-3/4 oz)	220	107
		1 jar (7-1/2 oz)	213	
Macaroni, alphabets and beef casserole, toddler	585-0703	1 jar (6-1/4 oz)	177	177
Macaroni and cheese baby or junior	585-0800	1 jar (4-1/2 oz)	128	128
		1 jar (7-1/2 oz)	213	107
Spaghetti, tomato sauce and beef, junior (Include spaghetti, baby food, NFS)	585-0902	1 jar (7-3/4 oz)	220	107
		1 jar (7-1/2 oz)	213	
		1 jar (4-3/4)	135	
		1 cup	229	
Spaghetti and meatballs, toddler	585-1103	1 jar (6-1/4 oz)	177	177

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
FRUITS: (Category Code 6)				
CITRUS FRUITS, JUICES: (Subgroup Code 61)				
Citrus fruits: (Subgroup Code 611)				
Grapefruit (Include Chironja)	611-0101	1/2 large (4-1/2" dia)	165	134
		1/2 medium (4" dia)	134	
		1/2 small (3-1/2" dia)	106	
		1 oz yields	14	
		1 cup	230	
		Chironja: 1 small	145	
		1 medium	207	
		1 large	310	
Grapefruit, fresh, sections and juice	611-0110	1 cup	230	115
		1/2 cup	115	
		1 section	17	
Grapefruit, canned or frozen	611-0120	1 cup	244	122
		1/2 cup	122	
Grapefruit, canned or frozen, unsweetened	611-0122	1 cup	244	122
		1/2 cup	122	
		1/4 cup	61	
		1 section	17	
Grapefruit, canned or frozen, with sugar	611-0123	1 cup	254	127
		1/2 cup	127	
		1/4 cup	64	
Grapefruit, canned or frozen, low-calorie sweetener	611-0126	1 cup	244	122
		1/2 cup	122	
Grapefruit and orange sections	611-0400	1 cup	254	127
		1/2 cup	127	
Grapefruit and orange sections, fresh	611-0401	1 cup	190	95
		1/2 cup	95	
Grapefruit and orange sections, fresh, unsweetened (salad)	611-0402	1 cup	190	95
		1/2 cup	95	
Grapefruit and orange sections, cooked, canned or frozen, NFS	611-0420	1 cup	254	127
		1/2 cup	127	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruits: (Subgroup Code 611) -- Continued				
Grapefruit and orange sections, cooked, canned or frozen, unsweetened	611-0422	1 cup	244	122
		1/2 cup	122	
Grapefruit and orange sections, cooked, canned or frozen, with sugar	611-0423	1 cup	254	127
		1/2 cup	127	
Kumquat, fresh	611-1001	1 kumquat	19	57
		1 oz yields	26	
Kumquat, cooked or canned, with sugar	611-1023	1 kumquat	14	56
Lemon	611-1301	1 medium (2" dia)	74	8
		1 small	54	
		1 slice, 1/9 lemon	8	
		1 tsp	5	
		1 wedge	8	
		1 oz yields	19	
Lime	611-1601	1 medium (2" dia)	67	17
		1/4 lime	17	
		1 slice	8	
		1 oz yields	24	
Orange	611-1901	1 extra large (3-1/2" dia)	228	145
		1 large (3-1/4" dia)	180	
		1 medium (3" dia)	145	
		1 small (2-1/2" dia)	100	
		1 cup, sections	195	
		1 small slice	15	
		1 section	10	
		1 tbsp	12	
		1 oz yields	21	
Orange, sections, canned, juice packed	611-1902	1 cup	204	102
		1/2 cup	102	
		1 section	9	
Orange peel	611-1910	Rind of one medium orange	51	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Se t spe g
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruits: (Subgroup Code 611) -- Continued				
Oranges, mandarin	611-2230	1 cup	247	
		1 slice	7	
		1 tbsp	15	
		1 medium	68	
Oranges, mandarin, canned or frozen, unsweetened	611-2232	1 cup	225	
Oranges, mandarin, canned or frozen, with sirup	611-2233	1 cup	247	
Tangelos	611-2500	1 large	114	
		1 medium	95	
		1 small	68	
		1 cup, sections	195	
		1 oz yields	21	
Tangerine (Include madarin oranges, fresh, satsuma)	611-2501	1 large (2-1/2" dia)	101	
		1 medium (2-3/8" dia)	86	
		1 small (2-1/4" dia)	72	
		1 cup, sections	195	
		1 oz yields	21	
		1 slice	7	
Citrus fruit juices: (Subgroup Code 612)				
Juice, NFS (Include fresh, frozen or canned)	612-0010	1 cup	250	
		1/2 cup	125	
Acerola juice	612-0050	1 cup	250	
		1/2 cup	125	
Grapefruit juice, NFS (Include canned, sugar NS)	612-0100	1 cup	250	
		1/2 cup	125	
		1 fl oz	31	
Grapefruit juice, fresh	612-0101	1 cup	247	
		1/2 cup	124	
		Juice of 1 grapefruit	196	
Grapefruit juice, unsweetened, NFS	612-0102	1 cup	247	
		1/2 cup	124	
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruit juices: (Subgroup Code 612) -- Continued				
Grapefruit juice, canned, unsweetened	612-0122	1 cup	247	124
		1/2 cup	124	
Grapefruit juice, canned with sugar	612-0123	1 cup	250	125
		1/2 cup	125	
Grapefruit juice, frozen, unsweetened (reconstituted with water)	612-0162	1 cup	247	124
		1/2 cup	124	
Grapefruit juice, frozen, with sugar (reconstituted with water)	612-0163	1 cup	248	124
		1/2 cup	124	
Lemon juice, NFS	612-0400	1 cup	244	15
		1 tbsp	15	
Lemon juice, fresh	612-0401	1 cup	244	15
		1 tbsp	15	
		Juice of 1 lemon	48	
Lemon juice, canned, bottled	612-0420	1 cup	244	15
		1 tbsp	15	
Lemon juice, frozen	612-0460	1 tbsp	15	15
Lime juice, NFS	612-0700	1 cup	246	15
		1 tbsp	15	
Lime juice, fresh	612-0701	1 cup	246	15
		1 tbsp	15	
		Juice of 1 lime	38	
Lime juice, canned, bottled	612-0720	1 cup	246	15
		1 tbsp	15	
Lime juice, frozen	612-0760	1 tbsp	15	15
Orange juice, NFS	612-1000	1 cup	249	124
		1/2 cup	124	
		1 fl oz	31	
		School lunch	136	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruit juices: (Subgroup Code 612) -- Continued				
Orange juice, fresh	612-1001	1 cup	248	124
		1/2 cup	124	
		Juice of 1 medium orange	88	
		Juice of 1 small orange	75	
Orange juice, canned, unsweetened	612-1022	1 cup	249	124
		1/2 cup	124	
Orange juice, canned with sugar (Include orange juice with sugar NFS)	612-1023	1 cup	250	125
		1/2 cup	125	
Orange-acerola juice	612-1024	1 cup	249	124
		1/2 cup	124	
Orange juice, frozen, unsweetened (reconstituted with water) (Include O.J. Bar)	612-1062	1 cup	249	124
		1/2 cup	124	
		1 bar	124	
Orange juice, frozen, sweetened (reconstituted with water)	612-1063	1 cup	250	125
		1/2 cup	125	
Orange juice, powdered (reconstituted with water)	612-1090	1 cup	248	124
		1/2 cup	124	
		1 tbsp dry yields	124	
Tangerine juice, NFS	612-1300	1 cup	247	124
		1/2 cup	124	
		1 fl oz	31	
Tangerine juice, canned, unsweetened	612-1322	1 cup	247	124
		1/2 cup	124	
Tangerine juice, canned, sweetened	612-1323	1 cup	249	124
		1/2 cup	124	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruit juices: (Subgroup Code 612) -- Continued				
Tangerine juice, frozen, unsweetened (reconstituted with water)	612-1362	1 cup	248	124
		1/2 cup	124	
Grapefruit and orange juice, NFS	612-1600	1 cup	247	124
		1/2 cup	124	
Grapefruit and orange juice, fresh	612-1601	1 cup	247	124
		1/2 cup	124	
Grapefruit and orange juice, canned, unsweetened	612-1622	1 cup	247	124
		1/2 cup	124	
Grapefruit and orange juice, canned with sugar	612-1623	1 cup	249	124
		1/2 cup	124	
Grapefruit and orange juice, frozen (reconstituted with water)	612-1660	1 cup	248	124
		1/2 cup	124	
Orange and banana juice, NFS	612-1900	1 cup	250	125
		1/2 cup	125	
Orange and banana juice, canned	612-1920	1 cup	250	125
		1/2 cup	125	
Orange and banana juice, frozen, (reconstituted with water)	612-1960	1 cup	250	125
		1/2 cup	125	
Apricot-orange juice (Include home canned)	612-1965	1 cup	250	125
		1/2 cup	125	
Pineapple-grapefruit juice, NFS	612-2200	1 cup	250	125
		1/2 cup	125	
Pineapple-grapefruit juice, canned	612-2220	1 cup	250	125
		1/2 cup	125	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
CITRUS FRUITS, JUICES: (Subgroup Code 61) -- Continued				
Citrus fruit juices: (Subgroup Code 612) -- Continued				
Pineapple-grapefruit juice, canned, unsweetened	612-2222	1 cup	250	125
		1/2 cup	125	
Pineapple-grapefruit juice, canned with sugar	612-2223	1 cup	250	125
		1/2 cup	125	
Pineapple-grapefruit juice, frozen (reconstituted with water)	612-2260	1 cup	250	125
		1/2 cup	125	
Pineapple-orange juice, NFS	612-2500	1 cup	250	125
		1/2 cup	125	
Pineapple-orange juice, canned	612-2520	1 cup	250	125
		1/2 cup	125	
Pineapple-orange juice, canned, unsweetened	612-2522	1 cup	250	125
		1/2 cup	125	
Pineapple-orange juice, canned with sugar	612-2523	1 cup	250	125
		1/2 cup	125	
Pineapple-orange juice, frozen reconstituted with water)	612-2560	1 cup	250	125
		1/2 cup	125	
DRIED FRUITS: (Subgroup Code 62)				
Dried fruits: (Subgroup Code 621)				
Fruit, dried, NFS	621-0100	1/2 oz	14	14
Apples, dried, uncooked	621-0110	1 cup	85	11
(Include dried diet snack plain or flavored)		1/8 cup	11	
		1/2 oz (dried diet snack)	14	
		1 slice	4	
Apples, dried, cooked	621-0120	1 cup	255	128
		1/2 cup	128	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
DRIED FRUITS: (Subgroup Code 62) -- Continued				
Dried fruits: (Subgroup Code 621) -- Continued				
Apples, dried, cooked, unsweetened	621-0122	1 cup	255	128
		1/2 cup	128	
Apples, dried, cooked, with sugar	621-0123	1 cup	280	140
		1/2 cup	140	
Apricots, dried, uncooked	621-0410	1 cup	130	32
(Include dried apricot NFS)		1 half	4	
Apricots, dried, cooked	621-0420	1 cup	250	125
		1/2 cup	125	
Apricots, dried, cooked, unsweetened	621-0422	1 cup	250	1[illegible]
		1/2 cup	125	
Apricots, dried, cooked, with sugar	621-0423	1 cup	270	135
		1/2 cup	135	
Apricot fruit roll (Include apricot leather)	621-0425	1 piece (7-1/2 dia x 1/16)	28	28
		1 cubic inch	10	
Banana flakes, dehydrated	621-0710	1 cup	100	6
		1 tbsp	6	
Banana chips	621-0720	1 cup	92	
Cherries, dried (Include Bing)	621-0750	1 oz	28	
Currants, dried	621-0810	1 cup	131	33
		1/4 cup	33	
Dates	621-1010	1 date	8	40
		1 cup	178	
		1 oz yields	25	
Figs, dried, uncooked	621-1310	1 large	21	2[illegible]
		1 cup	170	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
DRIED FRUITS: (Subgroup Code 62) -- Continued				
Dried fruits: (Subgroup Code 621) -- Continued				
Figs, dried, cooked	621-1320	1 cup	250	125
		1/2 cup	125	
		1 fig	21	
Figs, dried, cooked, unsweetened	621-1322	1 cup	250	125
		1/2 cup	125	
Figs, dried, cooked, with sugar	621-1323	1 cup	270	135
		1/2 cup	135	
Lychee, dried (lychee nuts)	621-1400	1 nut	2.5	
Papaya, dried	621-1411	1 strip	23	23
Peaches, dried, uncooked	621-1610	1 cup	160	28
		1 half	14	
Peaches, dried, cooked	621-1620	1 cup	250	125
		1/2 cup	125	
Peaches, dried, cooked, unsweetened	621-1622	1 cup	250	125
		1/2 cup	125	
Peaches, dried, cooked, with sugar	621-1623	1 cup	270	135
		1/2 cup	135	
Pears, dried, uncooked	621-1910	1 cup	180	36
		10 halves	175	
		1 half	18	
Pears, dried, cooked	621-1920	1 cup	255	128
		1/2 cup	128	
Pears, dried, cooked, unsweetened	621-1922	1 cup	255	128
		1/2 cup	128	
Pears, dried, cooked, with sugar	621-1923	1 cup	280	140
		1/2 cup	140	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
DRIED FRUITS: (Subgroup Code 62) -- Continued				
Dried fruits: (Subgroup Code 621) -- Continued				
Pineapple, dehydrated	621-2010	1 piece	28	28
Plum, rock salt, dried (Include plum seed, rock salt seed, dried Japanese plum)	621-2110	1 cup 1 oz, yield 1 plum	123 20 3	
Prunes, dried, uncooked	621-2210	1 cup 10 prunes 1 prune 1 oz yields	180 102 10 24	20
Prunes, dried, cooked (Include prunes NFS, prune compote)	621-2220	1 cup 1/2 cup 1 prune 1 tbsp 1 oz yields	213 107 14 13 24	107
Prunes, dried, cooked, unsweetened (Include cooked dried NFS)	621-2222	1 cup 1/2 cup 1 prune 1 oz yields	213 107 14 24	107
Prunes, dried, cooked, with sugar (Include Ciruelas)	621-2223	1 cup 1/2 cup 1 prune 1 oz yields	238 119 14 24	119
Raisins (Include cinnamon coated raisins)	621-2510	1 cup 1 tbsp 1 small box (1-1/2 oz) 30 raisins	145 9 43 10	43
Raisins, cooked	621-2511	1 cup with liquid	243	
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63)				
Fruits, exclude berries: (Subgroup Code 631)				
Fresh fruit, NFS	631-0010	1 medium	138	138

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Apples	631-0100	1 large (3-1/4" dia) (approx 2 per lb)	212	138
(Include with or without peel)		1 medium (2-3/4" dia) (approx 3 per lb)	138	
		1 small (2-1/2" dia) (approx 4 per lb)	106	
		1 cup, quarters or chopped	125	
		1 cup mashed	156	
		1 tbsp	8	
		1 oz yields	26	
		1 piece	34	
		1 slice	11	
Applesauce, stewed apples, NFS	631-0111	1 cup	255	128
(Include home canned, crabapples)		1/2 cup	128	
		1 large apple yields	267	
		1 medium apple yields	152	
Applesauce, stewed apples, unsweetened	631-0112	1 cup	244	122
(Include fresh, frozen, canned)		1/2 cup	122	
		1 medium apple yeilds	146	
		1 small apple yields	112	
Applesauce, stewed apples, with sugar	631-0113	1 cup	255	128
(Include apple pie filling)		1/2 cup	128	
		1 medium apple	152	
Applesauce, stewed apples, artificially sweetened	631-0114	1 cup	244	122
		1/2 cup	122	
Apples, baked	631-0131	1 medium	120	120
		1 cup	244	
Apples, baked, unsweetened	631-0132	1 medium	120	120
(Include dietetic)				
Apples, baked, with sugar	631-0133	1 medium	130	130
(Include scalloped apples)		1 cup	255	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Apple rings	631-0141	1 ring	15	15
Apple, pickled (Include spiced)	631-0142	1 small apple	23	45
		1 medium apple	45	
		1 slice	15	
		1 cup	213	
Apples, fried	631-0150	1 cup	254	64
		1/4 cup	64	
		1/8 cup	32	
		1 medium apple	120	
Jobo, fresh	631-0160	1 small	56	75
		1 medium	75	
		1 large	112	
Mamey (mamea apple)	631-0165	1 medium	401	
		1 medium slice	33	
		1 oz yields	17	
Apple, wi, raw	631-0200	1 cup	125	62
		1/2 cup	62	
Apricots, NFS	631-0300	1 cup	259	130
		1/2 cup	130	
		1 apricot with 1 tbsp liquid	45	
Apricots, raw or fresh	631-0301	1 whole	36	36
		1 cup, halves	155	
		1/2 cup, halves	78	
		1 oz yields	27	
Apricots, cooked or canned	631-0311	1 cup	259	130
		1/2 cup	130	
		1 apricot with 1 tbsp liquid	45	
Apricots, cooked or canned, unsweetened	631-0312	1 cup	246	123
		1/2 cup	123	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Apricots, cooked or canned, in sirup	631-0313	1 cup	259	130
		1/2 cup	130	
		1 apricot with 1 tbsp liquid	45	
Apricots, cooked or canned, in heavy sirup	631-0314	1 cup	259	130
		1/2 cup	130	
		1 apricot with 1 tbsp liquid	45	
Apricots, cooked or canned, in light sirup	631-0315	1 cup	252	126
		1/2 cup	126	
		1 half apricot with 1/2 tbsp liquid	23	
Apricots, cooked or canned, with low-calorie sweetener	631-0316	1 cup	246	123
		1/2 cup	123	
Apricots, cooked or canned, in fruit juice	631-0317	1 cup	252	126
		1/2 cup	126	
Avocado, raw	631-0501	1 medium	227	113
		1/2 medium	113	
		1 slice (1/20 of medium)	11	
		1 small	216	
		1 cup, 1/2" cubes	150	
		1 cup, puree	230	
		1 large	304	
		1 large slice	33	
		1 medium slice	22	
		1 small slice	11	
		1 oz yields	26	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Bananas, raw (Include Bluefield)	631-0701	1 large, 9-3/4" long	136	119
		1 medium, 8-3/4" long	119	
		1 small 7-3/4" long	95	
		1 cup, sliced	150	
		1 cup, mashed	225	
		1 tbsp sliced	9	
		1" of banana	13	
		1 medium slice	6	
		1 oz yields	19	
		Bluefield:		
		1 small	79	
		1 medium	117	
Banana, white, ripe (Guineo Blanco, maduro)	631-0705	1 medium	119	119
		1 oz yields	19	
Banana, apple, raw	631-0706	1 small	60	73
		1 medium	73	
Banana, Chinese (Include Cavendish, dwarf, finger)	631-0707	1 small	50	63
		1 medium	63	
		1 large	80	
Banana, red, ripe (Guineo morado)	631-0708	1 small	69	104
		1 medium	104	
		1 large	121	
		1 cup, sliced	150	
Banana, red, fried	631-0709	1 medium	94	94
		1 small	61	
Bananas, baked, with sugar	631-0711	1 banana, 11" long	275	138
Bananas, baked, unsweetened	631-0712	1 banana, 11" long	263	132
Banana, ripe, fried	631-0721	1 small	85	106
		1 medium	106	
		1 large	121	
		1 cup	169	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Banana, ripe, boiled	631-0731	1 medium	89	89
		1 cup	200	
Cantaloupe (muskmelon), raw	631-0901	1/2 melon (5" dia)	272	136
		1/4 melon	136	
		1 cup, cubes or 20 balls	160	
		1 cu in	11	
		1 oz yields	16	
		1 large (7" dia or more)	1,361	
Cantaloupe, frozen (balls)	631-0961	1 cup	230	115
		1/2 cup	115	
Carambola, (starfruit), cooked with sugar	631-0975	2 oz	57	
Cassaba, melon (Include cranshaw melon)	631-1001	1 cup	170	140
		1 wedge 1/10 of melon	140	
		1 oz yields	16	
		1 medium melon	1,361	
Cherries, Maraschino	631-1101	1 cherry	2	2
		1 cup	120	
Acerola, fresh	631-1200	1 medium	6	
Cherries, sour red, cooked	631-1300	1 cup	244	122
		1/2 cup	122	
Cherries, sour red, raw, whole	631-1301	1 cup	103	52
		1/2 cup	52	
		1 oz yields	26	
Cherries, sour red, raw, pitted	631-1302	1 cup	155	78
		1/2 cup	78	
Cherry pie filling	631-1303	1 cup	312	
Cherries, NFS, cooked	631-1401	1 cup	257	129
		1/2 cup	129	
		1 cherry	6	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Cherries, sweet (Queen Anne, Bing) whole, raw (Include cherries fresh NFS)	631-1501	1 cherry	7	56
		1 cup	117	
		1/2 cup	56	
		1 oz yields	26	
Cherries, sweet (Queen Anne, Bing) pitted, raw	631-1502	1 cherry	7	73
		1 cup	145	
		1/2 cup	73	
Cherries, sweet, cooked or canned	631-1511	1 cup	257	129
		1/2 cup	129	
		1 cherry	6	
Cherries, sweet, cooked, unsweetened	631-1512	1 cup	248	124
		1/2 cup	124	
		1 cherry	6	
Cherries, sweet, cooked or canned, with sugar or sirup	631-1513	1 cup	257	129
		1/2 cup	129	
Cherries, pitted, frozen	631-1514	1 cup	210	105
		1/2 cup	105	
		1 cherry	7	
Currants, raw	631-1701	1 cup	150	38
		1/4 cup	38	
		1 oz yields	28	
Figs, raw	631-1901	1 large	65	50
		1 medium	50	
		1 small	40	
		1 oz yields	28	
Figs, cooked or canned	631-1911	1 cup	259	130
		1/2 cup	130	
		3 figs with 1-3/4 tbsp liquid	85	
		1 fig	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Figs, cooked or canned, unsweetened	631-1912	1 cup	248	124
		1/2 cup	124	
		3 figs with 1-3/4 tbsp liquid	80	
Figs, cooked or canned, in heavy sirup	631-1913	1 cup	259	130
		1/2 cup	130	
		3 figs with 1-3/4 tbsp liquid	85	
Genip, raw	631-2101	1 small	5	
Grapes, raw, NFS	631-2300	1 cup	152	100
		1 tbsp	10	
		1 grape	6	
		1 oz seeded yields	27	
Grapes, raw	631-2301	10 small seedless	25	100
(European type or adherent skin)		10 medium seedless	50	
(Include Tokay, Emperor grapes)		1 cup, seedless	160	
		10 seeded	57	
		1 cup, seeded	152	
		1 oz seeded yields	27	
		1 grape	6	
Grapes, raw (American type or slip skin	631-2302	1 cup	101	101
(Include Concord)		1 oz yields	19	
		1 grape	3	
Grapes, seedless, cooked or canned	631-2311	1 cup	256	128
		1/2 cup	128	
Grapes, seedless, cooked or canned, unsweetened	631-2312	1 cup	245	123
		1/2 cup	123	
Grapes, seedless, cooked or canned in heavy sirup	631-2313	1 cup	256	128
		1/2 cup	128	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Guava, raw	631-2501	1 Guava	64	64
		1 cup	255	
		1 oz yields	23	
Guava shells, NFS (assume canned in heavy sirup)	631-2510	1 cup	310	155
		1/2 cup	155	
Juneberry, fresh	631-2601	1 cup	165	82
		1/2 cup	82	
		1 oz yields	26	
Kiwi fruit	631-2650	1 oz	28	
Lychee, fresh (Include frozen)	631-2651	1	12	
Melon, NFS	631-2700	1 cup	160	
		1/4 melon	136	136
		1 oz yields	16	
		1 cubic inch	12	
Melon, honeydew, raw	631-2701	1 small wedge	75	149
		1 medium wedge (1/10 melon) (7" long, 2" wide at center)	149	
		1 cup	170	
		1 small	750	
		1 medium	1,499	
		1 large	2,248	
		1 oz yields	19	
Melon, honeydew, frozen, balls-	631-2761	1 cup	230	115
		1/2 cup	115	
Mango, raw	631-2901	1 mango	200	100
		1/2 mango	100	
		1 cup	165	
		1 oz yields	19	
Mango, pickled	631-2902	1 medium slice	28	
		1 tbsp	14	
Mango, cooked	631-2903	1 small	106	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) - Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Nectarine, NFS	631-3100	1 nectarine	138	138
		1 oz yields	26	
		1 cup	138	
Nectarine, raw	631-3101	1 medium (2-1/2" dia)	138	138
		1 cup	138	
		1 oz yields	26	
Nectarine, cooked	631-3111	1 cup	256	128
		1/2 cup	128	
		1/2 with 1-3/4 tbsp liquid	81	
Papaya, raw	631-3301	1 small	194	76
		1 medium	304	
		1 large	422	
		1 cup, cubed	140	
		1 cup, mashed	230	
		1 oz yields	19	
		1 small slice	38	
		1 medium slice	57	
		1 thick slice (1/4 medium)	76	
Papaya, green, cooked	631-3305	1 cup	132	66
		1/2 cup	66	
Passion fruit	631-3401	1 small	12	18
		1 medium	18	
		1 large	22	
Peaches, NFS	631-3500	1 cup	256	128
		1/2 cup	128	
		1 medium half with 2-1/8 tbsp liquid	96	
		1 large half with 2-1/4 tbsp liquid	109	
		1 slice	16	
Peaches, raw, NFS	631-3501	1 large	152	100
		1 medium (2-3/4" dia) (approx 2-1/2 per lb)	152	
		1 small (2-1/2" dia) (approx 4 per lb)	100	
		1 cup	178	
		1 piece (1/4 medium)	38	
		1 oz yields	25	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Peaches, cooked or canned (Include home canned)	631-3511	1 cup	256	128
		1/2 cup	128	
		1 medium half with 2-1/8 tbsp liquid	96	
		3 slices	48	
		1 large half with 2-1/4 tbsp liquid	109	
		1 small half with liquid-	81	
Peaches, cooked or canned, unsweetened	631-3512	1 cup	244	122
		1/2 cup	122	
		1 half with 2 tbsp liquid	91	
		1 slice	16	
Peaches, cooked or canned, in heavy sirup (Include home canned)	631-3513	1 cup	256	128
		1/2 cup	128	
		1 medium half with 2-1/8 tbsp liquid	96	
		1 slice	16	
Peaches, cooked or canned, in light sirup (Include medium syrup)	631-3514	1 cup	250	125
		1/2 cup	125	
		2 halves with 2 tbsp liquid	148	
		1 slice	16	
Peaches, cooked or canned, drained solids	631-3515	1 cup halves	224	
		1 cup slices	218	
		1 small slice	9	
		1 large half	75	
Peaches, frozen	631-3561	1 cup	250	125
		1/2 cup	125	
		1 small half	54	
Peaches, frozen, unsweetened	631-3562	1 cup	240	120
		1/2 cup	120	
Peaches, frozen, sweetened	631-3563	1 cup	250	125
		1/2 cup	125	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup 631) -- Continued				
Peaches, pickled	631-3565	1 small	99	99
		1 medium	117	
		1 large	133	
		1 oz yields	23	
		1 cup	228	
Pears, NFS	631-3700	1 cup, halves	255	128
		1/2 cup, halves	128	
		1 medium half with 2 tbsp liquid	94	
Pears, raw	631-3701	1 small pear	82	
		1 medium pear (2-1/2" dia x 3-1/2" long)	164	164
		1 large pear	246	
		1 cup	165	
		1 oz yields	26	
Pear, Japanese, raw	631-3705	1 small	281	
		1 medium	307	
		1 large	342	
Pears, cooked or canned (Include home canned)	631-3711	1 cup, halves	255	128
		1/2 cup, halves	128	
		1 medium half with 2 tbsp liquid	94	
		1 slice with liquid	47	
Pears, cooked or canned, unsweetened (Incude water pack)	631-3712	1 cup, halves	244	122
		1/2 cup, halves	122	
		1 small half with 1 tbsp liquid	45	
		1 medium half with 1-2/3 tbsp liqiud	77	
		1 large half with 2 tbsp liquid	91	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving, not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Pears, cooked or canned, in heavy sirup	631-3713	1 cup, halves	255	128
		1/2 cup, halves	128	
		1 small half with 1-3/4 tbsp liquid	79	
		1 medium half with 2 tbsp liquid	94	
		1 large half with 2-1/3 tbsp liquid	107	
Pears, cooked or canned, in light sirup (Include home canned)	631-3714	1 cup, halves	250	125
		1/2 cup, halves	125	
		1 small half with 1 tbsp liquid	67	
		1 medium half with 1 tbsp liquid	76	
		1 large half with 1 tbsp liquid	82	
		1 slice with liquid	47	
Pears, cooked or canned, drained solids	631-3715	1 small pear (2 halves)	94	114
		1 medium half	58	
		1 large slice	32	
		1 tbsp	14	
		1 cup	227	
		1/2 cup	114	
Pears, spiced, drained solids	631-3716	1 cup	227	
		1/4 cup	57	
Persimmon, raw	631-3901	1 persimmon	168	84
		1 oz yields	24	
Pineapple, NFS	631-4100	1 cup	250	125
		1/2 cup	125	
		1 large slice with 2-1/4 tbsp liquid	103	
		1 tbsp	16	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Pineapple, raw	631-4101	1 cup	155	78
		1/2 cup	78	
		1 slice (3-1/2" dia x 3/4" thick)	84	
		1 chunk	21	
		1 small	413	
		1 medium	472	
		1 large	943	
		1 oz yields	15	
Pineapple, cooked or canned, drained solids	631-4110	1 cup, crushed	254	
		1 cup, chunks	188	
		1 tbsp	12	
Pineapple, cooked or canned, (tidbit, slice, or chunk)	631-4111	1 cup	250	125
		1/2 cup	125	
		1 large slice with 2-1/4 tbsp liquid	103	
		1 medium slice with 1-1/4 tbsp liquid	58	
		1 chunk or cube	10	
		1 tidbit	5	
Pineapple, cooked or canned, unsweetened (tidbit)	631-4112	1 cup	246	123
		1/2 cup	123	
Pineapple, cooked or canned, with sirup	631-4113	1 cup (chunk, tidbit, crushed)	255	128
		1/2 cup (chunk, tidbit, crushed)	128	
		1 large slice with 2-1/4 tbsp liquid	105	
		1 medium slice with 1-1/4 tbsp liquid	58	
Pineapple, cooked or canned, in heavy sirup	631-4114	1 cup (chunk, tidbit, crushed)	255	128
		1/2 cup (chunk, tidbit, crushed)	128	
		1 large slice with 2-1/4 tbsp liquid	105	
		1 medium slice with 1-1/4 tbsp liquid	58	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Pineapple, cooked or canned, with light sirup	631-4115	1 cup (chunk, tidbit, crushed)	250	125
		1/2 cup (chunk, tidbit, crushed)	125	
		1 medium slice with 1-1/4 tbsp liquid)	58	
Pineapple, cooked or canned, with low-calorie sweetener (tidbits)	631-4116	1 cup	246	123
		1/2 cup	123	
Pineapple, cooked or canned, with fruit juice	631-4117	1 large or 2 small slices	122	1[illegible]
		1 cup	250	
		1/2 cup		
		1 medium slice with 1 tbsp liquid	53	
Plantains (see Vegetable Subgroup Code 719)				
Plums, NFS	631-4300	1 cup	258	129
		1/2 cup	129	
		3 plums with 2-3/4 tbsp liquid	133	
Plums, raw, hybrid type (Include raw NFS, red plum)	631-4301	1 whole (2-1/2" dia)	66	66
		1 small	10	
		1 oz yields	27	
		1 cup, diced	164	
Plums, raw, prune type	631-4302	1 whole (2-1/2" dia)	28	28
		1 oz yields	27	
Plums, raw, Damson type	631-4303	1 whole (1" dia)	10	10
		1 oz yields	26	
Plums, cooked or canned (Include plum sauce)	631-4311	1 cup	258	129
		1/2 cup	129	
		3 plums with 2-3/4 tbsp liquid	133	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruits, exclude berries: (Subgroup Code 631) -- Continued				
Plums, cooked or canned, unsweetened	631-4312	1 cup	249	125
		1/2 cup	125	
		3 plums with 2 tbsp liquid	95	
Plums, cooked or canned, with heavy sirup	631-4313	1 cup	258	129
		1/2 cup	129	
		3 plums with 2-3/4 tbsp liquid	133	
Plums, cooked or canned, in light sirup	631-4314	1 cup	253	126
		1/2 cup	126	
		1 small plum with 2 tsp liquid	32	
		1 medium plum with 2.4 tsp liquid	38	
Plums, pickled (Include Japanese)	631-4315	1 plum	28	28
		1 oz yields	27	
Pomegranate, raw	631-4501	1 pomegranate	154	154
Rhubarb, NFS	631-4700	1 cup	270	135
		1/2 cup	135	
Rhubarb, raw	631-4701	1 cup	122	61
		1/2 cup	61	
		1 stalk	51	
		1 oz yields	24	
Rhubarb, raw, unsweetened	631-4702	1 cup	122	61
		1/2 cup	61	
		1 oz yields	24	
Rhubarb, cooked or canned (assume with added sugar)	631-4711	1 cup	270	135
		1/2 cup	135	
Rhubarb, cooked or canned, unsweetened	631-4712	1 cup	260	130
		1/2 cup	130	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUITS AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Fruit, exclude berries: (Subgroup Code 631) -- Continued				
Rhubarb, cooked or canned, with sugar	631-4713	1 cup	270	135
(Include Rhubarb sauce)		1/2 cup	135	
Rhubarb, cooked or canned, artificially sweetened	631-4714	1 cup	260	130
		1/2 cup	130	
Rhubarb, frozen	631-4760	1 cup	270	135
		1/2 cup	135	
Rhubarb, frozen, sweetened	631-4762	1 cup	270	135
(Include home frozen)		1/2 cup	135	
Sugar apple, sweetsop (anon)	631-4801	1 small	125	21
		1 medium	218	
		1 large	250	
Soursop (annona muricata)	631-4850	1 medium	625	52
		1 cup	225	
		1 medium piece	52	
		1 oz yields	19	
Watermelon, raw	631-4901	1 cup	160	426
		1/2 cup	80	
		1 wedge (4" arc x 8" radii)	426	
		1 slice (10 " dia x 1")	426	
		1 cubic inch	5	
		1 child size bite	10	
		1 small melon	4,173	
		1 medium melon	6,818	
		1 oz yields	13	
Watermelon, pickled	631-4902	1 square or cube	10	10

