Chapter 6

Manual of Food Codes: Individual Intakes

8/87

1 * MILK AND MILK PRODUCTS * 1

11 _ _ _ _ _ MILKS AND MILK DRINKS

110 Milk, human
111 Milk, fluid (regular, filled, buttermilk, and dry reconstituted)
112 Milk, fluid, evaporated and condensed
113 Milk, fluid, imitation
114 Yogurt
115 Flavored milk and milk drinks, fluid
116 Milk-based meal replacements, fluid
117 Infant formulas
118 Milk, dry, and powdered mixtures with dry milk, not reconstituted

12 _ _ _ _ _ CREAMS AND CREAM SUBSTITUTES

121 Sweet dairy cream
122 Cream substitutes
123 Sour cream

13 _ _ _ _ _ MILK DESSERTS, SAUCES, GRAVIES

131 Milk desserts, frozen
132 Puddings, custards, and other milk desserts
133 Milk desserts baby food
134 White sauces and milk gravies

14 _ _ _ _ _ CHEESES

141 Natural cheeses
142 Cottage cheeses
143 Cream cheeses
144 Processed cheeses and cheese spreads
145 Imitation cheeses
146 Cheese mixtures
147 Cheese soups

Preceding page blank

20 _ _ _ _ _ MEAT, NS AS TO TYPE

200 Meat, NS as to type

21 _ _ _ _ _ BEEF

210 Beef, NFS
211 Beef steak
213 Beef oxtails, neckbones, short ribs
214 Beef roasts, stew meat, corned beef, beef brisket, sandwich steaks
215 Ground beef, beef patties, beef meatballs
216 Other beef items (beef bacon, dried beef, pastrami)
217 Beef baby food

22 _ _ _ _ _ PORK

220 Pork, NFS; ground, dehydrated
221 Pork chops
222 Pork steaks, cutlets
223 Ham
224 Pork roasts
225 Canadian bacon
226 Bacon, salt pork
227 Other pork items (spareribs, cracklings, skin, miscellaneous parts)
228 Pork baby food

23 _ _ _ _ _ LAMB, VEAL, GAME, OTHER CARCASS MEAT

230 Lamb, NFS
231 Lamb and goat
232 Veal
233 Game
234 Lamb or veal baby food

24 _ _ _ _ _ POULTRY

241 Chicken
242 Turkey
243 Duck
244 Other poultry
247 Poultry baby food

25 _ _ _ _ _ ORGAN MEATS, SAUSAGES AND LUNCHMEATS, AND MEAT SPREADS

251 Organ meats and mixtures
252 Frankfurters, sausages, lunchmeats, meat spreads

26 _ _ _ _ _ FISH AND SHELLFISH

261 Finfish
262 Other seafood
263 Shellfish

27 _ _ _ _ _ MEAT, POULTRY, FISH WITH NONMEAT ITEMS

271 Meat, poultry, fish in gravy or sauce or creamed
272 Meat, poultry, fish with starch item (include white potatoes)
273 Meat, poultry, fish with starch item and vegetables
274 Meat, poultry, fish with vegetables (excluding white potatoes)
275 Sandwiches with meat, poultry, fish
276 Meat, poultry, fish with nonmeat items baby food

28 _ _ _ _ _ FROZEN PLATE MEALS, SOUPS, AND GRAVIES WITH MEAT, POULTRY, FISH BASE; GELATIN AND GELATIN-BASED DRINKS

281 Frozen plate meals with meat, poultry, fish as major ingredient
283 Soups, broths, extracts from meat, poultry, fish base
284 Gelatin and gelatin-based meal supplements
285 Gravies from meat, poultry, fish base

3 * EGGS * 3

31 _ _ _ _ _ EGGS

311 Chicken eggs
312 Other poultry eggs

32 _ _ _ _ _ EGG MIXTURES

321 Egg dishes
322 Egg sandwiches
323 Egg soups
324 Meringues

33 _ _ _ _ _ EGG SUBSTITUTES

330 Egg substitute, NS as to form
331 Egg substitute, from powdered mixture
332 Egg substitute, from frozen mixture
333 Egg substitute, from liquid mixture

34 _ _ _ _ _ EGGS BABY FOOD

341 Eggs baby food

35 _ _ _ _ _ FROZEN PLATE MEALS WITH EGG AS MAJOR INGREDIENT

350 Frozen plate meals with egg as major ingredient

4 * DRY BEANS, PEAS, OTHER LEGUMES, NUTS, AND SEEDS * 4

41 _ _ _ _ _ LEGUMES

411 Dried beans
412 Dried bean mixtures
413 Dried peas, lentils, and mixtures
414 Soybean derived products (excluding milks)
415 Frozen plate meals with legumes as major ingredient
416 Soups with legumes as major ingredient
417 Legumes baby food
418 Meat substitutes, mainly vegetable protein
419 Meat substitute sandwiches

42 _ _ _ _ _ NUTS, NUT BUTTERS, AND NUT MIXTURES

421 Nuts
422 Nut butters
423 Nut butter sandwiches
424 Coconut beverages
425 Nut mixtures

43 _ _ _ _ _ SEEDS AND SEED MIXTURES

431 Seeds

44 _ _ _ _ _ CAROB PRODUCTS

441 Carob powder, flour
442 Carob chips, syrup

5 * GRAIN PRODUCTS * 5

50 _ _ _ _ _ FLOUR AND DRY MIXES

500 Flour and dry mixes

51 _ _ _ _ _ YEAST BREADS, ROLLS

510 Breads, rolls, NFS
511 White breads, rolls
512 Whole wheat breads, rolls
513 Wheat, cracked wheat breads, rolls
514 Rye breads, rolls
515 Oatmeal breads
516 Multigrain breads, rolls
517 Cottonseed breads
518 Other breads

52 _ _ _ _ _ QUICK BREADS

521 Biscuits
522 Cornbread, corn muffins, tortillas
523 Other muffins, popovers
524 Other quick breads

53 _ _ _ _ _ CAKES, COOKIES, PIES, PASTRIES

531 Cakes
532 Cookies
533 Pies
534 Cobblers, eclairs, turnovers, other pastries
535 Danish, breakfast pastries, doughnuts, granola bars
536 Coffee cake, not yeast

54 _ _ _ _ _ CRACKERS AND SALTY SNACKS FROM GRAIN PRODUCTS

541 Sweet crackers
542 Low sodium crackers
543 Nonsweet crackers
544 Salty snacks from grain products

55 _ _ _ _ _ PANCAKES, WAFFLES, FRENCH TOAST, OTHER GRAIN PRODUCTS

551 Pancakes
552 Waffles
553 French toast
554 Crepes
555 Flour-water patties
556 Flour-milk patties
557 Rice flour cakes
558 Funnel cakes
555 Flour-water patties

56 _ _ _ _ _ PASTAS, COOKED CEREALS, RICE

561 Pastas
562 Cooked cereals, rice

57 _ _ _ _ _ CEREALS, NOT COOKED

571-574 Ready-to-eat cereals
576 Cereal grains, not cooked
578 Cereal baby food

58 _ _ _ _ _ GRAIN MIXTURES, FROZEN PLATE MEALS, SOUPS

581 Grain mixtures
583 Frozen plate meals with grain mixture as major ingredient
584 Soups with grain product as major ingredient
585 Grain mixtures baby food

6 * FRUITS * 6

61 _ _ _ _ _ CITRUS FRUITS, JUICES

611 Citrus fruits
612 Citrus fruit juices

62 _ _ _ _ _ DRIED FRUITS

621 Dried fruits

63 _ _ _ _ _ OTHER FRUITS

631 Fruits, excluding berries
632 Berries
633 Mixtures of two or more fruits
634 Mixtures of fruits and nonfruit items

64 _ _ _ _ _ FRUIT JUICES AND NECTARS EXCLUDING CITRUS

641 Fruit juices, excluding citrus
642 Nectars
644 Vinegar

67 _ _ _ _ _ FRUITS AND JUICES BABY FOOD

671 Fruits and fruit mixtures baby food
672 Fruit juice baby food
673 Fruits with cereal baby food
674 Fruit desserts and fruit-flavored puddings baby food

7 * VEGETABLES * 7

71 _ _ _ _ _ WHITE POTATOES AND PUERTO RICAN STARCHY VEGETABLES

710 White potatoes, NFS
711 White potatoes, baked and boiled
712 White potatoes, chips and sticks
713 White potatoes, creamed, scalloped, au gratin
714 White potatoes, fried
715 White potatoes, mashed, stuffed, puffs
716 Potato salad
717 Potato recipes
718 Potato soups
719 Puerto Rican starchy vegetables

72 _ _ _ _ _ DARK-GREEN VEGETABLES

721 Dark-green leafy vegetables
722 Dark-green nonleafy vegetables
723 Dark-green vegetable soups

73 _ _ _ _ _ DEEP-YELLOW VEGETABLES

731 Carrots
732 Pumpkin
733 Squash, winter
734 Sweetpotatoes
735 Deep-yellow vegetable soups

74 _ _ _ _ _ TOMATOES AND TOMATO MIXTURES

741 Tomatoes, raw
742 Tomatoes, cooked
743 Tomato juices
744 Tomato sauces
745 Tomato mixtures
746 Tomato soups
747 Tomato sandwiches

75 _ _ _ _ _ OTHER VEGETABLES

751 Other vegetables, raw
752 Other vegetables, cooked
753 Other vegetable mixtures, cooked
754 Other cooked vegetables, cooked with sauces, batters, casseroles
755 Olives, pickles, relishes (excluding tomatoes)
756 Vegetable soups

76 _ _ _ _ _ VEGETABLES AND MIXTURES MOSTLY VEGETABLES BABY FOOD

761 Dark-green vegetables baby food
762 Deep-yellow vegetables baby food
764 Vegetables other than dark-green, deep-yellow, and tomato baby food
766 Vegetables with meat baby food
767 Vegetables with liver baby food

77 _ _ _ _ _ VSGETABLES WITH MEAT, POULTRY, FISH

771 White potato with meat, poultry, fish (mixtures)
772 Puerto Rican starchy vegetable (viandas) mixtures
773 Other vegetable mixtures
775 Puerto Rican stews or soups with starchy vegetables (viandas)

8 * FATS, OILS, AND SALAD DRESSINGS * 8

81 _ _ _ _ _ FATS

811 Table fats
812 Cooking fats
813 Other fats

82 _ _ _ _ _ OILS

821 Vegetable oils

83 _ _ _ _ _ SALAD DRESSINGS

831 Regular salad dressings
832 Low-calorie salad dressings

9 * SUGARS, SWEETS, AND BEVERAGES * 9

91 _ _ _ _ _ SUGARS AND SWEETS

911 Sugars
912 Sugar replacements or substitute
913 Syrups, honey, molasses, sweet toppings
914 Jellies, jams, preserves
915 Gelatin desserts or salads
916 Ices or popsicles
917 Candies
918 Chewing gums

92 _ _ _ _ _ NONALCOHOLIC BEVERAGES

921 Coffee
922 Coffee substitutes
923 Tea
924 Soft drinks
925 Fruitades and drinks
926 Beverages, nonfruit
927 Beverages, noncarbonated, without vitamin C, made from powdered mixes
928 Nonalcoholic beers, wines, cocktails
929 Beverage concentrates, dry, not reconstituted

93 _ _ _ _ _ ALCOHOLIC BEVERAGES

931 Beers and ales
932 Cordials and liqueurs
933 Cocktails
934 Wines
935 Distilled liquors

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, human	110-0000	1 cup	246	
Milk, NFS	111-0000	1 cup	244	244 15 (if in beverage)
Milk, cow's, fluid, whole (Include 3.5% or 3.8% fat milk, leche fresca)	111-1100	1 cup	244	244 15 (if in beverage)
Milk, cow's, fluid, whole, low-sodium	111-1110	1 cup	244	244 15 (if in beverage)
Milk, cow's, fluid, whole, fortified with calcium	111-1115	1 cup	247	247
Milk, cow's, fluid, 1% fat, fortified with calcium (include CalciMilk)	111-1116	1 cup	247	247
Milk, cow's, fluid, lowfat, NS as to percent fat	111-1200	1 cup	245	245 15 (if in beverage)
Milk, cow's, fluid, 2% fat (Include Hi-Protein milk, fortified milk, 1.5% fat milk)	111-1211	1 cup	246	245 15 (if in beverage)
Milk, cow's, fluid, acidophilus (1% fat)	111-1212	1 cup	242	242 15 (if in beverage)
Milk, cow's, fluid, acidophilus, 2% fat (Include 1.5% fat acidophilus milk)	111-1213	1 cup	245	245 15 (if in beverage)
Milk, cow's, fluid, 1% fat	111-1221	1 cup	245	245 15 (if in beverage)
Milk, cow's, fluid, skim or nonfat (.5% or less butterfat)	111-1300	1 cup	245	245 15 (if in beverage)

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, cow's, fluid, filled with vegetable oil, NS as to percent fat	111-1400	1 cup	244	244 15 (if in beverage)
Milk, cow's, fluid, filled with vegetable oil, whole	111-1410	1 cup	244	244 15 (if in beverage)
Milk, cow's, fluid, filled with vegetable oil, lowfat	111-1420	1 cup	245	245 15 (if in beverage)
Buttermilk, fluid (Include Kefir milk)	111-1500	1 cup	245	245 15 (if in beverage)
Milk, goat's, fluid, whole	111-1600	1 cup	244	244 15 (if in beverage)
Milk, dry, reconstituted, NFS	111-2000	1 cup	245	245 15 (if in beverage)
Milk, dry, reconstituted, whole	111-2110	1 cup	244	244 15 (if in beverage)
Milk, dry, reconstituted, lowfat	111-2121	1 cup	245	245 15 (if in beverage)
Milk, dry, reconstituted, nonfat	111-2130	1 cup	245	245 15 (if in beverage)
Buttermilk, dry, reconstituted	111-2200	1 cup	245	245 15 (if in beverage)

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, evaporated, NS as to fat content and dilution	112-1000	1 cup	244	122 (as a drink or on cereal)
Milk, evaporated, NS as to fat content and dilution, used in coffee or tea (assume undiluted)	112-1005	1 cup	252	16
Milk, evaporated, NS as to fat content, undiluted	112-1010	1 cup	252	126 (as a drink) 63 (if on cereal) 16 (if in beverage)
Milk, evaporated, NS as to fat content, diluted	112-1020	1 cup	244	122 (as a drink or on cereal) 15 (if in beverage)
Milk, evaporated, whole, NS as to dilution	112-1100	1 cup	244	122 (as a drink or on cereal)
Milk, evaporated, whole, NS as to dilution, used in coffee or tea (assume undiluted)	112-1105	1 cup	252	16
Milk, evaporated, whole, undiluted	112-1110	1 cup	252	126 (as a drink) 63 (if on cereal) 16 (if in beverage)
Milk, evaporated, whole, diluted	112-1120	1 cup	244	122 (as a drink or on cereal) 15 (if in beverage)

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, evaporated, 2% fat, NS as to dilution	112-1140	1 cup	252	126 (as a drink) 63 (if on cereal)
Milk, evaporated, 2% fat, undiluted	112-1150	1 cup	252	126 (as a drink) 63 (if on cereal) 16 (if in beverage)
Milk, evaporated, 2% fat, diluted	112-1160	1 cup	244	122 (as a drink) 61 (if on cereal) 15 (if in beverage)
Milk, evaporated, skim, NS as to dilution	112-1200	1 cup	245	123 (as a drink or on cereal)
Milk, evaporated, skim, NS as to dilution, used in coffee or tea (assume undiluted)	112-1205	1 cup	256	16
Milk, evaporated, skim, undiluted	112-1210	1 cup	256	120 (as a drink) 64 (if on cereal) 16 (if in beverage)
Milk, evaporated, skim, diluted	112-1220	1 cup	245	122 (as a drink or on cereal) 15 (if in beverage)

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, evaporated, filled with vegetable oil, NS as to dilution	112-1300	1 cup	244	122 (as a drink or on cereal)
Milk, evaporated, filled with vegetable oil, NS as to dilution, used in coffee or tea (assume undiluted)	112-1305	1 cup	252	16
Milk, evaporated, filled with vegetable oil, undiluted	112-1310	1 cup	252	126 (as a drink) 63 (if on cereal) 16 (if in beverage)
Milk, evaporated, filled with vegetable oil, diluted	112-1320	1 cup	244	122 (as a drink or on cereal) 15 (if in beverage)
Milk, condensed, sweetened, NS as to dilution	112-2000	1 cup	306	19
Milk, condensed, sweetened, undiluted	112-2010	1 cup	306	19
Milk, condensed, sweetened, diluted	112-2020	1 cup	272	17
Milk, imitation, fluid, soy based	113-1000	1 cup	244	244
Milk, soy, fluid, canned, not baby's	113-2000	1 cup	245	245
Milk, soy, dry, reconstituted, not baby's (Include soyamel, soyagen)	113-3000	1 cup	245	245
Yogurt, NS as to type of milk or flavor	114-1000	1 8 oz container 1 cup (8 fl oz)	227 245	227