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Berries: (Subgroup Code 632)				
Berries, NFS	632-0005	1 cup	149	75
		1/2 cup	75	
		1 oz yields	27	
Berries, raw, NFS	632-0010	1 cup	149	75
		1/2 cup	75	
		1 tbsp	9	
		1 oz yields	27	
Blackberries, NFS (Include Marion Berries)	632-0100	1 cup	175	88
		1/2 cup	88	
Blackberries, raw	632-0101	1 cup	144	72
		1/2 cup	72	
		1 oz yields	27	
Blackberries, cooked or canned	632-0111	1 cup	256	128
		1/2 cup	128	
Blackberries, cooked or canned, unsweetened	632-0112	1 cup	244	122
		1/2 cup	122	
Blackberries, cooked or canned, with heavy sirup	632-0113	1 cup	256	128
		1/2 cup	128	
Blackberries, frozen	632-0160	1 cup	143	72
		1/2 cup	72	
Blueberries, NFS	632-0300	1 cup	250	125
		1/2 cup	125	
Blueberries, raw	632-0301	1 cup	145	73
		1/2 cup	73	
		1 berry	1	
		1 oz yields	28	
Blueberries, cooked or canned	632-0311	1 cup	250	125
		1/2 cup	125	
Blueberries, cooked or canned, unsweetened	632-0312	1 cup	240	120
		1/2 cup	120	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Berries: (Subgroup Code 632) -- Continued				
Blueberries, cooked or canned, with heavy sirup	632-0313	1 cup	250	125
		1/2 cup	125	
Blueberries, frozen	632-0360	1 cup	230	115
		1/2 cup	115	
Boysenberries, raw	632-0501	1 cup	144	72
		1/2 cup	72	
		1 oz yields	27	
		1 berry	3	
Boysenberries, cooked or canned	632-0511	1 cup	256	128
		1/2 cup	128	
Boysenberries, cooked or canned, unsweetened	632-0512	1 cup	244	122
		1/2 cup	122	
Boysenberries, cooked or canned, with heavy sirup	632-0513	1 cup	256	128
		1/2 cup	128	
Boysenberries, frozen	632-0560	1 cup	143	72
		1/2 cup	72	
Cranberries, NFS	632-0700	1 cup	277	35
		1/8 cup	35	
Cranberries, raw	632-0701	1 cup	110	14
		1/8 cup	14	
		1 oz yields	27	
Cranberries, cooked or canned (Include cranberry sauce)	632-0711	1 cup	277	35
		1/8 cup	35	
		1 slice NFS	35	
		1 cu in	19	
Dewberries, raw	632-0901	1 cup	144	
		1/2 cup	72	
		1 oz yields	27	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Berries: (Subgroup Code 632) -- Continued				
Elderberries, raw	632-1101	1 cup	144	72
		1/2 cup	72	
		1 oz yields	27	
Elderberries, cooked or canned	632-1111	1 cup	250	125
		1/2 cup	125	
Gooseberries, raw	632-1301	1 cup	150	75
		1/2 cup	75	
		1 oz yields	28	
Gooseberries, cooked or canned	632-1311	1 cup	260	130
		1/2 cup	130	
Gooseberries, cooked or canned, unsweetened	632-1312	1 cup	250	125
		1/2 cup	125	
Gooseberries, cooked or canned, with heavy sirup	632-1313	1 cup	260	130
		1/2 cup	130	
Loganberries, raw	632-1501	1 cup	144	72
		1/2 cup	72	
		1 oz yields	27	
Loganberries, cooked or canned	632-1511	1 cup	256	128
		1/2 cup	128	
Loganberries, cooked or canned, unsweetened	632-1512	1 cup	244	122
		1/2 cup	122	
Loganberries, cooked or canned, with heavy sirup	632-1513	1 cup	256	128
		1/2 cup	128	
Loganberries, frozen	632-1560	1 cup	143	72
		1/2 cup	72	
Mulberries, raw	632-1701	1 cup	123	62
		1/2 cup	62	
		1 oz yields	27	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Berries: (Subgroup Code 632) -- Continued				
Raspberries, raw, NFS	632-1900	1 cup	123	62
		1/2 cup	62	
		1 oz yields	27	
Raspberries, black, raw (Include black caps)	632-1901	1 cup	134	67
		1/2 cup	67	
		1 oz yields	27	
Raspberries, black, raw, unsweetened	632-1902	1 cup	134	67
		1/2 cup	67	
		1 oz yields	27	
Raspberries, black, cooked or canned	632-1911	1 cup	240	
		1/2 cup	120	
Raspberries, black, cooked or canned, unsweetened	632-1912	1 cup	230	115
		1/2 cup	115	
Raspberries, black, cooked or canned, with sugar or sirup	632-1913	1 cup	240	120
		1/2 cup	120	
Raspberries, red, raw	632-2101	1 cup	123	62
		1/2 cup	62	
		1 oz yields	27	
Raspberries, red, raw, unsweetened	632-2102	1 cup	123	62
		1/2 cup	62	
		1 oz yields	27	
Raspberries, red, cooked or canned	632-2111	1 cup	243	122
		1/2 cup	122	
Raspberries, red, cooked or canned, unsweetened	632-2112	1 cup	243	1
		1/2 cup	122	
Raspberries, red, cooked or canned, with sugar or sirup (Include melba sauce)	632-2113	1 cup	253	127
		1/2 cup	127	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Berries: (Subgroup Code 632) -- Continued				
Raspberries, red, frozen, with sugar (Include home frozen, NFS)	632-2160	1 cup	250	125
		1/2 cup	125	
Raspberries, red, frozen, no sugar	632-2161	1 cup	243	122
		1/2 cup	122	
Strawberries, NFS	632-2300	1 cup	149	75
		1/2 cup	75	
		1 oz yields	27	
Strawberries, raw	632-2301	1 cup	149	75
		1/2 cup	75	
		1 cup, crushed	232	
		1 small	8	
		1 medium	15	
		1 large	23	
		1 slice	4	
		1 oz yields	27	
Strawberries, raw, unsweetened	632-2302	1 cup	149	75
		1/2 cup	75	
		1 oz yields	27	
Strawberries, cooked or canned	632-2311	1 cup	242	121
		1/2 cup	121	
Strawberries, cooked or canned, unsweetened	632-2312	1 cup	242	121
		1/2 cup	121	
Strawberries, cooked or canned, with sugar or sirup	632-2313	1 cup	250	125
		1/2 cup	125	
Strawberries, frozen	632-2360	1 cup	255	128
		1/2 cup	128	
		1 berry	15	
Strawberries, frozen, unsweetened	632-2361	1 cup	149	75
		1/2 cup	75	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
BERRIES: (Subgroup Code 632) -- Continued				
Strawberries, frozen, with sugar	632-2362	1 cup	255	128
		1/2 cup	128	
Youngberries, raw	632-2501	1 cup	144	72
		1/2 cup	72	
		1 oz yields	27	
Mixtures of 2 or more fruits: (Subgroup Code 633)				
Ambrosia	633-0101	1 cup	177	89
		1/2 cup	89	
Cranberry-orange relish, uncooked	633-0701	1 cup	275	34
		1/8 cup	34	
Fruit cocktail, NFS	633-1100	1 cup	255	12
		1/2 cup	128	
Fruit cocktail, raw	633-1101	1 cup	180	90
		1/2 cup	90	
Fruit cocktail, cooked or canned (Include tropical fruit, fruit compote, fruit NFS, fruit salad NFS, canned fruit NFS)	633-1111	1 cup	255	128
		1/2 cup	128	
Fruit cocktail, cooked or canned, unsweetened	633-1112	1 cup	245	123
		1/2 cup	123	
Fruit cocktail, cooked or canned, with heavy sirup	633-1113	1 cup	255	128
		1/2 cup	128	
Fruit cocktail, cooked or canned, in light sirup	633-1114	1 cup	250	125
		1/2 cup	125	
Fruit cocktail, cooked or canned, drained solids	633-1115	1 cup	213	10
		1/2 cup	107	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUIT: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Mixtures of 2 or more fruits: (Subgroup Code 633) -- Continued				
Fruit, mixed, fresh (Include fruit cup)	633-2001	1 cup	170	85
		1/2 cup	85	
P.R. - Fruit Salad (Ensalada de frutas tropicales)	633-2010	1 deep dish	175	175
		3/4 cup	185	
		2 serving spoons	180	
Rhubarb and strawberries, cooked	633-4001	1 cup	245	123
		1/2 cup	123	
Mixtures of fruits or berries and non-fruit items: (Subgroup Code 634)				
Apple salad with dressing (Waldorf)	634-0101	1 cup	175	88
		1/2 cup	88	
Apple and cabbage salad with dressing	634-0102	1 cup	114	57
		1/2 cup	57	
Apple and fruit salad with dressing	634-0103	1 cup	200	100
		1/2 cup	100	
Apple Betty (Incude apple crisp, apple dessert) (Include fruit dessert NFS)	634-0104	1 cup	215	108
		1/2 cup	108	
		1 cu in	15	
		School lunch	111	
Apple fritter	634-0105	1 fritter	24	24
Apple, candied (Include caramel apples)	634-0106	1 apple	135	135
		1 large apple	200	
		1 cup	125	
		1 slice	11	
Banana pudding	634-0200	1 cup	165	82
		1/2 cup	82	
Banana whip	634-0201	1 cup	92	46
		1/2 cup	46	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Mixtures of fruits or berries and non-fruit items: (Subgroup Code 634) -- Continued				
Banana fritter	634-0202	1 fritter (2" long)	44	44
Prune whip	634-0203	1 cup	130	65
		1/2 cup	65	
Prunes, stuffed with carrot	634-0204	1 prune	16	32
P.R. - Fried dwarf bananas with cheese (guineos nifios con queso)	634-0205	1 serving (3 bananas - 4 x 1-1/2 x 1-1/2)	120	120
Peach crisp	634-0206	1 cup	216	108
		1/2 cup	108	
		School lunch	111	
Cherry Crisp	634-0207	1 cup	216	10
		1/2 cup	108	
Blueberry, crisp	634-0208	1 cup	216	108
		1/2 cup	108	
Fruit salad with salad dressing or mayonnaise	634-0301	1 cup	188	94
		1/2 cup	94	
Fruit salad with cream	634-0302	1 cup	194	97
		1/2 cup	97	
Fruit salad with cream substitute	634-0303	1 cup	194	97
		1/2 cup	97	
Fruit salad with marshmallow	634-0304	1 cup	130	65
		1/2 cup	65	
Fruit dessert with cream substitute	634-0305	3" square	90	90
		1 cup	120	
Fruit dessert with nuts	634-0306	3" square	95	95
		1 cup	126	
Fruit salad (watergate) (Include pistachio pudding with cool whip and crushed pineapple)	634-0310	1 cup	162	8
		1/2 cup	81	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT AND BERRIES, EXCLUDE CITRUS AND DRIED: (Subgroup Code 63) -- Continued				
Mixtures of fruits or berries and non-fruit items: (Subgroup Code 634) -- Continued				
Lime Souffle (Include other citrus fruits)	634-0315	1 cup	120	60
		1/2 cup	60	
		1 oz	28	
Guacamole (Include avocado dip)	634-0901	1 cup	232	58
		1/4 cup	58	
Chutney	634-0902	1 tbsp	15	15
Cranberry salad	634-1101	1 cup	275	69
		1/4 cup	69	
Pear salad with dressing and lettuce leaf	634-1201	with 1 half pear	117	117
Pineapple salad with dressing and lettuce leaf	634-1301	with 1 cup diced pineapple	184	184
Pineapple salad with cream cheese and lettuce	634-1302	with 1 slice of pineapple	89	89
Rhubarb crisp	634-1401	1 cup	215	108
		1/2 cup	108	
		1 cu in	15	
Soup, sour cherry	634-1500	1 cup	218	
		3/4 cup	164	164
Soup, fruit, NFS	634-1510	1 cup	218	
		3/4 cup	164	164
Juices: (Subgroup Code 641)				
Fruit juice NFS (Include mixed fruit juices)	641-0010	1 cup	250	125
		1/2 cup	125	
Apple cider	641-0101	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
		5-1/2 tsp dry yields 8 fl oz	248	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT JUICES AND NECTARS, EXCLUDE CITRUS: (Subgroup Code 64)				
Juices: (Subgroup Code 641) -- Continued				
Apple juice (Include fresh, frozen, canned)	641-0401	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
Apple-banana juice	641-0402	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
Apricot-pineapple juice	641-0410	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
Boysenberry juice	641-0501	1 cup	245	122
		1/2 cup	122	
		1 fl oz	31	
Cherry juice	641-0801	1 cup	248	12
		1/2 cup	124	
Cherry cider	641-0802	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
Cherry-apple juice	641-0851	1 cup	248	124
		1/2 cup	124	
Cranberry juice	641-1001	1 cup	253	127
		1/2 cup	127	
		1 fl oz	32	
Cranberry juice, unsweetened	641-1002	1 cup	250	125
		1/2 cup	125	
Cranberry juice, sweetened	641-1003	1 cup	253	127
		1/2 cup	127	
Cranberry juice, low-calorie sweetener	641-1004	1 cup	250	125
		1/2 cup	125	
Cranberry juice, with added vitamin C	641-1005	1 cup	253	1
		1/2 cup	127	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT JUICES AND NECTARS, EXCLUDE CITRUS: (Subgroup Code 64) -- Continued				
Juices: (Subgroup Code 641) -- Continued				
Cranberry-apple juice (Include other cranberry blends)	641-1100	1 cup	253	127
		1/2 cup	127	
		1 fl oz	32	
Eldelberry juice	641-1200	1 cup	250	125
		1/2 cup	125	
		1 fl oz	31	
Fig juice	641-1301	1 cup	256	128
		1/2 cup	128	
Grape juice (Include fresh, frozen concentrate, reconstituted with water)	641-1601	1 cup	253	127
		1/2 cup	127	
		1 fl oz	32	
Grapejuice, sweetened	641-1603	1 cup	253	127
		1/2 cup	127	
Grape juice, low calorie sweetener	641-1604	1 cup	250	125
		1/2 cup	125	
Grape juice, with added vitamin C	641-1605	1 cup	253	127
		1/2 cup	127	
Papaya juice	641-2001	1 cup	247	124
		1/2 cup	124	
Passion fruit juice (Include yellow, Lilikoi)	641-2100	1 cup	247	124
		1/2 cup	124	
Passion fruit juice with added vitamin C	641-2101	1 cup	250	125
		1/2 cup	125	
Pineapple juice	641-2401	1 cup	250	125
		1/2 cup	125	
		1 fl oz	31	
Pineapple juice, unsweetened	641-2402	1 cup	250	125
		1/2 cup	125	
Pineapple juice, sweetened	641-2403	1 cup	252	126
		1/2 cup	126	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
FRUIT JUICES AND NECTARS, EXCLUDE CITRUS: (Subgroup Code 64) -- Continued				
Juices: (Subgroup Code 641) -- Continued				
Pineapple-coconut juice	641-2404	1 cup	250	125
		1/2 cup	125	
Pineapple-banana juice	641-2405	1 cup	250	125
		1/2 cup	125	
		1 fl oz	31	
Plum juice	641-2425	1 cup	250	125
		1/2 cup	125	
Pomegrante juice	641-2450	1 cup	248	124
		1/2 cup	124	
		1 fl oz	31	
Prune juice	641-3201	1 cup	256	128
		1/2 cup	128	
Prune juice, unsweetened	641-3202	1 cup	256	128
		1/2 cup	128	
Prune juice, sweetened	641-3203	1 cup	258	129
		1/2 cup	129	
Raspberry juice	641-3301	1 cup	248	124
		1/2 cup	124	
Strawberry juice (Include canned)	641-3401	1 cup	237	118
		1/2 cup	118	
Nectars: (Subgroup Code 642)				
Nectar, NFS	642-0010	1 cup	250	125
		1/2 cup	125	
Apricot nectar	642-0101	1 cup	251	126
		1/2 cup	126	
Banana nectar	642-0150	1 cup	251	126
		1/2 cup	126	
Cantaloupe nectar	642-0201	1 cup	250	125
		1/2 cup	125	
Guava nectar with sugar (Include juice)	642-0302	1 cup	250	125
		1/2 cup	125	
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
FRUIT JUICES AND NECTARS, EXCLUDE CITRUS: (Subgroup Code 64) -- Continued				
Nectars: (Subgroup Code 642) -- Continued				
Guava nectar with vitamin C added	642-0303	1 cup	250	125
		1/2 cup	125	
Mango nectar (Include juice)	642-0401	1 cup	250	125
		1/2 cup	125	
Peach nectar (Include home canned, peach drink)	642-0501	1 cup	249	125
		1/2 cup	125	
Papaya nectar	642-1001	1 cup	251	126
		1/2 cup	126	
Passion fruit nectar, sweetened	642-1301	1 cup	250	125
		1/2 cup	125	
Passion fruit and orange nectar	642-1310	1 cup	223	112
		1/2 cup	112	
Pear nectar (Include juice)	642-1501	1 cup	250	125
		1/2 cup	125	
		1 fl oz	31	
Soursop (Guanabana) nectar, sweetened	642-2101	1 cup	250	125
		1/2 cup	125	
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67)				
Fruits and fruit mixtures: (Subgroup Code 671)				
Fruit, baby food, NFS (Include junior NFS)	671-0010	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
		1 cup	229	
		1 oz	28	
Apple-raspberry, junior (Include apple-blueberry, baby or strained)	671-0100	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67) -- Continued				
Fruits and fruit mixtures: (Subgroup Code 671) -- Continued				
Applesauce, baby food, NFS	671-0200	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
		1 oz	28	
Applesauce, baby or strained	671-0201	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Applesauce, junior	671-0202	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Applesauce and pineapple, baby food, NFS	671-0300	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		1 tbsp	14	
		7 tbsp	100	
Applesauce and pineapple, baby or strained	671-0301	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Applesauce and pineapple, junior	671-0302	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Applesauce and apricots, baby food, NFS	671-0400	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Applesauce and apricots, baby or strained	671-0401	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67) -- Continued				
Fruits and fruit mixtures: (Subgroup Code 671) -- Continued				
Applesauce and apricots, junior	671-0402	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Applesauce with other fruits, baby food (Include cherries)	671-0405	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		1 tbsp	14	
Apricots, baby food, NFS	671-0500	1 jar (4-3/4 oz)	135	68
		7 tbsp	100	
		1 tbsp	14	
Apricots, baby or strained	671-0501	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Apricots, junior	671-0502	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Bananas, baby food, NFS	671-0600	1 jar (4-3/4 oz)	135	68
		7 tbsp	100	
		1 tbsp	14	
Bananas, baby or strained	671-0601	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Peaches, baby food, NFS	671-0800	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Peaches, baby or strained	671-0801	1 jar (4-3/4 oz)	135	68
		1 jar (4-1/2 oz)	128	
		1 tbsp	14	
Peaches, junior	671-0802	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Pears, baby food, NFS	671-0900	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not-specified *grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67) -- Continued				
Fruits and fruit mixtures: (Subgroup Code 671) -- Continued				
Pears, baby or strained -------	671-0901	1 jar (4-1/2 oz) --------	128	64
		1 jar (4-3/4 oz) --------	135	
		1 tbsp ----------	14	
Pears, junior ----------	671-0902	1 jar (7-3/4 oz) --------	220	110
		1 jar (7-1/2 oz) --------	212	
		1 tbsp ----------	14	
Apples and pears, baby food, NFS ----------	671-1300	1 jar (4-1/2 oz) --------	128	64
		1 jar (7-3/4 oz) --------	220	
		7 tbsp ----------	100	
		1 tbsp ----------	14	
Apples and pears, baby or strained ----------	671-1301	1 jar (4-1/2 oz) --------	128	6
		1 tbsp ----------	14	
Apples and pears, junior ------	671-1302	1 jar (7-3/4 oz) --------	220	110
		1 tbsp ----------	14	
Pears and pineapples, baby food, NFS ----------	671-1400	1 jar (4-3/4 oz) --------	135	68
		1 jar (4-1/2 oz) --------	128	
		7 tbsp ----------	100	
		1 tbsp ----------	14	
Pears with pineapple, baby or strained ----------	671-1401	1 jar (4-3/4 oz) --------	135	68
		1 jar (4-1/2 oz) --------	128	
		1 tbsp ----------	14	
Pears and pineapple, junior ---	671-1402	1 jar (7-3/4 oz) --------	220	110
		1 jar (7-1/2 oz) --------	212	
		1 tbsp ----------	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67) -- Continued				
Fruit juice: (Subgroup Code 672)				
Apple juice, baby food	672-0200	1 can (4.2 fl oz) 1 cup	131 250	131
Apple with other fruit juice, baby food	672-0300	1 can (4.2 fl oz) 1 fl oz 1 cup	131 31 250	131
Grape juice, baby food	672-0350	1 can (4.2 fl oz)	131	131
Mixed fruit juice, not citrus, baby food (use for Baby juice, NFS)	672-0400	1 can (4.2 fl oz) 1 cup	131 250	131
Orange juice, baby food	672-0500	1 can (4.2 fl oz) 1 cup	131 250	131
Orange-apricot juice, baby food	672-0600	1 can (4.2 fl oz) 1 cup 1 fl oz	131 250 31	131
Orange-pineapple juice, baby food	672-0700	1 can (4.2 fl oz) 1 fl oz	131 31	131
Orange-prune juice, baby food	672-0800	1 can (4.2 fl oz)	131	131
Orange-apple-banana juice, baby food	672-1100	1 can (4.2 fl oz) 1 fl oz	131 31	131
Pineapple juice, baby food	672-1300	1 can (4.2 fl oz) 1 cup 1 fl oz	131 250 31	131
Prune juice, baby food	672-1400	1 can (4.2 fl oz) 1 fl oz	131 31	131

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroups Code 67) -- Continued				
Fruits with cereal: (Subgroup Code 673)				
Apples and cranberries with tapioca, baby food, NFS -------	673-0100	1 jar (4-3/4 oz) --------	135	68
		1 jar (7-3/4 oz) --------	220	
		1 tbsp ----------	14	
Plums with tapioca, baby food, NFS ----------	673-0400	1 jar (4-3/4 oz) --------	135	68
		1 jar (7-3/4 oz) --------	220	
		7 tbsp ----------	100	
		1 tbsp ----------	14	
Plums with tapioca, baby or strained ----------	673-0401	1 jar (4-3/4 oz) --------	135	68
		1 tbsp ----------	14	
Plums with tapioca, junior ----	673-0402	1 jar (7-3/4 oz) --------	220	110
		1 tbsp ----------	14	
Prunes with tapioca, baby food, NFS ----------	673-0500	1 jar (4-3/4 oz) --------	135	68
		1 jar (7-3/4 oz) --------	220	
		7 tbsp ----------	100	
		1 tbsp ----------	14	
		1 oz ----------	28	
Prunes with tapioca, baby or strained ----------	673-0501	1 jar (4-3/4 oz) --------	135	68
		1 tbsp ----------	14	
Prunes with tapioca, junior ---	673-0502	1 jar (7-3/4 oz) --------	220	110
		1 tbsp ----------	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup code 67) -- Continued				
Fruits with cereal: (Subgroup code 673) -- Continued				
Ciruelas with tapioca, junior (prunes)	673-0601	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Apricots with tapioca, baby or strained	673-0700	1 jar (4-1/2 oz)	128	64
		1 tbsp	14	
Bananas with tapioca, baby food, NFS	673-0800	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Bananas and pineapple with tapioca, baby food	673-0900	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Bananas and pineapple with tapioca, baby or strained	673-0901	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Bananas and pineapple with tapioca, junior	673-0902	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Fruit desserts and puddings: (Subgroup Code 674)				
Apple pie, baby food, NFS	674-0100	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Apple pie, baby or strained	674-0101	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Apple pie, junior	674-0102	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servin not specified grams
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup code 67) -- Continued				
Fruits and desserts and puddings: (Subgroup Code 674) -- Continued				
Banana pie, baby food, NFS	674-0200	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Banana pie, baby or strained	674-0201	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Banana pie, junior	674-0202	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Blueberry buckle, baby food	674-0300	1 jar (4-1/2 oz)	128	64
		7 tbsp	100	
		1 tbsp	14	
Fruit dessert with tapioca, baby food	674-0400	1 jar (4-3/4 oz)	135	
		1 tbsp	14	
Peach cobbler, baby food	674-0500	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Peach melba	674-0550	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		1 tbsp	14	
Peach pie, baby food, NFS	674-0600	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Peach pie, baby or strained	674-0601	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Peach pie, junior	674-0602	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Raspberry cobbler, baby food	674-0700	1 jar (4-1/2 oz)	128	64
		1 tbsp	14	
Banana pudding, baby food, NFS (Include banana dessert NFS)	674-0800	1 jar (4-3/4 oz)	135	68
		1 jar (7-3/4 oz)	220	
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FRUITS: (Category Code 6) -- Continued				
BABY OR STRAINED AND JUNIOR FRUITS AND JUICES: (Subgroup Code 67) -- Continued				
Fruit and desserts and puddings: (Subgroup Code 674) -- Continued				
Banana pudding, baby or strained	674-0801	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Banana pudding, junior	674-0802	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	
Butterscotch pudding, baby food	674-0900	1 jar (4-1/2 oz)	128	64
		1 tbsp	14	
Cherry vanilla pudding, baby food	674-1000	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Chocolate pudding, baby food	674-1100	1 jar (4-1/2 oz)	128	64
		1 tbsp	14	
Dutch apple dessert, baby food (Include Apple betty)	674-1200	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Orange pudding, baby food	674-1300	1 jar (4-3/4 oz)	135	68
		1 tbsp	14	
Pineapple dessert, baby food (Include Hawaiian Delight)	674-1400	1 jar (7-1/2 oz)	212	106
		1 tbsp	14	
Mango dessert with vitamin C, baby food	674-1410	1 jar (4-3/4 oz)	135	68
Tutti-frutti pudding, baby food, NFS	674-1500	1 jar (4-1/2 oz)	128	64
		1 jar (7-3/4 oz)	220	
		7 tbsp	100	
		1 tbsp	14	
Tutti-frutti pudding, baby or strained	674-1501	1 jar (4-1/2 oz)	128	64
		1 tbsp	14	
Tutti-frutti pudding, junior	674-1502	1 jar (7-3/4 oz)	220	110
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv... not specifie... *grams*

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7)				
WHITE POTATOES: (Subgroup Code 71)				
White potatoes, NFS	710-0010	1 potato	127	127
		1 cup	184	
		1 small	97	
		1 large	189	
		1 oz raw yield	24	
White potato, raw	710-0100	1 small	92	122
		1 medium	122	
		1 large	184	
		1 extra large	275	
White potatoes, dry, powdered	710-5000	1 cup	45	6
		1 tbsp	6	
Baked, boiled, canned: (Subgroup Code 711)				
White potato, baked	711-0101	1 small (1-3/4" to 2-1/4" dia, raw)	70	93
		1 medium (2-1/4" to 3" dia, raw)	93	
		1 large (3 to 4-1/4" dia, raw)	140	
		1 cup	140	
		1 extra large (4-1/4" dia, dia and over, raw)	209	
		1 oz raw yield	17	
White potato, baked, fat added (Include sour cream)	711-0102	1 small (1-3/4" to 2-1/4" dia, raw)	75	98
		1 medium (2-1/4" to 3" dia, raw)	98	
		1 large (3" to 4-1/4" dia, raw)	145	
		1 extra large (4-1/4" and over, raw)	213	
		1 cup	145	
		1 oz	28	
		1 oz raw yield	18	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Baked, boiled, canned: (Subgroup Code 711) -- Continued				
White potato, baked in foil	711-0103	1 small (1-3/4" to 2-1/4" dia, raw)	88	117
		1 medium (2-1/4" to 3" dia, raw)	117	
		1 large (3" to 4-1/4" dia, raw)	177	
		1 extra large (4-1/4" and over, raw)	265	
		1 oz raw yield	22	
White potato, baked, peel eaten, (with or without skin oiled)	711-0111	1 small (1-3/4" to 2-1/4" dia, raw)	92	122
		1 medium (2-1/4" to 3" dia, raw)	122	
		1 large (3" to 4-1/4" dia, raw)	184	
		1 extra large (4-1/4" and over, raw)	275	
		1 oz raw yield	23	
White potato, baked, peel eaten, fat added	711-0112	1 small (1-3/4" to 2-1/4" dia, raw)	97	127
		1 medium (2-1/4" to 3" dia, raw)	127	
		1 large (3" to 4-1/4" dia, raw)	189	
		1 extra large (4-1/4" and over, raw)	280	
		1 oz raw yield	24	
White potatoes, baked, peel only eaten, fat added	711-0122	1 small	24	31
		1 medium	31	
		1 large	44	
		1 extra large	63	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Baked, boiled, canned: (Subgroup Code 711) -- Continued				
White potato, boiled	711-0301	1 small (1-3/4" to 2-1/4" dia, raw)	92	122
		1 medium (2-1/4" to 3" dia, raw)	122	
		1 large (3" to 4-1/4" dia, raw)	184	
		1 extra large (4-1/4" and over, raw)	275	
		1 cup	179	
		1 oz raw yield	23	
		1 tbsp	11	
White potato, boiled, fat added	711-0302	1 small (1-3/4" to 2-1/4" dia, raw)	97	127
		1 medium (2-1/4" to 3" dia, raw)	127	
		1 large (3" to 4-1/4" dia, raw)	189	
		1 extra large (4-1/4" and over, raw)	280	
		1 cup	184	
		1 oz raw yield	24	
		1 cup (mashed)	213	
White potato, boiled, with peel	711-0311	1 small (1-3/4" to 2-1/4" dia, raw)	106	142
		1 medium (2-1/4" to 3" dia, raw)	142	
		1 large (3" to 4-1/4" dia, raw	213	
		1 extra large (4-1/4" dia and over, raw)	320	
		1 cup	179	
		1 oz raw yield	27	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Baked, boiled, canned: (Subgroup Code 711) -- Continued				
White potato, boiled, with peel, fat added	711-0312	1 small (1-3/4" to 2-1/4" dia, raw)	111	147
		1 medium (2-1/4" to 3" dia, raw)	147	
		1 large (3" to 4-1/4" dia, raw)	218	
		1 extra large (4-1/4" dia and over, raw)	325	
		1 oz raw yield	28	
		1 cup	184	
White potato, roasted	711-0401	1 small (1-3/4" to 2-1/4" dia, raw)	70	93
		1 medium (2-1/4" to 3" dia, raw)	93	
		1 large (3" to 4-1/4" dia, raw)	140	
		1 extra large (4-1/4" dia and over, raw)	209	
		1 cup	136	
		1 oz raw yield	17	
White potato, canned	711-0500	1 small	35	105
		1 cup	179	
		1 very small	24	
Stewed potatoes (Papas giusadas)	711-0600	1 small	123	163
		1 medium	163	
		1 large	247	
		1 extra large	368	
		1 cup	240	
P.R.S. - Potato only from Puerto Rican mixed dishes, gravy and other components reported separately	711-0601	1 small	97	46
		1 medium	127	
		1 large	189	
		1 extra large	280	
		1 cup	184	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Baked, boiled, canned: (Subgroup Code 711) -- Continued				
P.R.S. - Potato from stuffed pot roast, NFS (assume with gravy)	711-0602	1 small	103	50
		1 medium	137	
		1 large	206	
		1 extra large	308	
		1 cup	200	
P.R.S. - Potato from stuffed pot roast, with gravy	711-0603	1 small	103	50
		1 medium	137	
		1 large	206	
		1 extra large	308	
		1 cup	200	
P.R.S. - Potato from Puerto Rican beef stew, NFS (assume with gravy)	711-0605	1 small	122	
		1 medium	160	58
		1 large	238	
		1 extra large	353	
		1 cup	232	
P.R.S. - Potato from Puerto Rican beef stew with gravy	711-0606	1 small	122	58
		1 medium	160	
		1 large	238	
		1 extra large	353	
		1 cup	232	
P.R.S. - Potato from Puerto Rican chicken fricasse, NFS (assume with sauce)	711-0607	1 small	123	60
		1 medium	163	
		1 large	247	
		1 extra large	368	
		1 cup	240	
P.R.S. - Potato from Puerto Rican chicken fricasse with sauce	711-0608	1 small	123	60
		1 medium	163	
		1 large	247	
		1 extra large	368	
		1 cup	240	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Chips, sticks: (Subgroup Code 712)				
White potato, chips (Include flavored potato chips)	712-0101	1 chip	2	18
		1 cup	18	
		1 39 cent bag	85	
		1 oz	28	
		1 small bag (3/4 oz)	21	
		1 medium bag (4 1/2 oz)	128	
		1 large bag (6 oz)	170	
		1 15 cent bag	21	
		1 20 cent bag	32	
		1 25 cent bag	53	
White potato, chips, restructured	712-0110	1 large chip	1.4	7
		10 chips	14	
		1 fl oz, stacked	4	
		1 cup, loose	26	
		1 cup, stacked	34	
White potato, chips, barbecued	712-0300	1 chip	2	18
		1 cup	18	
		One 1-1/8 oz bag	32	
		1 small bag	21	
		1 15 cent bag	21	
		1 20 cent bag	32	
		1 medium bag (4 1/2 oz)	128	
		1 large bag (6 oz)	170	
		1 25 cent bag	53	
White potato, sticks	712-0500	1 stick	1	18
		1 cup	35	
		1/2 cup	18	
Potato sticks, french fry shaped	712-0501	1 oz	28	26
		1 cup	26	
		15 sticks	10	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
EGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Creamed, scalloped, au gratin: (Subgroup Code 713)				
White potato, cooked with sauce	713-0100	1 cup	245	123
		1/2 cup	123	
		1 medium	186	
White potato, cooked, au gratin, with cheese	713-0102	1 cup	245	123
		1/2 cup	123	
White potato, cooked, creamed	713-0300	1 cup	235	118
		1/2 cup	118	
		1 small potato with sauce	123	
		1 slice	8	
		1 medium	170	
White potato, cooked, scalloped	713-0501	1 cup	245	123
		1/2 cup	123	
		1 medium	186	
		1 slice	21	
White potato, cooked, scalloped, with ham	713-0511	1 cup	245	123
		1/2 cup	123	
Fried: (Subgroup Code 714)				
White potato, cooked, french fried (Include fried with skins)	714-0100	10 strips (1" to 2")	35	70
		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		1 small order	70	
		1 large order	109	
		1 cup	57	
		School lunch serving	44	
		1 oz raw yield	13	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi not specifie grams
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Fried: (Subgroup Code 714) -- Continued				
White potato, cooked, french fried, from fresh	714-0101	10 strips (1" to 2")	35	70
		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		1 cup	57	
		1 small	51	
		1 medium	67	
		1 large	101	
		1 extra large	151	
		1 oz raw yield	13	
White potato, cooked, french fried, from frozen	714-0102	10 strips (2" to 3-1/2")	50	70
		1 cup	136	
		9 oz frozen package yields 7 oz ovenheated	198	
		1 medium potato	67	
		1 oz raw yield	22	
White potato, cooked, home fries, (Include fried raw, cottage style, German fried, potatoes O'Brien)	714-0300	1 cup	170	85
		1/2 cup	85	
		1 small potato	52	
		1 medium potato	70	
		1 large potato	105	
		1 oz raw yield	13	
		1 slice	16	
White potato, cooked, hash brown	714-0500	1 cup	155	78
		1/2 cup	78	
		1 patty	40	
		1 medium	73	
		1 oz raw yield	17	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Fried: (Subgroup Code 714) -- Continued				
White potato, cooked, hash brown, fresh	714-0501	1 cup	155	78
		1/2 cup	78	
		1 small	55	
		1 medium	73	
		1 large	110	
		1 extra large	165	
		1 oz raw yield	14	
White potato, cooked, hash brown, from frozen	714-0502	1 cup	155	78
		1/2 cup	78	
		12 oz frozen package yields 1-1/3 cups	205	
		1 oz raw yield	17	
White potato, cooked, hash brown, from dry mix	714-0503	1 cup	168	84
		1/2 cup	84	
		1 oz dry yield	92	
Mashed, stuffed, puffs: (Subgroup Code 715)				
White potato, cooked, mashed	715-0100	1 cup	210	105
		1/2 cup	105	
		1 potato	146	
		1 large potato	221	
White potato, cooked, mashed, made with milk	715-0101	1 cup	210	105
		1/2 cup	105	
		1 medium	146	
White potato, cooked, mashed, made with milk, with fat	715-0102	1 cup	210	105
		1/2 cup	105	
		1 small	110	
		1 medium	146	
		1 large	221	
		1 extra large	330	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servin not specifie grams
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Mashed, stuffed, puffs: (Subgroup Code 715) -- Continued				
White potato, cooked, mashed, made from dry	715-0104	1 cup	210	105
		1/2 cup	105	
		1 oz dry yield	178	
White potato, cooked, patty (Include potato croquettes)	715-0301	1 cup	210	120
		1 patty (2-1/2" dia)	60	
		1 oz	28	
		1 small patty	30	
White potato, cooked, puffs	715-0500	1 cup	125	63
		1 puff	7	
White potato, stuffed, baked	715-0701	1 small (1-3/4" to 2-1/4" dia, raw)	65	87
		1 medium (2-1/4" to 3" dia, raw)	87	
		1 large (3" to 4-1/4" dia, raw)	131	
		1 extra large (4-1/4" dia and over, raw)	196	
		1 oz raw yield	16	
		1 cup	210	
White potato, stuffed, baked, peel eaten	715-0702	1 small (1-3/4" to 2-1/4" dia, raw)	82	109
		1 medium (2-1/4" to 3" dia, raw)	109	
		1 large (3" to 4-1/4" dia, raw)	164	
		1 extra large (4-1/4" and over, raw)	245	
		1 oz raw yield	20	
Salad: (Subgroup Code 716)				
Potato salad	716-0101	1 cup	250	125
		1/2 cup	125	
Potato salad, German style	716-0201	1 cup	250	12
		1/2 cup	125	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Potato recipes: (Subgroup Code 717)				
Potato pancakes	717-0100	1 pancake	46	46
		1 small pancake	30	
		1 cup	195	
Potato pancake, made from fresh	717-0101	1 pancake	50	50
Potato pancake, from frozen	717-0102	1 pancake	42	42
Potato pancake, made from dry mix	717-0103	1 pancake	46	46
		1 small pancake	30	
Potato pudding	717-0200	1 cup	210	105
		1/2 cup	105	
Soup: (Subgroup Code 718)				
Potato soup, NFS	718-0100	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Potato soup (prepared with milk)	718-0101	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Potato soup (prepared with water)	718-0102	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Macaroni and potato soup	718-0201	1 cup	240	180
		3/4 cup	180	
Vichyssoise soup	718-0501	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
		1 13 oz can, ready-to-eat	360	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Potato Recipes: (Subgroup Code 717) -- Continued				
P.R. - Plantain soup (Sopa de plantano)	718-5101	1 cup	245	245
		1 cereal bowl	260	
Puerto Rican starchy vegetables: (Subgroup Code 719)				
Plantain, cooked, NFS (assume boiled)	719-0010	1 cup	190	95
		1/2 cup	95	
		1/2 plantain	118	
		1 medium	236	
Plantain, fried, NFS	719-0020	1 cup	169	85
		1/2 cup	85	
Green plantains, boiled	719-0101	1" slice (cut lengthwise then crosswise)	12	
		1 small whole	152	223
		1 medium whole	223	
		1 large whole	256	
		1 cup	160	
		1 fl oz	20	
P.R. - Fried green plantain (Tostones)	719-0111	2 small tostones	40	79
		2 tostones (4 x 2-1/2 x 1/4")	79	
		1 cup	111	
		1 large tostone	60	
		1 plantain	158	
		1 slice	40	
Ripe plantain, raw	719-0500	1 medium	203	
Ripe plantain, boiled (Include baked ripe plantain)	719-0501	1" piece (sliced crosswise not lengthwise)	26	
		1 small whole	208	240
		1 medium whole	240	
		1 large whole	310	
		1 cup	200	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Puerto Rican starchy vegetables: (Subgroup Code 719) -- Continued				
P.R. - Fried ripe plantain (Plátano maduro frito)	719-0511	1/2 plantain (2 slices, 4 x 3/4")	76	76
		2" piece	19	
		1 large	255	
		1 medium	198	
		1 small	171	
Plantain, ripe, rolled in flour, fried	719-0512	1 piece (2-1/2" long) -- (1/4 plantain)	45	45
P.R. - Candied ripe plantain (Plátano en almíbar)	719-0521	1 serving [1/2 plantain (4 x 2 x 1/2") -- 110 grams, plus 2 tbsp syrup, 30 grams]	140	140
Plantain chips	719-0541	1 oz	28	
Green bananas, cooked (in salt water)	719-1011	1 small	54	
		1 medium	89	89
		1 large	109	
		1 cup, diced	150	
Green banana, fried	719-1021	1 slice	23	
		1 small tostone	20	90
		1 banana	90	
P.R. - Pickled green bananas (Guineos verdes en escabeche)	719-1031	1 cup	150	150
		1 deep dish	160	
		2 serving tbsp	160	
Cassava (yuca blanca) boiled	719-3010	1 piece	70	180
		1 cup, diced	180	
P.R. - Cassava with creole sauce (Yuca al mojo)	719-3101	1 serving (2 pieces, 3" x 2" x 1" plus 1-1/2 tbsp sauce)	230	230

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Puerto Rican Starchy Vegetables (Subgroup Code 719) -- Continued				
Sweet potato (white or NFS), fried	719-4111	1 small	227	227
Sweetpotatoes, P.R. NFS, boiled	719-4112	1 medium	869	70
		1 small	261	
		1 cup (diced)	140	
Sweetpotatoes P.R. NFS, roasted, baked	719-4113	1 cup	200	100
		1/2 cup	100	
Yam, P.R. (Name) cooked	719-4501	1 cup	140	70
		1/2 cup	70	
Yam buns, (bunuelos de name)	719-4502	1 medium	44	
		1 cup	153	
Tannier, cooked (Include yautia)	719-5001	1 cup	190	
		1/2 cup	95	95
		1 cup (mashed, pureed)	255	
Celeriac, NFS (Include P.R. Apio)	719-6101	1 cup (pieces)	155	78
		1/2 cup	78	
Dasheen, boiled (Include Malanga)	719-6201	1 cup (pieces)	190	95
		1/2 cup	95	
Taro, baked	719-6204	1 cup	132	
		1/2 cup	66	
Starchy vegetables NFS (viandas)	719-7011	1 cup	195	98
		1/2 cup	98	
P.R.S. - Starchy vegetables (viandas) including green or ripe plantains, tannier, yam, white sweet potato	719-7012	1 cup	195	98
		1/2 cup	98	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
WHITE POTATOES: (Subgroup Code 71) -- Continued				
Puerto Rican Starchy Vegetables (Subgroup Code 719) -- Continued				
P.R.S. - Starchy vegetables (viandas) including yam, white sweet potato, tannier, no plantain	719-7013	1 cup 1/2 cup	190 95	 95
Poi	719-8010	1 cup 1/2 cup	240 120	240
Taro chips	719-8020	1 chip 10 chips	2.3 23	
DARK GREEN VEGETABLES: (Subgroup Code 72)				
Dark green leafy vegetables: (Subgroup Code 721)				
Beet greens, NFS	721-0100	1 cup 1/2 cup	150 75	75
Beet greens, cooked, fresh or frozen	721-0121	1 cup 1/2 cup	145 73	73
Beet greens, cooked, fresh or frozen, added fat	721-0122	1 cup 1/2 cup	150 75	75
Beet greens, canned	721-0130	1 cup 1/2 cup	145 73	73
Chard, NFS	721-0400	1 cup 1/2 cup	150 75	75
Chard, raw	721-0411	1 cup 1/2 cup	55 28	 28
Chard, raw with dressing	721-0412	1 cup 1/2 cup	70 35	 35
Chard, cooked, fresh or frozen	721-0421	1 cup 1/2 cup	145 73	73