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Yogurt, plain, NS as to type of milk	114-1101	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, plain, whole milk	114-1110	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, plain, lowfat milk	114-1120	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, plain, nonfat milk	114-1130	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla, lemon, or coffee flavor, NS as to type of milk	114-2000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla, lemon, or coffee flavor, whole milk	114-2100	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla, lemon, maple, or coffee flavor, lowfat milk (Include liquid yogurt, LeShake, Tuscan)	114-2200	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk	114-2300	1 8 oz container 1 cup	227 245	
Yogurt, chocolate, NS as to type of milk	114-2500	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, chocolate, whole milk	114-2600	1 6 oz container 1 8 oz container 1 cup (8 fl oz)	170 227 245	227
Yogurt, fruit variety, NS as to type of milk	114-3000	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit variety, whole milk (Include breakfast yogurt)	114-3100	1 8 oz container 1 cup (8 fl oz)	227 245	227

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Yogurt, fruit variety, lowfat milk (Include custard style)	114-3200	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit variety, nonfat milk	114-3300	1 8 oz container 1 cup (8 fl oz)	227 245	227
Yogurt, fruit and nuts, lowfat milk	114-4500	1 8 oz container 1 cup	227 245	
Yogurt, frozen, flavors other than chocolate	114-6000	1 8 oz container 1 cup (8 fl oz)	227 193	227
Yogurt, frozen, chocolate	114-6010	1 8 oz container 1 cup (8 fl oz)	227 193	227
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
Milk, chocolate, NFS (Include chocolate milk, NS as to milk or drink)	115-1100	1 cup	250	250
Milk, chocolate, whole milk-based	115-1110	1 cup	250	250
Milk, chocolate, lowfat milk-based (Include chocolate milk drink)	115-1120	1 cup	250	250
Milk, chocolate, skim milk-based	115-1130	1 cup	250	250
Cocoa, hot chocolate, not from dry mix (assume made with whole milk)	115-1200	1 cup	250	250

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Spanish-style hot chocolate drink, Puerto Rican style (chocolate espanol) (Include chocolate milk beverage made with evaporated milk)	115-1250	1 cup	240	240
Cocoa and sugar mixture, milk added, NS as to type of milk (Include Nestle's Quik, Hershey's Instant)	115-1300	1 cup	250	250
Cocoa and sugar mixture, whole milk added (Include Nestle's Quik, Hershey's Instant)	115-1310	1 cup	250	250
Cocoa and sugar mixture, lowfat milk added (Include Nestle's Quik, Hershey's Instant)	115-1320	1 cup	250	250
Cocoa and sugar mixture, skim milk added (Include Nestle's Quik, Hershey's Instant)	115-1330	1 cup	250	250
Cocoa, sugar, and dry milk mixture, water added (Include cocoa mix, NFS; Swiss Miss Hot Chocolate; Hershey's Hot Chocolate; Nestle's Hot Chocolate; Carnation Hot Chocolate; mint-flavored)	115-1410	1 oz packet with 6 fl oz water 1 cup	206 250	206
Cocoa with nonfat dry milk and low calorie sweetener, mixture, water added (Include Swiss Miss Sugar-Free Hot Cocoa Mix, Alba Sugar-Free Hot Cocoa Mix, Hills Bros. Sugar-Free Old Fashioned Hot Cocoa Mix, Nutri System Hot Chocolate)	115-1430	1 packet dry mix with 6 fl oz water 1 cup	197 250	197

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cocoa, whey, and low calorie sweetener, mixture, fortified, water added (Include Ovaltine Sugar-Free Hot Cocoa)	115-1450	1 cup	249	249
Cocoa and sugar mixture fortified with vitamins and minerals, milk added, Puerto Rican style	115-1510	1 cup	250	250
Cocoa with nonfat dry milk and low calorie sweetener, high calcium, water added (Include Alba High Calcium Cocoa)	115-1540	1 packet dry mix made according to directions yields 6 fl oz 1 cup	197 239	
Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added (Include Sugar-free Nestle's Quik, Swiss Miss Sugar-Free Chocolate Milk Maker)	115-1600	1 cup	250	250
Milk beverage with nonfat dry milk and low calorie sweetener, water added, chocolate (Include Alba)	115-1800	1 cup	276	276
Milk beverage with nonfat dry milk and low calorie sweetener, water added, flavors other than chocolate (Include Alba)	115-1805	1 cup	276	276
Milk beverage with nonfat dry milk and low calorie sweetener, high calcium, water added, chocolate (Include Alba '77 High Calcium Shake)	115-1810	1 packet dry mix made according to directions yields 12 fl oz 1 cup 1 fl oz	210 132 16	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk beverage, made with milk, flavors other than chocolate (assume whole milk) (Include strawberry Nestle's Quik)	115-1900	1 cup	250	250
Milk beverage, beads, chocolate, milk added (assume whole milk) (Include PDQ)	115-1910	1 cup	250	250
Milk, malted, unfortified, NS as to flavor	115-2000	1 cup	235	235
Milk, malted, unfortified, chocolate	115-2100	1 cup	235	235
Milk, malted, unfortified, chocolate, made with skim milk	115-2101	1 cup	235	235
Milk, malted, unfortified, natural flavor	115-2200	1 cup	235	235
Milk, malted, fortified, natural flavor (Include Ovaltine)	115-2500	1 cup	235	235
Milk, malted, fortified, chocolate (Include Ovaltine)	115-2600	1 cup	235	235
Milk, malted, fortified, NS as to flavor (Include Ovaltine)	115-2700	1 cup	235	235
Eggnog, made with whole milk (Include eggnog, NFS)	115-3100	1 cup	254	254
Eggnog, made with 2% lowfat milk	115-3150	1 cup	254	254
Eggnog, beads, reconstituted	115-3300	1 cup	254	254
Milk shake, NS as to flavor or type (Include frappe)	115-4100	1 milkshake (10 fl oz)	283	283

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk shake, fountain type, NS as to flavor	115-4110	1 milkshake (10 fl oz)	283	283
Milk shake, fountain type, chocolate	115-4111	1 milkshake (10 fl oz)	283	283
Milk shake, fountain type, flavors other than chocolate	115-4112	1 milkshake (10 fl oz)	283	283
Milk shake with malt (Include malted milk with ice cream)	115-4140	1 milkshake (10 fl oz)	283	283
Thick shake, carry-out type, NS as to flavor (Include thick shake mix, milk added)	115-4200	1 container (12.5 fl oz, net wt 11 oz) 1 cup	313 196	313
Thick shake, carry-out type, chocolate (Include thick shake mix, milk added; Wendy's Frosty)	115-4210	1 container (12.5 fl oz., net wt 11 oz) 1 cup 1 small Frosty 1 medium Frosty 1 large Frosty	313 196 296 394 493	313
Thick shake, carry-out type, flavors other than chocolate (Include thick shake mix, milk added)	115-4220	1 container (12.5 fl oz, net wt 11 oz) 1 cup	313 196	313
Milk fruit drink, Puerto Rican style (Champola de frutas)	115-5110	1 cup	240	240
Milk-based fruit drink (Include orange julius, strawberry julius, pina colada julius)	115-5220	1 cup	262	262
Chocolate-flavored drink, whey- and milk-based (Include Yoo-hoo)	115-6000	1 bottle (9 fl oz) 1 cup 1 fl oz	274 244 30.5	244

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flavored milk drink, whey- and milk-based, flavors other than chocolate (Include Yoo-hoo)	115-6002	1 bottle (9 fl oz) 1 cup 1 fl oz	274 244 30.5	244
Cafe con leche	115-6101	1 coffee cup (6 fl oz) 1 fl oz	190 31.7	190
Instant breakfast, fluid, canned	116-1100	1 cup 1 can (10 fl oz)	250 313	313
Instant breakfast, powder, milk added (Include instant breakfast, NS as to canned or powdered; Carnation Instant Breakfast; Lucerne)	116-1200	1 cup 1 packet (35.1 g) in 8 fl oz milk	247 279	279
Diet beverage, liquid, canned (Include Metrecal, Sego Lite, Slender)	116-2100	1 cup 1 can (10 fl oz)	247 313	313
Diet beverage, powder, reconstituted (Include Lookfit, Metrecal, Shape, Slender)	116-2200	1 cup 1 packet (28 g) in 6 fl oz skim milk	247 212	212
High calorie beverage, canned or powdered, reconstituted (Include Nutrament, Sego)	116-3100	1 cup 1 can (2.5 fl oz) 1 can (12.5 fl oz)	250 71 399	250
Meal supplement or replacement, milk-based, high protein, liquid (Include Sustacal Powder, reconstituted)	116-4100	1 cup	256	256
Meal replacement formula, Cambridge diet, reconstituted, all flavors	116-5101	1 cup 1 serving (1 scoop in 8.5 fl oz water)	272 286	286
Enfamil	117-1010	1 fl oz	31	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Similac	117-1020	1 fl oz	31	
Similac with whey	117-1025	1 fl oz	31	
Similac Advance	117-1030	1 fl oz	31	
Similac with iron	117-1040	1 fl oz	31	
Similac with whey and iron	117-1045	1 fl oz	31	
SMA with iron	117-1050	1 fl oz	31	
SMA, lo-iron	117-1055	1 fl oz	31	
Enfamil with iron	117-1060	1 fl oz	31	
Mulumil	117-1070	1 fl oz	31	
Nursoy	117-2020	1 fl oz	31	
Prosobee	117-2030	1 fl oz	31	
Isomil	117-2040	1 fl oz	31	
Isomil SF	117-2045	1 fl oz	31	
Soyalac	117-2050	1 fl oz	31	
I-Soyalac	117-2060	1 fl oz	31	
Gerber	117-3010	1 fl oz	30.3	
Lofenalac	117-4010	1 fl oz	30.6	
Nutramigen	117-4030	1 fl oz	30.6	
Pregestimil	117-4040	1 fl oz	30.6	
PM 60/40	117-4050	1 fl oz	30.6	
Portagen	117-4060	1 fl oz	30.6	
RSF	117-4070	1 fl oz	30.6	
Milk, dry, not reconstituted, NS as to whole, lowfat, or nonfat	118-1000	1 cup	68	23

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk, dry, whole, not reconstituted	118-1100	1 cup	128	43
Milk, dry, lowfat, not reconstituted	118-1200	1 cup	120	40
Milk, dry, nonfat, not reconstituted	118-1300	1 cup	68	23
		1 envelope (1-1/3 cup)	91	
		1/3 cup (makes 1 cup reconstituted milk)	23	
Buttermilk, dry, not reconstituted	118-2000	1 cup	120	40
Whey, sweet, dry	118-2500	1 cup	145	8
Cocoa (or chocolate) with dry milk and sugar, dry mix, not reconstituted (Include cocoa mix, NFS; Swiss Miss Hot Chocolate; Hershey's Hot Chocolate; Nestle's Hot Chocolate)	118-3010	1 envelope (1 oz)	28	28
		1 tbsp	8	
Cocoa powder with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted (Include Swiss Miss Sugar-Free Hot Cocoa Mix, Alba Sugar-Free Hot Cocoa Mix)	118-3011	1 envelope Alba (.675 oz)	19	17
		1 envelope Swiss Miss (.53 oz)	15	
		1 tbsp	7	
Cocoa, whey, and low calorie sweetener, fortified, dry mix, not reconstituted (Include Ovaltine Sugar-Free Hot Cocoa)	118-3012	1 envelope, mint flavor (.41 oz)	11.6	11.6
Chocolate, instant, dry mix, fortified with vitamins and minerals, not reconstituted, Puerto Rican style	118-3014	1 tbsp	8	28
Cocoa powder, not reconstituted (no dry milk)	118-3015	1 tbsp	5.4	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cocoa (or chocolate) flavored beverage powder with sugar, dry mix, not reconstituted (Include Hershey's Instant, Nestle's Quik)	118-3016	1 tbsp	8.4	28
Cocoa, whey, and low-calorie sweetener mixture, not reconstituted (Include Sugar-Free Nestle's Quik, Swiss Miss Sugar-Free Chocolate Milk Maker)	118-3017	1 envelope 1 tbsp, dry	5.2 7	
Cocoa (or chocolate) flavored beverage powder with low calorie sweetener, dry mix, not reconstituted	118-3018	1 tbsp	7	
Milk, malted, dry mix, unfortified, not reconstituted, flavors other than chocolate	118-3020	2 tbsp	8	28
Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate (Include Ovaltine)	118-3021	1 tbsp	8	28
Milk, malted, dry mix, unfortified, not reconstituted, chocolate	118-3025	1 tbsp 1 individual serving (4-5 heaping tsp or 1 envelope)	8 21	21
Milk, malted, dry mix, fortified, not reconstituted, chocolate (Include Ovaltine)	118-3026	1 tbsp 1 individual serving (4-5 heaping tsp or 1 envelope)	8 21	21
Milk beverage, powder, dry mix, not reconstituted, flavors other than chocolate (Include strawberry Nestle's Quik)	118-3040	1 tbsp	8	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Milk beverage, powder, with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted, chocolate	118-3050	1 tbsp	8	21
(Include Alba)		1 envelope (.75 oz)	21	
Milk beverage, powder, with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted, flavors other than chocolate	118-3055	1 tbsp	7	21
(Include Alba)		1 envelope	21	
Instant breakfast, powder, not reconstituted	118-3080	1 envelope (net wt 1.25 oz)	35	35
(Include Carnation Instant Breakfast, Lucerne)		1 tbsp	8	
Instant breakfast, powder, sugar-free, not reconstituted	118-3081	1 envelope	20	20
(Include Sugar-free Carnation Instant Breakfast)		1 tbsp	9	
High calorie milk beverage, powder, not reconstituted	118-3085	1 tbsp	7.5	30
(Include Nutrament)				
Protein supplement, milk-based, powdered, not reconstituted	118-3090	1 tbsp	11	43
(Include Meritene)				
Nutrient supplement, milk-based, low calorie, powdered, not reconstituted	118-3095	1 tbsp	10	39
(Include Dietene)				
Protein supplement, milk-based, sodium controlled, powdered, not reconstituted	118-3096	1 tbsp	8	
(Include Lonalac)				
Meal replacement, protein type, milk-based, powdered, not reconstituted	118-3097	1 tbsp	15	50
(Include Slim-Fast, Joe Weider's Firmaless Diet)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Protein supplement, milk-based, powdered, not reconstituted (Include Sustacal Powder)	118-3098	1 packet	57	57
Nutrient supplement, milk-based, powdered, not reconstituted (Include Sustagen)	118-3099	1 tbsp	8	31
Meal replacement or nutritional supplement, Cambridge diet formula, powdered, nonfat milk solids base, dry, not reconstituted	118-3500	1 scoop (1/4 cup)	34	34
Meal replacement, Nutrilite brand Positrim Drink Mix, powdered nonfat dry milk-based, dry, not reconstituted (Include all flavors)	118-3510	1 packet (1.5 oz)	43	43
Milk, Tiger's, dry, not reconstituted	118-4010	1 tbsp	7.5	
Milk beverage beads, not chocolate, not reconstituted	118-4110	1 tbsp	7	
Milk beverage beads, chocolate, not reconstituted (Include PDQ)	118-4111	1 tbsp	7	
Cream, NS as to light, heavy, or half and half	121-0010	1 cup	240	15 (if in coffee)
Cream, light, fluid (Include coffee cream, table cream)	121-1010	1 cup	240	15 (if in coffee)
Cream, light, powdered (Include coffee lightener, Instant Cream Powder, Lo-cal) CODE DISCONTINUED 5/11/87	121-1020	1 cup 1 packet	120 2.8	
Cream, light, whipped (assume unsweetened) (Include coffee cream, table cream)	121-1030	1 cup	120	30

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cream, half and half	121-2010	1 cup 1 individual container (.5 fl oz)	242 15	15 (if in coffee)
Cream, heavy, fluid (Include whipping cream, NS as to heavy or light)	121-3010	1 cup	238	30
Cream, heavy, whipped, unsweetened	121-3020	1 cup	119	30
Cream, heavy, whipped, sweetened (Include heavy cream, whipped, NS as to sweetener; whipped cream, NS as to heavy or light)	121-4000	1 cup	119	30
Cream, whipped, pressurized container (Include Reddiwip (red can), Fashion Whip, Quip)	121-4010	1 cup	60	15
Cream substitute, NS as to frozen, liquid, or powdered	122-0010	1 cup	240	15 (if in coffee)
Cream substitute, frozen (Include Coffee Rich, Coffee Tone, Freezer Pak, Poly Perx, Poly Rich)	122-1010	1 cup	240	15
Cream substitute, liquid (Include Coffee Whitner, Dairy Rich Moca Mix, mocha mix)	122-1020	1 cup 1 individual container	240 15	15
Cream substitute, powdered (Include Coffee Mate, Coffee Tone, Cremora, instant coffee creamer, instant creamer, Please, Pream)	122-1040	1 cup 1 packet	94 3	3
Whipped topping, nondairy, NS as to canned, frozen, or made from powdered mix	122-2000	1 cup	75	19