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not specifie *grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Chard, cooked, fresh or frozen, added fat	721-0422	1 cup	150	75
		1/2 cup	75	
Chard, canned	721-0430	1 cup	145	73
		1/2 cup	73	
Collards, NFS	721-0700	1 cup	185	93
		1/2 cup	93	
Collards, cooked, fresh or frozen	721-0721	1 cup	180	90
		1/2 cup	90	
		1 cup, fresh	190	95
		1/2 cup, fresh	95	
		1 cup, frozen	170	
		1/2 cup, frozen	85	
		1-1/2 cups (yield from 10 oz frozen package)	250	
Collards, cooked, fresh or frozen, added fat	721-0722	1 cup	185	93
		1/2 cup	93	
		1 cup, fresh	195	98
		1/2 cup, fresh	98	
		1 cup, frozen	176	
		1/2 cup, frozen	88	
Collards, canned	721-0730	1 cup	190	95
		1/2 cup	95	
Cress, NFS	721-1000	1 cup	50	6
		1/8 cup	6	
		1 sprig	1	
Cress, raw	721-1010	1 cup	50	6
		1/8 cup	6	
		1 sprig	1	
Cress, cooked	721-1020	1 cup	135	68
		1/2 cup	68	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Cress, cooked, added fat	721-1021	1 cup	140	70
		1/2 cup	70	
Dandelion greens, NFS	721-1300	1 cup	185	93
		1/2 cup	93	
Dandelion greens, cooked, fresh or frozen	721-1321	1 cup	180	90
		1/2 cup	90	
Dandelion greens, cooked, fresh or frozen, added fat	721-1322	1 cup	185	93
		1/2 cup	93	
Dandelion greens, canned	721-1330	1 cup	180	90
		1/2 cup	90	
Endive, chicory, escarole, romaine, raw	721-1611	1 cup	63	63
		1/2 cup	32	
		1 head	513	
Endive, chicory, escarole, romaine, raw, with salad dressing	721-1612	1 cup	78	78
		1/2 cup	39	
Caesar salad (with romaine)	721-1614	1 cup	108	108
		1/2 cup	54	
Escarole, cooked	721-1620	1 cup	135	68
		1/2 cup	68	
Escarole, cooked, added fat	721-1622	1 cup	135	68
		1/2 cup	68	
Escarole, creamed	721-1623	1 cup	150	75
		1/2 cup	75	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Greens, NFS	721-1800	1 cup	150	75
		1/2 cup	75	
Greens, NFS, cooked, fresh or frozen, added fat	721-1822	1 cup	150	75
		1/2 cup	75	
Kale, NFS	721-1900	1 cup	135	68
		1/2 cup	68	
Kale, cooked, fresh or frozen	721-1921	1 cup	120	60
		1/2 cup	60	
		1 cup, fresh	110	55
		1/2 cup, fresh	55	
		1 cup, frozen	130	
		1/2 cup, frozen	65	
		1-2/3 cups (yield from 10 oz frozen package)	218	
Kale, cooked, fresh or frozen, added fat	721-1922	1 cup	125	63
		1/2 cup	63	
		1 cup, fresh	115	58
		1/2 cup, fresh	58	
		1 cup, frozen	135	68
		1/2 cup, frozen	68	
Kale, canned	721-1930	1 cup	163	82
		1/2 cup	82	
Lambsquarter, cooked no added fat	721-2021	1 cup	180	90
		1/2 cup	90	
Lambsquarter, cooked, with added fat	721-2022	1 cup	185	
		1/2 cup	93	93
Mustard cabbage, cooked	721-2121	1 cup	170	
		1/2 cup	85	
Mustard greens, NFS	721-2220	1 cup	150	75
		1/2 cup	75	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Mustard greens, cooked, fresh or frozen	721-2221	1 cup	145	73
		1/2 cup	73	
		1 cup, fresh	140	70
		1/2 cup, fresh	70	
		1 cup, frozen	150	75
		1-2/5 cups (yield from 10 oz frozen package)	212	
Mustard greens, cooked, fresh or frozen, added fat	721-2222	1 cup	150	75
		1/2 cup	75	
Mustard greens, canned	721-2230	1 cup	153	77
		1/2 cup	77	
Poke greens, NFS	721-2300	1 cup	160	80
		1/2 cup	80	
Poke greens, cooked fresh or frozen, added fat	721-2302	1 cup	160	80
		1/2 cup	80	
Spinach, NFS	721-2500	1 cup	195	98
		1/2 cup	98	
Spinach, raw	721-2511	1 cup	55	28
		1/2 cup	28	
		1 leaf	4	
Spinach, raw, with dressing	721-2512	1 cup	70	35
		1/2 cup	35	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Spinach, cooked, fresh or frozen	721-2521	1 cup	190	95
		1/2 cup	95	
		1 cup, fresh	180	90
		1/2 cup, fresh	90	
		1 cup, frozen, chopped	205	103
		1/2 cup, frozen, chopped	103	
		1-1/16 cup (yield from 10 oz frozen package)	220	
		1 cup, frozen, leaf	190	95
		1/2 cup, frozen, leaf	95	
		1-1/8 cup (yield from 10 oz frozen package)	220	
		1 tbsp	12	
Spinach, cooked, fresh or frozen, added fat	721-2522	1 cup	195	98
		1/2 cup	98	
		1 cup, fresh	185	93
		1/2 cup, fresh	93	
		1 cup, frozen, leaf	195	98
		1/2 cup, frozen, leaf	98	
Spinach, creamed (Include spinach casserole, NFS)	721-2523	1 cup	205	103
		1/2 cup	103	
Spinach, souffle	721-2524	1 cup	157	79
		1/2 cup	79	
Spinach, with cheese sauce	721-2525	1 cup	205	103
		1/2 cup	103	
Spinach and cheese casserole	721-2526	1 cup	205	205
Spinach, canned,	721-2530	1 cup	205	103
		1/2 cup	103	
Taro leaves, cooked, no fat	721-2601	1 cup	220	
		1/2 cup	110	
Thistle leaves, cooked with fat	721-2702	1 cup	185	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Turnip greens, NFS (Include turnip salad)	721-2800	1 cup	160	80
		1/2 cup	80	
Turnip greens, cooked, fresh or frozen	721-2821	1 cup	155	78
		1/2 cup	78	
		1 cup, fresh	145	73
		1/2 cup, fresh	73	
		1 cup, frozen, chopped	165	83
		1/2 cup, frozen	83	
		1-1/3 cups (yield from 10 oz frozen package)	220	
Turnip greens, cooked, fresh or frozen, added fat	721-2822	1 cup	160	80
		1/2 cup	80	
		1 cup, fresh	150	75
		1/2 cup, fresh	75	
		1 cup, frozen	170	85
		1/2 cup, frozen	85	
Turnip greens, canned	721-2830	1 cup	160	80
		1/2 cup	80	
Turnip greens, with roots, NFS	721-2840	1 cup	168	84
		1/2 cup	84	
Turnip greens, with roots, cooked, added fat	721-2842	1 cup	168	
		1/2 cup	84	84
		1 bunch	448	
Watercress, raw	721-3000	1 cup, chopped	125	18
		1 cup, whole	35	
		10 sprigs	35	
Watercress, cooked	721-3021	1 cup	137	
Bittermelon leaves, horseradish leaves, radish leaves, cooked (Include jute)	721-3200	1 cup	123	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green leafy vegetables: (Subgroup Code 721) -- Continued				
Sweetpotatoe leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, cooked (Include bean leaves, swamp cabbage)	721-3300	1 cup	127	
Dark green non-leafy vegetables: (Subgroup Code 722)				
Broccoli, NFS	722-0100	1 cup	175	88
		1/2 cup	88	
		1 cup, fresh (cut stalks)	160	80
		1/2 cup, fresh (cut stalks)	80	
		1 cup, frozen, chopped	190	95
		1/2 cup, frozen, chopped	95	
		1 stalk (5" long)	35	
		1 oz	28	
		1 tbsp	11	
Broccoli, canned, drained solids	722-0110	1 cup	185	
		1/2 cup	93	93
Broccoli, cooked, from fresh or frozen	722-0121	1 cup	170	85
		1/2 cup	85	
		1 cup, fresh (cut stalks)	155	78
		1/2 cup, fresh (cut stalks)	78	
		1 cup, frozen, chopped	185	93
		1/2 cup, frozen, chopped	93	
		1 stalk (5" long)	30	
		1-3/8 cups, chopped (yield from 10 oz frozen package)	250	
Broccoli, cooked, from fresh or frozen, added fat	722-0122	1 cup	175	88
		1/2 cup	88	
		1 cup, fresh (cut stalks)	160	80
		1/2 cup, fresh (cut stalks)	80	
		1 cup, frozen, chopped	190	95
		1/2 cup, frozen, chopped	95	
		1 stalk	35	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green non-leafy vegetables: (Subgroup Code 722) -- Continued				
Broccoli, cooked, with cheese sauce	722-0123	1 cup	207	104
		1/2 cup	104	
		1 stalk	39	
		1 tbsp	13	
Broccoli, cooked, with mushroom sauce	722-0124	1 cup	207	104
		1/2 cup	104	
Broccoli, cooked, with cream sauce	722-0125	1 cup	207	104
		1/2 cup	104	
		1 tbsp	13	
Broccoli casserole, noodles and sour cream sauce	722-0201	1 cup	207	104
		1/2 cup	104	
Broccoli casserole, rice and cheese mushroom sauce	722-0202	1 cup	207	104
		1/2 cup	104	
Broccoli, batter dipped and fried	722-0203	1 cup	85	85
Dark green vegetable soups: (Subgroup Code 723)				
Broccoli soup, NFS	723-0200	1 cup	245	184
		3/4 cup	184	
Broccoli soup, cream of (prepared with milk)	723-0201	1 cup	245	184
		3/4 cup	184	
Escarole soup, NFS	723-0500	1 cup	245	
		3/4 cup	184	184
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams, edible portion	Serving not specified, grams
VEGETABLES: (Category Code 7) -- Continued				
DARK GREEN VEGETABLES: (Subgroup Code 72) -- Continued				
Dark green non-leafy vegetables: (Subgroup Code 722) -- Continued				
Watercress soup	723-0600	1 cup	245	
		3/4 cup	184	
Spinach soup, cream of (prepared with milk)	723-2501	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
DEEP YELLOW VEGETABLES: (Subgroup Code 73)				
Carrots: (Subgroup Code 731)				
Carrots, raw	731-0101	6 to 8 strips	28	28
		1 medium strip	4	
		1 thin strip	2	
		1 carrot (5-1/2" x 1")	50	
		1 carrot (7-1/2" x 1-1/2")	72	
		1 cup, grated	110	
		1 cup, strips	122	
		1 medium carrot	61	
		1 tbsp, grated	7	
		1 oz raw minus refuse	25	
Carrots, raw, salad (Include carrot raisin salad)	731-0111	1 cup	125	63
		1/2 cup	63	
		1 tbsp	8	
Carrots, raw, salad with apples	731-0121	1 cup	133	67
		1/2 cup	67	
Carrots, NFS (cooked)	731-0201	1 cup	150	75
		1/2 cup	75	
		1 carrot (5-1/2" - 6")	46	
		1 tbsp	9	
		1 oz	28	
		1 cup mashed	228	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
DEEP YELLOW VEGETABLES: (Subgroup Code 73) -- Continued				
Carrots: (Subgroup Code 731) -- Continued				
Carrots, cooked, added fat	731-0202	1 cup	155	78
		1/2 cup	78	
		1 medium	48	
		1 large	68	
		1/2 cup, mashed	117	
		1 cup mashed	233	
Carrots, cooked, creamed	731-0203	1 cup	180	90
		1/2 cup	90	
Carrots, cooked, glazed	731-0204	1 cup	170	85
		1/2 cup	85	
Carrots, cooked with cheese sauce	731-0205	1 cup	180	90
		1/2 cup	90	
		1 tbsp	11	
Carrots, canned	731-0230	1 cup	155	78
		1/2 cup	78	
		1 carrot	18	
Carrot, juice	731-0501	1 cup	236	118
		1/2 cup	118	
Peas and carrots, NFS	731-1100	1 cup	165	83
		1/2 cup	83	
Peas and carrots, cooked	731-1101	1 cup	160	80
		1/2 cup	80	
Peas and carrots, cooked, added fat	731-1102	1 cup	165	83
		1/2 cup	83	
Peas and carrots, creamed	731-1103	1 cup	195	98
		1/2 cup	98	
Peas and carrots, canned	731-1130	1 cup	163	83
		1/2 cup	83	
Carrots in tomato sauce with celery, onion, parsley	731-1140	1 cup	176	88
		1/2 cup	88	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DEEP YELLOW VEGETABLES: (Subgroup Code 73) -- Continued				
Pumpkin: (Subgroup 732)				
Pumpkin, NFS	732-0100	1 cup	245	123
		1/2 cup	123	
Pumpkin, cooked, added fat	732-0102	1 cup	250	125
		1/2 cup	125	
Pumpkins (calabaza cooked)	732-1001	1 piece	113	113
P.R. - Pumpkin fritters	732-1011	1 fritter (2" diam)	35	70
		2 fritters	70	
P.R. - Sweetpotato and pumpkin casserole	732-1111	1 cup	266	150
Squash: (Subgroup Code 733)				
Squash, NFS	733-0100	1 cup	250	1
		1/2 cup	125	
		1 medium	259	
Squash, winter type, mashed	733-0101	1 cup	245	123
		1/2 cup	123	
		1 small	130	
Squash, winter type, mashed, added fat	733-0102	1 cup	250	125
		1/2 cup	125	
Squash, winter type, mashed, added fat, sugar	733-0103	1 cup	262	131
		1/2 cup	131	
Squash, winter type, raw	733-0201	1 cup	140	35
		1/4 cup	35	
Squash, winter type, baked	733-0301	1 cup	205	103
		1/2 cup	103	
		1/2 acorn squash	156	
		1 oz raw yield	13	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 8) -- Continued				
DEEP YELLOW VEGETABLES: (Subgroup Code 73) -- Continued				
Squash: (Subgroup Code 733) -- Continued				
Squash fritter or cakes	733-0401	1 fritter	24	24
Squash, winter baked, with cheese	733-0501	1 cup	205	103
		1/2 cup	103	
Squash souffle	733-0502	1 cup	157	
		1/2 cup	79	
Sweetpotatoes: (Subgpoup Code 734)				
Sweetpotato, NFS	734-0100	1 small (less than 2" dia, raw)	65	119
		1 medium (2" dia, raw)	119	
		1 large (larger than 2-1/4" dia, raw)	185	
		1 cup	205	
Sweetpotato, candied	734-0101	1 piece (2-1/2" long (1/2 medium potato)	105	113
		1 cup	225	
		1/2 cup	113	
		1 small	130	
Sweetpotato, cooked, with artificial sweetener	734-0110	1 cup	200	
		1/2 cup	100	
Sweetpotato, baked, from fresh	734-0301	1 small	60	114
		1 medium (5" x 2")	114	
		1 large	180	
		1 cup	200	
		1 oz raw yield	17	
Sweetpotato, baked, from fresh, fat added	734-0302	1 small	65	119
		1 medium (5" x 2")	119	
		1 large	185	
		1 cup	205	
		1 oz raw yield	18	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
DEEP YELLOW VEGETABLES: (Subgroup Code 73) -- Continued				
Sweetpotatoes: (Subgroup Code 734) -- Continued				
Sweetpotato, boiled, from fresh	734-0501	1 small	76	151
		1 medium (5" x 2")	151	
		1 large	176	
		1 cup	200	
		1 oz raw yield	26	
Sweetpotato, boiled, from fresh, fat added	734-0502	1 small	81	156
		1 medium (5" x 2")	156	
		1 large	181	
		1 cup	205	
		1 oz raw yield	27	
Sweetpotato, canned	734-0700	1 cup, NFS	230	11
		1/2 cup	115	
		1 cup, pieces	205	
		1 cup, mashed	260	
Sweetpotato, canned, vacuum packed (without sugar, without fat)	734-0701	1 cup, NFS	225	113
		1/2 cup	113	
		1 cup, pieces	200	
		1 cup, mashed	255	
Sweetpotato, canned in sirup	734-0702	1 cup, NFS	228	114
		1/2 cup	114	
		1 cup, pieces	200	
		1 cup, mashed	255	
Sweetpotato, canned in sirup, with fat added	734-0703	1 cup, NFS	230	115
		1/2 cup	115	
		1 cup, pieces	205	
		1 cup, mashed	260	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
DEEP YELLOW VEGETABLES: (Subgroup Code 73) -- Continued				
Sweetpotatoes: (Subgroup Code 734) -- Continued				
Sweetpotato, casserole or mashed	734-0900	1 cup	255	128
(Include sweet potato pudding)		1/2 cup	128	
Sweetpotato, casserole or mashed, from dried flakes	734-0901	1 cup	255	128
		1/2 cup	128	
		1 oz dry yield	89	
Sweetpotato, fried	734-1011	1 medium	92	92
		1 oz raw yield	15	
		1 cup	205	
Sweetpotato, yellow, Puerto Rican, cooked	734-2100	1 cup	140	
Deep yellow vegetable soups: (Subgroup Code 735) -- Continued				
Carrot soup with rice	735-0101	1 cup	245	
TOMATOES: (Subgroup Code 74)				
Raw: (Subgroup Code 741)				
Tomatoes, raw	741-0100	1 small (2-2/5" dia)	91	123
(Include plum and Italian tomatoes)		1 medium (2-3/5" dia)	123	
		1 large (3" dia)	182	
		1 slice or wedge	30	
		1 cherry	15	
		1 cup	180	
		1 thin slice	15	
		1 oz	28	
		1 tbsp	11	
		1 Italian tomato	62	
		1 plum tomato	62	
		1 oz raw minus refuse	26	
Tomatoes, green, raw	741-0200	1 small	91	123
		1 medium	123	
		1 large	132	
		1 slice	30	
		1 cup	180	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not specifie *grams*
VEGETABLES: (Category Code 7) -- Continued				
TOMATOES: (Subgroup Code 74) -- Continued				
Cooked: (Subgroup Code 742)				
Tomatoes (cooked) NFS	742-0100	1 cup	241	121
		1/2 cup	121	
		1 can	454	
		1 medium	123	
		1 small	91	
Tomatoes, broiled	742-0201	1 medium	104	104
		1/2 medium	52	
		1 slice	24	
		1 cup	241	
		1 oz raw yield	22	
		1 large	155	
Tomatoes, scalloped	742-0301	1 cup	235	118
		1/2 cup	118	
Tomatoes, stewed	742-0401	1 cup	241	12
		1/2 cup	121	
Tomatoes, stewed, with bread and fat	742-0402	1 cup	246	123
		1/2 cup	123	
Tomatoes, cooked, green (Include fried)	742-0501	1 medium	120	60
		1/2 medium	60	
		1 slice	30	
		1 cup	241	
		1 oz raw yield	23	
Tomato, green, pickled	742-0502	1 tomato	30	30
Juices: (Subgroup Code 743)				
Tomato juice	743-0110	1 cup	243	122
		1/2 cup	122	
Tomato juice cocktail	743-0200	1 cup	243	122
		1/2 cup	122	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
TOMATOES: (Subgroup Code 74) -- Continued				
Juices: (Subgroup Code 743) -- Continued				
Tomato and vegetable juice, mostly tomato	743-0300	1 cup	242	121
		1/2 cup	121	
Tomato juice with clam or beef juice	743-0400	1 cup	242	121
		1/2 cup	121	
Sauces: (Subgroup Code 744)				
Tomato catsup (Include dietetic)	744-0101	1 cup	273	15
		1 tbsp	15	
Tomato chili sauce (Include taco sauce, creole sauce, picante sauce)	744-0201	1 cup	273	15
		1 tbsp	15	
		1 fl oz	34	
Tomato sauce	744-0301	1 cup	235	60
		1/4 cup	60	
		1 tbsp	15	
		1 oz	28	
Tomato paste	744-0311	1 cup	262	66
		1/4 cup	66	
		1 tbsp	16	
Tomato puree	744-0312	1 cup	250	63
		1/4 cup	63	
		1 tbsp	16	
Tomato gravy	744-0350	1 cup	245	61
Spaghetti sauce (Include Marinara sauce, pizza sauce)	744-0401	1 cup	248	62
		1/4 cup	62	
		1/4 (8 oz) can	57	
Tomato relish (Include tomato preserves)	744-0501	1 cup	227	14
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams	Servin not specifie
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
TOMATOES: (Subgroup Code 74) -- Continued				
Sauces: (Subgroup Code 744) -- Continued				
Barbecue sauce (Include Schezuan sauce)	744-0601	1 cup	250	16
		1/4 cup	63	
		1 tbsp	16	
Sofrito	744-0701	1 cup	240	
		1/4 cup	60	60
		1 tbsp	15	
P.R. - Sofrito (Puerto Rican seasoning)	744-1011	1/4 cup	60	60
Tomato and sofrito stewing sauce, P.R. style	744-1511	1 tbsp	15	15
P.R. - Puerto Rican ground seasoning	744-2011	1/4 cup	60	
Mixtures: (Subgroup Code 745)				
Tomato aspic	745-0101	1 cup	270	135
		1/2 cup	135	
Tomato and lima beans	745-0201	1 cup	201	100
Tomato and lima beans, fat added	745-0202	1 cup	206	103
		1/0 cup	103	
Tomato and corn	745-0301	1 cup	191	96
		1/2 cup	96	
Tomato and corn, fat added	745-0302	1 cup	196	98
		1-0 cup	98	
Tomato and okra	745-0401	1 cup	171	86
		1/2 cup	86	
Tomato and okra, fat added	745-0402	1 cup	176	88
		1/2 cup	88	
Tomato and onion	745-0411	1 cup	232	11
		1/2 cup	116	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
TOMATOES: (Subgroup Code 74) -- Continued				
Mixtures: (Subgroup Code 745) --Continued				
Tomato and celery	745-0415	1 cup	196	98
		1/2 cup	98	
Tomato with corn and okra	745-0501	1 cup	161	81
		1/2 cup	81	
Tomato with corn and okra, fat added	745-0502	1 cup	166	83
		1/2 cup	83	
		1 tbsp	10	
Soups: (Subgroup Code 746)				
Tomato soup, cream of (Include tomato bisque)	746-0101	1 cup	250	188
		3/4 cup	188	
		1/8 cup	31	
Tomato soup, NFS (prepared with water)	746-0201	1 cup	245	184
		3/4 cup	184	
Tomato soup, undiluted, canned	746-0203	1 can (10-3/4 oz)	305	125
		1 cup	250	
		1/2 cup	125	
Tomato soup, instant type, prepared	746-0205	1 cup	245	184
		3/4 cup	184	
Tomato beef soup (prepared with water)	746-0301	1 cup	245	184
		3/4 cup	184	
Tomato beef noodle soup (prepared with water)	746-0401	1 cup	240	180
		3/4 cup	180	
Tomato beef rice soup (prepared with water)	746-0410	1 cup	245	184
		3/4 cup	184	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
TOMATOES: (Subgroup Code 74) -- Continued				
Soups: (Subgroup Code 746) -- Continued				
Tomato rice soup (prepared with water) (Include Spanish Rice Soup)	746-0501	1 cup 3/4 cup	245 184	184
Tomato rice soup, canned, undiluted	746-0503	1 can 1/2 can	312 156	156
Tomato vegetable soup (prepared with water)	746-0601	1 cup 3/4 cup	240 180	180
Tomato vegetable soup with noodles (prepared with water)	746-0602	1 cup 3/4 cup	240 180	180
Tomato vegetable soup, prepared with milk	746-0603	1 cup 3/4 cup	245 184	18
Tomato soup, low sodium	746-2001	7-1/4 oz can ready-to-eat	206	206
Sandwich: (Subgroup Code 747)				
Tomato sandwich	747-0100	1 sandwich	130	130
OTHER VEGETABLES: (Subgroup Code 75)				
Raw vegetables: (Subgroup Code 751)				
Alfalfa sprouts, raw	751-0050	1 cup 1/4 cup 1 tbsp	50 13 3	13
Artichoke, Jerusalem, raw	751-0075	1 cup	150	
Bean sprouts, raw, (soybean or mung)	751-0100	1 cup 1/2 cup	105 53	53

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Beans, lima, raw	751-0200	1 cup	155	78
		1/2 cup	78	
Beets, raw	751-0250	1 cup	135	
		1/2 cup	68	68
		1 oz raw minus refuse --	19	
		1/2 cup, grated	55	
Cabbage, raw	751-0300	1 cup	80	40
		1/2 cup	40	
		1 small head	726	
		1 oz	28	
		1 oz raw minus refuse --	23	
		1 medium or large head -	908	
		1 large leaf	33	
Cabbage, salad or cole slaw with dressing	751-0302	1 cup	120	60
		1/2 cup	60	
		1 tbsp	8	
Cabbage, salad or coleslaw with apples and/or raisins	751-0303	1 cup	135	68
		1/2 cup	68	
Cabbage salad or coleslaw with pineapple	751-0304	1 cup	135	68
		1/2 cup	68	
Cabbage, Chinese, raw, salad --	751-0401	1 cup	64	32
		1/2 cup	32	
Cabbage, red, raw	751-0500	1 cup	80	40
		1/2 cup	40	
		1 medium head	908	
		1 oz raw minus refuse --	23	
Cabbage, red, raw, salad with dressing	751-0501	1 cup	120	60
		1/2 cup	60	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Cauliflower, raw	751-0700	1 cup	100	50
		1/2 cup	50	
		1 tbsp	6	
		1 floweret	27	
		1 small head	204	
		1 oz raw minus refuse	26	
Celery, NFS	751-0900	1 large outer 8" long stalk	40	40
		1 small inner 5" long stalk	17	
		1 cup	120	
		1/2 cup	60	
		1 strip	10	
		1 medium stalk	28	
		1 oz raw minus refuse	21	
Chives, NFS	751-0950	1 tbsp	3	3
		1 tsp	1	
Cucumber, NFS	751-1100	1 large cucumber (2-1/8" dia, 8-1/4" long)	280	40
		1 small cucumber (1-3/4" dia, 6-3/8" long)	158	
		1 cup (sliced 1/8" thick)	140	
		1 slice	4	
		1 stick, 4" long	7	
		1 medium cucumber	220	
		1 oz	28	
		1 tbsp	9	
		1 oz raw minus refuse	24	
Cucumber with salad dressing	751-1104	1 cup	155	
		1/2 cup	78	78
		1 tbsp	10	
Cucumber and sour cream salad	751-1105	1 cup	164	
		1/2 cup	82	82
		1 medium	258	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Cucumber and vegetable Namasu -	751-1107	1 cup	155	
		1/2 cup	78	
Eggplant, raw	751-1120	1 cup	99	
		1/4 cup	25	25
		1 oz raw minus refuse	23	
Fern shoots, raw	751-1135	1 cup	55	
		1/2 cup	28	
Garlic	751-1150	1 clove	3	3
Jicama, raw	751-1180	1 cup	130	
(Include Yambean)		1/4 cup	33	33
		1 slice	6	
Lettuce, NFS	751-1300	1 cup	55	55
		1 large leaf	15	
		1 medium leaf	10	
		1 small leaf	5	
		wedge (1/6 head)	90	
		1 head (6" dia)	539	
		1/4 cup	14	
		2 leaves	20	
		1 large head	755	
		1 small head	324	
		1 oz raw minus refuse	27	
Lettuce, with low-calorie dressing	751-1301	1 cup	65	65
Lettuce, with regular dressing	751-1302	1 cup	65	65
Lettuce, tossed salad (assortment of vegetables includes tomatoes and/or carrots)	751-1303	1 cup	108	108

Food description	1977 Food code	Common measure or weight	Weight in grams	Servi not specifi
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Lettuce, tossed salad (assortment of vegetables, includes tomatoes and/or carrots) no dressing	751-1304	1 cup	93	93
Lettuce, wilted, with bacon dressing	751-1305	1 cup	65	65
Lettuce, Boston (Include Deer Tongue Lettuce, Native Lettuce)	751-1306	1 cup	55	55
		1 large leaf	15	
		1 medium leaf	10	
		1 small leaf	5	
		1 head	163	
		1 oz	28	
		1 oz raw minus refuse	21	
Lettuce, manoa	751-1307	1 cup	50	
		1 large leaf	15	
		1 medium leaf	10	
		1 small leaf	7	
Lettuce with vegetables, salad (assorted vegetables - onions, cucumbers, celery, excluding tomatoes, carrots)	751-1310	1 cup	75	75
		1 fl oz	9	
Lettuce with vegetables, salad, with dressing (assorted vegetables - onions, cucumbers, celery, excluding tomatoes, carrots)	751-1311	1 cup	75	75
Lettuce with vegetables, salad, with low-calorie dressing (assorted vegetables - onions, cucumbers, celery, excluding tomatoes, carrots)	751-1312	1 cup	75	75

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Lettuce with vegetables, salad, no dressing (assorted vegetables, onions, cucumbers, celery, excluding tomatoes, carrots)	751-1313	1 cup	60	60
Tossed salad with avocado (lettuce, tomato and/or carrot, with or without assorted other vegetables) NFS (assume dressing)	751-1321	1 cup 1/2 cup	119 60	119
Tossed salad with avocado (lettuce, tomato and/or carrot, with or without assorted other vegetables) with dressing	751-1322	1 cup 1/2 cup	119 60	119
Tossed salad with avocado (lettuce, tomato and/or carrot, with or without assorted other vegetables) no dressing	751-1323	1 cup 1/2 cup	104 52	104
Salad, NFS	751-1350	1 cup	65	65
Salad, NFS, with dressing	751-1351	1 cup	65	65
Salad, NFS, low-calorie dressing	751-1352	1 cup	65	65
Salad, NFS, no dressing	751-1353	1 cup	55	55
Tossed salad with cheese (lettuce, tomato and/or carrot, with or without assorted other vegetables) NFS (assume dressing)	751-1401	1 cup 1/2 cup	117 59	117
Tossed salad with cheese (lettuce, tomato and/or carrot, with or without assorted vegetables) with dressing	751-1402	1 cup 1/2 cup 1 tbsp	117 59 7	117

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Tossed salad with cheese (lettuce, tomato and/or carrot, with or without assorted other vegetables) no dressing	751-1403	1 cup 1/2 cup	102 51	102
Tossed salad with egg (lettuce, tomato and/or carrot, with or without assorted other vegetables) NFS (assume dressing)	751-1411	1 cup 1/2 cup	117 59	117
Tossed salad with egg (lettuce, tomato and/or carrot, with or without assorted other vegetables) with dressing	751-1412	1 cup 1/2 cup 1 tbsp	117 59 7	117
Tossed salad with egg (lettuce, tomato, and/or carrot, with or without assorted other vegetables) no dressing	751-1413	1 cup 1/2 cup	102 51	102
Tossed salad with cheese and egg (lettuce, tomato and/or carrot, with or without assorted other vegetables) NFS, (assume dressing)	751-1421	1 cup 1/2 cup	117 59	117
Tossed salad with cheese and egg (lettuce, tomato and/or carrot, with or without assorted other vegetables) with dressing	751-1422	1 cup 1/2 cup	117 59	117
Tossed salad with cheese and egg (lettuce, tomato and/or carrot, with or without assorted other vegetables) no dressing	751-1423	1 cup 1/2 cup	102 51	102

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Serving not specified (grams)
EGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Mushrooms, raw	751-1500	1 cup	70	18
		1/4 cup	18	
		1 medium	18	
		1 oz minus refuse	23	
Mushrooms, raw, with dressing	751-1501	1 cup	85	21
		1/4 cup	21	
		1 small	10	
Onions, young green, raw	751-1701	1 cup	100	15
		1 tbsp	6	
		1 small	5	
		1 medium	15	
		1 large	30	
		1 oz raw minus refuse	10	
Onion, mature or NFS, raw (Include red onions)	751-1702	1 cup	140	18
		1 medium onion (2-1/2" dia)	110	
		1 tbsp	10	
		1 slice	18	
		1 thin slice	9	
		1 large slice	27	
		1 oz	28	
		1 oz raw minus refuse	26	
		1 small	70	
		1 large	150	
Parsley, raw or NFS	751-1900	1 cup	60	4
		1 tbsp	4	
		10 sprigs	10	
Peas, green or NFS, raw	751-2000	1 cup	145	
		1/8 cup	18	18
Pepper, hot chili, raw (Include Jalapena)	751-2100	1 pepper (4-1/2" long)	28	28
		1 pepper (2" long)	10	
		1 oz raw minus refuse	21	
		1 tbsp	9	
		1 cup, chopped	150	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Pepper, NFS	751-2200	1 ring	10	30
		1 medium pepper	93	
		1 cup	100	
Pepper, sweet, raw	751-2205	1 ring	10	30
		1 cup, strips	100	
		1 pepper (2-3/4" long, 2-1/2" dia, 5 per pound)	74	
Pepper, sweet, green, raw	751-2210	1 ring (3" dia, 1/4" thick)	10	30
		1 cup	100	
		1 small pepper (5 per pound)	74	
		1 large pepper (2-1/4 per pound)	164	
		1 medium	119	
		1 oz raw minus refuse	23	
Pepper, sweet, red, raw	751-2220	1 ring (3" dia, 1/4" thick)	10	30
		1 cup	100	
		1 small pepper (5 per pound)	74	
		1 large pepper (2-1/4 per pound)	164	
		1 oz raw minus refuse	23	
Radish, raw, or NFS	751-2500	1 large	8	24
		1 medium	4.5	
		1 small	2	
		1 cup	115	
		1 fl oz	14	
		1 oz raw minus refuse	26	
		1 slice	1	
Rutabaga, raw	751-2700	1 cup	140	35
		1/4 cup	35	
		1 oz raw minus refuse	24	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Raw vegetables: (Subgroup Code 751) -- Continued				
Seaweed, raw	751-2750	1 cup	80	
(Blanched)		1/8 cup	10	
Snow peas, raw	751-2775	1 cup	78	
Squash, summer, raw (Include Zucchini)	751-2800	1 cup	130	65
		1/2 cup	65	
		1 small	186	
		1 medium	372	
		1 slice	14	
		1 oz raw minus refuse	27	
Turnip, raw	751-2900	1 cup	130	33
		1/4 cup	33	
		1 oz raw minus refuse	23	
		1 slice	15	
		1 small	61	
		1 medium	122	
		1 large	183	
Vegetable salad in gelatin	751-3101	1 cup	256	128
		1/2 cup	128	
		1 cu in	17.7	
Vegetable salad, cooked or canned mixed vegetables with dressing	751-3102	1 cup	212	106
		1/2 cup	106	
Mixed vegetables juice (vegetables other than tomato)	751-3200	1 cup	236	118
		1/2 cup	118	
Celery juice	751-3210	1 cup	236	118
		1/2 cup	118	
Turnip juice	751-3220	1 cup	236	118
		1/2 cup	118	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi no specif *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752)				
Vegetables, NFS	752-0010	1 cup	182	91
		1/2 cup	91	
		1 cup, pureed	235	
Artichoke, globe (French), cooked or NFS	752-0101	1 small globe	100	120
		1 medium globe	120	
		1 large globe	152	
		1 cup, hearts	169	
		1 heart	27	
Artichoke, globe (French), cooked, added fat	752-0102	1 small globe	103	125
		1 medium globe	125	
		1 large globe	157	
Artichoke, salad in oil	752-0103	1 cup	130	
Asparagus (cooked), NFS	752-0200	1 cup	190	95
		1/2 cup	95	
		4 medium spears	65	
		1 medium spear	16	
Asparagus, cooked	752-0201	1 cup	185	93
		1/2 cup	93	
		1 large spear	25	
		1 small spear	10	
		1 medium spear	15	
		1 spear tip	4	
Asparagus, cooked, added fat	752-0202	1 cup	190	95
		1/2 cup	95	
		1 medium spear	16	
		1 large spear	26	
		1 small spear	11	
Asparagus juice	752-0203	1 cup	242	121
		1/2 cup	121	
Bamboo shoots, cooked or NFS	752-0300	1 cup	151	
		1/4 cup	38	
		1 piece	1	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Bamboo shoots, fried	752-0302	1 cup	156	39
		1/4 cup	39	
Beans, black, fresh, cooked	752-0375	1 cup	170	
		1/2 cup	85	
Beans, lima, immature, cooked or NFS (Include butter beans)	752-0400	1 cup	175	88
		1/2 cup	88	
		1 tbsp	11	
Beans, lima, immature, no fat cooked	752-0401	1 cup	170	85
		1/2 cup	85	
Beans, lima, immature, cooked, added fat	752-0402	1 cup	175	88
		1/2 cup	88	
Beans, string, NFS (Include steamed, Bunch Beans)	752-0500	1 cup	140	70
		1/2 cup	70	
		1 tbsp	9	
		1 bean	3	
Beans, green string, cooked (Include pole beans)	752-0501	1 cup	140	70
		1/2 cup	70	
		1 tbsp	9	
Beans, green string, cooked, no fat	752-0502	1 cup	135	67
		1/2 cup	67	
		1 can (15-1/2 oz) yield	262	
		1 bean	3	
Beans, green string, cooked, added fat (Include pole beans)	752-0503	1 cup	140	70
		1/2 cup	70	
		1 bean	3	