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Whipped topping, nondairy, pressurized can (Include Lucky Whip, Reddiwip (blue can))	122-2010	1 cup	70	18
Whipped topping, nondairy, frozen (Include Cool Whip, Handiwhip Whipped Topping, Pet Whip)	122-2020	1 cup	75	19
Whipped cream substitute, non-dairy, made from powdered mix (Include Dream Whip, Lucky Whip, Smooth Whip)	122-2030	1 cup 1 package yields	80 160	20
Whipped cream substitute, non-dairy, dietetic, made from powdered mix (Include Feather Weight Low Calorie Whipped Topping)	122-2040	1 cup	80	20
Sour cream	123-1010	1 cup	230	29
Sour cream, half and half	123-1020	1 cup	242	30
Sour cream, imitation (non-dairy) (Include Imo, Zero)	123-2010	1 cup	230	29
Sour cream, filled, sour dressing, nonbutterfat (Include King Sour, Zest)	123-2020	1 cup	235	29
Dip, sour cream base (Include buttermilk type; onion dip; dip, NFS)	123-5000	1 cup	243	31
Spinach dip, sour cream base	123-5010	1 tbsp	15	
Ice cream, NFS	131-1000	1 cup 1 slice	133 66	67

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice cream, flavors other than chocolate	131-1010	1 cup 1 small dip 1 medium dip or slice 1 large dip 1 dixie cup (3.5 fl oz) 1 cubic inch	133 44 66 89 60 9.2	66
Ice cream, chocolate	131-1011	1 cup 1 small dip 1 medium dip or slice 1 large dip 1 dixie cup (3.5 fl oz) 1 cubic inch	133 44 66 89 60 9.2	66
Ice cream, soft serve, flavors other than chocolate	131-1020	1 cup	173	87
Ice cream, soft serve, chocolate	131-1021	1 cup	173	87
Ice cream, imitation, flavors other than chocolate (with vegetable fat) (Include Mellorine)	131-1040	1 cup 1 dixie cup (3.5 fl oz)	133 60	67
Ice cream, imitation, chocolate (with vegetable fat) (Include Mellorine)	131-1045	1 cup 1 dixie cup (3.5 fl oz)	133 60	67
Ice cream bar or stick, not chocolate or cake covered	131-2005	1 bar (3 fl oz) 1 cup	56 133	56
Ice cream bar or stick, chocolate covered (Include ice cream bar, NFS; ice cream nugget)	131-2010	1 bar (3 fl oz) 1 Heath bar 1 ice cream nugget	56 64 8	56
Ice cream bar, cake covered	131-2030	1 bar	59	59
Ice cream sandwich	131-2050	1 sandwich (5" x 1-3/4" x 3/4")	59	59
Ice cream cookie sandwich (Include Chipwich)	131-2055	1 sandwich	59	59

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice cream cone with nuts, flavors other than chocolate	131-2070	1 cone 1 cup	78 133	78
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate (Include Nutty Buddy)	131-2071	1 cone and single dip 1 cone and double dip	78 143	78
Ice cream cone, chocolate covered or dipped, flavors other than chocolate	131-2072	1 cone and single dip 1 cone and double dip	78 143	78
Ice cream cone, no topping, flavors other than chocolate	131-2073	1 cone and single dip (or 1 small cone) 1 cone and double dip (or 1 large cone)	78 143	78
Ice cream cone with nuts, chocolate ice cream	131-2075	1 cone	78	78
Ice cream cone, chocolate covered or dipped, chocolate ice cream	131-2076	1 cone	78	78
Ice cream cone, no topping, chocolate ice cream	131-2077	1 cone and single dip (or 1 small cone) 1 cone and double dip (or 1 large cone)	78 143	78
Ice cream cone, chocolate covered, with nuts, chocolate ice cream	131-2078	1 cone	78	78
Ice cream soda, flavors other than chocolate	131-2080	1 soda (10 fl oz)	240	240
Ice cream soda, chocolate	131-2081	1 soda (10 fl oz)	240	240
Ice cream sundae, NS as to topping (assume with whipped cream) (Include with nuts)	131-2100	1 sundae 1 cup	165 142	165

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice cream sundae, fruit topping (assume with whipped cream) (Include banana split, fruit parfait, with nuts)	131-2110	1 sundae 1 banana split 1 cup	165 425 142	165
Ice cream sundae, prepackaged type, flavors other than chocolate	131-2120	1 sundae (3.5 fl oz)	65	65
Ice cream sundae, chocolate or fudge topping (assume with whipped cream) (Include with nuts)	131-2130	1 sundae 1 cup	165 142	165
Ice cream sundae, not fruit or chocolate topping (assume with whipped cream) (Include peanut butter parfait, butterscotch topping, with nuts)	131-2140	1 sundae 1 cup	165 142	165
Ice cream sundae, fudge topping, with cake (assume with whipped cream)	131-2150	1 sundae	175	175
Ice cream pie (assume no crust)	131-2210	1 pie (8" dia) 1 cup	794 142	133
Ice cream with sherbet	131-2510	1 cup	163	82
Ice cream, fried	131-2600	1 cup	133	
Ice milk, NFS	131-3010	1 cup	131	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, Tastee Freeze, Dairy Queen, Dairy Queen Blizzard)	131-3060	1 cup 1 blizzard (12.68 fl oz)	175 372	88

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice milk, soft serve, chocolate (Include frozen custard, Tastee Freeze, Dairy Queen, Dairy Queen Blizzard)	131-3061	1 cup 1 blizzard (12.68 fl oz)	175 372	88
Ice milk sandwich (Include Dairy Queen)	131-3500	1 sandwich	60	60
Ice milk bar or stick, chocolate-coated	131-4010	1 bar (3 fl oz)	56	56
Ice milk cone, flavors other than chocolate	131-4050	1 cone and single dip (or 1 small cone) 1 cone and double dip (or 1 large cone) 1 small fast food cone (include Dairy Queen, McDonald's) 1 large fast food cone (include Dairy Queen)	78 143 186 311	78
Ice milk cone, chocolate	131-4055	1 cone and single dip (or 1 small cone) 1 cone and double dip (or 1 large cone) 1 small fast food cone (include Dairy Queen, McDonald's) 1 large fast food cone (include Dairy Queen)	78 143 186 311	78
Ice milk sundae, chocolate or fudge topping (assume with whipped cream) (Include McDonald's sundaes)	131-4060	1 sundae 1 cup 1 McDonald's sundae	165 142 165	165
Ice milk sundae, fruit topping (assume with whipped cream) (Include McDonald's sundaes)	131-4063	1 sundae 1 cup 1 McDonald's sundae	165 142 165	165
Ice milk sundae, not fruit or chocolate topping (assume with whipped cream) (Include McDonald's sundaes)	131-4065	1 sundae 1 cup 1 McDonald's sundae	165 142 165	165

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice milk creamsicle or dream-sicle	131-4070	1 sicle (3 fl oz)	66	66
Ice milk, fudgesicle	131-4090	1 sicle (2.5 fl oz)	73	73
Ice milk, with sherbet or ice cream	131-4110	1 bar (2.5 fl oz)	60	60
Sherbet, all flavors	131-5000	1 cup	193	97
		1 push up (3 fl oz)	66	
Milk dessert, frozen, dietary, made with lowfat milk (Include Weight Watchers)	131-6000	1 cup	131	74
		1 serving (4.5 fl oz)	74	
Milk dessert bar, frozen, dietary, made from lowfat milk (Include Weight Watcher's Treat Bars)	131-6100	1 bar (2.75 fl oz)	81	81
Milk dessert sandwich bar, frozen, dietary, made from lowfat milk (Include Weight Watcher's Sandwich Bars)	131-6150	1 sandwich bar (2.75 fl oz plus 2 wafers)	77	77
Baked Alaska	131-7000	1 baked Alaska	820	103
		1 piece (1/8 of whole)	103	
Pudding, NFS	132-0011	1 cup	264	132
Pudding, bread (Include with raisins)	132-1011	1 cup	200	100
		1 cubic inch	14	
Puerto Rican bread pudding (Budin de pan)	132-1015	1 cup	175	95
Diplomat pudding, Puerto Rican style (Budin Diplomatico)	132-1016	1 cup	256	100
Pudding, chocolate, NS as to from dry mix or canned (Include pudding, chocolate, made from home recipe)	132-1022	1 cup	261	131
Pudding, low calorie, chocolate, NS as to from dry mix or canned	132-1025	1 cup	260	130

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice flour cream, Puerto Rican style (Majarete, manjar blanco)	132-1026	1 cup	250	140
Spanish custard, Puerto Rican style (Natilla Espanol)	132-1027	1 cup	243	182
Pudding, flavors other than chocolate, NS as to from dry mix or canned (Include pudding, flavors other than chocolate, made from home recipe)	132-1028	1 cup	261	131
Pudding, low calorie, flavors other than chocolate, NS as to from dry mix or canned	132-1029	1 cup	260	130
Custard	132-1030	1 cup	244	122
Puerto Rican custard (Flan)	132-1035	1 cup	240	120
Pudding, rice	132-1041	1 cup	225	113
Pudding, tapioca, made from home recipe	132-1050	1 cup	205	103
Pudding, tapioca, made from dry mix (Include tapioca, NFS)	132-1052	1 cup	165	83
Pudding, tapioca, chocolate	132-1053	1 cup	165	83
Pudding, coconut	132-1061	1 cup	255	113
Pudding, Indian	132-1071	1 cup	237	119
Pudding, pumpkin	132-1075	1 cup	265	133
Puerto Rican pumpkin pudding (Flan de calabaza)	132-1081	1 cup 1 piece (2-1/2" x 2" x 1")	262 100	100
Fresh corn custard, Puerto Rican style (Mazamorra, Mundo Nuevo)	132-1082	1 cup	280	140

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pudding, prepared from dry mix, milk added, flavors other than chocolate	132-2011	1 cup 1 small box (about 3.5 oz), prepared 1 large box (about 5 oz), prepared	264 528 820	132
Pudding, prepared from dry mix, milk added, chocolate	132-2012	1 cup 1 small box (about 3.5 oz), prepared 1 large box (about 5 oz), prepared	261 566 832	131
Pudding, prepared from dry mix, low calorie, milk added, flavors other than chocolate (Include D-Zerta)	132-2021	1 cup	250	125
Pudding, prepared from dry mix, low calorie, milk added, chocolate (Include D-Zerta)	132-2022	1 cup	250	125
Pudding, canned, flavors other than chocolate	132-3011	1 cup 1 can (5 oz)	261 142	142
Pudding, canned, low calorie, flavors other than chocolate	132-3012	1 cup 1 can (5 oz)	250 142	142
Pudding, canned, chocolate	132-3013	1 cup 1 can (5 oz)	261 142	142
Pudding, canned, low calorie, chocolate	132-3014	1 cup 1 can (5 oz)	250 142	142
Pudding pops, chocolate	132-3500	1 pudding pop (1.75 fl oz)	57	57
Pudding pops, flavors other than chocolate	132-3510	1 pudding pop (1.75 fl oz)	57	57

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pudding, sodium-controlled, with milk base (Include Diet Care)	132-4011	1 cup	255	128
Pudding, with fruit and vanilla wafers	132-4100	1 cup	187	94
Mousse, chocolate	132-5000	1 cup	170	85
Mousse, not chocolate (Include fruit mousse)	132-5010	1 cup	170	85
Chantilly Cream	132-5100	1 cup	120	16
Coconut custard, Puerto Rican style (Flan de coco)	132-5210	1 cup 1 piece (4" x 2" x 1/2")	245 120	115
Milk dessert or milk candy, Puerto Rican style (Dulce de leche)	132-5220	1 cup	310	85
Custard pudding, flavor other than chocolate, baby food, NS as to strained or junior	133-1000	1 tbsp 1 cup	14 229	64
Custard pudding, baby food, chocolate, NS as to strained or junior	133-1010	1 tbsp 1 cup	14 229	64
Custard pudding, baby food, flavor other than chocolate, strained	133-1100	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	14 229 131	64
Custard pudding, baby food, chocolate, strained	133-1110	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	14 229 131	64

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Custard pudding, baby food, flavor other than chocolate, junior	133-1200	1 tbsp	14	108
		1 cup	229	
		1 jar (7.5 oz - 7.75 oz)	216	
Custard pudding, baby food, chocolate, junior	133-1210	1 tbsp	14	108
		1 cup	229	
		1 jar (7.5 oz - 7.75 oz)	216	
White sauce, milk sauce	134-1100	1 cup	250	31
Milk gravy, quick gravy	134-1200	1 cup	250	31
Cheese, natural, NFS	141-0010	1 slice (1 oz)	28	28
		1 thin slice	14	
		1 cup, shredded	113	
		1 cubic inch	17	
Cheese, Blue or Roquefort (Include Gorgonzola)	141-0101	1 cup, crumbled	135	28
		1 cubic inch	17.3	
Cheese, Brick (Include Beer, Elbinger, Zweiteitige, Wilstermarsch, Bondost, Oka)	141-0201	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17	
		1 cup, diced	132	
Cheese, Camembert	141-0301	1 wedge (1.33 oz)	38	28
		1 cup	246	
		1 cubic inch	17	
Cheese, Brie	141-0302	1 package (4.5 oz)	128	28
		1 cup, sliced	144	
		1 cup, melted	240	
		1 cubic inch	17	
Cheese, Cheddar or American type (Include Coon, Longhorn, Wisconsin, New York, Pioneer, Hoop, Tillamook, sharp cheese, Chevres)	141-0401	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17	
		1 cup, NFS	113	
		1 cup, diced	132	
		1 cup, melted	244	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, Colby	141-0420	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17	
		1 cup, diced	132	
		1 cup, NFS	113	
Cheese, Feta (Include goat cheese)	141-0440	1 wedge (1.33 oz)	38	28
		1 cup	246	
		1 cubic inch	17	
Cheese, Fontina	141-0460	1 slice (1 oz)	28	28
		1 cup, shredded	108	
		1 cubic inch	15	
		1 cup, diced	132	
Cheese, Gouda or Edam (Include Caciocavallo, Delft, ball cheese)	141-0501	1 slice (1 oz)	28	28
		1 package (7 oz)	198	
		1 cubic inch	17	
		1 cup, diced	132	
Cheese, Gruyere	141-0520	1 slice (1 oz)	28	
		1 cup, shredded	108	28
		1 cubic inch	15	
		1 package (6 oz)	170	
		1 cup, diced	132	
Cheese, Havarti	141-0540	1 slice (1 oz)	28	28
		1 cup	112	
		1 cubic inch	17.6	
		1 cup, diced	132	
Cheese, Limburger	141-0601	1 package (8 oz)	227	28
		1 box	113	
		1 cubic inch	16	
Cheese, Monterey	141-0620	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17.2	
		1 cup, diced	132	
Cheese, Mozzarella (Include pizza cheese, string cheese)	141-0701	1 slice (1 oz)	28	28
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	132	
		1 cubic inch	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, Muenster	141-0720	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17.5	
		1 cup, diced	132	
Cheese, Muenster, low sodium	141-0721	1 slice (1 oz)	28	28
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	132	
		1 cubic inch	17.5	
Cheese, Parmesan, dry grated (Include Romano)	141-0801	1 cup	100	5
		1 tbsp	5	
Cheese, Parmesan, hard (Include Romano)	141-0802	1 cubic inch	10.3	28
		5 oz package	142	
		1 oz	28	
Cheese, Parmesan, low sodium	141-0805	1 cup, grated	100	5
		1 tbsp	5	
Cheese, Port du Salut	141-0820	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17.2	
		1 cup, diced	132	
Cheese, Provolone	141-0840	1 slice (1 oz)	28	28
		1 cubic inch	17	
		1 cup, diced	132	
Cheese, Swiss (Include Emmentaler, Asiago, Jarlsburg, Samsoe, Danbo, Sweitzer)	141-0901	1 slice (1 oz)	28	28
		1 cup, shredded	108	
		1 cubic inch	15	
		1 cup, diced	132	
		1 cup, melted	244	
Cheese, Swiss, low sodium	141-0902	1 slice	28	28
		1 cup, shredded	108	
		1 cup, diced	132	
		1 cubic inch	15	
Cheese, Tilsit	141-0920	1 slice	28	28
		1 cup, shredded	113	
		1 cubic inch	17.2	
		1 cup, diced	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, low sodium, Cheddar or Colby	141-1001	1 slice (1 oz)	28	28
		1 cup, shredded	113	
		1 cubic inch	17.3	
		1 cup, diced	132	
Cheese, Cheddar or Colby, low sodium, lowfat	141-1002	1 slice (1 oz)	28	28
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	132	
		1 cubic inch	17.3	
Cheese, Cheddar or Colby, lowfat	141-1003	1 slice (1 oz)	28	
		1 cup, shredded	113	
		1 cup, diced	132	
		1 cup, NFS	113	
		1 cubic inch	17.3	
Cheese, cottage, NFS	142-0010	1 cup	210	105
Cheese, cottage, creamed, large or small curd (Include farmers; cottage cheese, NS as to creamed)	142-0101	1 cup	210	105
Cheese, Ricotta	142-0150	1 cup	246	123
Cheese, cottage, with fruit (Include creamed or uncreamed; large or small curd; cottage cheese salad, NFS)	142-0201	1 cup	226	113
Cheese, cottage, with vegetables	142-0202	1 cup	226	113
Cheese, cottage, dry curd (Include baker's, pressed, dutch, skim, nonfat cottage cheese)	142-0301	1 cup	145	73
Cheese, cottage, salted, dry curd	142-0302	1 cup (not packed)	145	73
Puerto Rican white cheese (queso del pais, blanco)	142-0351	1 cup	220	110
		1 slice	28	
		1 cubic inch	17	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, cottage, lowfat (1-2% fat) (Include lowfat pot cheese)	142-0401	1 cup	226	113
Cheese, cottage, lowfat, with fruit	142-0402	1 cup	226	113
Cheese, cottage, lowfat, with vegetables	142-0403	1 cup	226	113
Cheese, cottage, low sodium	142-0501	1 cup	225	112
Cheese, cottage, low fat, low sodium	142-0601	1 cup	225	112
Cottage cheese with fruit, baby food, strained or junior	142-2000	1 tbsp	14	67
		1 cup	225	
		1 jar strained (4.5 oz - 4.75 oz)	131	
		1 jar junior (7.5 oz - 7.75 oz)	216	
Cheese, cream	143-0101	1 cup	232	15
		1 small package (3 oz)	85	
		1 cubic inch	16.1	
		1 tbsp	14.5	
		1 tbsp, whipped	10	
Cheese, cream, lowfat	143-0301	1 cup	235	15
		1 tbsp	15	
		1 tbsp, whipped	10	
Cheese, processed, American and Swiss blends	144-1010	1 slice (.75 oz)	21	21
		1 cubic inch	17.5	
		1" wedge	28	
Cheese, processed, cheddar or American type (Include American Cheese Slices; Cheezes; Cheez Kisses; processed cheese, NFS)	144-1020	1 slice (.75)	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cup, melted	244	
		1 cubic inch	17.5	
		1 kiss	5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, processed, cheddar or American type, low sodium	144-1021	1 slice	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.5	
Cheese, processed, American, lowfat	144-1030	1 slice (.75 oz)	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.5	
Cheese, processed, American, Cheddar, or Colby, lowfat, low sodium	144-1031	1 slice	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.5	
Cheese, processed, Swiss	144-1040	1 slice (.75 oz)	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.9	
Cheese, processed, Swiss, low sodium	144-1041	1 slice (.75 oz)	21	21
		1 cup, NFS	140	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.9	
Cheese, processed, Swiss, lowfat	144-1042	1 slice (.75 oz)	21	21
		1 cup, diced	140	
		1 cup, shredded	113	
		1 cubic inch	17.5	
Cheese, processed cheese food	144-1050	1 slice (.75 oz)	21	21

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, processed, with vegetables (Include pepper cheese, pimiento)	144-1060	1 oz	28	28
		1 cubic inch	17.5	
		1 cup, melted	244	
		1 slice (.75 oz)	21	
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
Cheese, processed, Mozzarella, low sodium	144-1071	1 slice (.75 oz)	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.5	
Cheese, processed, Muenster, lowfat, low sodium	144-1083	1 slice (.75 oz)	21	21
		1 cup, NFS	113	
		1 cup, shredded	113	
		1 cup, diced	140	
		1 cubic inch	17.5	
Cheese spread, NFS	144-2000	1 cup	244	15
		1 jar (5 oz)	142	
Cheese spread, cheddar or American cheese base (Include Velveeta, Cheez Whiz (all flavors), Old English Smokey, Bacon, Yellow in a Jar)	144-2010	1 cup	244	15
		1 jar (5 oz)	142	
		1 cubic inch	17.5	
		1 thin slice	14	
		1 slice	34	
		1 oz	28	
Cheese spread, cheddar or American cheese base, lowfat, low sodium (Include lowfat, low sodium Velveeta)	144-2014	1 cup	244	15
		1 cubic inch	17.5	
		1 thin slice	14	
		1 slice	34	
Cheese spread, cream cheese or Neufchatel base (Include olive, pimiento, pineapple, onion, clam, roka, relish)	144-2020	1 cup	232	15
		1 oz	28	
Cheese spread, pressurized can	144-2030	1 cup	225	14
		1 can (4.75 oz)	135	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese, processed cheese food	144-2040	1 cup 1 package (8 oz)	235 227	14
Imitation cream cheese	145-0101	1 cup	235	15
Imitation cheese, American or cheddar type (Include Cheez-ola, Pretend, Country Meadow)	145-0201	1 cup 1 cubic inch 1 slice	225 17.5 21	14
Imitation cheese spread (Include Count Down)	145-0301	1 cup	225	14
Cheese, cottage cheese, with gelatin dessert	146-1020	1 cup	240	120
Cheese, cottage cheese, with gelatin dessert and fruit	146-1021	1 cup	240	120
Cheese, cottage cheese, with gelatin dessert and vegetables	146-1025	1 cup	240	120
Cheese with nuts (Include cheese balls)	146-1052	1 tbsp	15	15
Dip, cream cheese base	146-2010	1 tbsp	15	30
Shrimp dip, cream cheese base (Include clam dip)	146-2012	1 cup	236	
Chili con queso (tomato, pepper, and cheese dip)	146-2015	1 tbsp	15	30
Dip, cheese base other than cream cheese (Include cheese dip, NFS)	146-2020	1 tbsp 1 cup	16 255	32
Cheese fondue	146-3010	1 cup	215	108
Cheese souffle	146-3020	1 cup	95	48
Welsh rarebit	146-3030	1 cup	232	116
Cheese sandwich	146-4000	1 sandwich	83	83
Cheese sandwich, grilled	146-4010	1 sandwich	83	83
Cheese sandwich, hoagie	146-4020	1 sandwich	156	156

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese spread sandwich	146-4030	1 sandwich	78	78
Cheese sauce	146-5010	1 cup	243	30
Cheese sauce made with lowfat cheese	146-5015	1 cup	243	30
Cheese, deep-fried (Include fried cheese served in a restaurant; mozzarella en carossa)	146-6010	1 piece (4" x 1" x 3/4") 1 cubic inch	44 14.7	
Cheese, nuggets or pieces, breaded, baked, or fried (Include Banquet, Beatrice, Firesaver brands)	146-6020	1 cup 1 nugget (about 1/2 cubic inch)	115 7	
Cheddar cheese soup	147-1010	1 cup	251	251
Beer soup, made with milk	147-1020	1 cup	245	245
Meat, NFS	200-0000	1 oz, with bone, cooked (yield after bone removed) 1 oz, with bone, raw (yield after cooking, bone removed) 1 oz, boneless, cooked 1 oz, boneless, raw (yield after cooking) 1 cubic inch, boneless, cooked 1 cup, cooked, diced	23 17 28 22 18 140	85
Meat, baby food, NS as to type, NS as to strained or junior	200-0007	1 tbsp 1 jar (3.5 oz)	15 99	33
Meat sticks, baby food, NS as to type of meat	200-0009	1 jar (2.5 oz) 1 stick	71 10	20