Food description	1977 Food code	Common measure or weight	Weight in grams	Ser no specif
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Beans, green string, pickled	752-0504	1 cup	135	67
		1/2 cup	67	
Bean, green, Italian	752-0550	1 cup	135	67
		1/2 cup	67	
Beans, yellow string, cooked	752-0600	1 cup	140	70
		1/2 cup	70	
Beans, yellow string, cooked, no fat	752-0601	1 cup	135	67
		1/2 cup	67	
Beans, yellow string, cooked, added fat	752-0602	1 cup	140	
		1/2 cup	70	
Bean sprouts, cooked or NFS	752-0700	1 cup	130	65
		1/2 cup	65	
Bean sprouts, cooked, no fat	752-0701	1 cup	125	63
		1/2 cup	63	
Bean sprouts, cooked, added fat	752-0702	1 cup	130	65
		1/2 cup	65	
Beets, cooked or NFS	752-0800	1 cup	175	88
		1/2 cup	88	
		1 beet	53	
		1 small	20	
		1 medium	53	
		1 large	80	
Beets, cooked, no fat	752-0801	1 cup	170	85
		1/2 cup	85	
		1 whole (2" dia)	50	
		1 slice	8	
Beets, cooked, added fat	752-0802	1 cup	175	88
		1/2 cup	88	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Beets, pickled (Include pickled beets with onions)	752-0803	1 cup	170	43
(Include beet salad, NFS)		1/4 cup	43	
		1 small	17	
		1 medium	50	
		1 large	75	
		1 slice	8	
Bitter melon, cooked, NFS	752-0830	1 cup	175	
(Include Balsam Pear)		1/2 cup	88	88
		1 tbsp	11	
Breadfruit, cooked, NFS	752-0850	1 cup	252	126
(Include Pana)		1/2 cup	126	
		2 small pieces	63	
Breadfruit, fried (tostones)	752-0852	1 cup	170	85
		1/2 cup	85	
		1 tostone	30	
Brussels sprouts, cooked or NFS	752-0900	1 cup	160	80
		1/2 cup	80	
		1 sprout	20	
Brussels sprouts, cooked, no fat	752-0901	1 cup	155	78
		1/2 cup	78	
		1 sprout	19	
Brussels sprouts, cooked, added fat	752-0902	1 cup	160	80
		1/2 cup	80	
		1 sprout	20	
Burdock, cooked	752-0950	1 cup	125	63
(Include Gobo)		1/2 cup	63	
Cabbage, Chinese, cooked or NFS	752-1000	1 cup	175	88
(Include Bok Choy)		1/2 cup	88	
		1 medium leaf	14	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Cabbage, Chinese, cooked, no fat	752-1001	1 cup	170	85
		1/2 cup	85	
Cabbage, Chinese, cooked, added fat	752-1002	1 cup	175	88
		1/2 cup	88	
		1 tbsp	11	
Cabbage, cooked or NFS	752-1101	1 cup	150	75
		1/2 cup	75	
		1 large head	1,800	
		1 medium head	1,262	
		1 small head	721	
		1 small leaf	14	
		1 medium leaf	22	
		1 large leaf	32	
Cabbage, cooked, no fat	752-1102	1 cup	145	73
		1/2 cup	73	
		1 tbsp	9	
Cabbage, cooked, added fat (Include white cabbage, stewed)	752-1103	1 cup	150	75
		1/2 cup	75	
		1/4 head	315	
Cabbage, red, cooked or NFS	752-1200	1 cup	150	75
		1/2 cup	75	
		1 medium leaf	22	
Cabbage, red, cooked, no fat	752-1201	1 cup	145	73
		1/2 cup	73	
Cabbage, red, cooked, added fat	752-1202	1 cup	150	75
		1/2 cup	75	
Cabbage, red, pickled (Include sweet and sour red cabbage)	752-1203	1 cup	150	75
		1/2 cup	75	
Cabbage, savoy, cooked or NFS	752-1300	1 cup	150	75
		1/2 cup	75	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Cabbage, savoy, cooked, no fat	752-1301	1 cup	145	73
		1/2 cup	73	
Cabbage, savoy, cooked, added fat	752-1302	1 cup	150	75
		1/2 cup	75	
Cactus pads, Nopales, cooked or canned	752-1350	1 cup	150	
Cassava, cooked, added fat	752-1362	1 cup	205	103
		1/2 cup	103	
Cauliflower, cooked or NFS	752-1400	1 cup	185	93
		1/2 cup	93	
		1 floweret	27	
Cauliflower, cooked, no fat	752-1401	1 cup	180	90
		1/2 cup	90	
		1 medium head	326	
		1 small head	198	
Cauliflower, cooked, added fat	752-1402	1 cup	185	93
		1/2 cup	93	
Celery, cooked	752-1500	1 cup	155	78
		1/2 cup	78	
		1 large celery stick	36	
Celery, cooked, no fat	752-1501	1 cup	150	75
		1/2 cup	75	
Celery, cooked, added fat	752-1502	1 cup	155	78
		1/2 cup	78	
Chives, dried or dehydrated	752-1550	1 cup	15	
		1 tbsp	1	1
Christophine, cooked, NFS (assume boiled) (Include Chayote)	752-1551	1 medium	226	
		1 small	113	113
		1/2 cup	108	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servi not specif *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Coltsfoot, cooked	752-1575	1 cup	124	
Corn, NFS	752-1600	1 cup	170	85
Corn, cooked, NFS	752-1601	1 cup 1/2 cup	170 85	85
Corn, cooked, no fat	752-1602	1 cup 1/2 cup	165 83	83
Corn, cooked, added fat	752-1603	1 cup 1/2 cup	170 85	85
Corn, on the cob, cooked	752-1604	1 ear (5" long) 1 trimmed ear (3" long) 1 cup 1 ear (12" long) 1 large ear	77 63 165 180 123	77
Corn, cream style	752-1605	1 cup 1/2 cup	256 128	128
Corn, dried, cooked	752-1607	(Information will be inserted at a later time)		
Corn, yellow, NFS	752-1610	1 cup	170	85
Corn, yellow, cooked, NFS	752-1611	1 cup 1/2 cup	170 85	85
Corn, yellow, cooked, no fat	752-1612	1 cup 1/2 cup	165 83	83
Corn, yellow, cooked, added fat	752-1613	1 cup 1/2 cup	170 85	85
Corn, yellow, on the cob, cooked	752-1614	1 ear (5" long) 1 ear (3" long)	77 63	77
Corn, yellow, cream style,	752-1615	1 cup 1/2 cup	256 128	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Corn, white, NFS	752-1620	1 cup	170	85
		1/2 cup	85	
Corn, white, cooked, NFS	752-1621	1 cup	170	85
		1/2 cup	85	
Corn, white, cooked, no fat	752-1622	1 cup	165	83
		1/2 cup	83	
Corn, white, cooked, added fat	752-1623	1 cup	170	85
		1/2 cup	85	
Corn, white, on the cob	752-1624	1 ear (5" long)	77	77
		1 ear (3" long)	63	
Corn, white, cream style	752-1625	1 cup	256	128
		1/2 cup	128	
Cucumber, cooked, NFS	752-1670	1 cup	185	93
		1/2 cup	93	
Cucumber, cooked, with added fat	752-1672	1 medium cucumber	191	191
		1 slice	4	
Eggplant, cooked or NFS	752-1700	1 cup	205	103
		1/2 cup	103	
		1 medium eggplant	350	
Eggplant, cooked, no fat	752-1701	1 cup	200	100
		1/2 cup	100	
		1 tsp	4	
		1 slice	54	
Eggplant, cooked, added fat	752-1702	1 cup	205	103
		1/2 cup	103	
		1 slice	55	
Fern shoots, cooked	752-1720	1 cup	142	
		1/2 cup	71	
Flowers or blossoms of sesbania, squash, or lily	752-1730	1 cup	118	
		1 tbsp	7	

Food description	1977 Food code	Common measure or weight	Weight in grams	Servin not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup code 752) -- Continued				
Hominy, cooked	752-1750	1 cup	165	83
		1/2 cup	83	
Horseradish (marong-gay), pods cooked, no fat	752-1771	1 cup	120	
		1/2 cup	60	
Kohlrabi, cooked or NFS	752-1800	1 cup	170	85
		1/2 cup	85	
		1 root	44	
Kohlrabi, cooked, no fat	752-1801	1 cup	165	82
		1/2 cup	82	
Kohlrabi, cooked, added fat	752-1802	1 cup	170	8
		1/2 cup	85	
Lotus root, cooked	752-1850	1 cup	120	60
		1/2 cup	60	
Mushrooms, cooked or NFS	752-1900	1 cup	157	79
		1/2 cup	79	
		1 small	7	
		1 medium	12	
		1 large	16	
Mushrooms, cooked, no fat	752-1901	1 cup	152	76
		1/2 cup	76	
		1 small	7	
		1 medium	13	
		1 large	18	
Mushrooms, cooked, added fat	752-1902	1 cup	157	79
		1/2 cup	79	
		2 tbsp (for garnish)	20	
		8 caps	60	
		1 medium, sauteed	12	
Mushroom, Oriental, dried (Include Shiitake)	752-1910	1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
EGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup code 752) -- Continued				
Okra, cooked or NFS	752-2000	1 cup	190	95
		1/2 cup	95	
		1 pod	12	
Okra, cooked, no fat	752-2001	1 cup	185	93
		1/2 cup	93	
		1 tbsp	12	
		1 fl oz	23	
		1 pod	11	
Okra, cooked, added fat	752-2002	1 cup	190	95
		1/2 cup	95	
		1 pod	12	
Okra, cooked, pickled	752-2003	1 pod	11	11
Luffa (Chinese okra)	752-2010	1 cup	178	89
		1 large	199	
		1 medium	153	
		1 small	96	
Onions, cooked	752-2100	1 cup	224	112
		1/2 cup	112	
		1 small	38	
		1 medium	63	
		1 large	77	
		1 tsp	5	
		1 slice	16	
Onions, cooked, no fat	752-2101	1 cup	210	105
		1/2 cup	105	
		1 medium	92	
		1 tbsp	13	
Onions, cooked or sauteed (added fat)	752-2102	1 cup	224	112
		1/2 cup	112	
		1 small	38	
		1 medium	63	
		1 large	77	
		1 thin slice	8	
		1 tbsp	14	
		1 slice	16	

Food description	1977 Food code	Common measure or weight	Weight in grams (edible portion)	Se... spec... (grams)
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Onions, pearl (Include pickled or cocktail onion)	752-2103	1 cup	186	93
		1/2 cup	93	
		1 pearl onion	15	
Onion, young green, cooked	752-2104	1 medium	15	30
Onion, green, cooked, added fat	752-2106	1 medium	15	30
		1 cup	224	
		1 tbsp	14	
Onion, dried or dehydrated	752-2110	1 cup	100	6
		1 tbsp	6	
		1 tsp	2	
Parsnips, cooked or NFS	752-2200	1 cup	185	
		1/2 cup	93	
		1 medium	103	
		1 large	165	
Parsnips, cooked, no fat	752-2201	1 cup, NFS	180	90
		1/2 cup	90	
		1 large (9" x 2-1/4" dia)	160	
		1 small (6" x 1-1/8" dia)	35	
		1 cup, pieces	155	
		1 cup, mashed	210	
Parsnips, cooked, added fat	752-2202	1 cup, NFS	185	93
		1/2 cup	93	
		1 cup, pieces	160	
		1 cup, mashed	215	
Peas, cowpeas, field peas, blackeye peas, (not dried), cooked or NFS (Include crowder peas, pink-eyed peas, purple hull peas)	752-2300	1 cup	175	88
		1/2 cup	88	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Peas, cowpeas, field peas, blackeye peas (not dried), cooked, no fat added	752-2301	1 cup	170	85
		1/2 cup	85	
Peas, cowpeas, field peas, blackeye peas (not dried), cooked, added fat (Include crowder peas)	752-2302	1 cup	175	88
		1/2 cup	88	
Peas, green, cooked, or NFS (Include dietetic peas)	752-2401	1 cup	170	85
		1/2 cup	85	
		1 tbsp	11	
Peas, green, cooked no fat	752-2402	1 cup	165	83
		1/2 cup	83	
		1 oz	28	
		1 small can yield	157	
		1 can (16 oz) yield	314	
Peas, green, cooked, added fat	752-2403	1 cup	170	85
		1/2 cup	85	
Pigeonpeas, cooked, NFS	752-2501	1 cup	170	
		1/2 cup	85	85
Peppers, cooked, NFS	752-2600	1 cup	140	18
		1/8 cup	18	
		2 slices	20	
Peppers, cooked, no fat (Include cherry pepper)	752-2601	1 cup	135	17
		1/8 cup	17	
		1 large	160	
		1 medium	73	
		1 cherry pepper	15	
Peppers, cooked, added fat	752-2602	1 cup	140	18
		1/8 cup	18	
		1 medium pepper	76	
		1 tbsp	9	
		1 cherry pepper	16	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Servi... no... specifi... grams
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Peppers, hot, canned ---------- (Include Tuscan Peppers, Jalapeno, chili peppers - NFS)	752-2610	1 cup ----------	237	10
		1 piece ----------	10	
		1 medium ----------	28	
		1 tbsp ----------	15	
Pimientos, cooked or canned ---	752-2670	1 cup ----------	135	17
		1/8 cup ----------	17	
		1 pimento ----------	40	
Radish, cooked, added --------- fat	752-2702	1 cup ----------	140	
		1/2 cup ----------	70	70
		1 fl oz ----------	18	
Radish, Japanese (Daikon), cooked ----------	752-2710	1 cup ----------	155	
Rutabaga, cooked or NFS -------	752-2800	1 cup ----------	210	
		1/2 cup ----------	105	
Rutabaga, cooked, no fat ------	752-2801	1 cup, NFS ----------	205	103
		1/2 cup ----------	103	
		1 cup, pieces ----------	170	
		1 cup, mashed ----------	240	
		1 small ----------	179	
		1 medium ----------	359	
		1 large ----------	718	
Rutabaga, cooked, added fat -----	752-2802	1 cup, NFS ----------	210	105
		1 cup, pieces ----------	175	88
		1 cup, mashed ----------	245	123
		1 small ----------	184	
		1 medium ----------	370	
		1 large ----------	739	
Salsify (vegetable oysters), cooked or NFS ----------	752-2900	1 cup ----------	140	70
		1/2 cup ----------	70	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Salsify (vegetable oyster), cooked, no fat	752-2901	1 cup	135	68
		1/2 cup	68	
Salsify (vegetable oyster), cooked, added fat	752-2902	1 cup	140	70
		1/2 cup	70	
Sauerkraut	752-3000	1 cup	150	75
		1/2 cup	75	
		16 oz can yield	409	
Pea pods, (snowpeas) cooked or NFS	752-3100	6 oz frozen package, yield after cooking	153	51
		1/3 of 6 oz frozen package, yield after cooking	51	
		1 cup	124	
Pea pods, (snowpeas) cooked, no fat	752-3101	6 oz frozen package, yield after cooking	153	51
		1/3 of 6 oz frozen package, yield after cooking	51	
Pea pods, (snowpeas) cooked, added fat	752-3102	6 oz frozen package, yield after cooking	158	53
		1/3 of 6 oz frozen package, yield after cooking	53	
Seaweed, dried (Include sea moss, kelp)	752-3200	1 cup	15	15
		1 strip	0.5	
Seaweed prepared with soy sauce	752-3205	1 tbsp	6	
Squash, summer, cooked or NFS	752-3300	1 cup	215	108
		1/2 cup	108	
		1 medium	352	
		1 slice	12	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serv. not specif. *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Squash, summer, cooked no fat added (Include zucchini)	752-3301	1 cup, NFS	210	105
		1/2 cup	105	
		1 cup, pieces	180	
		1 cup, mashed	240	
		1 small	184	
		1 medium	342	
		1 large	514	
Squash, summer, cooked, added fat	752-3302	1 cup, NFS	215	108
		1/2 cup	108	
		1 cup, pieces	185	
		1 cup, mashed	245	
		1 slice	12	
		1 small	189	
		1 medium	352	
		1 large	529	
Sequin (Portuguese squash), cooked, no fat	752-3351	1 cup	180	
		1/2 cup	90	
Turnip, cooked or NFS	752-3400	1 cup	200	100
		1/2 cup	100	
		1 medium	120	
		1 small	60	
		1 slice	15	
Turnip, cooked, no fat	752-3401	1 cup, NFS	195	98
		1/2 cup	98	
		1 cup, pieces	155	
		1 cup, mashed	230	
		1 medium	116	
Turnip, cooked, added fat	752-3402	1 cup, NFS	200	100
		1/2 cup	100	
		1 cup, pieces	160	
		1 cup, mashed	235	
		1 medium	120	
		1 small	60	
		1 slice	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked or canned with/without fat: (Subgroup Code 752) -- Continued				
Water chestnut, NFS	752-3500	1 medium	10	20
		1 cup	158	
		1/8 cup	20	
Wheat grass juice	752-3550	1 cup	242	121
		1/2 cup	121	
		1/8 cup	30	
Winter melon, cooked (Include Chinese melon, Togan)	752-3575	1 cup	175	
Yeast (Include Brewers Yeast)	752-3600	1 tbsp, dry	8	8
Vegetables, cooked, mixtures of 2 or more vegetables (include nuts) with/without fat: (Subgroup Code 753)				
Beans, lima and corn, (succotash)	753-0111	1 cup	170	85
		1/2 cup	85	
Beans, green string, with tomatoes	753-0201	1 cup	147	74
		1/2 cup	74	
Beans, green string, with onions	753-0202	1 cup	147	74
		1/2 cup	74	
Beans, green string, with chickpeas	753-0203	1 cup	151	76
		1/2 cup	76	
Beans, green string, with almonds	753-0204	1 cup	130	65
		1/2 cup	65	
Beans, green and potatoes	753-0205	1 cup	138	69
		1/2 cup	69	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*

VEGETABLES: (Category Code 7) -- Continued

OTHER VEGETABLES: (Subgroup Code 75) -- Continued

Vegetables, cooked, mixtures of 2 or more vegetables (include Nuts) with/without fat: (Subgroup Code 753) -- Continued

Beans, green, with pinto beans (Include Shellie beans)	753-0206	1 cup	151	76
		1/2 cup	76	
Beans, green with spaetzel	753-0207	1 cup	147	
		1/2 cup	74	74
Bean salad, wax and/or green beans with salad dressing	753-0208	1 cup	150	
		1/2 cup	75	75
Corn with peppers, red or green (Include Mexican style corn)	753-0301	1 cup	165	
		1/2 cup	83	83
Eggplant in tomato sauce	753-0601	1 cup	220	110
		1/2 cup	110	
Mixed vegetables, (corn, limas, peas, green beans, carrots), NFS	753-1100	1 cup	187	94
		1/2 cup	94	
Mixed vegetables (corn, limas, peas, green beans, carrots), no fat	753-1101	1 cup	182	91
		1/2 cup	91	
Mixed vegetables (corn, limas, peas, green beans, carrots), added fat	753-1102	1 cup	187	94
		1/2 cup	94	
Peas and corn, NFS	753-1500	1 cup	170	85
		1/2 cup	85	
Peas and corn, no fat	753-1501	1 cup	165	83
		1/2 cup	83	
Peas and onions, NFS	753-1510	1 cup	171	86
		1/2 cup	86	
Peas and onions, no fat	753-1511	1 cup	166	83
		1/2 cup	83	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
EGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked, mixtures of 2 or more vegetables (include nuts) with/without fat: (Subgroup Code 753) -- Continued				
Peas with mushrooms, no fat	753-1521	1 cup	166	83
		1/2 cup	83	
Peas with snaps	753-1525	1 cup	175	88
		1/2 cup	88	
Peas and potatoes	753-1530	1 cup	165	83
		1/2 cup	83	
Squash, summer and onions	753-1600	1 cup	220	110
		1/2 cup	110	
Zucchini with tomato sauce (Include summer squash)	753-1601	1 cup	196	
		1/2 cup	98	98
Squash, summer and onions, with fat	753-1602	1 cup	225	
		1/2 cup	113	113
Ratatouille	753-1605	1 cup	200	100
		1/2 cup	100	
Vegetable combinations (broccoli, carrots, corn cauliflower, misc.)	753-4010	1/2 cup	94	94
Jai, Monk's Food	753-4020	1 cup	188	
Pinacbet (eggplant with tomatoes, bitter melon, etc.)	753-4030	1 cup	200	
Vegetables, cooked, with sauces, batters, casserole: (Subgroup Code 754)				
Asparagus, creamed or with cheese sauce	754-0101	1 cup	200	100
		1/2 cup	100	
Beans, lima, immature, creamed or with cheese sauce	754-0201	1 cup	197	99
		1/2 cup	99	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked, with sauces, batters, casserole: (Subgroup Code 754) -- Continued				
Beans, lima, immature, with mushroom sauce	754-0202	1 cup	188	94
		1/2 cup	94	
Beans, green, creamed or with cheese sauce (Include string beans in sauce, NS)	754-0301	1 cup	167	84
		1/2 cup	84	
Beans, green, with mushroom sauce (Include green bean casserole, NFS)	754-0302	1 cup	161	80
		1/2 cup	80	
		1 tbsp	10	
Beans, yellow snap (wax), creamed or with cheese sauce	754-0401	1 cup	167	
		1/2 cup	84	
Beets with Harvard sauce	754-0501	1 cup	230	115
		1/2 cup	115	
Brussel sprouts, creamed	754-0601	1 cup	187	94
		1/2 cup	94	
		1 sprout	23	
Cabbage, creamed	754-0701	1 cup	197	99
		1/2 cup	99	
Cauliflower, creamed (Include with cheese sauce)	754-0901	1 cup	163	82
		1/2 cup	82	
		1 floweret	32	
Cauliflower, batter-dipped, fried	754-0902	1 cup	85	85
Celery, creamed	754-1001	1 cup	170	85
		1/2 cup	85	
		1 tbsp	11	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked, with sauces, batters, casserole: (Subgroup Code 754) -- Continued				
Chiles Rellenos	754-1050	1 chili	72	72
Corn, scalloped or pudding (Include corn souffle)	754-1101	1 cup	245	122
		1/2 cup	122	
Corn fritter	754-1102	1 fritter	35	35
		1 cup	107	
Corn with cream sauce	754-1103	1 cup	245	123
		1/2	123	
Eggplant with batter, fried	754-1201	1 slice	55	110
		1 cup	220	
		1 stick	25	
		1 tbsp	14	
Eggplant parmesan casserole, regular	754-1206	1 cup	220	110
		1/2 cup	110	
Eggplant parmesan casserole, low-calorie	754-1207	13 oz package	369	369
Kohlrabi, creamed	754-1301	1 cup	187	93
		1/2 cup	93	
Mushrooms, creamed	754-1401	1 cup	190	95
		1/2 cup	95	
Mushrooms, stuffed	754-1402	1 cup	190	95
		1/2 cup	95	
Okra, fried with batter (Include fried in cornmeal)	754-1450	1 cup	160	80
		1/2 cup	80	
		1 pod	10	
Onions, creamed	754-1501	1 cup	223	112
		1/2 cup	112	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Servin not specifie *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cookd, with sauces, batters, casserole: (Subgroup Code 754) -- Continued				
Onion rings, with batter, fried	754-1502	1 large ring (3" - 4" dia)	20	85
		1 medium ring (2" - 3" dia)	13	
		1 cup	85	
		1 small ring	8	
Parsnips, creamed	754-1601	1 cup	187	94
		1/2 cup	94	
Peas, creamed (Include peas in sauce, NFS)	754-1701	1 cup	190	95
		1/2 cup	95	
		1 fl oz	24	
Peas with mushroom sauce	754-1702	1 cup	190	95
		1/2 cup	95	
Squash, summer, with batter, fried (Include zucchini pancakes, fried in cornmeal)	754-1801	1 small	238	119
		1/2 small	119	
		1 slice	14	
		1 cup	220	
Squash, summer and tomato-cheese casserole (Include Zucchini)	754-1802	1 cup	220	110
		1/2 cup	110	
		1 tsp	5	
		1 tbsp	14	
Squash, summer, casserole with rice and tomato sauce	754-1803	1 cup	214	107
		1/2 cup	107	
Squash, summer, casserole with cheese sauce	754-1804	1 cup	220	
		1/2 cup	110	110
		1 tbsp	14	
Squash, summer, creamed (Include squash, creamed NFS)	754-1805	1 cup	220	
		1/2 cup	110	110
Squash, summer, souffle (Include zucchini)	754-1806	1 cup	157	
		1/2 cup	79	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetables, cooked, with sauces, batters, casserole: (Subgroup Code 754) -- Continued				
Turnips, creamed	754-1810	1 cup	187	94
		1/2 cup	94	
P.R. - Eggs scrambled with Christophine (Boronia de chayote)	754-1821	1 serving	160	150
		3/4 cup	150	
		1 deep dish	150	
P.R. - Creamed Christophine (Chayote a la crema)	754-1822	1 serving (1/2 chayote, 4-1/2" x 3-1/2" x 1-1/2") (without shell)	107	107
Vegetable stew (Include meat and vegetable stews, no meat eaten)	754-3901	1 cup	245	245
		1-3/4 cup	429	
Vegetable combinations with sauce (Include stir-fry vegetables)	754-4010	1/2 cup	94	94
		1 cup	188	
Vegetable Tempura	754-4020	1 cup	63	63
		1 piece	7	
		1 fritter	30	
Olives, pickles, relishes (exclude tomatoes): (Subgroup Code 755)				
Corn relish	755-0101	1 cup	227	14
		1 tbsp	14	
		2 fl oz	57	
Cauliflower pickles	755-0201	1 cup	125	31
		1/2 cup	63	
		2 flowerets	54	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Olives, pickles, relishes (exclude tomatoes): (Subgroup Code 755) -- Continued				
Cabbage, fresh, pickled, Japanese style	755-0250	1 cup	150	38
		1/4 cup	38	
Cucumber pickles, dill	755-0301	1 large pickle	135	30
		1 medium pickle	65	
		1 spear	30	
		1 slice	6.5	
		1 cup (about 23 slices)	155	
		1 small	37	
Cucumber pickle, relish (Include Indian Sweet Relish)	755-0302	1 cup	245	15
		1 tbsp	15	
		1 packet (2/3 tbsp)	10	
Cucumber pickles, sour	755-0303	1 large	135	30
		1 medium	65	
		1 spear	30	
		1 slice	7	
		1 small	37	
Cucumber pickles, sweet (Include candied dill spears, semi-sweet)	755-0304	1 large, Gherkin	35	30
		1 small, Gherkin	15	
		1 midget, Gherkin	6	
		1 spear, Gherkin	20	
		1 cup, chopped	160	
		1 slice	6	
Cucumber pickles, fresh (Include bread and butter)	755-0305	1 cup	170	43
		1 slice	8	
Cucumber, Kim Chee style	755-0307	1 cup	150	
Eggplant, pickled	755-0308	1 cup	136	
		1/4 cup	34	
Cabbage, mustard, salted	755-0309	1 cup	128	
		1/8 cup	16	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
EGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Olives, pickles, relishes (exclude tomatoes): (Subgroup Code 755) -- Continued				
Mustard pickles (Include Chow Chow, hotdog relish)	755-0310	1 cup	245	15
		1 tbsp	15	
Pickles, NFS	755-0400	1 medium	65	30
		1 spear	30	
		6 slices	39	
		1 small	35	
		1 cup	155	
		1 tbsp	10	
Mixed pickles, NFS	755-0401	1 cup	155	39
		1/4 cup	39	
Horseradish	755-0501	1 tbsp	15	5
		1 tsp	5	
Mustard (Include Horseradish mustard, Chinese mustard)	755-0601	1 tsp	5	10
Mustard sauce	755-0610	1/2 cup	80	20
		1/8 cup	20	
		1 tbsp	10	
Olives, NFS (assume green) (Include stuffed olives)	755-1000	1 small	3	15
		1 large	4	
		1 giant	7	
		1 cup, whole	147	
		1 cup, sliced or chopped	133	
Olives, green	755-1001	1 small	3	15
		1 large	4	
		1 giant	7	
Olives, ripe	755-1002	1 small or medium	3	15
		1 large	4	
		1 extra large	5	
		1 cup	135	
Peppers, hot, sauce	755-1101	1 cup	245	15
		1 tbsp	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Olives, pickles, relishes (exclude tomatoes): (Subgroup Code 755) -- Continued				
Pepper pickles	755-1102	1 cup	135	20
		1/2 cup	68	
		1 medium	20	
Radishes, pickled, Hawaiian style	755-1201	1 cup	150	
Recaito (P.R. Little Coriander) (Include Recaito congelado)	755-1251	1 cup	240	
		1 tbsp	15	
Seaweed, pickled	755-1301	1 cup	150	
Vegetables, pickled, Hawaiian style	755-1500	1 cup	150	
Vegetable relish (Include chopped fresh vegetables)	755-1501	1 cup	140	
		1 tbsp	9	
Turnip pickle	755-3403	1 slice	7	14
		1 cup	155	
Tsukemono, Japanese pickles (Include nara zuke, Takuan zuke, wasabe zuke)	755-3450	1 cup	135	
Zucchini pickles	755-3500	1 cup	155	
Vegetable soups: (Subgroup Code 756)				
Soup, NFS	756-0010	1 cup	245	184
		3/4 cup	184	
Soup, NFS, cream of	756-0015	1 cup	245	184
		3/4 cup	184	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
VEGETABLE: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetable soups: (Subgroup Code 756) -- Continued				
Asparagus soup, cream of (prepared with milk)	756-0101	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Cauliflower soup, cream of (prepared with milk)	756-0201	1 cup	245	
		3/4 cup	184	184
Celery soup, cream of (prepared with milk)	756-0301	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Celery soup, canned, undiluted	756-0303	1 cup	245	
		1/2 cup	123	123
Corn soup, cream of, prepared with milk (Include corn chowder)	756-0401	1 cup	245	184
		3/4 cup	184	
Cucumber soup, cream of, prepared with milk	756-0451	1 cup	245	184
		3/4 cup	184	
Leek soup, cream of, prepared with milk)	756-0501	1 cup	245	184
		3/4 cup	184	
Mushroom soup, NFS	756-0700	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Mushroom soup, cream of (prepared with milk)	756-0701	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetable soups: (Subgroup Code 756) -- Continued				
Mushroom soup, cream of (prepared with water)	756-0711	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Mushroom soup, undiluted, canned	756-0712	1 cup	245	123
		1/2 cup	123	
Mushroom soup, made from dry mix	756-0713	1 cup	240	
		3/4 cup	180	180
Onion soup, cream of, canned, undiluted	756-0802	1 can (10-3/4 oz)	305	123
		1 cup	245	
		1/2 cup	123	
Pea soup, cream of (prepared with milk)	756-0901	1 cup	250	188
		3/4 cup	188	
		1/8 cup	31	
Vegetable soup, cream of (prepared with milk)	756-1101	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Zucchini soup, cream of	756-1201	1 cup	245	
		3/4 cup	184	184
Beet soup, borscht	756-2101	1 cup	245	184
		3/4 cup	184	
Cabbage soup	756-2201	1 cup	245	
		3/4 cup	184	184

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetable soup: (Subgroup Code 756) -- Continued				
Leek soup, made from dry mix, reconstituted	756-2503	1 cup	240	
		3/4 cup	180	180
Onion soup, french (prepared with water)	756-4301	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Onion soup (prepared with water)	756-4302	1 cup	240	180
		3/4 cup	180	
		1/8 cup	30	
Onion soup, made from dry mix	756-4303	1 cup	240	180
		3/4 cup	180	
Onion soup, french, dry mix, not reconstituted	756-4311	1 envelope	7	7
Pea soup, NFS (prepared with water)	756-4501	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Green pea soup, low sodium (ready-to-eat)	756-4502	1 can (7-1/2 oz)	213	213
Pea soup with carrots	756-4503	1 cup	245	
		3/4 cup	184	184
		1/8 cup	30	
Shav Soup	756-4601	1 cup	240	
		3/4 cup	180	180
Vegetable soup, NFS (prepared with water)	756-4901	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetable soup: (Subgroup Code 756) -- Continued				
Vegetable soup, NFS, canned, undiluted	756-4902	1 can (10-3/4 oz)	305	
		1 cup	245	
		1/2 cup	123	123
Vegetable soup, low sodium, NFS	756-4903	1 cup	245	
Vegetable soup made from dry --	756-4905	1 cup	240	180
		3/4 cup	180	
Vegetable bean soup (Include Minestrone) (prepared with water)	756-5101	1 cup	245	184
		3/4 cup	184	
Vegetable beef soup (prepared with water)	756-5102	1 cup	245	184
(Include vegetable with meat soups)		3/4 cup	184	
		1/8 cup	31	
Vegetable soup with broth (prepared with water)	756-5103	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Vegetable noodle soup (prepared with water)	756-5104	1 cup	245	184
(Include vegetable with dumplings)		3/4 cup	184	
		1/8 cup	31	
Vegetable chicken or turkey soup (prepared with water)	756-5105	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Vegetable broth, bouillon	756-5106	1 cup	240	
(Include onion broth, pot liquor)		3/4 cup	180	180