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, NS as to cut, cooked, NS as to fat eaten	210-0010	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	121	
Beef, NS as to cut, cooked, lean and fat eaten	210-0011	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	121	
Beef, NS as to cut, cooked, lean only eaten	210-0012	1 oz, boneless, cooked, lean only	28	85
		1 oz, boneless, raw, lean only (yield after cooking)	22	
		1 oz, boneless, cooked (yield after fat removed)	27	
		1 oz, boneless, raw (yield after cooking, fat removed)	21	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	121	
Steak, NS as to type of meat, cooked, NS as to fat eaten	210-0100	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Steak, NS as to type of meat, cooked, lean and fat eaten	210-0101	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed]	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Steak, NS as to type of meat, cooked, lean only eaten	210-0102	1 oz, with bone, cooked, lean only (yield after bone removed)	23	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and fat removed]	15	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef, pickled	210-0200	1 oz, boneless	28	
		1 cubic inch, boneless	19	
		1 cup, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, NS as to cut, fried, NS to fat eaten	210-0300	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, cooked (Include blade, breakfast, chuck, club, cubed, Delmonico, filet mignon, flank, London broil, minute, New York, Porterhouse, rib, rib eye, round, rump, shell, sirloin, Spencer, steak on a stick, steakettes, strip, T-bone, tenderloin, beef tips, floured).				
Beef steak, NS as to cooking method, NS as to fat eaten	211-0100	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, NS as to cooking method, lean and fat eaten	211-0101	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, NS as to cooking method, lean only eaten	211-0102	1 oz, with bone, cooked, lean only (yield after bone removed)	23	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef steak, broiled or baked, NS as to fat eaten	211-0111	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 T-bone steak (yield after cooking, bone removed)	219	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, broiled or baked, lean and fat eaten	211-0112	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 T-bone steak (yield after cooking, bone removed)	219	
		1 cup, cooked, diced	140	
Beef steak, broiled or baked, lean only eaten	211-0113	1 oz, with bone, cooked, lean only (yield after bone removed)	23	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 T-bone steak (yield after cooking, bone and fat removed)	184	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, fried, NS as to fat eaten	211-0211	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, fried, lean and fat eaten	211-0212	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	26	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, fried, lean only eaten	211-0213	1 oz, with bone, cooked, lean only (yield after bone removed)	23	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef steak, breaded or floured, baked or fried, NS as to fat eaten	211-0311	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	26	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, breaded or floured, baked or fried, lean and fat eaten	211-0312	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	26	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	21	
Beef steak, breaded or floured, baked or fried, lean only eaten	211-0313	1 oz, with bone, cooked, lean only (yield after bone removed)	27	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	24	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	17	
		1 oz, boneless, cooked (yield after fat removed)	27	
		1 oz, boneless, raw (yield after cooking, fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 minute steak	165	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, battered, fried, NS as to fat eaten	211-0411	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	26	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, battered, fried, lean and fat eaten	211-0412	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	26	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, battered, fried, lean only eaten	211-0413	1 oz, boneless, cooked, lean only	28	85
		1 oz, boneless, raw, lean only (yield after cooking)	24	
		1 oz, boneless, cooked (yield after fat removed)	27	
		1 oz, boneless, raw (yield after cooking, fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef steak, braised, NS as to fat eaten	211-0511	1 oz, with bone, cooked (yield after bone removed)	22	85
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef steak, braised, lean and fat eaten	211-0512	1 oz, with bone, cooked (yield after bone removed)	22	85
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef steak, braised, lean only eaten	211-0513	1 oz, with bone, cooked, lean only (yield after bone removed)	21	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, boneless, cooked (yield after fat removed)	23	
		1 oz, boneless, raw (yield after cooking, fat removed)	15	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, oxtails, cooked	213-0100	1 oz, with bone, cooked (yield after bone removed)	16	80
		1 oz, with bone, raw (yield after cooking, bone removed)	8	
		1 tail (yield after cooking, bone removed)	240	
Beef, neckbones, cooked	213-0200	1 oz, with bone, cooked (yield after bone removed)	11	85
		1 oz, with bone, raw (yield after cooking, bone removed)	8	
		1 neckbone (yield after cooking, bone removed)	59	
Beef, shortribs, cooked, NS as to fat eaten (Include beef rib tips)	213-0400	1 small rib (yield after cooking, bone removed)	28	85
		1 medium rib (yield after cooking, bone removed)	66	
		1 large rib (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
		1 cubic inch, with bone, cooked (yield after bone removed)	10	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, shortribs, cooked, lean and fat eaten (Include beef rib tips)	213-0411	1 small rib (yield after cooking, bone removed)	28	85
		1 medium rib (yield after cooking, bone removed)	66	
		1 large rib (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
		1 cubic inch, with bone, cooked (yield after bone removed)	10	
		1 cup, cooked, diced	140	
Beef, shortribs, cooked, lean only eaten (Include beef rib tips)	213-0412	1 small rib (yield after cooking, bone and fat removed)	22	85
		1 medium rib (yield after cooking, bone and fat removed)	51	
		1 large rib (yield after cooking, bone and fat removed)	70	
		1 oz, with bone, cooked, lean only (yield after bone removed)	16	
		1 oz, with bone, cooked (yield after bone and fat removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	8	
		1 cubic inch, with bone, cooked (yield after bone and fat removed)	8	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, shortribs, barbecued, with sauce, NS as to fat eaten.....213-0420	1 small rib (yield after cooking, bone removed).....	28	85
	1 medium rib (yield after cooking, bone removed).....	66	
	1 large rib (yield after cooking, bone removed).....	92	
	1 oz, with bone, cooked (yield after bone removed).....	15	
	1 oz, with bone, raw (yield after cooking, bone removed).....	11	
	1 cubic inch, with bone, cooked (yield after bone removed).....	10	
	1 cup, cooked, diced.....140		
Beef, shortribs, barbecued, with sauce, lean and fat eaten.....213-0421	1 small rib (yield after cooking, bone removed).....	28	85
	1 medium rib (yield after cooking, bone removed).....	66	
	1 large rib (yield after cooking, bone removed).....	92	
	1 oz, with bone, cooked (yield after bone removed).....	15	
	1 oz, with bone, raw (yield after cooking, bone removed).....	11	
	1 cubic inch, with bone, cooked (yield after bone removed).....	10	
	1 cup, cooked, diced.....140		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, shortribs, barbecued, with sauce, lean only eaten	213-0422	1 small rib (yield after cooking, bone and fat removed)	22	85
		1 medium rib (yield after cooking, bone and fat removed)	51	
		1 large rib (yield after cooking, bone and fat removed)	70	
		1 oz, with bone, cooked (yield after bone and fat removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	8	
		1 cubic inch, with bone, cooked (yield after bone and fat removed)	8	
		1 cup, cooked, diced	140	
Beef, roast, roasted, NS as to fat eaten (Include prime ribs, rib roast)	214-0100	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, roast, roasted, lean and fat eaten (Include prime ribs, rib roast)	214-0111	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, roast, roasted, lean only eaten	214-0112	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
(Include prime ribs, rib roast)		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)	23	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	22	
		1 oz, with bone, cooked (yield after bone and fat removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, boneless, cooked (yield after fat removed)	22	
		1 oz, boneless, raw (yield after cooking, fat removed)	18	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef, roast, canned	214-0140	1 oz, boneless	28	85
(Include beef, steak, canned)		1 cubic inch, boneless	18	
		1 cup, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, pot roast, braised or boiled, NS as to fat eaten (Include chuck roast, arm roast, blade roast, shoulder roast)	214-0700	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef, pot roast, braised or boiled, lean and fat eaten (Include chuck roast, arm roast, blade roast, shoulder roast)	214-0711	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, pot roast, braised or boiled, lean only eaten	214-0712	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
(Include chuck roast, arm roast, blade roast, shoulder roast)		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	16	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef, stew meat, cooked, NS as to fat eaten	214-1000	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef, stew meat, cooked, lean and fat eaten	214-1011	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, stew meat, cooked, lean only eaten	214-1012	1 oz, boneless, cooked, lean only	28	85
		1 oz, boneless, raw, lean only (yield after cooking)	19	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 oz, boneless, raw (yield after cooking, fat removed)	15	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Corned beef, cooked, NS as to fat eaten	214-1600	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	16	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Corned beef, cooked, lean and fat eaten	214-1611	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	16	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corned beef, cooked, lean only eaten	214-1612	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, cooked (yield after fat removed)	20	
		1 oz, boneless, raw (yield after cooking, fat removed)	12	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Corned beef, canned, ready-to-eat	214-1615	1 slice	40	85
		1 oz, boneless	28	
		1 cubic inch	18	
		1 cup, diced	140	
Beef brisket, cooked, NS as to fat eaten	214-1710	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef brisket, cooked, lean and [illegible]en	214-1711	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beef brisket, cooked, lean only eaten	214-1712	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, cooked (yield after fat removed)	23	
		1 oz, boneless, raw (yield after cooking, fat removed)	13	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Beef, sandwich steak (flaked, formed, thinly sliced) (Include Steak-umms)	214-2010	1 sandwich steak	41	
		1 cup	107	
		1 oz, raw (yield after cooking)	71	
Ground beef, raw	215-0000	1 oz	28	
		1 cup	226	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ground beef or patty, cooked, NS as to regular, lean, or extra lean	215-0010	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	68	85
		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	85	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	113	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	21	
		1 cubic inch, cooked	19	
		1 cubic inch, raw, yields cooked	12	
		1 cup, cooked	116	
		1 cup, raw, yields cooked	170	
Ground beef, meatballs, meat only, cooked, NS as to regular, lean, or extra lean	215-0011	1 small meatball	14	85
		1 medium meatball	28	
		1 large meatball	42	
		1 cocktail size meatball	7	
		1 cup	144	
Ground beef or patty, breaded, cooked	215-0020	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	81	101
		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	101	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	135	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	25	
		1 cubic inch, cooked	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ground beef, regular, cooked	215-0100	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	68	85
		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	85	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	113	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	21	
		1 cubic inch, cooked	19	
		1 cubic inch, raw, yields cooked	12	
		1 cup, cooked	116	
		1 cup, raw, yields cooked	170	
Ground beef, lean, cooked (Include ground chuck)	215-0120	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	71	88
		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	88	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	118	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	22	
		1 cubic inch, cooked	19	
		1 cubic inch, raw, yields cooked	12	
		1 cup, cooked	116	
		1 cup, raw, yields cooked	176	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ground beef, extra lean, cooked	215-0130	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	77	96
(Include ground sirloin, ground round)		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	96	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	128	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	24	
		1 cubic inch, cooked	19	
		1 cubic inch, raw, yields cooked	13	
		1 cup, cooked	116	
		1 cup, raw, yields cooked	192	
Ground beef with textured vegetable protein, cooked	215-4010	1 oz, cooked	28	85
		1 oz, raw (yield after cooking)	21	
		1 cubic inch, cooked	19	
		1 cup, cooked	116	
Beef, bacon, cooked	216-0100	1 oz, cooked	28	13
		1 oz, raw (yield after cooking)	9	
		1 slice, cooked (approx .8 oz, raw)	6.5	
		1 cup, pieces	84	
Beef, bacon, cooked, lean only eaten	216-0125	1 oz, cooked, lean only	28	
		1 oz, cooked (yield after fat removed)	21	
		1 oz, raw, lean only (yield after cooking)	13	
		1 oz, raw (yield after cooking, fat removed)	7	
		1 slice	6	
		1 cup, pieces	84	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, bacon, formed, lean meat added, cooked (Include Sizzlean)	216-0150	1 strip	11	22
		1 oz, raw (yield after cooking)	14	
Beef, dried, chipped, uncooked	216-0200	1 oz	28	28
		1 cup	121	
		1 jar (2.5 oz)	71	
		1 slice	9	
Beef, pastrami (beef, smoked, spiced) (Include pastrami, NFS)	216-0300	1 slice	28	28
		1 thin slice	14	
		1 cup, sliced	110	
		1 cup, pieces	131	
Beef, baby food, NS as to strained or junior	217-0100	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Beef, baby food, strained	217-0101	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Beef, baby food, junior	217-0102	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Pork, NS as to cut, cooked, NS as to fat eaten	220-0010	1 oz, boneless, raw (yield after cooking)	20	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, NS as to cut, cooked, lean and fat eaten	220-0011	1 oz, boneless, raw (yield after cooking)	20	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork, NS as to cut, cooked, lean only eaten	220-0012	1 oz, boneless, raw, lean only (yield after cooking)	20	85
		1 oz, boneless, cooked, lean only	28	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	14	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, NS as to cut, fried, NS as to fat eaten	220-0020	1 oz, boneless, raw (yield after cooking)	20	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork, NS as to cut, fried, lean and fat eaten	220-0021	1 oz, boneless, raw (yield after cooking)	20	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, NS as to cut, fried, lean only eaten	220-0022	1 oz, boneless, raw, lean only (yield after cooking)	21	85
		1 oz, boneless, cooked, lean only	28	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, with bone, cooked (yield after bone and fat removed)	18	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Pork, pickled, NS as to cut	220-0100	1 oz, boneless	28	85
		1 cubic inch, boneless	18	
		1 cup, diced	140	
Pork, ground or patty, cooked	220-0200	1 oz, raw (yield after cooking)	21	85
		1 oz, cooked	28	
		1 cup, cooked	125	
		1 cubic inch, cooked	18	
Pork, ground or patty, breaded, cooked	220-0210	1 oz, raw (yield after cooking)	25	85
		1 oz, cooked	28	
Pork, dehydrated, oriental style	220-0300	1 cup	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, NS as to cooking method, NS as to fat eaten	221-0100	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	46	85
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	85	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, NS as to cooking method, lean and fat eaten	221-0101	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	46	85
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	85	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	29	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, NS as to cooking method, lean only eaten.....	221-0102	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)..	37	67
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed).....	67	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed).....	98	
		1 oz, with bone, cooked, lean only (yield after bone removed)....	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked, lean only.....	28	
		1 oz, boneless, raw, lean only (yield after cooking).....	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)..	12	
		1 oz, with bone, cooked (yield after bone and fat removed).....	19	
		1 oz, boneless, raw (yield after cooking, fat removed)..	16	
		1 oz, boneless, cooked (yield after fat removed).....	24	
		1 cubic inch, boneless, cooked, fat removed....	18	
		1 cup, cooked, diced.....140		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, broiled or baked, NS as to fat eaten (Include floured)	221-0110	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	46	85
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	85	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, broiled or baked, lean and fat eaten (Include floured)	221-0111	1 small or thin cut (3 oz, with bone, raw; old after cooking, bone removed)	46	85
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	85	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, broiled or baked, lean only eaten (Include floured)	221-0112	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	37	67
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	67	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	98	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, broiled or baked, NS as to fat eaten (Include Shake-n-Bake; breaded, NS as to cooking method)	221-0213	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	55	100
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	100	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	146	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, broiled or baked, lean and fat eaten	221-0114			
(Include Shake-n-Bake; breaded, NS as to cooking method)				
		1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	55	100
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	100	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	146	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, broiled or baked, lean only eaten (Include Shake-n-Bake; breaded, NS as to cooking method)	221-0115	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	43	80
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	80	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	116	
		1 oz, with bone, cooked, lean only (yield after bone removed)	25	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	23	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, fried, NS as to fat eaten (Include floured)	221-0120	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	50	92
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	92	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	134	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, fried, lean and fat eaten	221-0121			
(Include floured)		1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	50	92
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	92	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	134	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, fried, lean only eaten.....221-0122 (Include floured)		1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)..	38	70
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)..	70	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed).....102		
		1 oz, with bone, raw (yield after cooking, bone and fat removed).....	13	
		1 oz, with bone, cooked (yield after bone and fat removed).....	18	
		1 oz, boneless, raw (yield after cooking, fat removed)..	15	
		1 oz, boneless, cooked (yield after fat removed).....	23	
		1 cubic inch, boneless, cooked, fat removed....	18	
		1 cup, cooked, diced.....140		
		1 oz, with bone, cooked, lean only (yield after bone removed)....	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked, lean only.....	28	
		1 oz, boneless, raw, lean only (yield after cooking).....	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, fried, NS as to fat eaten	21-0130	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	60	110
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	110	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	159	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, fried, lean and fat eaten	221-0131	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	60	110
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	110	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	159	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, breaded, fried, lean only eaten.	221-0132	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	45	84
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	84	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	122	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, with bone, cooked (yield after bone and fat removed)	18	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 oz, boneless, cooked (yield after fat removed)	23	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	25	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	24	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, battered, fried, NS as to fat eaten	221-0140	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	60	110
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	110	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	159	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork chop, battered, fried, lean and fat eaten	221-0141	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	60	110
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	110	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	159	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, battered, fried, lean only eaten	221-0142	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	45	84
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	84	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	122	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 oz, boneless, cooked (yield after fat removed)	23	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	24	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, stewed, NS as to fat eaten	221-0150	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	42	77
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	77	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	112	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1997	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, stewed, lean and fat eaten	221-0151	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	42	77
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	77	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	112	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, stewed, lean only eaten	221-0152	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	36	66
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	66	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	96	
		1 oz, with bone, cooked, lean only (yield after bone removed)	24	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	18	
		1 oz, with bone, cooked (yield after bone and fat removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 oz, boneless, raw (yield after cooking, fat removed)	14	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, smoked or cured, cooked, NS as to fat eaten	221-0700	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	46	84
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	84	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, smoked or cured, cooked, lean and fat eaten	221-0701	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	46	84
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	84	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	123	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chop, smoked or cured, cooked, lean only eaten	221-0702	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)	37	67
		1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	67	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	98	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	1½	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	26	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, NS as to cooking method, NS as to fat eaten	222-0100	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, NS as to cooking method, lean and fat eaten	222-0101	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, NS as to cooking method, lean only eaten	222-0102	1 oz, with bone, cooked, lean only (yield after bone removed)	24	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	14	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, battered, fried, NS as to fat eaten	222-0105	1 oz, with bone, raw (yield after cooking, bone removed)	21	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, battered, fried, lean and fat eaten	222-0106	1 oz, with bone, raw (yield after cooking, bone removed)	21	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, battered, fried, lean only eaten	222-0107	1 oz, with bone, raw (yield after cooking, bone and fat removed)	17	85
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	19	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	29	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	24	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, broiled or baked, NS as to fat eaten (Include floured)	222-0110	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, broiled or baked, lean and fat eaten (Include floured)	222-0111	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, broiled or baked, lean only eaten (Include floured)	222-0112	1 oz, with bone, cooked, lean only (yield after bone removed)	24	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	14	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	17	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, fried, NS as to fat eaten (Include floured)	222-0120	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, fried, lean and fat eaten (Include floured)	222-0121	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, fried, lean only eaten (Include floured)	222-0122	1 oz, with bone, raw (yield after cooking, bone and fat removed)	14	85
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	24	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, breaded, broiled or baked, NS as to fat eaten	222-0130	1 oz, with bone, raw (yield after cooking, bone removed)	21	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, breaded, broiled or baked, lean and fat eaten	222-0131	1 oz, with bone, raw (yield after cooking, bone removed)	21	85
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, breaded, broiled or baked, lean only eaten	222-0132	1 oz, with bone, raw (yield after cooking, bone and fat removed)	17	85
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	19	
		1 oz, boneless, cooked, (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	29	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking	24	
Pork steak or cutlet, breaded, fried, NS as to fat eaten	222-0140	1 oz, with bone, raw (yield after cooking, bone removed)	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork steak or cutlet, breaded, fried, lean and fat eaten	222-0141	1 oz, with bone, raw (yield after cooking, bone removed)	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, boneless, raw (yield after cooking)	24	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork steak or cutlet, breaded, fried, lean only eaten	222-0142	1 oz, with bone, cooked, lean only (yield after bone removed)	29	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	24	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	17	
		1 oz, with bone, cooked (yield after bone and fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	19	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Pork, tenderloin, breaded, fried (Include floured)	222-1031	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, tenderloin, braised	222-1035	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork, tenderloin, baked	222-1040	1 oz, boneless, raw (yield after cooking)	22	85
		1 oz, boneless, cooked	28	
		1 cup, cooked, diced	140	
Pork, tenderloin, battered, fried	222-1045	1 oz, boneless, raw (yield after cooking)	26	
		1 oz, boneless, cooked	28	
		1 cup, cooked, diced	140	
Ham, fried, NS as to fat eaten (Include smoked, cured, canned)	223-0012	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	27	
		1 oz, boneless, raw (yield after cooking)	18	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, fried, lean and fat eaten...223-0013 (Include smoked, cured, canned)		1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	27	
		1 oz, boneless, raw (yield after cooking)	18	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, fried, lean only eaten (Include smoked, cured, canned)	223-0014	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked, lean only (yield after bone removed)	27	
		1 oz, boneless, raw, lean only (yield after cooking)	18	
		1 oz, boneless, cooked, lean only	28	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	15	
		1 oz, with bone, cooked (yield after bone and fat removed)	24	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, breaded, fried, NS as to fat eaten (Include smoked, cured, canned; chicken fried ham)	223-0015	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, raw (yield after cooking)	21	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Ham, breaded, fried, lean and fat eaten (Include smoked, cured, canned; chicken friod ham)	223-0016	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, raw (yield after cooking)	21	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, breaded, fried, lean only eaten	223-0017	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
(Include smoked, cured, canned; chicken fried ham)		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, raw, lean only (yield after cooking)	21	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw (yield after cooking, fat removed)	19	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Ham, fresh, cooked, NS as to fat eaten	223-0100	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	15	
		1 oz, with bone, cooked (yield after bone and skin removed)	24	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, fresh, cooked, lean and fat eaten	223-0111	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	15	
		1 oz, with bone, cooked (yield after bone and skin removed)	24	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, fresh, cooked, lean only eaten	223-0112	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	75
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)	22	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	19	
		1 oz, with bone, raw (yield after cooking, bone, skin, and fat removed)	13	
		1 oz, with bone, cooked (yield after bone, skin, and fat removed)	22	
		1 oz, boneless, raw (yield after cooking, fat removed)	15	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, cooked, NS as to fat eaten (Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)	223-1100	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	17	
		1 oz, with bone, cooked (yield after bone and skin removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	110	
		1 cup, cooked, shaved	81	
Ham, smoked or cured, cooked, lean and fat eaten (Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)	223-1101	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	17	
		1 oz, with bone, cooked (yield after bone and skin removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	110	
		1 cup, cooked, shaved	81	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, cooked, lean only eaten (Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)	223-1102	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)	20	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	23	
		1 oz, with bone, raw (yield after cooking, bone, skin, and fat removed)	14	
		1 oz, with bone, cooked (yield after bone, skin, and fat removed)	18	
		1 oz, boneless, raw (yield after cooking, fat removed)	20	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 cup, cooked, shredded	110	
		1 cup, cooked, shaved	81	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, low sodium, cooked, NS as to fat eaten (Include canned)	223-1120	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	17	
		1 oz, with bone, cooked (yield after bone and skin removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Ham, smoked or cured, low sodium, cooked, lean and fat eaten (Include canned)	223-1121	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	17	
		1 oz, with bone, cooked (yield after bone and skin removed)	22	
		1 oz, boneless, raw (yield after cooking)	23	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, low sodium, cooked, lean only eaten..... (Include canned)	223-1122	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4").....	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8").....	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)....	20	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed).....	16	
		1 oz, boneless, cooked, lean only.....	28	
		1 oz, boneless, raw, lean only (yield after cooking).....	23	
		1 oz, with bone, raw (yield after cooking, bone, skin, and fat removed).....	14	
		1 oz, with bone, cooked (yield after bone, skin, and fat removed).....	18	
		1 oz, boneless, raw (yield after cooking, fat removed).....	20	
		1 oz, boneless, cooked (yield after fat removed).....	25	
		1 cubic inch, boneless, cooked, fat removed....	18	
		1 cup, cooked, diced.....	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, ready-to-eat, NS as to fat eaten (Include canned Polish ham) CODE DISCONTINUED 3/14/86	223-1140	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, diced	140	
Ham, smoked or cured, ready-to-eat, lean and fat eaten (Include canned Polish ham) CODE DISCONTINUED 3/14/86	223-1141	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, diced	140	
Ham, smoked or cured, ready-to-eat, lean only eaten (Include canned Polish ham) CODE DISCONTINUED 3/14/86	223-1142	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	78
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, diced	140	
Ham, prosciutto	223-1145	1 oz, boneless	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, canned, NS as to fat eaten	223-1150	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, diced	140	
Ham, smoked or cured, canned, lean and fat eaten	223-1151	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, diced	140	
Ham, smoked or cured, canned, lean only eaten	223-1152	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, diced	140	
		1 oz, boneless, cooked, lean only	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, smoked or cured, ground patty	223-2111	1 oz, raw (yield after cooking)	26	65
		1 oz, cooked	28	
		1 patty	60	
Pork roast, NS as to cut, cooked, NS as to fat eaten	224-0010	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, NS as to cut, cooked, lean and fat eaten	224-0011	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, NS as to cut, cooked, lean only eaten	224-0012	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, loin, cooked, NS as to fat eaten	224-0100	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork roast, loin, cooked, lean and fat eaten	224-0101	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, boneless, raw (yield after cooking)	20	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, loin, cooked, lean only eaten	224-0102	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	53	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, with bone, cooked (yield after bone and fat removed)	19	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	25	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Fried pork chunks, Puerto Rican style (Carne de cerdo frita, masitas fritas)	224-0251	1 piece (2-1/2" x 2" x 1")	38	115