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
OTHER VEGETABLES: (Subgroup Code 75) -- Continued				
Vegetable soups: (Subgroup Code 756) -- Continued				
Vegetable rice soup	756-5107	1 cup	245	
		3/4 cup	184	184
Vegetable chicken or turkey soup, undiluted	756-5110	1 cup	245	123
		1/2 cup	123	
Gazpacho	756-5120	1 cup	144	72
		1/2 cup	72	
		1/8 cup	18	
Vegetarian vegetable soup (prepared with water)	756-5401	1 cup	245	184
		3/4 cup	184	
		1/8 cup	31	
Vegetarian vegetable soup, undiluted	756-5402	1 cup	245	
		1 oz	28	123
Vegetable soup, Spanish style, stew type	756-5601	1 cup	227	227
Vegetable soup, chunky style	756-5602	1 cup	227	
		3/4 cup	170	170
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: (Subgroup Code 76)				
Dark green vegetables: (Subgroup Code 761)				
Spinach, creamed, strained or junior, NFS	761-0200	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Spinach, creamed, strained	761-0201	1 jar (4-1/2 oz)	128	64
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: (Subgroup Code 76) -- Continued				
Dark green vegetables: (Subgroup Code 761) -- Continued				
Spinach, creamed, junior	761-0202	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Deep yellow vegetables: (Subgroup Code 762)				
Carrots, strained or junior, NFS	762-0100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Carrots, strained	762-0101	1 jar (4-1/2 oz)	128	64
		1 tsp	5	
		1 cup	229	
Carrots, junior	762-0102	1 jar (7-1/2 oz)	213	10
		1 cup	229	
Carrots and peas, strained or junior, NFS	762-0200	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Squash, strained or junior, NFS	762-0500	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Squash, strained	762-0501	1 jar (4-1/2 oz)	128	64
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specifiec *grams*
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: Subgroup Code 76) -- Continued				
Deep yellow vegetables: (Subgroup Code 762) -- Continued				
Squash, junior	762-0502	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Sweetpotatoes, strained or junior, NFS	762-0900	1 jar (4-3/4 oz)	135	68
		1 jar (4-1/2 oz)	128	
		1 jar (7-3/4 oz)	220	
		1 jar (7-1/2 oz)	213	
		1 oz	28	
		1 cup	229	
Sweetpotatoes, strained	762-0901	1 jar (4-3/4 oz)	135	68
		1 jar (4-1/2 oz)	128	
		1 cup	229	
Sweetpotatoes, junior	762-0902	1 jar (7-3/4 oz)	220	110
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetables other than dark green, deep yellow and tomato: (Subgroup Code 764)				
Beans, green string, strained or junior, NFS	764-0100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 jar (7-1/4 oz)	206	
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: Subgroup Code 76) -- Continued				
Vegetables other than dark green, deep yellow and tomato: (Subgroup Code 764) -- Continued				
Beans, green string, strained	764-0101	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Beans, green string, junior	764-0102	1 jar (7-1/4 oz)	206	107
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Beans, green string, creamed, junior	764-0103	1 jar	220	110
		1 4-3/4 oz jar	136	
		1 cup	229	
Beets, strained	764-0301	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Corn, creamed, strained or junior, NFS	764-0500	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 jar (7-3/4 oz)	220	
		1 cup	229	
Corn, creamed, strained	764-0501	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Corn, creamed, junior	764-0502	1 jar (7-1/2 oz)	213	107
		1 jar (7-3/4 oz)	220	
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: Subgroup Code 76) -- Continued				
Vegetables other than dark green, deep yellow and tomato: (Subgroup Code 764) -- Continue				
Mixed vegetables, garden vegetables, strained or junior, NFS	764-0700	1 jar (4-1/2 oz)	128	64
		1 jar (7/12 oz)	213	
		1 tsp	5	
		1 cup	229	
Mixed vegetables, garden vegetables, strained	764-0701	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Mixed vegetables, garden vegetables, junior	764-0702	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Peas, strained	764-0900	1 jar (4-1/2 oz)	128	64
		1 oz	28	
		1 cup	229	
Peas, strained	764-0901	1 jar (4-1/1 oz)	128	64
		1 cup	229	
Peas, junior	764-0902	1 jar (7-1/1 oz)	213	107
		1 cup	229	
Peas, creamed, strained or junior, NFS	764-1100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: Subgroup Code 76) -- Continued				
Vegetables other than dark green, deep yellow and tomato: (Subgroup Code 764) -- Continued				
Peas, creamed, strained	764-1101	1 jar (4-1/2 oz) (Heinz)	128	64
		1 cup	229	
Peas, creamed, junior	764-1102	1 jar (7-1/1 oz) (Heinz)	213	107
		1 cup	229	
Vegetable soup, strained or junior, NFS (Include vegetable beef soup)	764-1300	1 jar (4-1/2 oz) (Beechnut)	128	64
Vegetable soup, strained	764-1301	1 jar (4-1/2 oz)	128	6
		1 cup	229	
Vegetable soup, junior	764-1302	1 jar (7-1/2 oz)	213	10
		1 cup	229	
Potato mixtures with meat, with or without another vegetable: (Subgroup Code 765)				
Creamed potatoes and ham, toddler	765-0203	1 jar (6 oz)	170	85
Vegetable mixtures and meat: (Subgroup Code 766)				
Vegetable and bacon, baby or junior, NFS	766-0100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetable and bacon, baby or strained	766-0101	1 jar (4-1/2 oz)	128	64
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: (Subgroup Code 76) -- Continued				
Vegetable mixtures and meat: (Subgroup Code 766) -- Continued				
Vegetable and bacon, junior	766-0102	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Vegetables and beef, strained or junior, NFS	766-0300	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetables and beef, strained	766-0301	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and beef, junior	766-0302	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Vegetable and chicken, strained or junior, NFS	766-0500	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetable and chicken, strained	766-0501	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and chicken, junior	766-0502	1 jar (7-1/2 oz)	213	107
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: (Subgroup Code 76) -- Continued				
Vegetable mixtures and meat: (Subgroup Code 766) -- Continued				
Vegetable and ham, strained or junior, NFS	766-0700	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetables and ham, strained	766-0701	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and ham, junior	766-0702	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Vegetable and lamb, strained or junior, NFS	766-0900	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetable and lamb, strained	766-0901	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and lamb, junior	766-0902	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Vegetable and turkey, strained or junior, NFS	766-1100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
VEGETABLES: (Category Code 7) -- Continued				
BABY OR STRAINED AND JUNIOR VEGETABLES AND MIXTURES MOSTLY VEGETABLES: (Subgroup Code 76) -- Continued				
Vegetable mixtures and meat: (Subgroup Code 766) -- Continued				
Vegetable and turkey, strained	766-1101	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and turkey, junior --	766-1102	1 jar (7-1/2 oz)	213	107
		1 cup	229	
Vegetables mixtures and liver: (Subgroup Code 767)				
Vegetable and liver, strained or junior, NFS -------	767-0100	1 jar (4-1/2 oz)	128	64
		1 jar (7-1/2 oz)	213	
		1 cup	229	
Vegetable and liver, strained -	767-0101	1 jar (4-1/2 oz)	128	64
		1 cup	229	
Vegetable and liver, junior ---	767-0102	1 jar (7-1/2 oz)	213	107
		1 cup	229	
VEGETABLE MIXTURES WITH ANIMAL PROTEIN: (Subgroup Code 77)				
White potato mixtures: (Subgroup Code 771)				
P.R. - Fried stuffed potatoes - (Rellenos de papas)	771-2101	1 fritter (4 x 2-1/4 x 3/4")	95	95
P.R. - Potato and ham fritters- (Frituras de papa y jamon)	771-2111	1 fritter (2-3/4 x 2-1/2 x 1")	70	70
P.R. - Potato chicken pie (Pastelon de pollo) ----------	771-4101	1 serving (1/4 of 9" dia pie)	230	230

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
VEGETABLE MIXTURES WITH ANIMAL PROTEIN: (Subgroup Code 77) -- Continued				
Puerto Rican starchy vegetable (viandas) mixtures: (Subgroup Code 772)				
P.R. - Green plantain with cracklings (Mofongo)	772-0121	2 balls (3" dia)	127	100
		1/2 cup	100	
		2 cooking spoonfuls	100	
P.R. - Ripe plantain fritters (Pionono)	772-0511	2 piononos (2 x 2-1/2 x 3/4")	115	115
P.R. - Ripe plantain meat pie (Pinon)	772-0561	1 serving (4 x 2 x 2")	190	190
P.R. - Cassava Pasteles (Pasteles de yuca)	772-3021	1 pastel (6 x 2 x 1/2")	145	145
VEGETABLE MIXTURES WITH ANIMAL PROTEIN: (Subgroup Code 77) -- Continued				
Puerto Rican starchy vegetables (viandas) mixtures: (Subgroup Code 772) -- Continued				
P.R. - Cassava pie stuffed with crabmeat (Empanada de jueyes)	772-3051	1 empanada (5 x 2-1/2 x 1/2")	126	126
P.R. - Stuffed tanniers fritters (Alcapurrias)	772-5011	2 fritters (each 4 x 2-1/2 x 1/2")	120	120
		1 large	90	
		4 x 1 x 1/2	24	
P.R. - Tannier fritters (Frituras de yautio)	772-5071	3 fritters (2-1/2 x 1-1/2 x 1/2")	60	60
P.R. - Puerto Rican pasteles (Pasteles de masa)	772-7201	1 pastel (5-1/2 x 2-1/4 x 1/4")	149	149

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
VEGETABLES: (Category Code 7) -- Continued				
VEGETABLE MIXTURES WITH ANIMAL PROTEIN: (Subgroup Code 77) -- Continued				
Other vegetable mixtures: (Subgroup Code 773)				
P.R. - Stuffed cabbage (Repollo relleno)	773-1601	1 cup	234	150
		1 serving (2 stuffed cabbage leaves - 2 x 3 x 1")	150	
P.R. - Stuffed cabbage, Syrian dish (Repollo relleno Arabe Mihsy Melful)	773-1651	1 serving (2 cabbage rolls, 9" long)	220	220
Puerto Rican stews or soups with starcy vegetables (viandas): (Subgroup Code 775)				
P.R. - Spanish stew (Cocido Espanol)	775-1301	1 cup	242	400
		3 serving spoons	400	
P.R. - Puerto Rican stew (Sancocho)	775-6301	1 cup (yield after bones removed)	214	245
		1 cup (boneless)	245	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FATS, OILS AND SALAD DRESSINGS: (Category Code 8)				
FATS: (Subgroup Code 81)				
Table fats: (Subgroup Code 811)				
Butter, regular or melted, salted or unsalted	811-0100	1 cup	227	7
(Include butter with garlic and/or parsley flakes, diet butter, NFS)		1 stick	113	
		1 tbsp	14	
		1 tsp	4.7	
		1 pat (1" sq, 1/3" high)	5	
Butter, whipped	811-0101	1 cup	151	6
		1 stick	76	
		1 tbsp	9	
		1 tsp	3.2	
		1 pat (1-1/4" sq, 1/3" high)	3.8	
Margarine, NFS	811-0200	1 cup	227	7
		1 stick	113	
		1 tbsp	14	
		1 tsp	4.7	
		1 pat (1" sq, 1/3" high)	5	
Margarine, with liquid oil	811-0201	1 cup	227	7
		1 stick	113	
		1 tbsp	14	
		1 tsp	4.7	
		1 pat (1" sq, 1/3" high)	5	
Margarine, without liquid oil	811-0202	1 cup	227	7
		1 stick	113	
		1 tbsp	14	
		1 tsp	5	
Margarine, liquid	811-0203	1 tbsp	14	7
		1 tsp	5	
Margarine, diet	811-0301	1 tbsp	14	7
		1 tsp	5	
Margarine, whipped	811-0302	1 cup	151	6
		1 stick	76	
		1 tbsp	9	
		1 tsp	3.2	
		1 pat (1-1/4"sq)	3.8	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
FATS, OILS AND SALAD DRESSINGS: (Category Code 8) -- Continued				
FATS: (Subgroup Code 81) -- Continued				
Table fats: (Subgroup Code 811) -- Continued				
Margarine, unsalted	811-0303	1 tbsp	14	7
		1 tsp	5	
Margarine, imitation	811-0401	1 tbsp	14	7
		1 tsp	5	
		1 pat	5	
Butter-margarine blend, half and half	811-0501	1 cup	227	
		1 tbsp	14	
		1 tsp	4.7	
Cooking fats: (Subgroup Code 812)				
Bacon grease or meat drippings (ham, sausage, lamb, chicken)	812-0100	1 cup	205	
		1 tbsp	13	
Lard	812-0200	1 cup	205	7
		1 tbsp	13	
Shortening	812-0300	1 cup	200	7
		1 tbsp	12.5	
Other fats: (Subgroup Code 813)				
Butter sauce (Include garlic spread)	813-0101	1 cup	228	28
		1/8 cup	28	
		1 tbsp	14	
Lemon-butter sauce	813-0102	1 cup	228	28
		1/4 cup	57	
		1 tbsp	14	
Hollandaise sauce	813-0201	1/2 cup	80	20
		2 tbsp	20	
Bearnaise sauce	813-0202	1/2 cup	80	20
		2 tbsp	20	
Orange sauce (for duck)	813-0203	1 cup	235	1
		1/2 cup	118	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FATS, OILS AND SALAD DRESSINGS: (Category Code 8) -- Continued				
FATS: (Subgroup Code 81) -- Continued				
Other fats: (Subgroup Code 813) -- Continued				
Sandwich spread	813-0204	1 cup	245	30
		1 tbsp	15	
		1 tsp	5	
Tartar sauce, regular	813-0205	1 cup	230	28
		1 tbsp	14	
Tartar sauce, low calorie	813-1200	1 tbsp	14	28
		1 tsp	5	
Honey butter	813-2200	1 tbsp	14	14
Lecithin	813-2400	2 tbsp	15	8
		1 tbsp	8	
P.R. - Lard with annatto (Manteca con achiote)	813-3011	1 tbsp	15	15
Adobo fresco (Include adobo criollo and creole seasoning)	813-3021	1 tbsp	18	
OILS: (Subgroup Code 82)				
Vegetable oils: (Subgroup Code 821)				
Oil, NFS	821-0010	1 cup	218	27
		1 tbsp	14	
		1 tsp	5	
Vegetable oil, NFS	821-0100	1 cup	218	27
		1 tbsp	14	
		1 tsp	5	
Almond oil	821-0130	1 cup	218	
		1 tbsp	14	
Coconut oil	821-0150	1 cup	218	27
		1 tbsp	14	
Corn oil	821-0200	1 cup	218	27
		1 tbsp	14	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FATS, OILS AND SALAD DRESSINGS: (Category Code 8) -- Continued				
OILS: (Subgroup Code 821) -- Continued				
Vegetable oils: (Subgroup Code 821) -- Continued				
Cottonseed oil	821-0300	1 cup	218	27
		1 tbsp	14	
Olive oil	821-0400	1 cup	216	27
		1 tbsp	14	
Peanut oil	821-0500	1 cup	216	27
		1 tbsp	14	
Safflower oil	821-0600	1 cup	218	27
		1 tbsp	14	
Sesame oil	821-0700	1 cup	218	27
		1 tbsp	14	
Soybean oil	821-0800	1 cup	218	
Walnut oil	821-0870	1 cup	218	
		1 tbsp	14	
Wheat Germ oil	821-0900	1 cup	218	27
		1 tbsp	14	
		1 tsp	5	
SALAD DRESSINGS: (Subgroup Code 83)				
Regular type: (Subgroup Code 831)				
Salad dressing, NFS	831-0010	1 tbsp	16	32
Blue or roquefort cheese dressing	831-0100	1 cup	245	30
		1 tbsp	15	
Bacon dressing (hot)	831-0150	1 cup	235	30
		1 tbsp	15	
Caesar dressing	831-0200	1 tbsp	15	30
Coleslaw dressing	831-0300	1 tbsp	16	32

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
FATS, OILS AND SALAD DRESSINGS: (Category Code 8) -- Continued				
SALAD DRESSINGS: (Subgroup Code 83) -- Continued				
Regular type: (Subgroup Code 831) -- Continued				
French dressing (Include Catalina, Ranch Style other than Hidden Valley, homemade, and Sweet 'n Saucy dressing)	831-0400	1 cup 1 tbsp	250 16	32
Fruit dressing (orange juice and cream)	831-0500	1 tbsp 1/2 cup	15 120	30
Honey, oil, water (Include with herbs, lemon juice)	831-0510	1 tbsp	15	30
Italian dressing (vinegar and oil; garlic) (Include California Onion dressing, Green Onion dressing)	831-0600	1 cup 1 tbsp	235 15	30
Mayonnaise, regular	831-0700	1 cup 1 tbsp 1 packet	220 14 10	28
Mayonnaise, made with yogurt (Include Yogannaise)	831-0710	1 cup 1 tbsp	220 14	28
Mayonnaise, imitation	831-0800	1 tbsp	15	30
Russian dressing	831-0900	1 cup 1 tbsp	245 15	30
Mayonnaise type dressing	831-1000	1 cup 1 tbsp	235 15	30
Boiled type dressing	831-1100	1 cup 1 tbsp	255 16	32
Green Goddess dressing, regular	831-1200	1 cup 1 tbsp	245 15	30
Salad dressing with oil and cream as major ingredients (Include French with sour cream, etc., Creamy Cucumber dressing)	831-1250	1 tbsp	15	30

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
FATS, OILS AND SALAD DRESSINGS: (Category Code 8) -- Continued				
SALAD DRESSINGS: (Subgroup Code 83) -- Continued				
Regular type: (Subgroup Code 831) -- Continued				
Salad dressing with buttermilk as main ingredient	831-1270	1 cup 1 tbsp	235 15	30
Milk, vinegar and sugar dressing	831-1290	1 tbsp	15	30
Sweet and sour dressing	831-1300	1 tbsp	16	32
Thousand Island dressing (Include McDonald's hamburger sauce)	831-1400	1 cup 1 tbsp	250 16	32
Yogurt - Italian dressing	831-1500	1 tbsp	15	30
Low-calorie type: (Subgroup Code 832) -- Continued				
Salad dressing, low-calorie, NFS	832-0010	1 cup 1 tbsp	260 16	32
Blue (Roquefort) cheese dressing, low-calorie	832-0100	1 cup 1 tbsp	245 15	30
French dressing, low-calorie	832-0200	1 cup 1 tbsp	260 16	32
Caesar dressing, low-calorie	832-0300	1 cup 1 tbsp	240 15	30
Low-calorie or diet, mayonnaise	832-0400	1 cup 1 tbsp	250 16	32
Italian dressing, low-calorie	832-0500	1 cup 1 tbsp	240 15	30
Russian dressing, low-calorie	832-0600	1 tbsp	15	30
Thousand Island dressing, low-calorie	832-0700	1 cup 1 tbsp	245 15	30
Vinegar, sugar and water dressing	832-0800	1 cup 1 tbsp	234 15	
Milk, vinegar and artificial sweetener dressing	832-0900	1 tbsp	15	30

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9)				
SUGARS AND SWEETS: (Subgroup Code 91)				
Sugars: (Subgroup Code 911)				
Sugar, NFS	911-0100	1 tsp	4	8
		1 lump, 2 cubes	5	
		1 individual packet	6	
		1 cup	200	
White sugar, granulated or lump (Include rock sugar, rock candy)	911-0101	1 tsp	4	8
		1 lump, 2 cubes	5	
		1 individual packet	6	
		1 tbsp	12	
		1 cup	200	
White sugar, confectioner's, powdered	911-0102	1 tsp	2.5	5
		1 tbsp	7.5	
		1 cup	120	
Brown sugar	911-0201	1 tsp	5	10
		1 tbsp	14	
		1/4 cup (packed)	55	
		1 tsp (brownulated)	3	
Maple sugar	911-0301	1 piece (1-3/4 x 1-1/4 x 1/2")	28	28
		1 tsp	5	
Dextri-maltose sugar	911-0401	1 tbsp	8	8
		1 cup	130	
Cinnamon sugar	911-0410	1 tsp	4	8
Raw sugar	911-0420	1 tsp	5	5
		1 tbsp	15	
Sugar replacement or substitute: (Subgroup Code 912)				
Sugar replacement or substitute, low-calorie, powdered, NFS	912-0000	1 individual packet	0.8	0.8
Sprinkle Sweet (Code added 11/79)	912-0001	1 tsp	0.5	0.5
Sugar Twin	912-0002	1 individual packet	0.8	0.8
(Code added 11/79		1 tsp	0.4	
Sugar Twin, Brown (Code added 11/79)	912-0003	1 tsp	0.4	0.4

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Sugar replacement or substitute: (Subgroup Code 912) -- Continued				
Sweet'ner, Sweet n' Low (Code added 11/79)	912-0004	1 individual packet 1 tsp	1.0 3.0	1.0
Wee Cal (Code added 11/79)	912-0005	1 individual packet	0.5	0.5
Sirups, honey, molasses: (Subgroup Code 913)				
Sirup, NFS	913-0001	1 tbsp	20	79
Cane sirup	913-0101	1 cup 1/8 cup 1 tbsp	328 41 20	82
Cane and corn sirup	913-0102	1 cup 1/8 cup 1 tbsp	328 41 20	82
Corn sirup	913-0103	1 cup 1/8 cup 1 tbsp 1 tsp	328 41 20 7	82
Buttered blends sirup	913-0104	1 cup 1/8 cup 1 tbsp	328 41 20	82
Fruit sirup	913-0105	1 cup 1/8 cup 1 tbsp	315 39 20	79
Maple sirup (Include maple cream)	913-0106	1 cup 1/8 cup 1 tbsp	315 39 20	79
Cane and maple sirup	913-0107	1 cup 1/8 cup 1 tbsp	315 39 20	79
Chocolate sirup, thin type	913-0108	1 cup 1/8 cup 1 tbsp	300 38 19	56
Sorghum sirup	913-0109	1 cup 1/8 cup 1 tbsp	330 41 21	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Sirups, honey, molasses: (Subgroup Code 913) -- Continued				
Sugar (white) and water sirup - (Include simple sirup)	913-0110	1 cup	242	60
		1/8 cup	30	
		1 tbsp	15	
Sugar, carmelized	913-0112	1 tbsp	15	15
Sugar (brown) and water sirup -	913-0120	1 cup	240	60
		1/8 cup	30	
		1 tbsp	15	
Cane, corn and maple sirup ---- (Include imitation maple sirup)	913-0124	1 cup	315	79
		1/8 cup	39	
		1 tbsp	20	
Corn and maple sirup	913-0125	1 cup	315	79
		1/8 cup	39	
		1 tbsp	20	
Honey (Include pear honey, raw honey)	913-0201	1 individual packet	14	21
		1 cup	339	
		1/8 cup	42	
		1 tbsp	21	
Bee pollen	913-0210	1 tsp	3	
Molasses	913-0300	1 cup	328	20
		1/8 cup	41	
		1 tbsp	20	
Brown sugar, liquid	913-0350	1 cup	335	84
		1 tbsp	21	
Topping, butterscotch or carmel	913-0401	1 cup	300	56
		1/8 cup	38	
		1 tbsp	19	
Topping, chocolate, thick, fudge type	913-0402	1 cup	300	56
		1/8 cup	38	
		1 tbsp	19	
		1/2 tsp	3	
Topping, fruit	913-0403	1/8 cup	38	56
		1 tbsp	19	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Sirups, honey, molasses: (Subgroup Code 913) -- Continued				
Topping, marshmallow	913-0404	1/8 cup	38	56
		1 tbsp	19	
Hard sauce	913-0405	1/8 cup	19	19
		1 tbsp	10	
Topping, nut	913-0406	1/8 cup	38	56
		1 tbsp	19	
Icing, chocolate	913-0501	1 cup	275	34
		1/8 cup	34	
Icing, white (Include creme filling, icing NFS, flavors)	913-0502	1 cup	319	40
		1/8 cup	40	
		1 tbsp	20	
Sirup, grenadine	913-0601	1 tbsp	20	
Sirup, dietetic	913-5101	1 cup	240	60
		1/4 cup	60	
		1 tbsp	15	
Topping, dietetic	913-5102	1 cup	227	42
		1 tbsp	14	
Sweet and sour sauce (Include Vietnamese sauce)	913-6101	1 cup	240	30
		1 tbsp	15	
Fruit sauce (Include all fruits, mint)	913-6102	1 cup	240	30
		1 tbsp	15	
Raisin sauce	913-6103	1 cup	240	30
		1 tbsp	15	
Plain sauce (Include vanilla, rum)	913-6104	1 cup	240	15
		1 tbsp	15	
Duck sauce (Include chaisni sauce)	913-6105	1 cup	240	30
		1 tbsp	15	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS (Subgroup Code 91) -- Continued				
Jellies, jarms, preserves: (Subgroup Code 914)				
Jellies, all fruits	914-0100	1 cup	300	9
		1/8 cup	37	
		1 tbsp	19	
		1 individual packet	14	
Jam, preserves, all fruit (Include hot pepper jam)	914-0200	1 cup	320	10
		1/8 cup	40	
		1 tbsp	20	
		1 individual packet	14	
P.R. - Green papaya preserve (Dulce de lechoza)	914-0231	1 cup	150	125
		1/2 dessert dish	125	
		5 slices (6 x 1/4 x 3/4 with 2 tbsp sirup)	125	
Fruit butters, all flavors (Include apple butter)	914-0300	1 cup	282	9
		1/8 cup	35	
		1 tbsp	18	
Marmalades, all flavors	914-0400	1 cup	320	10
		1/8 cup	40	
		1 tbsp	20	
		1 individual packet	14	
Jellies, dietetic, any flavor -	914-0500	1 cup	227	7
		1 tbsp	14	
Jams, preserves, dietetic, any flavor (Include marmalade)	914-0600	1 cup	227	7
		1 tbsp	14	
Guava Paste	914-0710	1 oz	28	32
		1 cubic inch	21	
		1 medium piece	32	
		1 small piece	16	
		1 tbsp	19	
Citrus fruit paste	914-0711	1 piece	32	32
Sweetpotato paste	914-0712	1 cubic inch	22	
Coconut paste (Include with fruit)	914-0713	1 piece	32	32