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, shoulder, cooked, NS as to fat eaten..	224-1100	1 thin slice (approx 3" dia x 1/8")	14	85
		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork roast, shoulder, cooked, lean and fat eaten	224-1101	1 thin slice (approx 3" dia x 1/8")	14	85
		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, shoulder, cooked, lean only eaten	224-1102	1 thin slice (approx 3" dia x 1/8")	14	85
		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked, lean only (yield after bone removed)	22	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	19	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	14	
		1 oz, with bone, cooked (yield after bone and fat removed)	20	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	24	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, smoked or cured, cooked, NS as to fat eaten	224-2100	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork roast, smoked or cured, cooked, lean and fat eaten	224-2101	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork roast, smoked or cured, cooked, lean only eaten	224-2102	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, with bone, cooked, lean only (yield after bone removed)	19	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	19	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, with bone, cooked (yield after bone and fat removed)	17	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 oz, boneless, cooked (yield after fat removed)	23	
		1 cubic inch, boneless cooked, fat removed	18	
		1 cup, cooked, diced	140	
Pork roll, cured, fried	224-3100	1 slice (1 oz)	28	28
Canadian bacon, cooked	225-0101	1 slice	23	23
		1 oz, raw (yield after cooking)	23	
		1 oz, cooked	28	
		1 cubic inch, cooked	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bacon, NS as to type of meat, cooked	226-0010	1 thin slice (yield after cooking)	5	16
		1 medium slice (yield after cooking)	8	
		1 thick slice (yield after cooking)	12	
		1 oz, raw (yield after cooking)	8	
		1 oz, cooked	28	
		1 cup, pieces	80	
Pork bacon, smoked or cured, cooked	226-0100	1 thin slice (yield after cooking)	5	16
		1 medium slice (yield after cooking)	8	
		1 thick slice (yield after cooking)	12	
		1 oz, raw (yield after cooking)	8	
		1 oz, cooked	28	
		1 cup, pieces	80	
Pork bacon, smoked or cured, cooked, lean only eaten	226-0102	1 thin slice (yield after cooking, fat removed)	4	12
		1 medium slice (yield after cooking, fat removed)	6	
		1 thick slice (yield after cooking, fat removed)	9	
		1 oz, raw (yield after cooking, fat removed)	7	
		1 oz, cooked (yield after fat removed)	21	
		1 cup, pieces	80	
Bacon or side pork, fresh, cooked	226-0104	1 slice (1/4" thick)	26	26
		1 oz, raw (yield after cooking)	8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork bacon, smoked or cured, lower sodium	226-0201	1 thin slice (yield after cooking)	5	16
		1 medium slice (yield after cooking)	8	
		1 thick slice (yield after cooking)	12	
		1 oz, raw (yield after cooking)	8	
		1 oz, cooked	28	
		1 cup, pieces	80	
Pork bacon, formed, lean meat added, cooked (Include breakfast strips, Sizzlean)	226-0501	1 strip	11	22
		1 oz, raw (yield after cooking)	14	
Salt pork or fat back, cooked (Include hog jowl)	226-2100	1 slice (2-1/4" x 1-3/4" x 1/4")	26	26
		1 slice (4" x 1-3/4" x 1/2")	47	
		1 oz, raw (yield after cooking)	20	
		1 cup, cooked	128	
		1 cubic inch, cooked	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, spareribs, cooked, NS as to fat eaten	227-0100			
(Include flank end; ribs, NFS)		1 small cut (yield after cooking, bone removed)	75	105
		1 medium cut (yield after cooking, bone removed)	105	
		1 large cut (3 ribs of varied size per cut) (yield after cooking, bone removed)	135	
		1 small rib (yield after cooking, bone removed)	25	
		1 medium rib (yield after cooking, bone removed)	35	
		1 large rib (yield after cooking, bone removed)	45	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 cup, boneless, cooked	140	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, spareribs, cooked, lean and fat eaten (Include flank end)	227-0101	1 small cut (yield after cooking, bone removed)	75	105
		1 medium cut (yield after cooking, bone removed)	105	
		1 large cut (3 ribs of varied size per cut) (yield after cooking, bone removed)	135	
		1 small rib (yield after cooking, bone removed)	25	
		1 medium rib (yield after cooking, bone removed)	35	
		1 large rib (yield after cooking, bone removed)	45	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, spareribs, cooked, lean only eaten (Include flank end)	227-0102	1 small cut (yield after cooking, bone and fat removed)	56	
		1 medium cut (yield after cooking, bone and fat removed)	78	
		1 large cut (3 ribs of varied size per cut) (yield after cooking, bone and fat removed)	100	
		1 small rib (yield after cooking, bone and fat removed)	18	
		1 medium rib (yield after cooking, bone and fat removed)	26	
		1 large rib (yield after cooking, bone and fat removed)	33	
		1 oz, with bone, cooked, lean only (yield after bone removed)	12	
		1 oz, with bone, cooked (yield after bone and fat removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	10	
		1 cubic inch, with bone, cooked, fat removed (yield after bone removed)	8	
Pork, cracklings, cooked	227-0401	1 cup	91	
Pork ears, tail, head, snout, miscellaneous parts, cooked	227-0501	1 ear (yield after cooking)	111	111
		1 oz, ears, raw (yield after cooking)	26	
		1 oz, tails, raw (yield after cooking)	17	
		1 pig tail	85	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, neckbones, cooked	227-0601	1 neckbone (yield after cooking, bone removed)	47	56
(Include neckbones, NFS; pork backbone)		1 oz, with bone, raw (yield after cooking, bone removed)	8	
		1 oz, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, with bone, cooked (yield after bone removed)	7	
		1 cup, boneless, cooked	140	
		1 cup, with bone, cooked (yield after bone removed)	56	
Pork, pig's feet, cooked	227-0701	1 foot (yield after cooking, bone removed)	87	87
		1 oz, with bone, raw (yield after cooking, bone removed)	9	
		1 oz, with bone, cooked (yield after bone removed)	10	
		1 cup, with bone, cooked (yield after bone removed)	78	
Pork, pig's feet, pickled	227-0702	1 foot (yield after cooking, bone removed)	87	87
		1 oz, with bone, raw (yield after cooking, bone removed)	9	
		1 oz, with bone, cooked (yield after bone removed)	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, pig's hocks, cooked (Include ham hocks)	227-0801	1 ham hock (yield after cooking, bone removed)	51	85
		1 oz, with bone, raw (yield after cooking, bone removed)	5	
		1 oz, with bone, cooked (yield after bone removed)	6	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Pork skin, rinds, deep-fried (Include snack type)	227-0901	1 cup	32	
		5 rinds	5	
		1 individual serving bag	57	
Pork skin, boiled	227-0911	1 slice	33	100
		1 cup	156	
Pork, baby food, NS as to strained or junior	228-0100	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Pork, baby food, strained	228-0101	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Pork, baby food, junior	228-0102	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Ham, baby food, NS as to strained or junior	228-1000	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Ham, baby food, strained	228-1001	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Ham, baby food, junior	228-1002	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Meat sticks or frankfurters, baby food	228-2000	1 jar (2.5 oz)	71	20
		1 stick	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, NS as to cut, cooked.....230-0010 (Include mutton, NS as to cut)		1 oz, with bone, cooked (yield after bone removed).....	20	85
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked...	28	
		1 oz, boneless, raw (yield after cooking)..	21	
		1 cubic inch, boneless, cooked.....	18	
		1 cup, cooked, diced.....	140	
Lamb chop, NS as to cut, cooked, NS as to fat eaton.....231-0100 (Include mutton chop, NS as to cut)		1 small (4 oz, with bone, raw) (yield after cooking, bone removed).	72	109
		1 medium (6 oz, with bone, raw) (yield after cooking, bone removed).	109	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed).	145	
		1 oz, with bone, cooked (yield after bone removed).....	23	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 cubic inch, boneless, cooked.....	18	
		1 cup, cooked, diced.....	140	

FOOD DESCRIPTION	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb chop, NS as to cut, cooked, lean and fat eaten.....231-0101 (Include mutton chop, NS as to cut)	1 small (4 oz, with bone, raw) (yield after cooking, bone removed)	72	109
	1 medium (6 oz, with bone, raw) (yield after cooking, bone removed)	109	
	1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	145	
	1 oz, with bone, cooked (yield after bone removed)	23	
	1 oz, with bone, raw (yield after cooking, bone removed)	18	
	1 cubic inch, boneless, cooked	18	
	1 cup, cooked, diced	140	
Lamb chop, NS as to cut, cooked, lean only eaten.....231-0102 (Include mutton chop, NS as to cut)	1 small (4 oz, with bone, raw) (yield after cooking, bone and fat removed)	52	78
	1 medium (6 oz, with bone, raw) (yield after cooking, bone and fat removed)	78	
	1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	104	
	1 oz, with bone, cooked, lean only (yield after bone removed)	21	
	1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
	1 oz, with bone, cooked (yield after bone and fat removed)	16	
	1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
	1 cubic inch, boneless, cooked, fat removed	18	
	1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, loin chop, cooked, NS as to fat eaten (Include lamb steak, mutton loin chop, mutton steak)	231-0400	1 small (4 oz, with bone, raw) (yield after cooking, bone removed)	71	89
		1 medium (5 oz, with bone, raw) (yield after cooking, bone removed)	89	
		1 large (6 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Lamb, loin chop, cooked, lean and fat eaten (Include lamb steak, mutton loin chop, mutton steak)	231-0401	1 small (4 oz, with bone, raw) (yield after cooking, bone removed)	71	89
		1 medium (5 oz, with bone, raw) (yield after cooking, bone removed)	89	
		1 large (6 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, loin chop, cooked, lean only eaten (Include lamb steak, mutton loin chop, mutton steak)	231-0402	1 small (4 oz, with bone, raw) (yield after cooking, bone and fat removed)	50	62
		1 medium (5 oz, with bone, raw) (yield after cooking, bone and fat removed)	62	
		1 large (6 oz, with bone, raw) (yield after cooking, bone and fat removed)	75	
		1 oz, with bone, cooked, lean only (yield after bone removed)	19	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone and fat removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Lamb, shoulder chop, cooked, NS as to fat eaten (Include mutton shoulder chop)	231-0700	1 small (5.5 oz, with bone, raw) (yield after cooking, bone removed)	100	127
		1 medium (7 oz, with bone, raw) (yield after cooking, bone removed)	127	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	145	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, shoulder chop, cooked, lean and fat eaten	231-0701	1 small (5.5 oz, with bone, raw) (yield after cooking, bone removed)	100	127
(Include mutton shoulder chop)		1 medium (7 oz, with bone, raw) (yield after cooking, bone removed)	127	
		1 large (8 oz, with bone, raw) (yield after cooking, bone removed)	145	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Lamb, shoulder chop, cooked, lean only eaten	231-0702	1 small (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	72	91
(Include mutton shoulder chop)		1 medium (7 oz, with bone, raw) (yield after cooking, bone and fat removed)	91	
		1 large (8 oz, with bone, raw) (yield after cooking, bone and fat removed)	104	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	16	
		1 oz, with bone, cooked (yield after bone and fat removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, shoulder, cooked, NS as to fat eaten	231-0800	1 thin slice (approx 3" dia x 1/8")	14	85
(Include mutton shoulder)		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Lamb, shoulder, cooked, lean and fat eaten	231-0801	1 thin slice (approx 3" dia x 1/8")	14	85
(Include mutton shoulder)		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, shoulder, cooked, lean only eaten	231-0802			
(Include mutton shoulder)		1 thin slice (approx 3" dia x 1/8")	14	85
		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked, lean only (yield after bone removed)	21	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	20	
		1 oz, with bone, cooked (yield after bone and fat removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, boneless, cooked (yield after fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	15	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, ribs, cooked, lean only eaten (Include mutton ribs)	231-1000	1 rib (yield after cooking, bone and fat removed)	25	85
		1 oz, with bone, cooked, lean only (yield after bone removed)	17	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	14	
		1 oz, with bone, cooked (yield after bone and fat removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	10	
		1 cubic inch, with bone, cooked (yield after bone and fat removed)	8	
Lamb, ribs, cooked, NS as to fat eaten (Include mutton ribs)	231-1001	1 rib (yield after cooking, bone removed)	46	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, with bone, cooked (yield after bone removed)	14	
Lamb, ribs, cooked, lean and fat eaten (Include mutton ribs)	231-1005	1 rib (yield after cooking, bone removed)	46	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, with bone, cooked (yield after bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb hocks, cooked	231-1101	1 oz, with bone, cooked (yield after bone removed)	19	85
(Include mutton hocks)		1 oz, with bone, raw (yield after cooking, bone removed)	15	
Lamb, roast, cooked, NS as to fat eaten	231-2010	1 thin slice (approx 3" dia x 1/8")	14	85
(Include mutton roast; lamb leg; mutton leg)		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Lamb, roast, cooked, lean and fat eaten	231-2011	1 thin slice (approx 3" dia x 1/8")	14	85
(Include mutton roast; lamb leg; mutton leg)		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb, roast, cooked, lean only eaten	231-2012	1 thin slice (approx 3" dia x 1/8")	14	85
(Include mutton roast; lamb leg; mutton leg)		1 medium slice (approx 3" dia x 1/4")	28	
		1 thick slice (approx 3" dia x 3/8")	42	
		1 oz, with bone, cooked, lean only (yield after bone removed)	23	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	21	
		1 oz, with bone, cooked (yield after bone and fat removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, boneless, cooked (yield after fat removed)	21	
		1 oz, boneless, raw (yield after cooking, fat removed)	15	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Lamb, ground or patty, cooked	231-3200	1 patty (4 oz, raw) (yield after cooking)	77	77
(Include mutton, ground or patty)		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	19	
		1 cup, cooked	116	
		1 cup, raw, yields cooked	154	
Goat, boiled	231-5010	1 oz, boneless, cooked	28	85
		1 cubic inch, boneless, cooked	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Goat, fried	231-5020	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	18	
Goat, baked	231-5025	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal, NS as to cut, cooked, NS as to fat eaten	232-0010	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal, NS as to cut, cooked, lean and fat eaten	232-0011	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal, NS as to cut, cooked, lean only eaten	232-0012	1 oz, with bone, cooked, lean only (yield after bone removed)	22	85
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	19	
		1 oz, with bone, cooked (yield after bone and fat removed)	22	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	12	
		1 oz, boneless, cooked (yield after fat removed)	27	
		1 oz, boneless, raw (yield after cooking, fat removed)	16	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Veal chop, NS as to cooking method, NS as to fat eaten	232-0101	1 small (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal chop, NS as to cooking method, lean and fat eaten	232-0102	1 small chop (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, diced	140	
Veal chop, NS as to cooking method, lean only eaten	232-0103	1 small chop (4.75 oz, with bone, raw) (yield after cooking, bone and fat removed)	62	85
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	85	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone and fat removed)	108	
		1 oz, with bone, cooked, lean only (yield after bone removed)	22	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone and fat removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal chop, fried, NS as to fat eaten	232-0301	1 small (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
(Include breaded)		1 small, breaded (4.75 oz, with bone, raw) (yield after cooking, bone removed)	93	(if unbreaded) 127 (if breaded)
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 medium, breaded (6.5 oz, with bone, raw) (yield after cooking, bone removed)	127	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 large, breaded (8.25 oz, with bone, raw) (yield after cooking, bone removed)	161	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, with bone, raw, breaded (yield after cooking, bone removed)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal chop, fried, lean and fat eaten (Include breaded)	232-0302	1 small (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
		1 small, breaded (4.75 oz, with bone, raw) (yield after cooking, bone removed)	93	(if unbreaded) 127 (if breaded)
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 medium, breaded (6.5 oz, with bone, raw) (yield after cooking, bone removed)	127	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 large, breaded (8.25 oz, with bone, raw) (yield after cooking, bone removed)	161	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, with bone, raw, breaded (yield after cooking, bone removed)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal chop, fried, lean only eaten (Include breaded)	232-0303	1 small (4.75 oz, with bone, raw) (yield after cooking, bone and fat removed)	62	85
		1 small, breaded (4.75 oz, with bone, raw) (yield after cooking, bone and fat removed)	74	101 (if breaded)
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	85	
		1 medium, breaded (6.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	101	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone and fat removed)	108	
		1 large, breaded (8.25 oz, with bone, raw) (yield after cooking, bone and fat removed)	128	
		1 oz, with bone, cooked (yield after bone and fat removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 oz, with bone, raw, breaded (yield after cooking, bone and fat removed)	16	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, lean only (yield after bone removed)	22	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, with bone, raw, breaded, lean only (yield after cooking, bone removed)	20	

Veal chop, broiled, NS as to fat eaten	232-0310	1 small chop (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal chop, broiled, lean and fat eaten	232-0311	1 small chop (4.75 oz, with bone, raw) (yield after cooking, bone removed)	78	107
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone removed)	107	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone removed)	136	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal chop, broiled, lean only eaten	232-0312	1 small chop (4.75 oz, with bone, raw) (yield after cooking, bone and fat removed)	62	85
		1 medium (6.5 oz, with bone, raw) (yield after cooking, bone and fat removed)	85	
		1 large (8.25 oz, with bone, raw) (yield after cooking, bone and fat removed)	108	
		1 oz, with bone, cooked, lean only (yield after bone removed)	22	
		1 oz, with bone, raw, lean only (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone and fat removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and fat removed)	13	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Veal cutlet or steak, NS as to cooking method, NS as to fat eaten (Include veal cutlet, NFS)	232-0401	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal cutlet or steak, NS as to cooking method, lean and fat eaten	232-0402	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal cutlet or steak, NS as to cooking method, lean only eaten	232-0403	1 oz, boneless, cooked, lean only	28	85
		1 oz, boneless, raw, lean only (yield after cooking)	17	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	17	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Veal cutlet or steak, fried, NS as to fat eaten (Include breaded or floured)	232-0501	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, raw, breaded (yield after cooking)	23	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal cutlet or steak, fried, lean and fat eaten (Include breaded or floured)	232-0502	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	19	
		1 oz, boneless, raw, breaded (yield after cooking)	23	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal cutlet or steak, fried, lean only eaten (Include breaded or floured)	232-0503	1 oz, boneless, cooked, lean only	28	85
		1 oz, boneless, raw, lean only (yield after cooking)	17	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	17	
		1 oz, boneless, raw, breaded (yield after cooking, fat removed)	21	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	
Veal, roasted, NS as to fat eaten	232-1001	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal, roasted, lean and fat eaten	232-1002	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Veal, roasted, lean only eaten	232-1003	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	21	85
		1 medium slice (approx 4-1/2" x 2-1/2" x 1/4")	42	
		1 thick slice (approx 4-1/2" x 2-1/2" x 3/8")	63	
		1 oz, boneless, cooked, lean only	28	
		1 oz, boneless, raw, lean only (yield after cooking)	21	
		1 oz, boneless, cooked (yield after fat removed)	26	
		1 oz, boneless, raw (yield after cooking, fat removed)	19	
		1 cubic inch, boneless, cooked, fat removed	18	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal, ground or patty, cooked	232-2001	1 small patty (3.2 oz, raw, 5 per lb) (yield after cooking)	54	67
		1 medium patty (4 oz, raw, 4 per lb) (yield after cooking)	67	-
		1 large patty (5.3 oz, raw, 3 per lb) (yield after cooking)	89	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	17	
		1 cup, cooked	116	
Mock chicken legs, cooked (Include city chicken, pork and veal on a stick)	232-2002	1 oz, cooked	28	85
Veal patty, breaded, cooked	232-2003	1 small patty (3.2 oz, raw, 5 per lb) (yield after cooking)	64	79
		1 medium patty (4 oz, raw, 4 per lb) (yield after cooking)	79	
		1 large patty (5.3 oz, raw, 3 per lb) (yield after cooking)	106	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rabbit, NS as to domestic or wild, cooked	233-1000	1 oz, with bone, cooked (yield after bone removed)	22	85
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 back piece (yield after cooking, bone removed)	35	
		1 thigh (yield after cooking, bone removed)	45	
		1 leg (yield after cooking, bone removed)	25	
		1 hindleg (leg and thigh) (yield after cooking, bone removed)	70	
		1 foreleg (yield after cooking, bone removed)	52	
		1 rib piece (yield after cooking, bone removed)	32	
		1 body piece (yield after cooking, bone removed) (use for breast)	105	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rabbit, domestic, NS as to cooking method	233-1110	1 oz, with bone, cooked (yield after bone removed)	22	105
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 small (2 lb, raw) (yield after cooking, bone removed)	635	
		1 medium (4 lb, raw) (yield after cooking, bone removed)	1,270	
		1 back piece (yield after cooking, bone removed)	35	
		1 thigh (yield after cooking, bone removed)	45	
		1 leg (yield after cooking, bone removed)	25	
		1 hindleg (leg and thigh) (yield after cooking, bone removed)	70	
		1 foreleg (yield after cooking, bone removed)	52	
		1 rib piece (yield after cooking, bone removed)	32	
		1 body piece (yield after cooking, bone removed) (use for breast)	105	
Rabbit, domestic, breaded, fried	233-1112	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	30	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rabbit, wild, cooked	233-1120	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 cottontail (1.318 lb, raw, dressed) (yield after cooking, bone removed)	339	
		1 snowshoe (2 lb, raw, dressed) (yield after cooking, bone removed)	509	
		1 leg (leg and thigh) (yield after cooking, bone removed)	38	
Venison, cured	233-2105	1 oz, boneless, cooked	28	85
		1 cubic inch, boneless, cooked	18	
Venison, roasted (Include roast antelope)	233-2110	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Venison steak, cooked (Include fried venison, ground venison)	233-2120	1 oz, boneless, cooked	28	85
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	18	
		1 cup, ground, cooked	116	
		1 cup, cooked, diced	140	
Deer bologna (Include venison sausage, caribou sausage)	233-2210	1 oz	28	28
		1 cubic inch	16	
		1 slice (2" dia x 1/4")	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Deer chop, cooked (Include venison chop)	233-2230	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 chop, with bone, raw (yield after cooking, bone removed)	89	
Deer ribs, cooked	233-2235	1 oz, with bone, raw (yield after cooking, bone removed)	17	85
		1 oz, with bone, cooked (yield after bone removed)	23	
Venison, stewed	233-2240	1 oz, boneless, cooked	28	85
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Moose, cooked	233-2310	1 oz, boneless, cooked	28	85
		1 cup, cooked, diced	140	
Caribou, cooked	233-2410	1 oz, boneless, cooked	28	85
Ground hog, cooked	233-3110	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 cup, cooked, diced	140	
Opossum, cooked	233-3210	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 cubic inch, boneless, cooked	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Squirrel, cooked	233-3310	1 oz, with bone, cooked (yield after bone removed)	23	85
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 cubic inch, boneless, cooked	18	
		1 cup, cooked, diced	140	
Beaver, cooked	233-3410	1 oz, boneless, cooked	28	85
Raccoon, cooked	233-3510	1 oz, boneless, cooked	28	85
Armadillo, cooked	233-4010	1 oz, boneless, cooked	28	85
Wild pig, smoked	233-4510	1 oz, boneless, cooked	28	85
		1 cup, cooked, diced	140	
Lamb, baby food, NS as to strained or junior	234-1000	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Lamb, baby food, strained	234-1001	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Lamb, baby food, junior	234-1002	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Veal, baby food, NS as to strained or junior	234-2000	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Veal, baby food, strained	234-2001	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Veal, baby food, junior	234-2002	1 tbsp	15	50
		1 jar (3.5 oz)	99	

FOOD DESCRIPTION	FOOD CODE	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part and cooking method, light or dark meat, NS as to skin	241-0000	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	24	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part and cooking method, light or dark meat, skin eaten	241-0001	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	24	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part and cooking method, light or dark meat, skin not eaten	241-0002	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	24	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, boneless, raw, without skin (yield after cooking)	22	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, broiled, light or dark meat, NS as to skin	241-0100	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, broiled, light or dark meat, skin eaten	241-0101	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, broiled, light or dark meat, skin not eaten	241-0102	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	16	
		1 oz, boneless, raw, without skin (yield after cooking)	18	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, roasted, light or dark meat, NS as to skin	241-0200	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, roasted, light or dark meat, skin eaten	241-0201	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, roasted, light or dark meat, skin not eaten	241-0202	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 oz, boneless, raw, without skin (yield after cooking)	20	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, stewed, light or dark meat, NS as to skin	241-0300	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, stewed, light or dark meat, skin eaten	241-0301	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, stewed, light or dark meat, skin not eaten	241-0302	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	24	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 oz, boneless, raw, without skin (yield after cooking)	21	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, fried, no coating, light or dark meat, NS as to skin	241-0400	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, fried, no coating, light or dark meat, skin eaten	241-0401	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, fried, no coating, light or dark meat, skin not eaten	241-0402	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, boneless, raw, without skin (yield after cooking)	19	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, floured, baked or fried, light or dark meat, NS as to skin	241-0500	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, floured, baked or fried, light or dark meat, skin eaten...241-0501	1 thin slice (approx 2" x 1-1/2" x 1/8").....	7	85
	1 medium slice (approx 2" x 1-1/2" x 1/4")....	14	
	1 thick slice (approx 2" x 1-1/2" x 3/8").....	21	
	1 oz, boneless, cooked...	28	
	1 oz, boneless, raw (yield after cooking)..	19	
	1 cubic inch, boneless, cooked.....	21	
	1 cup, cooked, diced.....140		
Chicken, boneless, NS as to part, floured, baked or fried, light or dark meat, skin not eaten.....241-0502	1 thin slice (approx 2" x 1-1/2" x 1/8").....	7	85
	1 medium slice (approx 2" x 1-1/2" x 1/4")....	14	
	1 thick slice (approx 2" x 1-1/2" x 3/8").....	21	
	1 oz, boneless, cooked (yield after skin removed).....	25	
	1 oz, boneless, raw (yield after cooking, skin removed).....	17	
	1 oz, boneless, raw, without skin (yield after cooking).....	19	
	1 oz, boneless, cooked, without skin.....	28	
	1 cubic inch, boneless, cooked, skin removed...	21	
	1 cup, cooked, diced.....140		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, breaded, baked or fried, light or dark meat, NS as to skin	241-0600	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	29	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
(Include regular fried chicken, Shake-n-Bake)				
Chicken, boneless, NS as to part, breaded, baked or fried, light or dark meat, skin eaten	241-0601	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	29	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
(Include regular fried chicken, Shake-n-Bake)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, breaded, baked or fried, light or dark meat, skin not eaten	241-0602	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
(Include regular fried chicken, Shake-n-Bake)		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	20	
		1 oz, boneless, raw, without skin (yield after cooking)	25	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, battered, fried, light or dark meat, NS as to skin	241-0700	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
(Include extra crispy fried chicken)		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	29	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, boneless, NS as to part, battered, fried, light or dark meat, skin eaten (Include extra crispy fried chicken)	241-0701	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	29	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, boneless, NS as to part, battered, fried, light or dark meat, skin not eaten	241-0702	1 thin slice (approx 2" x 1-1/2" x 1/8")	7	85
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	20	
		1 oz, boneless, raw, without skin (yield after cooking)	25	
		1 oz, boneless, cooked, without skin	28	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part and cooking method, light or dark meat, NS as to skin	241-1000	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, with bone, NS as to part and cooking method, light or dark meat, skin eaten	241-1001	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part and cooking method, light or dark meat, skin not eaten	241-1002	1 small piece (yield after cooking, bone and skin removed)	20	52
		1 medium piece (yield after cooking, bone and skin removed)	52	
		1 large piece (yield after cooking, bone and skin removed)	86	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	10	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
Chicken, with bone, NS as to part, broiled, light or dark meat, NS as to skin	241-1100	1 small piece (yield after cooking, bone removed)	35	58
		1 medium piece (yield after cooking, bone removed)	58	
		1 large piece (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1/2 spring chicken (yield after cooking, bone removed)	292	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, braised, light or dark meat, skin eaten	241-1101	1 small piece (yield after cooking, bone removed)	35	58
		1 medium piece (yield after cooking, bone removed)	50	
		1 large piece (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1/2 spring chicken (yield after cooking, bone removed)	292	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, broiled, light or dark meat, skin not eaten	241-1102	1 small piece (yield after cooking, bone and skin removed)	20	52
		1 medium piece (yield after cooking, bone and skin removed)	52	
		1 large piece (yield after cooking, bone and skin removed)	81	
		1 oz, with bone, cooked (yield after bone and skin removed)	15	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	10	
		1/2 spring chicken (yield after cooking, bone and skin removed)	240	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
Chicken, with bone, NS as to part, roasted, light or dark meat, NS as to skin	241-1200	1 small piece (yield after cooking, bone removed)	34	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, roasted, light or dark meat, skin eaten	241-1201	1 small piece (yield after cooking, bone removed)	34	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, with bone, NS as to part, roasted, light or dark meat, skin not eaten	241-1202	1 small piece (yield after cooking, bone and skin removed)	21	52
		1 medium piece (yield after cooking, bone and skin removed)	52	
		1 large piece (yield after cooking, bone and skin removed)	86	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	10	
		1 oz, with bone, cooked, without skin (yield after bone removed)	10	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, stewed, light or dark meat, NS as to skin	241-1300	1 small piece (yield after cooking, bone removed)	40	68
		1 medium piece (yield after cooking, bone removed)	68	
		1 large piece (yield after cooking, bone removed)	110	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1/2 chicken (yield after cooking, bone removed)	334	
Chicken, with bone, NS as to part, stewed, light or dark meat, skin eaten	241-1301	1 small piece (yield after cooking, bone removed)	40	68
		1 medium piece (yield after cooking, bone removed)	68	
		1 large piece (yield after cooking, bone removed)	110	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1/2 chicken (yield after cooking, bone removed)	334	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, stewed, light or dark meat, skin not eaten	241-1302	1 small piece (yield after cooking, bone and skin removed)	24	55
		1 medium piece (yield after cooking, bone and skin removed)	55	
		1 large piece (yield after cooking, bone and skin removed)	95	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1/2 chicken (yield after cooking, bone and skin removed)	262	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
Chicken, with bone, NS as to part, fried, no coating, light or dark meat, NS as to skin	241-1400	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, fried, no coating, light or dark meat, skin eaten	241-1401	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, with bone, NS as to part, fried, no coating, light or dark meat, skin not eaten	241-1402	1 small piece (yield after cooking, bone and skin removed)	20	52
		1 medium piece (yield after cooking, bone and skin removed)	52	
		1 large piece (yield after cooking, bone and skin removed)	86	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, floured, baked or fried, light or dark meat, NS as to skin (Include fried, NS as to coating)	241-1500	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1/2 chicken (yield after cooking, bone removed)	314	
Chicken, with bone, NS as to part, floured, baked or fried, light or dark meat, skin eaten (Include fried, NS as to coating)	241-1501	1 small piece (yield after cooking, bone removed)	32	62
		1 medium piece (yield after cooking, bone removed)	62	
		1 large piece (yield after cooking, bone removed)	98	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1/2 chicken (yield after cooking, bone removed)	314	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, floured, baked or fried, light or dark meat, skin not eaten	241-1502	1 small piece (yield after cooking, bone and skin removed)	20	52
(Include fried, NS as to coating)		1 medium piece (yield after cooking, bone and skin removed)	52	
		1 large piece (yield after cooking, bone and skin removed)	86	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
Chicken, with bone, NS as to part, breaded, baked or fried, light or dark meat, NS as to skin	241-1600	1 small piece (yield after cooking, bone removed)	49	86
(Include regular fried chicken, Shake-n-Bake)		1 medium piece (yield after cooking, bone removed)	86	
		1 large piece (yield after cooking, bone removed)	140	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, breaded, baked or fried, light or dark meat, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-1601	1 small piece (yield after cooking, bone removed)	49	86
		1 medium piece (yield after cooking, bone removed)	86	
		1 large piece (yield after cooking, bone removed)	140	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
Chicken, with bone, NS as to part, breaded, baked or fried, light or dark meat, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-1602	1 small piece (yield after cooking, bone and skin removed)	22	54
		1 medium piece (yield after cooking, bone and skin removed)	54	
		1 large piece (yield after cooking, bone and skin removed)	88	
		1 oz, with bone, cooked (yield after bone and skin removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, battered, fried, light or dark meat, NS as to skin	241-1700			
(Include extra crispy fried chicken)		1 small piece (yield after cooking, bone removed)	49	86
		1 medium piece (yield after cooking, bone removed)	86	
		1 large piece (yield after cooking, bone removed)	140	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
Chicken, with bone, NS as to part, battered, fried, light or dark meat, skin eaten	241-1701			
(Include extra crispy fried chicken)		1 small piece (yield after cooking, bone removed)	49	86
		1 medium piece (yield after cooking, bone removed)	86	
		1 large piece (yield after cooking, bone removed)	140	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, with bone, NS as to part, battered, fried, light or dark meat, skin not eaten	241-1702			
(Includes extra crispy fried chicken)		1 small piece (yield after cooking, bone and skin removed)	22	54
		1 medium piece (yield after cooking, bone and skin removed)	54	
		1 large piece (yield after cooking, bone and skin removed)	88	
		1 oz, with bone, cooked (yield after bone and skin removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, NS as to cooking method, NS as to skin	241-2010	1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, NS as to cooking method, skin eaten	241-2011	1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, NS as to cooking method, skin not eaten	241-2012	1/2 small breast (yield after cooking, bone and skin removed)	75	86
		1/2 medium breast (yield after cooking, bone and skin removed)	86	
		1/2 large breast (yield after cooking, bone and skin removed)	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	14	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	16	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	23	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, broiled, NS as to skin	241-2110			
		1/2 small breast (yield after cooking, bone removed)	80	92
		1/2 medium breast (yield after cooking, bone removed)	92	
		1/2 large breast (yield after cooking, bone removed)	105	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, broiled, skin eaten	241-2111	1/2 small breast (yield after cooking, bone removed)	80	92
		1/2 medium breast (yield after cooking, bone removed)	92	
		1/2 large breast (yield after cooking, bone removed)	105	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, broiled, skin not eaten	241-2112	1/2 small breast (yield after cooking, bone and skin removed)	70	81
		1/2 medium breast (yield after cooking, bone and skin removed)	81	
		1/2 large breast (yield after cooking, bone and skin removed)	92	
		1 thin slice (approx 3" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	16	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, roasted, NS as to skin	241-2210			
		1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
		1 breast quarter (yield after cooking, bone removed)	155	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, roasted, skin eaten	241-2211	1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
		1 breast quarter (yield after cooking, bone removed)	155	