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Jellies, jams, preserves: (Subgroup Code 914) -- Continued				
Prune paste	914-0714	1 piece	32	32
Chinese preserved sweet vegetable	914-0810	1 slice	12	12
Gelatin desserts, salads: (Subgroup Code 915)				
Dessert, NFS	915-0010	1 cup	240	120
		1/2 cup	120	
Gelatin dessert	915-0101	1 cup	240	120
		1/2 cup	120	
		1/8 cup	30	
		1 cubic inch	17	
		3 oz pkg yields	540	
Gelatin dessert, with fruit	915-0102	1 cup	240	1
		1/2 cup	120	
		1/8 cup	30	
		1 cubic inch	17	
Gelatin dessert, with whipped cream	915-0103	1 cup	254	127
		1/2 cup	127	
Gelatin dessert, with fruit and whipped cream	915-0104	1 cup	254	127
		1/2 cup	127	
Gelatin dessert, with cream cheese	915-0105	1 cup	260	130
		1/2 cup	130	
Gelatin dessert with fruit and cream cheese	915-0108	1 cup	260	130
		1/2 cup	130	
		1 cubic inch	18	
Gelatin dessert with fruit vegetable and nuts	915-0109	1 cup	256	128
		1/2 cup	128	
Gelatin dessert, dietetic	915-1101	1 cup	238	1
		1/2 cup	119	
		1/8 cup	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS (Subgroup Code 91) -- Continued				
Gelatin desserts, salads: (Subgroup Code 915) -- Continued				
Gelatin dessert, dietetic with fruit	915-1102	1 cup	238	11
		1/2 cup	119	
		1/8 cup	30	
Danish dessert pudding	915-1201	1 cup	274	13
		1/2 cup	137	
Pudding or pie filling (nonmilk base)	915-1211	1 cup	250	12
		1/2 cup	125	
Yookan	915-2010	1 oz	28	
P.R. - "Taste good to me" (Bien me sabe)	915-5010	4 tablespoons	60	6
P.R. - Coconut custard (Flan de coco)	915-5020	1 custard cup	115	11
		1 piece (4 x 2 x 1/2)	120	
		1 cup	245	
P.R. - Pineapple custard (Flan de pifia)	915-5030	1 custard cup	120	12
		1 piece (3-1/4 x 2 x 1)	120	
		1 cup	260	
P.R. - Milk dessert or milk candy (Dulce de leche)	915-5040	1/4 of dessert dish	85	8
		1 cup	310	
Haupia (coconut pudding)	915-6010	1 piece	23	10
		1 cup	213	
		1/2 cup	106	
Gelatin, plain drink see Meat Subgroup Code 284				
Ices, popsicles: (Subgroup Code 916)				
Ices, fruit	916-0100	1 cup	193	97
		1/2 cup	97	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving, not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Ices, popsicles: (Subgroup Code 916) -- Continued				
Popsicle	916-1100	double stick	85	57
		single stick	70	
		pops made from mixes	57	
		granny goose Bar	46	
		1 fl oz	31	
Snow cone, slurps	916-2100	1 cup	193	97
		1/2 cup	97	
Candies: (Subgroup Code 917)				
Candy, NFS	917-0001	1 piece	10	10
(Include Bullseye candy, Halloween candy NFS)		1/2 cup	85	
		1 bar	30	
		4 oz	113	
Almonds, chocolate covered	917-0101	1 almond	3	1
		1 cup	170	
Almonds, sugar coated	917-0102			14
Include: Jordan Almonds		2 pieces	7	
		8 pieces (1 oz)	28	
		1 cup	195	
Carmel, chocolate flavored roll	917-0301			18
Include: Tootsie Roll with 8 sections (5 x 1/2")		1 roll (1-1/4 oz)	35	
		1 midgee roll	6	
Tootsie Roll Pop		1 pop (1/2 oz)	14	
Milk Chocolate Caramel Roll (Necco)		1 roll (1-3/16 oz)	34	
Milk Chocolate Pop (Howard Johnson's)		1 pop (4/5 oz)	23	
Tootsie Pop Drops		1 roll (1-1/3 oz)	38	
Tootsie Roll Candy		1 cup	144	
Caramel, plain or flavorings other than chocolate	917-0302			14
Include: Ayds		1 individually wrapped piece	7	
Brach's Royal		1 piece	7	
Sugar Babies, 1 package, 1-3/5 oz		27 pieces	45	
		1 cup	220	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Caramel, plain or flavorings other than chocolate Continued	917-0302			
Include: Sugar Daddy		1 sucker, junior size	10	
Pearson Assortment Candy, 1 package, 5 pieces (1.5 oz)		1 piece	8.5	
Coconut Caramel		1 piece	9	
Caramel Cremes		1 medium	11	
		1 small	6	
Caramel Coated Marshmallow		1 piece	17	
Purple Cow		1 sucker	23	
Caramel		1 piece	9	
Bingo		1 piece	4	
Caramel, plain or flavored, with nuts	917-0303			
Include: Mary Jane, 38 pieces in 8 oz package		1 piece	6	18
Peanut Kisses		1 piece	6	
Caramel covered almonds		1 piece	6	
Glazed almonds		1 bar	35	
Squirrel Nuts		1 piece	6	
Caramel, chocolate or chocolate covered	917-0304			34
Include: Carmello, 17 bars in 12 oz package		1 bar (.706 oz each)	20	
		1 bar (1.10 oz)	31	
		1 bar (1-1/4 oz)	35	
Chocolate Babies (Heidi)		1 box (1 oz)	28	
Curly Wurly		1 bar (1 oz)	28	
Marathon Bar		1 bar (1.2 oz)	34	
		1 bar (1-1/4 oz)	35	
Milk Duds		1 box (1-1/4 oz)	35	
Pom Poms, 1 box (1.41 oz), 14 pieces		1 piece	3	
		1 box	40	
Rollo, 1 roll (1.16 oz), 6 pieces		1 piece	5	
		1 roll	33	
Caramel		1 caramel	9	
Twix		1 bar	48	
Nestle Chewey Caramel		1 bar (1-1/4 oz)	35	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Caramel, chocolate or chocolate covered -- Continued	917-0304			
Include: Sugar Mama		1 lollipop	21	
Marathon Bar		1 bar (fun size)	14	
Milk Duds		1 piece	3	
Chocolate Parfait		1 piece	6	
Caramel, with nuts and cereal, chocolate covered	917-0305			
Include: Good News Bar		1 bar (1-7/8 oz)	53	53
Carob candy, with nuts	917-0350	1 oz	28	28
Cashew nuts and rice crunch	917-0400			32
Include: Lanze's Cashew Nuts and Rice Crunch		1 bar (1-1/8 oz)	32	
		1 bar (1-1/2 oz)	43	
Cashew nuts, fondant, chocolate covered	917-0401	1 cluster	16	32
Chocolate, milk, plain, NFS (Include chocolate candy, NFS)	917-0501			30
Include: Chocolite		1 large bar (21 squares, 6 oz)	170	
		1 square	8	
		1 regular bar (1-1/8 oz)	32	
		1 bar (1-1/4 oz)	35	
Chunky		1 individually wrapped piece	28	
		1 large bar (24 squares, 6 oz)	170	
		1 square	7	
Hershey Bar		1 small bar (.5 oz)	14	
		1 medium bar (1.05 oz)	30	
		1 large bar (3-3/4 oz)	106	
Hershey Kiss or Stars		1 bag (37 pieces, 6 oz)	170	
		1 piece	5	
		1 cup	170	
Nestle Bar		1 bar (1-1/8 oz)	32	
		1 medium bar (1-1/4 oz)	35	
		1 large bar (28 squares, 6 oz)	170	
		1 square	6	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Chocolate, milk, plain, NFS -- Continued	917-0501			
(Include chocolate candy, NFS)				
Include: Milk Chocolate (Cadbury)		1 bar (1-1/16 oz)	30	
		1 large bar (20 squares, 6 oz)	170	
		1 square	9	
Milk Chocolate Eggs		1 solid egg (1 x 1/2)	28	
		1 hollow egg (2 x 1)	14	
Malted Milk Balls		1 oz	28	
		10 balls	30	
		1 cup	60	
Whoppers		1 pack (1-1/4 oz)	35	
Chocolate Coins		1 coin	5	
Chocolate Bar NFS		1 bar (bite size)	7	
		1 piece (NFS)	8	
Hershey-Chocolate NFS		1 piece (bite size)	5	
Chocolate, milk, with cereal	917-0502			32
Include: Hershey Krackel Bar		1 small bar (.5 oz)	14	
		1 bar (1.2 oz)	34	
		1 medium bar (1-3/8 oz)	39	
		1 large bar (21 squares, 4 oz)	113	
		1 square	5	
		1 extra large bar (32 squares, 8 oz)	227	
		1 square	7	
Kit Kat Bar		1 bar (1.25 oz)	35	
Nestle Crunch Bar		1 medium bar (1-1/8 oz)	32	
		1 large bar (28 squares, 6 oz)	170	
		1 small bar	14	
		1 square	6	
Snik Snak Bar		1 bar (1-1/8 oz)	32	
Panky		1 bar (.56 oz)	16	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Chocolate, milk, with nuts	917-0504			30
Include: Almond Cluster		1 bar (1-3/16 oz)	34	
Chunky with Peanuts		1 bar (1 oz)	28	
Chunky with Pecans		1 bar (1 oz)	28	
		1 large bar (24 squares, 6 oz)	170	
		1 square	7	
Hershey with Almonds		1 small bar (.5 oz)	14	
		1 medium bar (1.05 oz)	30	
		1 large bar (21 squares) (4 oz)	113	
		1 square	5	
		1 extra large bar (32 squares, 8 oz)	227	
		1 square	7	
Nestle with Almonds		1 medium bar (1-1/4 oz)	35	
		1 large bar (28 squares, 6 oz)	170	
		1 square	6	
Mr. Goodbar		1 small bar (.5 oz)	14	
		1 medium bar (1.3 oz)	37	
		1 large bar (21 squares, 4 oz	113	
		1 square	5	
		1 extra large bar (32 squares, 8 oz)	227	
		1 square	7	
Rocky Road		1 bar	39	
Brachs Bridge Mix		1 piece	3	
Chew-Its		1 bar	45	
Cup of Gold		1 bar	39	
Chocolate and Macadamia Nuts		1 nut	2	
Chocolate and Nuts		1 cup	170	
Chocolate, milk, with fruits and nuts	917-0505			30
Include: Chunky Milk Chocolate with fruits and Nuts		1 individually wrapped piece (1.4 oz)	40	
		1 large bar (24 squares, 6 oz)	170	
		1 square	7	
Fruit and Nut Bar (Cadbury)		1 large bar (20 squares, 6 oz)	170	
		1 square	9	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Chocolate, semisweet	917-0520			3
Include: Toll House Morsels, semisweet		1 piece	.3	
		1 cup	173	
Chocolate Bar, Cortez		1 tbsp	11	
Chocolate, sweet	917-0530			30
Include: Hershey's Special Dark		1 bar (1.05 oz)	30	
		1 bar (1.2 oz)	34	
		1 large bar (21 squares, 4 oz)	113	
		1 square	5	
		1 extra large bar (32 squares, 8 oz)	227	
		1 square	7	
Chocolate, white	917-0540	1 bite	5	
Coconut, chocolate covered	917-0600			34
Include: Almond Joy		1 individually wrapped piece	14	
		1 bar (1.2 oz)	34	
		1 bar (1.25 oz)	35	
		1 bar (1.4 oz)	40	
Bounty		1 bar (1-3/4 oz)	50	
Mound		1 bite size	11	
		1 bar (1.35 oz)	38	
New Coconut (Cadbury)		1 bar (1-1/4 oz)	35	
		1 large bar (16 squares, 6 oz)	170	
		1 square	11	
Coconut Creme		1 piece	14	
Easter Egg		1 large (12 oz)	340	
Coconut, no chocolate covering (Include coconut candy, NFS)	917-0610			28
Include: Rainbow Coconut		1 bar (1.4 oz)	40	
Sno-Ball		1 bar (1 oz)	28	
Bon-Bon (Russel Stover)		1 Bon-Bon	14	
Coconut Log		1-1/8 oz	32	
P.R. - Coconut Crunch (Coquito)	917-0630	1 piece (1 x 1 x 1/4)	15	15
Coconut candy, Puerto Rican style	917-0640	1 cup	240	15
		1 cubic inch	17	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Fondant, NFS (include homemade, mints, mints NFS,)	917-0700			30
Include: Merri-Mints (Delson)		1 mint	9	
Minty Munch (Dutch Treat)		1 bar (1-1/4 oz)	35	
Mint Leaves		1 piece	6	
Candy Corn		1 piece	1	
		1 cup	200	
Mints		1 cup	110	
Smarty		1 oz	28	
Fondant, chocolate covered	917-0701			35
Include: Mints (Brach's)		1 box (18 pieces, 7 oz)	198	
		1 piece	11	
Mary Sue Butter Creams		1 bar (1-1/8 oz)	32	
Butter Creams		1 butter cream	20	
Peppermint (Cadbury)		1 bar (1-1/4 oz)	35	
Peppermint Pattie (Peter Paul)		1 bar (1.4 oz)	40	
Peppermint Pattie (Schrafft's)		1 package (1-3/8 oz)	39	
Charlston Chew		1 bar (2-1/6 oz)	58	
Egg, Chocolate Covered Creme		1 egg	14	
Jr. Mints		1 Box (1.52 oz)	43	
		1 Jr. mint	2	
Butter creams, Peppermint Pattie-		1 cup	182	
Fruit Peel, candied	917-0800	1 piece	3	9
Fruit bar (Include Date Candy)	917-0801	1 bar (1-3/4 oz)	50	50
Fruit, chocolate covered	917-0900			14
Include: Apricot liquid		1 box (3-1/3 oz)	94	
Chocolate covered cherries		1 cherry	14	
Chocolate jelly		1 piece NFS	14	
Fudge, NFS	917-1300	1 piece, 1 cubic inch	21	30
Fudge, chocolate, chocolate coated	917-1301			30
Include: Fudge, plain		1 piece, 1 cubic inch	21	
May Sue Butter Fudge		1 bar (1-1/8 oz)	32	
Fudge, chocolate-coated, chocolate with nuts	917-1302	1 piece, 1 cubic inch	21	3

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Fudge, chocolate	917-1303	1 piece, 1 cubic inch	21	30
Fudge, chocolate with nuts	917-1304	1 piece, 1 cubic inch	21	30
Fudge, peanut butter	917-1305	1 piece, 1 cubic inch	21	30
(Include chocolate fudge with peanut butter)		1 cup	225	
Fudge, peanut butter with nuts	917-1306	1 piece, 1 cubic inch	21	30
Fudge, vanilla (Include fruit flavored)	917-1307	1 piece, 1 cubic inch	21	30
Fudge, vanilla with nuts	917-1308	1 piece, 1 cubic inch	21	30
Fudge, Divinity	917-1309	1 piece	12	24
		1/4 cup	24	
Fudge brown sugar	917-1310	1 cubic inch	21	30
Fudge, caramel and nut chocolate coated	917-1500			34
Include: Baby Ruth Bar		1 bite size piece	11	
		1 fun size piece	14	
		1 bar (1.2 oz)	34	
		1 bar (2.25 oz)	64	
		1 cup	154	
Butternut Bar		1 bar (1.5 oz)	43	
Cluster Bar		1 bar (1 oz)	28	
5th Avenue Bar		1 piece	11	
		1 bar (1-1/8 oz)	32	
		1 bar (1-3/16 oz)	34	
		1 bar (1-1/4 oz)	35	
Oh Henry		1 bar (1.25 oz)	35	
		1 bar (1.5 oz)	43	
$100,000		1 bar (1-1/4 oz)	35	
Powerhouse		1 bar (1.35 oz)	38	
		1 bar (1.5 oz)	43	
		1 bar (2 oz)	57	
		1 bar (bite size)	11	
Rally		1 bar (1.2 oz)	34	
Snickers		1 piece	22	
		1 bar (1-9/16 oz)	44	
		1 fun size	15	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Fudge, caramel and nut chocolate coated -- Continued	917-1500			
Include: Turtles		1 turtle	19	
Nutty Buddy		2-1/2 oz (1 bar)	71	
Sky Bar		1 bar (1.06 oz)	30	
Goo Goo Cluster		1 bar (1.75 oz)	50	
Toffifay		1 bar (1.16 oz)	33	
Halvah, plain	917-1601	1 bar (8 oz)	227	30
Halvah, chocolate covered	917-1611	1 bar (8 oz)	227	30
Honey-combed hard candy with peanut butter	917-1800			35
Include: Zagnut		1 bar (1-1/4 oz)	35	
Peanut Butter Toasties		1 piece (1" x 1/2")	3	
Peanut Pillows		1 piece	2	
Peanut Butter Log		1 log	6	
Honey-combed hard candy with peanut butter, chocolate covered	917-1805			30
Include: Butterfinger		1 bar (1.2 oz)	34	
		1 bar (bite size)	7	
Clark Bar		1 bar (7/8 oz) fun size	25	
Licorice	917-2100			18
Include: Helps Helps		1 bar (5/8 oz)	18	
Nibs		1 package (1-1/2 oz)	43	
Twizzlers		1 bar (1-3/4 oz)	50	
		1 stick	11	
Good and Plenty		1 box	43	
		1 cup	220	
Marshmallows, marshmallow creme	917-2300			14
Include: Marshmallow		1 large, regular	7	
		1 large, soft	6	
		1 cup of miniatures	46	
		10 miniatures	7	
Marshmallow Chicken		1 chicken	8	
Brach's Circus Peanuts		1 peanut	7	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Marshmallow, chocolate covered-	917-2301			34
Include: Mallow Cup		1 bite size	8	
		1 piece	34	
Marshmallow Egg, Chocolate Covered		1 small egg	6	
		1 medium egg	11	
Marshmallow Rabbit, chocolate covered		1 rabbit	14	
Idaho Spud		1-7/8 oz)	53	
Marshmallow, chocolate covered --		1 tbsp	8	
Marshmallow, candy coated -----	917-2302			
Include: Easter Egg		1 egg	14	28
Nougat, NFS	917-2600	1 piece	14	28
Include: Big Hunk		1-1/2" oz	43	
Nougat, with carmel, chocolate covered	917-2611			40
Include: Carvelle		1 bar (3/8 oz)	11	
		1 bar (1.25 oz)	35	
Mars		1 piece	19	
		1 bar (1-3/8 oz)	39	
Milk Shake		1 bar (1.75 oz)	50	
Milky Way		1 fun size piece	18	
		1 bar (1-11/16 oz)	48	
		1 bar (1-3/4 oz)	50	
Three Musketeers		1 bar (1-13/16 oz)	51	
		1 fun size bar	18	
7-Up		1 bar (1.2 oz)	34	
Big Time		1 bar (1.75 oz)	50	
Forever Yours		1 bar (1.25 oz)	35	
Sir		1 bar (1.25 oz)	35	
Nougat with almonds, sugar cookie	917-2621			28
Include: Italian Nougat Candy		1 bar (.49 oz)	14	
Marzipan paste		1 oz	28	
Nougat, caramel, nuts	917-2631			
Include: Zero		1 Bar (1-3/4 oz)	50	50

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Nuts, chocolate covered	917-2701			28
Include: Chocolate Covered Brazil Nut (Cadbury)		1 large bar (20 squares, 6 oz)	170	
		1 square	9	
Hazelnut with Chocolate (Cadbury)		1 bar (1 oz)	28	
		5 nuts	15	
Nuts, chocolate covered		1 cup	170	
Nut bar (Include peanut butter, raisins, nuts)	917-2750	1 bar (1-3/4 oz)	50	25
Nut roll (pecan)	917-2800			25
Include: Queen Anne Pecan Roll		1 package (7/8 oz)	25	
Nickles Pecan Roll		1 roll	25	
Peanuts, chocolate covered	917-3100			2
Include: M&M's		1 piece	2	
		5 pieces	10	
		14 pieces, 1 oz	28	
		1 cup	170	
Peanut Cluster		1 cluster (2-1/2" dia)	21	
Peanut Chews		1 bar	45	
Peanuts, creme centered, cluster, chocolate covered	917-3105			43
Include: Maple Creme Bun		1 bar (1.5 oz)	43	
Peanuts, sugar-coated	917-3110			30
Include: Boston Baked Beans		1 box (1-3/4 oz)	50	
		1 box (2-1/4 oz)	64	
Sugar coated peanuts		1 cup	198	
Peanut bar	917-3200			40
Include: Chick-O-Stick		1 stick (1.55 oz)	44	
Jamboree		1 bar (1-1/8 oz)	32	
Payday		1 bar (1.75 oz)	50	
Peanut Munch Bar		1 bar (1.4 oz)	40	
		1 bar (1-7/16 oz)	41	
Planters Peanut Bar		1 piece	16	
Smoothie Peanut Butter		1 bar (1-1/8 oz)	32	
Super Skrunch		1 bar (1-1/2 oz)	43	
Atkinson Peanut Bar		1 small	20	
Peanut Candy, NFS		1 bar NS	40	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Peanut brittle	917-3300	1 cubic inch	20	28
		1 cup	147	
Peanut butter, chocolate covered	917-3400			34
(Include peanut butter treats, NFS, peanut butter candy, NFS)				
Include: Oompas		1 bar (1-1/2 oz)	43	
Peanut Butter With No Jelly (Peter Paul)		1 bar (1.4 oz)	40	
Peanut Butter Cups (Reese's)		1 package (1.2 oz)	34	
		1 miniature cup	7	
Egg		1 egg	14	
Peanut Butter candy		1 cup	182	
Pralines	917-3500	1 cubic inch	21	30
Pineapple candy, P.R. style	917-3600	1 cup	232	14
Raisins, chocolate covered	917-3901			
Include: Raisinetts		1 box	18	18
		1 cup	190	
Raisin Clusters		1 cluster	22	
Raisins, chocolate covered		1 raisin	1	
Sesame Crunch	917-4201			10
Include: Sesame Crunch (Sahadi)		1 piece	2	
		20 pieces (1-1/8 oz)	32	
Gumdrops	917-4501			20
Include: Cherry Nibs		1 package (1-1/4 oz)	35	
Chuckles		1 piece	7	
Dots		1 box (1-1/4 oz)	35	
Fruitella		1 piece	4	
Good n' Fruity		1 box (1 oz)	28	
Hot Tamales		1 box (1-5/8 oz)	46	
		1 piece	2	
Jujubes		1 box (3/4 oz)	21	
Jujyfruits		1 box (1 oz)	28	
		1 cup	110	
Mike and Ike		1 piece	2	
		1 box (1-1/4 oz)	35	
Botan Rice Candy		1 box (3/4 oz)	21	
Fruit Slices, Jellied		1 slice	14	
		1 cup	220	
Gumdrops		1 gumdrop	6	
Agar-agar jelly (Kanten)		1 oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Hard candies	917-4502			28
Include: Blow Pop		1 lollipop	21	
Butterscotch Disc		1 piece	6	
Life Savers		1 roll	22	
		1 Lifesaver	2	
Lollipops (Life Savers)		1 lollipop (1/2 oz)	14	
Red Hot Dollars		1 box (1 oz)	28	
		1 piece	.5	
Sour Bites		1 piece	10	
String-O-Canes		1 package (3 oz)	85	
Sweet Tarts		1 package (.105 oz)	3	
		1 sweet tart	1	
Tic Tac		1 box (1/2 oz)	14	
		2 pieces	1	
Wild Cherry (Barricini)		1 box (1-1/2 oz)	43	
Stick Candy		1 stick	15	
Red Hots		1 ball	8	
		1 cup	227	
		1 package (20 cents)	67	
Candy Necklace		1 necklace	21	
Now and Later		1 roll	50	
		1 square	6	
Root Beer Barrell		1 barrell	9	
Certs		1 cert	2	
Spree		1 piece	1.8	
		1 package, 24 pieces	43	
Candy Cane		1 cane	15	
Bottle Caps		1 cap	1	
Christmas Candy		1 cup	204	
Hard Candy		1 piece NS	6	
		1 small piece	3	
Sucker		1 sucker NS	21	
Poprocks		1 package	4.8	
Charm Pop		1 pop	21	
Raspberry filled drops		1 piece	9	
Candy Hearts		1 piece	6	
Conversation Hearts		1 cup	160	
Jawbreakers		1 piece	2	
Candy Cigarettes		1 box	21	
Necco Wafer		1 wafer	1.5	
Breath Mints		1 pack	18	
Fizz Balls		1 ball	6	
Drac Snacs		1 package (.85 oz)	24	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Jelly beans	917-4503			20
Include: Jelly beans		10 pieces (1 oz)	28	
		1 cup (75 pieces)	220	
Wacky Wafer		1 piece	5	
Skittles Candy Bar		1 bar	35	
Sugar coated chocolate discs	917-4601			35
Include: Chocolate Jots (Brach's)		1 piece	1	
		1 package (2-1/4 oz)	64	
M&M's		about 3 pieces	2	
		about 12 pieces	10	
		about 33 pieces (1 oz)	28	
		1/4 cup (66 pieces)	52	
		1 package (1-3/8 oz)	39	
		1 package (7-1/10 oz)	201	
Non-Parrells		1 piece	1	
Sixtets		1 piece	1	
Spun sugar	917-4801			3
Include: Pixy Stix		1 stick	3	
		1 giant stick (1 oz)	28	
Cotton Candy		1 cone	21	
		1 cup	7	
Space Dust		1 package	5	
Fun and Dips		1 package (1 oz)	28	
Taffy, NFS (Include fruit flavored)	917-5000			28
Include: Bit-O-Honey		1 bar (1.7 oz)	48	
Salt Water Taffy		1 package (1 oz)	28	
		1 piece	5	
Tangy Taffy, cherry flavored		1 package (1 oz)	28	
Starburst		1 box (1.5 oz)	43	
Banana Splits		1 piece	5.5	
Kits		1 package (4 pieces)	8	
Wilds		1 package (1-5/16 oz)	37	
Taffy		1 piece, NFS	5	
Starburst		1 piece	5	
Taffy, food sticks	917-5011			10
Include: A-OK Space Energy Sticks		1 stick	10	
Caramel Food Sticks		1 stick	10	
Chewy Chocolate Food Sticks		1 stick	10	
Peanut Butter Food Sticks		1 stick	10	
Space Food Sticks		1 stick	10	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Toffee, NFS	917-6000			
Include: Mint Toffee		1 box (3.5 oz)	100	20
		1 piece	7	
Toffee, chocolate covered	917-6010			21
Include: Heath Bar		1 bar (3/4 oz)	21	
		1 bar (bite size)	7	
Toffee, chocolate coating, with nuts	917-6020			14
Include: Almond Roco		1 piece (1/2 oz)	14	
Dietetic or low calorie, NFS	917-7000	1 piece	3	15
Dietetic or low calorie gumdrops	917-7001	1 piece	5	1
Dietetic or low calorie hard candies	917-7002			15
Include: Assorted Hard Candies		1 piece	3	
Dietetic licorice hard candies		1 piece	10	
Hard licorice		1 package (2-1/2 oz)	71	
Dietetic or low calorie, chocolate covered	917-7003			
Include: Dietetic Chocolate TV Mix		1 piece	3	24
Dietetic Chocolate Wafers		1 section	5	
Dietetic Covered Raisins		1 raisin	1	
Dietetic Crunch Bar		1 section	6	
Dietetic Fruit and Nut Bar		1 section	7	
Dietetic Peanut Butter Cups		1 piece	8	
Dietetic Milk Almond Bar		1 section	7	
Dietetic Milk Chocolate Flavored Bar		1 section	7	
Dietetic Milk Chocolate or Chocolate Flavored Wafer		1 section	18	
Dietetic or low calorie caramels	917-7004	1 caramel	9	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
SUGARS AND SWEETS: (Subgroup Code 91) -- Continued				
Candies: (Subgroup Code 917) -- Continued				
Chewing gum and cough drops: (Subgroup Code 918)				
Chewing gum, sugared (Include bubble gum, chewing gum with natural sweeteners)	918-0100	1 stick	4	4
Chewing gum, uncoated, sugarless (Include chewing gum with non nutritive sweeteners)	918-0200	1 stick	2	2
Cough drops	918-2100			
Include: Pine Brothers		1 piece	1	1
Sucrets		1 piece	4	
NONALCOHOLIC BEVERAGES: (Subgroup Code 92)				
Coffee: (Subgroup Code 921)				
Coffee, NFS (Include black)	921-0000	6 fl oz	180	180
Coffee with sugar, NFS	921-0013	1 cup (8 fl oz)	242	182
		1 coffee cup (6 fl oz)	182	
		1 fl oz	30	
Coffee, ground, NFS	921-0100	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
		1 tsp yields	240	
Coffee, from ground, black	921-0101	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
		1 level tsp yields 1 cup	240	
Coffee, from ground, with sugar	921-0104	1 cup (8 fl oz)	242	182
		1 coffee cup (6 fl oz)	182	
		1 fl oz	30	
Coffee, from ground, equal parts regular and decaffeinated	921-0150	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Coffee: (Subgroup Code 921) -- Continued				
Coffee, turkish	921-0160	1 cup (8 fl oz)	240	120
		1 fl oz	30	
		1 turkish cup (4 fl oz)	120	
Coffee, expresso	921-0161	1 cup (8 fl oz)	240	120
		1 coffee cup (6 fl oz)	180	
		1 expresso cup (4 fl oz)	120	
		1 fl oz	30	
Coffee from powdered instant, NFS	921-0300	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, from powdered instant, black	921-0301	1 cup (8 fl oz)	240	18
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, from powdered instant, with sugar only	921-0304	1 cup (8 fl oz)	242	182
		1 coffee cup (6 fl oz)	182	
		1 fl oz	30	
Coffee, liquid concentrate	921-0500	1 tsp	5	5
Coffee, made from liquid concentrate	921-0501	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, acid neutralized, from powdered instant	921-0600	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, decaffeinated, NFS (Include black)	921-1100	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, decaffeinated, from ground, NFS (Include black)	921-1101	1 cup (8 fl oz)	240	1
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Coffee: (Subgroup Code 921) -- Continued				
Coffee, decaffeinated, from powdered instant, NFS	921-1400	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	240 180 30	180
Coffee, decaffeinated, from powdered instant, black	921-1401	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	240 180 30	180
Coffee, decaffeinated, from powdered instant, with sugar only	921-1404	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	242 182 30	182
Coffee, made from powdered mix with milk and sugar, instant (Include Cafe au Lait, French Style Coffee)	921-2100	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	242 182 30	182
Coffee made from powdered mix, pre-sweetened, no milk	921-2101	1 cup (8 fl oz) 1 coffee cup (6 fl oz)	242 182	182
Coffee and cocoa (mocha) made from powdered mix, pre-sweetened	921-2102	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	242 182 30	182
Coffee and cocoa (Mocha) no sugar (Include Mocha Drink)	921-2103	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	240 180 30	180
Coffee and chicory, NFS	921-5000	1 cup (8 fl oz) 1 coffee cup (6 fl oz) 1 fl oz	240 180 30	180

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Coffee: (Subgroup Code 921) -- Continued				
Coffee and chicory from powdered instant	921-5100	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee and chicory from ground	921-5200	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, regular, with cereal (Include with barley)	921-5300	8 fl oz	240	180
		6 fl oz	180	
Coffee, decaffeinated, with cereal (Include barley)	921-5310	8 fl oz	240	180
		6 fl oz	180	
Coffee with chickpeas and hedionda	921-5320	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Coffee, dry powder, NFS	921-9100	1 tsp dry	1	1
Coffee, dry powder, regular	921-9110	1 tsp dry	1	1
Coffee dry powder, decaffeinated	921-9120	1 tsp dry	1	1
Coffee, dry, acid neutralized	921-9125	1 tbsp dry	3	1
		1 tsp dry	1	
Mocha, dry mix	921-9130	1 tsp dry	2.7	11
Coffee substitutes: (Subgroup Code 922)				
Postum	922-0101	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Chicory	922-0201	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Coffee substitutes: (Subgroup Code 922) -- Continued				
Cereal Beverage (Include roasted oats)	922-0300	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Cereal beverage, from powdered instant (Include Malta El Sol)	922-0301	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Chick pea coffee substitute beverage	922-0401	1 cup (8 fl oz)	240	180
		1 coffee cup (6 fl oz)	180	
		1 fl oz	30	
Postum, dry powder	922-9130	1 tsp	1	
Coffee Substitutes: (Subgroup Code 922) -- Continued				
Chick pea coffee substitute, dry powder	922-9140	1 tsp dry	1	1
		1 tbsp dry	3	
Tea: (Subgroup Code 923)				
Tea, NFS	923-0100	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, with lemon only	923-0101	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, with cream	923-0102	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, with milk	923-0103	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, with sugar	923-0104	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Tea: (Subgroup Code 923) -- Continued				
Tea, with cream and sugar	923-0105	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, with lemon and sugar (Include ready-to-drink)	923-0107	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, leaf (Include tea bags, Japaneese green tea, Chinese tea bags, mint tea bags, green tea bags)	923-0200	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, leaf, with lemon only	923-0201	1 cup (8 fl oz)	240	18
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, leaf, with cream	923-0202	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, leaf, with milk	923-0203	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, leaf, with sugar	923-0204	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, leaf, with cream and sugar	923-0205	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, leaf, with lemon and sugar	923-0207	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, leaf with artificial sweetener	923-0210	1 cup (8 fl oz)	240	18
		1 teacup (6 fl oz)	180	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Tea: (Subgroup Code 923) -- Continued				
Tea, obtained ready-to-drink (Include canned tea, use if additives are not specified)	923-0300	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz 12 fl oz	240 180 30 360	180
Tea, made from frozen concentrate	923-0400	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	240 180 30	180
Tea, made from powdered instant, NFS	923-0500	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz 1 tsp dry yields 8 fl oz	240 180 30 240	180
Tea, made from powdered instant, with lemon only	923-0501	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	240 180 30	180
Tea, made from powdered instant, with cream	923-0502	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	240 180 30	180
Tea, made from powdered instant, with milk	923-0503	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	240 180 30	180
Tea, made from powdered instant, with sugar	923-0504	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	242 182 30	182
Tea, made from powdered instant, with cream and sugar	923-0505	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	242 182 30	182
Tea, made from powdered instant, with milk and sugar	923-0506	1 cup (8 fl oz) 1 teacup (6 fl oz) 1 fl oz	242 182 30	182

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Tea: (Subgroup Code 923) -- Continued				
Tea, made from powdered instant, with lemon and sugar	923-0507	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
		3 tsp dry yields 8 fl oz	242	
Tea, made from powdered instant, with lemon and sugar, low-cal (Include iced diet, NFS iced sweet diet)	923-0508	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
		2 tsp dry yields 8 fl oz	242	
Tea, herb tea leaves (Include Instant Sassafras, licorice tea)	923-0600	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, bitter orange or lemon leaves	923-0601	1 cup (8 fl oz)	240	180
		1 tea cup (6 fl oz)	180	
		1 fl oz	30	
Tea made from caraway seeds	923-0605	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, eucalyptus	923-0606	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, Japanese wheat	923-0607	1 cup (8 fl oz)	240	180
		1 teacup (6 fl oz)	180	
		1 fl oz	30	
Tea, spiced, presweetened (made from dry mixes)	923-0650	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, with chocolate	923-0655	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	
Tea, Russian	923-0661	1 cup (8 fl oz)	242	182
		1 teacup (6 fl oz)	182	
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Soft drinks: (Subgroup Code 924)				
Soft drink, NFS	924-0000	8 fl oz	246	246
		1 small (12 oz)	369	
		1 medium (16 oz)	492	
		1 large (22 oz)	677	
Carbonated water, sweetened (quinine soda) (Include tonic, fizzie tablet)	924-1011	1 cup (8 fl oz)	244	244
		1 bottle (12 fl oz)	366	
		1 fl oz	30	
Carbonated water, unsweetened (club soda)	924-1021	1 cup (8 fl oz)	237	237
		1 bottle (12 fl oz)	356	
		1 fl oz	30	
Cola type	924-1031	1 cup (8 fl oz)	246	246
		1 bottle or can (12 fl oz)	369	
		1 fl oz	31	
Cream soda	924-1041	1 cup (8 fl oz)	247	247
		1 bottle or can (12 fl oz)	370	
		1 fl oz	31	
Fruit flavored sodas (citrus, cherry, grape, strawberry, Tom Collins mixer, whiskey sour mix, apple beer)	924-1051	1 cup (8 fl oz)	248	248
		1 bottle or can (12 fl oz)	372	
		1 fl oz	31	
Gelatin, plain drink - see Meat Group, Subgroup Code 284				
Ginger ale	924-1061	1 cup (8 fl oz)	244	244
		1 bottle or can (12 fl oz)	366	
		1 fl oz	30	
Root beer	924-1071	1 cup (8 fl oz)	246	246
		1 bottle or can (12 fl oz)	369	
		1 fl oz	31	
Chocolate flavored soda	924-1081	1 cup (8 fl oz)	246	246
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving, not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Soft drinks: (Subgroup Code 924) -- Continued				
Cola with fruit or vanilla flavor	924-1151	1 cup (8 fl oz)	246	246
		1 fl oz	31	
Cola with chocolate flavor	924-1152	1 cup (8 fl oz)	246	246
		1 fl oz	31	
Soft drink, carbonated, malt (Include Malta India, Martita)	924-1401	1 fl oz	30	210
		7 fl oz bottle	210	
		1 cup (8 fl oz)	240	
Mavi drink	924-1601	1 cup	246	246
		1 fl oz	31	
Special dietary drinks, carbonated, with artificial sweetener (Include Diet Colas, root beer)	924-2000	1 cup (8 fl oz)	237	2
		1 bottle or can (12 fl oz)	356	
		1 fl oz	30	
Soft drinks, noncarbonated, made from powdered mix, with sugar, fruit flavor	924-3100	1 cup (8 fl oz)	248	248
		1 fl oz	31	
		1 tbsp yields 5 fl oz	155	
Soft drinks, noncarbonated, made from liquid concentrates, imitation lemonade, other fruit flavors, low sugar content	924-3200	1 cup (8 fl oz)	248	248
		6 fl oz	186	
		1 fl oz	31	
Soft drinks, noncarbonated, made from powdered mix, with sugar, vitamin C added, fruit flavored	924-3501	1 cup (8 fl oz)	248	248
		1 fl oz	31	
		1 flip (1/2 cup)	124	
		2 tbsp yields 8 fl oz	248	
Soft drink, made from low-calorie powdered mix	924-4100	1 cup (8 fl oz)	237	237
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 924) -- Continued				
Soft drinks: (Subgroup Code 924) -- Continued				
Soft drink, made from low-calorie powdered mix, vitamin C added	924-4500	1 cup (8 fl oz)	237	237
		1 fl oz	30	
Fruitades and drinks: (Subgroup Code 925)				
Drink NFS	925-0010	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Apple drink	925-1011	1 cup (8 fl oz)	250	250
		1/2 cup	125	
		1 fl oz	31	
Apple-cherry drink (Include apple-grape, apple-raspberry apple-pineapple)	925-1012	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Apricot-orange drink	925-1021	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Apricot-pineapple drink	925-1022	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Banana drink	925-1030	1 cup (8 fl oz)	250	250
Banana-orange drink	925-1031	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Black cherry drink	925-1041	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Black cherry-orange drink	925-1042	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Cranberry drinks	925-1051	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruit drinks	925-1061	1 cup (8 fl oz)	250	250
		1 fl oz	31	
P.R. - Tamarind drink (Refresco de tamarindo)	925-1065	1 cup (8 fl oz)	250	250

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Fruit punch	925-1071	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruit punch (fruit juice and gingerale)	925-1072	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruit punch (soda, fruit juice, sherbet or ice cream)	925-1073	1 cup (8 fl oz)	256	256
Genipop (Jagua) drink	925-1075	1 cup (8 fl oz)	250	250
Grapeade	925-1081	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Grape drink (Include Grape Ice)	925-1082	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Grape-lemon drink	925-1083	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Grapefruit drink	925-1091	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Guava drink	925-1095	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Lemonade (Include frozen lemonade reconstituted)	925-1101	1 cup (8 fl oz)	248	248
		1 fl oz	31	
Lemon-limeade	925-1102	1 cup (8 fl oz)	248	248
		1 fl oz	31	
Limeade	925-1111	1 cup (8 fl oz)	247	247
		1 fl oz	31	
Orangeade	925-1121	1 cup (8 fl oz)	247	247
		1 fl oz	31	
Orange drink	925-1122	1 cup (8 fl oz)	249	249
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 925) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Orange-apricot drink	925-1123	1 cup (8 fl oz)	249	24
		1 fl oz	31	
Orange-lemon drink	925-1124	1 cup (8 fl oz)	249	24
		1 fl oz	31	
Pineapple drink	925-1130	1 cup (8 fl oz)	250	
		1 fl oz	31	
Pineapple-grapefruit drink	925-1131	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Pineapple-lemon drink	925-1132	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Pineapple-lime drink	925-1133	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Pineapple-orange drink	925-1134	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Strawberry drink	925-1151	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruitades and drinks, low calorie, NS as to vitamin C content (925-2)				
Cranberry drinks, low calorie	925-2011	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Fruit drinks, low calorie	925-2041	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Fruit punch, low calorie	925-2061	1 cup (8 fl oz)	240	240
		1 fl 30	30	
Grape drink, low calorie	925-2081	1 cup (8 fl oz)	240	240
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Fruitades and drinks, low calorie, NS as to vitamin C content (925-2) -- Continued				
Lemonade, unsweetened or non nutritive sweetener	925-2091	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Lemonade, low calorie (Include made from dry mix, low sugar)	925-2261	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Fruitades and drinks with added vitamin C, ready-to-drink or made from frozen concentate (925-3)				
Apple drink with vitamin C added	925-3011	1 cup (8 fl oz)	250	25
		1 fl oz	31	
Black cherry flavored drink with vitamin C added	925-3021	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Cherry drink with vitamin C added	925-3031	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Cherry flavored drink with vitamin C added	925-3032	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Citrus drink with vitamin C added	925-3041	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Cranberry juice cocktail with vitamin C added	925-3051	1 cup (8 fl oz)	253	253
Cranberry-apple drink with vitamin C added	925-3052	1 cup (8 fl oz)	253	25
		1 fl oz	32	
Fruit punch with vitamin C added	925-3061	1 cup (8 fl oz)	250	250
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Fruitades and drinks with added vitamin C, ready-to-drink or made from frozen concentrate (925-3) -- Continued				
Grape drink with vitamin C added	925-3071	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Grapefruit drink with vitamin C added	925-3081	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Lemonade with vitamin C added	925-3091	1 cup (8 fl oz)	248	248
		1 fl oz	31	
Orange drink with vitamin C added	925-3101	1 cup (8 fl oz)	249	249
		1 fl oz	31	
Orange flavored drink with vitamin C added	925-3102	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Pineapple-grapefruit drink with vitamin C added	925-3111	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Pineapple-orange juice drink with vitamin C added	925-3112	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Strawberry drink with vitamin C added	925-3121	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruit drinks with added vitamin C made from powdered concentrate (925-4)				
Grape drink made from powdered mix with sugar, with vitamin C added	925-4101	1 cup (8 fl oz)	250	250
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Fruit drinks with added vitamin C made from powdered concentrate (925-4) -- Continued				
Lemonade made from powdered mix with sugar, with vitamin C added	925-4102	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Orangeade made from powdered mix with sugar and vitamin C added	925-4103	1 cup (8 fl oz)	250	250
		1 fl oz	31	
Fruit-flavored drinks with high vitamin C added, made from dry mix mainly sugar	925-4200	1 cup (8 fl oz)	250	25
		1 fl oz	31	
		1 tbsp yields 8 fl oz	250	
Orange breakfast beverage made from frozen, concentrate	925-4300	1 cup (8 fl oz)	249	249
		1 fl oz	31	
Fruitades and drinks, low calorie, added vitamin C (925-5)				
Cranberry juice cocktail, low calorie, added vitamin C	925-5011	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Fruit punch, low calorie, with vitamin C added	925-5061	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Beverages, low sugar, fruit flavored, no vitamin C added, ready-to-drink (925-6)				
Beverage, low sugar, fruit flavored	925-6000	1 cup (8 fl oz)	248	24
		1 fl oz	31	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
IGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
NONALCOHOLIC BEVERAGES: (Subgroup Code 92) -- Continued				
Fruitades and drinks: (Subgroup Code 925) -- Continued				
Beverages, low sugar, fruit flavored, no vitamin C added, ready-to-drink (925-6) -- Continued				
Fluids Replacement electrolyte solution	925-7010	1 cup (8 fl oz)	242	
Calorie fortifier, tube feeding nutrient	925-7110	1 cup (8 fl oz)	262	327
		1 fl oz	33	
		1 pck (80g) yields	327	
Beverages, non-fruit: (Subgroup Code 926)				
Beverage (Horchata), NFS	926-1001	1 cup (8 fl oz)	240	240
Coconut beverage	926-1011	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Oatmeal beverage	926-1101	1 cup (8 fl oz)	240	240
Sugar cane beverage	926-1201	1 cup (8 fl oz)	247	247
		1 fl oz	31	
Sugar concentrate powdered, not reconstituted: (Subgroup Code 929)				
Tang, dry concentrate	929-0010	1 tbsp	12	16
		1 tsp	4	
Fruit flavored dry concentrate- (not fortified)	929-0011	1 tbsp	12.5	
ALCOHOLIC BEVERAGES: (Subgroup Code 93)				
Beers and ales: (Subgroup Code 931)				
Beer, ale	931-0100	1 can or bottle (12 fl oz)	360	360
		1 cup (8 fl oz)	240	
		1 fl oz	30	
		1 small pitcher (32 oz) -	960	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
UGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
ALCOHOLIC BEVERAGES: (Subgroup Code 93) -- Continued				
Beers and ales: (Subgroup Code 931) -- Continued				
Beer, lite	931-0200	1 can or bottle (12 fl oz)	360	360
		1 cup (8 fl oz)	240	
		1 fl oz	30	
Near beer	931-0400	1 can or bottle (12 fl oz)	360	
		1 cup (8 fl oz)	240	
		1 fl oz	30	
Cordials and liqueurs: (Subgroup Code 932)				
Cordials or liqueurs (Include anisette, benedictine, chartreuse, cointreau, creme de menthe, curacao, drambuie, grenadine, kirsh, kummel, sloe gin, tia maria, triple sec, and others, NFS)	932-0100	1 cordial glass	20	20
		1 tbsp	15	
		1 cup (8 fl oz)	240	
		1 fl oz	30	
Cocktails: (Subgroup Code 933)				
Cocktails, NFS	933-0100	1 cocktail (8 fl oz) (2 fl oz 100-proof gin, rum, vodka, or whisky)	240	240
		1 fl oz	30	
Alexander	933-0101	1 cocktail	82	82
		1 fl oz	28	
Bacardi	933-0102	1 cocktail	100	100
		1 fl oz	28	
Bloody Mary	933-0103	1 cocktail	90	90
		1 fl oz	28	
Daiquiri	933-0104	1 cocktail	100	100
		1 fl oz	28	
Gimlet	933-0105	1 cocktail	93	93
		1 fl oz	28	
Gin n' Tonic	933-0106	1 cocktail	350	350
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
ALCOHOLIC BEVERAGES: (Subgroup Code 93) -- Continued				
Cocktails: (Subgroup Code 933) -- Continued				
Grasshopper (Include with cream or ice cream)	933-0107	1 cocktail 1 fl oz	66 28	66
High ball or NFS	933-0108	1 cocktail 1 fl oz	240 30	240
Manhattan	933-0109	1 cocktail 1 fl oz	100 28	100
Margarita	933-0110	1 cocktail 1 fl oz	82 28	82
Martini	933-0111	1 cocktail 1 fl oz	100 28	100
Mint julip	933-0112	1 cocktail 1 cup (8 fl oz) 1 fl oz	300 240 30	300
Old fashioned	933-0113	1 glass 1 fl oz	100 28	100
Screwdriver (Include Harvey Wallbanger, Slo-Screw)	933-0114	1 cocktail 1 fl oz	149 28	149
Tom Collins (Include Vodka Collins)	933-0115	1 tall glass 1 fl oz 1 cup (8 fl oz) 10 fl oz	300 30 240 280	300
Whiskey sour (Include scotch sour, vodka sour, soda sour, apricot sour, brandy sour)	933-0116	1 cocktail 1 fl oz	82 28	82
Bourbon and soda or scotch and soda	933-0117	1 cocktail 1 fl oz	240 30	240
Rum and carbonated beverage	933-0119	1 cup (8 fl oz) 1 fl oz	240 30	240

Food description	1977 Food code	Common measure or weight	Weight in grams edible portion	Serving not specified grams
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
ALCOHOLIC BEVERAGES: (Subgroup Code 93) -- Continued				
Cocktails: (Subgroup Code 933) -- Continued				
Pina Colado	933-0120	8 fl oz	224	224
		1 fl oz	28	
P.R. - Pina Colado (coconut, pineapple, rum)	933-0121	7 fl oz	210	210
P.R. - Coquito (coconut, rum) -	933-0122	1 small goblet (4 fl oz)	125	125
Sloe gin fizz	933-0123	1 cocktail	350	350
		1 fl oz	30	
Black Russian	933-0124	1 drink	85	85
		1 fl oz	28	
White Russian	933-0125	1 drink (4.5 fl oz)	130	130
		1 fl oz	29	
Pink Squirrel	933-0126	1 drink (3 fl oz)	88	88
		1 fl oz	29	
Fruit Punch (alcoholic) (Include champagne fruit punch, champagne punch)	933-0127	1 cup (8 fl oz)	224	112
		1 punch cup (4 fl oz)	112	
		1 fl oz	28	
Singapore sling	933-0128	1 tall drink	300	300
		1 fl oz	28	
Stinger	933-0129	1 drink	88	88
		1 fl oz	29	
Gibson	933-0130	1 cocktail	100	100
		1 fl oz	28	
Mai Tai	933-0131	1 drink	148	148
		1 fl oz	30	
Tequila Sunrise	933-0132	1 drink (8 fl oz)	244	244
Gin Rickey	933-0133	1 drink (8 fl oz)	240	240
		1 fl oz	30	
Gold Cadillac	933-0134	1 drink (6 fl oz)	168	
		1 fl oz	28	
Sangria, U.S. style	933-0135	1 drink	100	100
		1 fl oz	30	

Food description	1977 Food code	Common measure or weight	Weight in grams	Serving not specified
			edible portion	*grams*
SUGARS, SWEETS, AND BEVERAGES: (Category Code 9) -- Continued				
ALCOHOLIC BEVERAGES: (Subgroup Code 93) -- Continued				
Cocktails: (Subgroup Code 933) -- Continued				
Rum, hot buttered	933-0200	1 drink (8 fl oz)	252	252
P.R. - Sangria	933-1101	1 drink (6 fl oz)	180	180
Wines: (Subgroup Code 934)				
Wine, table, dry (Include Burgundy, Claret, Chianti, Sauterne, Rhine, Champagne, Red dinner wine NFS, white wine and homemade wine, sherry)	934-0100	1 wine glass (3-1/2 fl oz)	100	100
		1 fl oz	29	
		1/2 bottle	370	
		1 carafe	492	
Wine, chinese	934-0120	1 wine glass (3-1/2 fl oz)	100	100
		1 fl oz	29	
Wine, cooking	934-0130	1 cup (8 fl oz)	232	58
		1 fl oz	29	
Wine, dessert, sweet (Include Marsala, Port, Tokay, Madeira, Muscatel, Angelica, Sherry, Sweet Vermouth, Glug)	934-0200	1 wine glass (3-1/2 fl oz)	100	100
		1 fl oz	30	
Distilled liquors: (Subgroup Code 935)				
Brandy (Include applejack, cognac, tequila)	935-0100	1 fl oz	28	28
Whisky (Include Bourbon, Scotch, rye, Canadian Irish, blended, Black Velvet Cocktail, others)	935-0200	1 jigger	42	42
		1 fl oz	28	
Gin, vodka	935-0300	1 jigger	42	42
		1 fl oz	28	
Rum	935-0400	1 jigger	42	42
		1 fl oz	28	

Food description	1977 Food code	Common measure or weight	Weight in grams *edible portion*	Serving not specified *grams*

FOOD ITEMS FOR WHICH NO NUTRITIVE VALUE IS ASSIGNED: (Category Code 0)

Artificial sweeteners: (Subgroup code 001)

Saccharine	001-0010	1 tablet	0.1
Liquid sweetener (Include Sweet-10)	001-0011	1 drop	0.1
Liquid sweetener (Other than Sweet 10) Include Real Sweet, Necta Sweet)	001-0020	1 drop	0.1

Extracts, flavors, meat suaces, vinegars: (Subgroup Code 002)

Mint	002-0010	1 tbsp	4
Soy sauce	002-0020	1 cup	290
(Include Teriyaki Sauce, shoyu)		1 tbsp	18
Steak sauce	002-0030	1 tbsp	18
Vinegar	002-0040	1 tbsp	15
Hot sauce	002-0050	1 tbsp	15
Worcestershire sauce	002-0060	1 tbsp	17
Vanilla	002-0070	1 tbsp	14

Seasoning, spices, herbs: (Subgroup Code 003)

Seasoning or spice, NFS (Include ginger)	003-0010	1 tbsp	6
Pepper	003-0020	1 tbsp	6
Salt	003-0030	1 tbsp	17
Salt substitute	003-0040	1 tbsp	17
Capers	003-0050	1 cup	170
Parsley, dried	003-0060	1 tbsp	1.3
Celery, dried	003-0070	1 tbsp	6.5

FOOD ITEMS FOR WHICH NO NUTRITIVE VALUE IS ASSIGNED: (Category Code 0)

Vitamins, minerals, supplements: (Subgroup Code 004)

Vitamins	004-1000		
Minerals	004-2000		
Bone meal	004-3000	1 tsp	3
Supplement (Include Nutralite and Maua Min)	004-4000	1 tablet	1

Cooking oil sprays or sticks: (Subgroup Code 009)

Spray type (Include Pam, Cooking Ease, Golden Touch, Mazola no Stick, etc.)	009-0001
Stick type (Include Pam Pal Solid)	009-0101

FOOD	FOOD CODE

[redacted]N PRODUCTS: (Category Code 5)

READY-TO-EAT CEREALS

FOOD	FOOD CODE
All Bran	572-0100
Alpen	577-0100
Alpha Bits	577-0900
Apple Jacks	577-0300
Booberry	577-0900
Bran, 100%	572-0100
Bran, unprocessed	572-0010
Bran Buds	572-0200
Bran Cereal, NFS	572-0050
Bran Chex	572-0500
Bran Flakes, 40%	572-0300
Buc Wheat	571-0101
Cap'n Crunch	577-0200
Cap'n Crunch's Crunch Berries	577-0200
Cap'n Crunch's Peanut Butter	577-0700
Cap'n Crunch's Punch Crunch	577-0600
Cereal, NFS	571-0010
Cereal, Chex, NFS	571-0030
Cereal, ready-to-eat, NFS	571-0010
Cereal, ready-to-eat, sugared, NFS	571-0020
Cheerios	574-0100
Chocolate Puffs	573-0500
Cinnamon Frosted Mini Wheats	576-0510
Coco Krispies	575-0400
Coco Pebbles	575-1000
Cocoa Puffs	577-0500
Concentrate	577-0500
Cookie Crisp	577-1360
Corn Chex	573-0700
Corn Flakes	573-0100
Corn Kix	573-0300
Corny Snaps	577-0916
Count Chocula	577-0910
Country Crisp	573-0200
Country Morning	574-0400
Cracklin Bran	577-1300
Crazy Cow	577-0916
Crazy Cow, chocolate	577-0917
Crisp Rice	575-0100
Crispy Critters	577-0900
Crispy Rice	575-0100
C. W. Post	574-0400
[redacted]amilia	577-1350
[redacted]Frankenberry	577-0900
Freakies	577-0350
Frosted Mini Wheats	576-0510
Frosted Rice	575-0300
Frosty O's	577-0900
Fruit Brute	577-0900
Fruit Loops	577-0300
Fruit Pebbles	575-0900
Golden Grahams	573-0800
Golden Harvest	574-0800
Granola	574-0400
Granola, homemade	574-0400
Granola Puffs	574-0400
Grape Nuts	576-0800
Grape Nut Flakes	576-0700
Grins and Smiles and Giggles and Laughs	577-1000
Heartland, plain	574-0500
Heartland w/fruit and/or nuts	574-0500
Honeycomb	577-0915
Honey Grahams	573-0800
Jean La Foote's Cinnamon Crunch	577-1200
Jean La Foote's Vanilly Crunch	577-1200
Kaboom	577-0900
King Vitaman	577-0600
Klondike Pete's Crunch Nuggets	575-0800
Krumples	576-0600
Life	574-0600
Lucky Charms	574-0300
Malt-o-Meal Puffed Rice	575-0200
Moonstones	577-1000
Most	576-0610
Natural Cereal, 100%	574-0400
Oat Flakes, fortified	574-0700
Oats, raw	574-0050
Pep	576-0100
Pernola	574-0800
Post Toasties	573-0100
Product 19	577-0450
Proteinola	574-0800
Puffed Rice	575-0200
Puffed Wheat	576-0300
Quisp	577-0915
Raisin Bran	572-0400

FOOD	FOOD CODE

GRAIN PRODUCTS: (Category Code 5) -- Continued

READY-TO-EAT CEREALS -- Continued

Rice Cereal, NFS	575-0010
Rice Chex	575-0500
Rice Flakes	575-0100
Rice Honey Crunchers	575-0400
Rice Krispies	575-0100
Rice polishings	575-1100
Shredded Wheat (100%)	576-0500
Special K	575-0700
Sugar Frosted Flakes	573-0200
Sugar Pops	573-0400
Sugar Smacks	576-0400
Sugar Sparkled Flakes	573-0200
Sugar Sparkled Rice Krinkles	575-0300
Super Sugar Crisp	576-0400
Team	577-0400
Total	576-0900
Trix	573-0600
Uncle Sam's Hi Fiber Cereal	576-0100
Wheat Chex	576-0600
Wheat Flakes	576-0100
Wheat Germ	576-0200
Wheat Germ w/sugar and honey	576-0210
Wheat Honey Crunchers	576-0400
Wheaties	576-0100
Whole wheat, cracked	576-0901

DISCONTINUED CODES

Gelatin dessert, with cottage cheese ---------- 915-0106 DISCONTINUED CODE	1 cup ---------- 243 1/2 cup ---------- 121	121
Gelatin dessert, with vegetables ---------- 915-0107 DISCONTINUED CODE	1 cup ---------- 256 1/2 cup ---------- 128	128
Coffee with cream and sugar, NFS ---------- 921-0010 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee with cream, NFS -------- 921-0011 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee with milk, NFS --------- 921-0012 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, from ground, with cream only ---------- 921-0102 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, from ground, with milk only ---------- 921-0103 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, from ground, with cream and sugar ---------- 921-0105 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, from ground, with milk and sugar ---------- 921-0106 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, from powdered instant, with cream only ------ 921-0302 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, from powdered instant, with milk only ------- 921-0303 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180

Coffee, from powdered instant, with cream and sugar ---------- 921-0305 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, from powdered instant, with milk and sugar ---------- 921-0306 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, decaffeinated, from ground, with milk ---------- 921-1102 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, decaffeinated, from ground, with milk and sugar --- 921-1103 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, decaffeinated, from ground with cream ---------- 921-1104 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, decaffeinated, from ground with cream and sugar --- 921-1105 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, decaffeinated, from ground, with non-dairy cream -- 921-1106 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup ---------- 180 1 fl oz ---------- 30	180
Coffee, decafeinated, from ground, with artificial sweetener ---------- 921-1107 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup ---------- 180 1 fl oz ---------- 30	180
Coffee, decaffeinated, from ground, with artificial sweetener and non-dairy cream - 921-1108 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, decaffeinated, from powdered instant, with cream only ---------- 921-1402 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180

Coffee, decaffeinated from powdered instant, with milk only ---------- 921-1403 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 240 1 coffee cup (6 fl oz) ---- 180 1 fl oz ---------- 30	180
Coffee, decaffeinated, from powdered instant, with cream and sugar ---------- 921-1405 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182
Coffee, decaffeinated, from powdered instant, with milk and sugar ---------- 921-1406 DISCONTINUED CODE 11/23/77	1 cup (8 fl oz) ---------- 242 1 coffee cup (6 fl oz) ---- 182 1 fl oz ---------- 30	182

NTIS does not permit return of items for credit or refund. A replacement will be provided if an error is made in filling your order, if the item was received in damaged condition, or if the item is defective.

Reproduced by NTIS

National Technical Information Service
Springfield, VA 22161

This report was printed specifically for your order from nearly 3 million titles available in our collection.

For economy and efficiency, NTIS does not maintain stock of its vast collection of technical reports. Rather, most documents are printed for each order. Documents that are not in electronic format are reproduced from master archival copies and are the best possible reproductions available. If you have any questions concerning this document or any order you have placed with NTIS, please call our Customer Service Department at (703) 605-6050.

About NTIS

NTIS collects scientific, technical, engineering, and business related information — then organizes, maintains, and disseminates that information in a variety of formats — from microfiche to online services. The NTIS collection of nearly 3 million titles includes reports describing research conducted or sponsored by federal agencies and their contractors; statistical and business information; U.S. military publications; multimedia/training products; computer software and electronic databases developed by federal agencies; training tools; and technical reports prepared by research organizations worldwide. Approximately 100,000 *new* titles are added and indexed into the NTIS collection annually.

For more information about NTIS products and services, call NTIS at 1-800-553-NTIS (6847) or (703) 605-6000 and request the free *NTIS Products Catalog,* PR-827LPG, or visit the NTIS Web site **http://www.ntis.gov**.

NTIS
Your indispensable resource for government-sponsored information—U.S. and worldwide



U.S. DEPARTMENT OF COMMERCE
Technology Administration
National Technical Information Service
Springfield, VA 22161 (703) 605-6000