FOOD DESCRIPTION	FOOD CODE AUGUST 1997	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, roasted, skin not eaten	241-2212			
		1/2 small breast (yield after cooking, bone and skin removed)	75	86
		1/2 medium breast (yield after cooking, bone and skin removed)	86	
		1/2 large breast (yield after cooking, bone and skin removed)	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	21	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	14	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 breast quarter (yield after cooking, bone removed)	126	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, stewed, NS as to skin	241-2310	1/2 small breast (yield after cooking, bone removed)	95	110
		1/2 medium breast (yield after cooking, bone removed)	110	
		1/2 large breast (yield after cooking, bone removed)	125	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 breast quarter (yield after cooking, bone removed)	174	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, stewed, skin eaten	241-2311	1/2 small breast (yield after cooking, bone removed)	95	110
		1/2 medium breast (yield after cooking, bone removed)	110	
		1/2 large breast (yield after cooking, bone removed)	125	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 breast quarter (yield after cooking, bone removed)	174	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, stewed, skin not eaten	241-2312			
		1/2 small breast (yield after cooking, bone and skin removed)	81	95
		1/2 medium breast (yield after cooking, bone and skin removed)	95	
		1/2 large breast (yield after cooking, bone and skin removed)	107	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	15	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 breast quarter (yield after cooking, bone and skin removed)	134	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	23	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	17	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, fried, no coating, NS as to skin (Include sauteed)	241-2410	1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	?	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, fried, no coating, skin eaten.....241-2411 (Include sauteed)		1/2 small breast (yield after cooking, bone removed).....	84	98
		1/2 medium breast (yield after cooking, bone removed).....	98	
		1/2 large breast (yield after cooking, bone removed).....	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8").....	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")....	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8").....	21	
		1 oz, with bone, cooked (yield after bone removed).....	24	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked...	28	
		1 oz, boneless, raw (yield after cooking).....	18	
		1 cubic inch, boneless, cooked.....	21	
		1 cup, cooked, diced.....140		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, fried, no coating, skin not eaten.....241-2412 (Include sauteed)		1/2 small breast (yield after cooking, bone and skin removed).....	75	86
		1/2 medium breast (yield after cooking, bone and skin removed).....	86	
		1/2 large breast (yield after cooking, bone and skin removed).....	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8")....	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")....	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8").....	21	
		1 oz, with bone, cooked (yield after bone and skin removed).....	21	
		1 oz, with bone, raw (yield after cooking, bone and skin removed).....	14	
		1 oz, boneless, cooked (yield after skin removed).....	26	
		1 oz, boneless, raw (yield after cooking, skin removed).....	16	
		1 cubic inch, boneless, cooked, skin removed...	21	
		1 cup, cooked, diced.....140		
		1 oz, with bone, cooked, without skin (yield after bone removed)....	23	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked, without skin.....	28	
		1 oz, boneless, raw, without skin (yield after cooking).....	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION	SERVING NOT IN GRAMS SPECIFIED
Chicken, breast, with or without bone, floured, baked or fried, NS as to skin	241-2510			
(Include fried, NS as to coating)		1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 breast quarter (yield after cooking, bone removed)	176	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, floured, baked or fried, skin eaten (Include fried, NS as to coating)	241-2511	1/2 small breast (yield after cooking, bone removed)	84	98
		1/2 medium breast (yield after cooking, bone removed)	98	
		1/2 large breast (yield after cooking, bone removed)	111	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	24	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 breast quarter (yield after cooking, bone removed)	176	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, floured, baked or fried, skin not eaten.....241-2512 (Include fried, NS as to coating)		1/2 small breast (yield after cooking, bone and skin removed).....	75	86
		1/2 medium breast (yield after cooking, bone and skin removed).....	86	
		1/2 large breast (yield after cooking, bone and skin removed).....	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8").....	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")....	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8").....	21	
		1 oz, with bone, cooked (yield after bone and skin removed).....	21	
		1 oz, with bone, raw (yield after cooking, bone and skin removed.....	14	
		1 oz, boneless, cooked (yield after skin removed).....	26	
		1 oz, boneless, raw (yield after cooking, skin removed).....	16	
		1 cubic inch, boneless, cooked, skin removed...	21	
		1 cup, cooked, diced.....140		
		1 breast quarter (yield after cooking, bone removed).....144		
		1 oz, with bone, cooked, without skin (yield after bone removed)....	23	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed).....	15	
		1 oz, boneless, cooked, without skin.....	26	
		1 oz, boneless, raw, without skin (yield after cooking).....	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, breaded, baked or fried, NS as to skin (Include regular fried chicken, Shake-n-Bake)	241-2610	1/2 small breast (yield after cooking, bone removed)	120	140
		1/2 medium breast (yield after cooking, bone removed)	140	
		1/2 large breast (yield after cooking, bone removed)	158	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, breaded, baked or fried, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-2611	1/2 small breast (yield after cooking, bone removed)	120	140
		1/2 medium breast (yield after cooking, bone removed)	140	
		1/2 large breast (yield after cooking, bone removed)	158	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, breaded, baked or fried, skin not eaten	241-2612			
(Include regular fried chicken, Shake-n-Bake)		1/2 small breast (yield after cooking, bone and skin removed)	75	88
		1/2 medium breast (yield after cooking, bone and skin removed)	88	
		1/2 large breast (yield after cooking, bone and skin removed)	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	14	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, with bone, cooked, without skin (yield after bone removed)	25	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, skinless, breaded, cooked, breading eaten (Include Weaver Crispy Light Fried Chicken, Perdue done it Chicken Breast Tenders)	241-2615	1/2 breast	124	124
Chicken, breast, with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-2710	1/2 small breast (yield after cooking, bone removed)	120	140
		1/2 medium breast (yield after cooking, bone removed)	140	
		1/2 large breast (yield after cooking, bone removed)	158	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, battered, fried, skin eaten	241-2711			
(Include extra crispy fried chicken)		1/2 small breast (yield after cooking, bone removed)	120	140
		1/2 medium breast (yield after cooking, bone removed)	140	
		1/2 large breast (yield after cooking, bone removed)	158	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, battered, fried, skin not eaten	241-2712			
(Include extra crispy fried chicken)		1/2 small breast (yield after cooking, bone and skin removed)	75	88
		1/2 medium breast (yield after cooking, bone and skin removed)	98	
		1/2 large breast (yield after cooking, bone and skin removed)	98	
		1 thin slice (approx 2" x 1-1/2" x 1/8")	7	
		1 medium slice (approx 2" x 1-1/2" x 1/4")	14	
		1 thick slice (approx 2" x 1-1/2" x 3/8")	21	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	14	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	25	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, breast, with or without bone, skinless, battered, fried, batter eaten	241-2715	1 tender (piece)	12	
(Include Chicken Tenders)		1 cup	112	
Chicken, leg (drumstick and thigh), with or without bone, NS as to cooking method, NS as to skin	241-3020	1 small leg (yield after cooking, bone removed)	92	112
		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, NS as to cooking method, skin eaten	241-3021	1 small leg (yield after cooking, bone removed)	92	112
		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, NS as to cooking method, skin not eaten	241-3022			
		1 small leg (yield after cooking, bone and skin removed)	81	94
		1 medium leg (yield after cooking, bone and skin removed)	94	
		1 large leg (yield after cooking, bone and skin removed)	128	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, broiled, NS as to skin	241-3120	1 small leg (yield after cooking, bone removed)	90	109
		1 medium leg (yield after cooking, bone removed)	109	
		1 large leg (yield after cooking, bone removed)	143	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, leg (drumstick and thigh), with or without bone, broiled, skin eaten	241-3121	1 small leg (yield after cooking, bone removed)	90	109
		1 medium leg (yield after cooking, bone removed)	109	
		1 large leg (yield after cooking, bone removed)	143	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1967	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, broiled, skin not eaten	241-3122	1 small leg (yield after cooking, bone and skin removed)	80	57
		1 medium leg (yield after cooking, bone and skin removed)	97	
		1 large leg (yield after cooking, bone and skin removed)	128	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, roasted, NS as to skin	241-3220	1 small leg (yield after cooking, bone removed)	94	114
		1 medium leg (yield after cooking, bone removed)	114	
		1 large leg (yield after cooking, bone removed)	149	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
		1 leg quarter (yield after cooking, bone removed)	144	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, roasted, skin eaten	241-3221			
		1 small leg (yield after cooking, bone removed)	94	114
		1 medium leg (yield after cooking, bone removed)	114	
		1 large leg (yield after cooking, bone removed)	149	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
		1 leg quarter (yield after cooking, bone removed)	144	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, roasted, skin not eaten	241-3222	1 small leg (yield after cooking, bone and skin removed)	61	95
		1 medium leg (yield after cooking, bone and skin removed)	95	
		1 large leg (yield after cooking, bone and skin removed)	128	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 leg quarter (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, stewed, NS as to skin	241-3320	1 small leg (yield after cooking, bone removed)	103	125
		1 medium leg (yield after cooking, bone removed)	125	
		1 large leg (yield after cooking, bone removed)	165	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 leg quarter (yield after cooking, bone removed)	160	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, stewed, skin eaten	241-3321	1 small leg (yield after cooking, bone removed)	103	125
		1 medium leg (yield after cooking, bone removed)	125	
		1 large leg (yield after cooking, bone removed)	165	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 leg quarter (yield after cooking, bone removed)	160	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, stewed, skin not eaten	241-3322	1 small leg (yield after cooking, bone and skin removed)	90	101
		1 medium leg (yield after cooking, bone and skin removed)	101	
		1 large leg (yield after cooking, bone and skin removed)	144	
		1 oz, with bone, cooked (yield after bone and skin removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 leg quarter (yield after cooking, bone and skin removed)	128	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, fried, no coating, NS as to skin	241-3420			
		1 small leg (yield after cooking, bone removed)	92	112
		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, fried, no coating, skin eaten	241-3421	1 small leg (yield after cooking, bone removed)	92	112
		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, fried, no coating, skin not eaten	241-3422	1 small leg (yield after cooking, bone and skin removed)	81	94
		1 medium leg (yield after cooking, bone and skin removed)	94	
		1 large leg (yield after cooking, bone and skin removed)	128	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, floured, baked or fried, NS as to skin	241-3520	1 small leg (yield after cooking, bone removed)	92	112
(Include fried, NS as to coating)		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 leg quarter (yield after cooking, bone removed)	138	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, floured, baked or fried, skin eaten	241-3521			
(Include fried, NS as to coating)		1 small leg (yield after cooking, bone removed)	92	112
		1 medium leg (yield after cooking, bone removed)	112	
		1 large leg (yield after cooking, bone removed)	146	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 leg quarter (yield after cooking, bone removed)	138	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, floured, baked or fried, skin not eaten	241-3522			
(Include fried, NS as to coating)		1 small leg (yield after cooking, bone and skin removed)	81	94
		1 medium leg (yield after cooking, bone and skin removed)	94	
		1 large leg (yield after cooking, bone and skin removed)	128	
		1 leg quarter (yield after cooking, bone removed)	114	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, breaded, baked or fried, NS as to skin	241-3620			
(Include regular fried chicken, Shake-n-Bake)		1 small leg (yield after cooking, bone removed)	130	158
		1 medium leg (yield after cooking, bone removed)	158	
		1 large leg (yield after cooking, bone removed)	207	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, leg (drumstick and thigh), with or without bone, breaded, baked or fried, skin eaten	241-3621			
(Include regular fried chicken, Shake-n-Bake)		1 small leg (yield after cooking, bone removed)	130	158
		1 medium leg (yield after cooking, bone removed)	158	
		1 large leg (yield after cooking, bone removed)	207	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, breaded, baked or fried, skin not eaten	241-3622			
(Include regular fried chicken, Shake-n-Bake)		1 small leg (yield after cooking, bone and skin removed)	84	102
		1 medium leg (yield after cooking, bone and skin removed)	102	
		1 large leg (yield after cooking, bone and skin removed)	134	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	21	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-3720	1 small leg (yield after cooking, bone removed)	130	158
		1 medium leg (yield after cooking, bone removed)	158	
		1 large leg (yield after cooking, bone removed)	207	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, leg (drumstick and thigh), with or without bone, battered, fried, skin eaten (Include extra crispy fried chicken)	241-3721	1 small leg (yield after cooking, bone removed)	130	158
		1 medium leg (yield after cooking, bone removed)	158	
		1 large leg (yield after cooking, bone removed)	207	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, leg (drumstick and thigh), with or without bone, battered, fried, skin not eaten	241-3722	1 small leg (yield after cooking, bone and skin removed)	84	102
(Include extra crispy fried chicken)		1 medium leg (yield after cooking, bone and skin removed)	102	
		1 large leg (yield after cooking, bone and skin removed)	134	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	21	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, NS as to cooking method, NS as to skin	241-4020	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, NS as to cooking method, skin eaten	241-4021	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, NS as to cooking method, skin not eaten.....	241-4022	1 small drumstick (yield after cooking, bone and skin removed).....	32	42
		1 medium drumstick (yield after cooking, bone and skin removed).....	42	
		1 large drumstick (yield after cooking, bone and skin removed).....	55	
		1 oz, with bone, cooked (yield after bone and skin removed).....	17	
		1 oz, with bone, raw (yield after cooking, bone and skin removed).....	11	
		1 oz, boneless, cooked (yield after skin removed).....	26	
		1 oz, boneless, raw (yield after cooking, skin removed).....	17	
		1 cubic inch, boneless, cooked, skin removed...	21	
		1 cup, cooked, diced.....140		
		1 oz, with bone, cooked, without skin (yield after bone removed)....	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed).....	12	
		1 oz, boneless, cooked, without skin.....	28	
		1 oz, boneless, raw, without skin (yield after cooking).....	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, broiled, NS as to skin	241-4120	1 small drumstick (yield after cooking, bone removed)	40	52
		1 medium drumstick (yield after cooking, bone removed)	52	
		1 large drumstick (yield after cooking, bone removed)	68	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, broiled, skin eaten	241-4121	1 small drumstick (yield after cooking, bone removed)	40	52
		1 medium drumstick (yield after cooking, bone removed)	52	
		1 large drumstick (yield after cooking, bone removed)	68	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, broiled, skin not eaten	241-4122	1 small drumstick (yield after cooking, bone and skin removed)	35	45
		1 medium drumstick (yield after cooking, bone and skin removed)	45	
		1 large drumstick (yield after cooking, bone and skin removed)	59	
		1 oz, with bone, cooked (yield after bone and skin removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, roasted, NS as to skin	241-4220	1 small drumstick (yield after cooking, bone removed)	40	52
		1 medium drumstick (yield after cooking, bone removed)	52	
		1 large drumstick (yield after cooking, bone removed)	68	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, roasted, skin eaten	241-4221	1 small drumstick (yield after cooking, bone removed)	40	52
		1 medium drumstick (yield after cooking, bone removed)	52	
		1 large drumstick (yield after cooking, bone removed)	68	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, roasted, skin not eaten	241-4222	1 small drumstick (yield after cooking, bone and skin removed)	34	44
		1 medium drumstick (yield after cooking, bone and skin removed)	44	
		1 large drumstick (yield after cooking, bone and skin removed)	58	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, stewed, NS as to skin	241-4320	1 small drumstick (yield after cooking, bone removed)	44	57
		1 medium drumstick (yield after cooking, bone removed)	57	
		1 large drumstick (yield after cooking, bone removed)	75	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	23	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, stewed, skin eaten	241-4321	1 small drumstick (yield after cooking, bone removed)	44	57
		1 medium drumstick (yield after cooking, bone removed)	57	
		1 large drumstick (yield after cooking, bone removed)	75	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	23	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, stewed, skin not eaten	241-4322	1 small drumstick (yield after cooking, bone and skin removed)	36	46
		1 medium drumstick (yield after cooking, bone and skin removed)	46	
		1 large drumstick (yield after cooking, bone and skin removed)	60	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	20	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	23	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, fried, no coating, NS as to skin	241-4420	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, fried, no coating, skin eaten	241-4421	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, fried, no coating, skin not eaten	241-4422	1 small drumstick (yield after cooking, bone and skin removed)	32	42
		1 medium drumstick (yield after cooking, bone and skin removed)	42	
		1 large drumstick (yield after cooking, bone and skin removed)	55	
		1 oz, with bone, cooked (yield after bone and skin removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, floured, baked or fried, NS as to skin (Include fried, NS as to coating)	241-4520	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, floured, baked or fried, skin eaten (Include fried, NS as to coating)	241-4521	1 small drumstick (yield after cooking, bone removed)	38	49
		1 medium drumstick (yield after cooking, bone removed)	49	
		1 large drumstick (yield after cooking, bone removed)	65	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, floured, baked or fried, skin not eaten (Include fried, NS as to coating)	241-4522	1 small drumstick (yield after cooking, bone and skin removed)	32	42
		1 medium drumstick (yield after cooking, bone and skin removed)	42	
		1 large drumstick (yield after cooking, bone and skin removed)	55	
		1 oz, with bone, cooked (yield after bone and skin removed)	17	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, breaded, baked or fried, NS as to skin (Include regular fried chicken, Shake-n-Bake)	241-4620	1 small drumstick (yield after cooking, bone removed)	55	72
		1 medium drumstick (yield after cooking, bone removed)	72	
		1 large drumstick (yield after cooking, bone removed)	94	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, breaded, baked or fried, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-4621	small drumstick (yield after cooking, bone removed)	55	72
		1 medium drumstick (yield after cooking, bone removed)	72	
		1 large drumstick (yield after cooking, bone removed)	94	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, breaded, baked or fried, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-4622	1 small drumstick (yield after cooking, bone and skin removed)	36	46
		1 medium drumstick (yield after cooking, bone and skin removed)	46	
		1 large drumstick (yield after cooking, bone and skin removed)	60	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	21	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, without skin	26	
		1 oz, boneless, raw, without skin (yield after cooking)	25	
Chicken, drumstick, with or without bone, skinless, breaded, cooked, breading eaten (Include Weaver Crispy Light Fried Chicken)	241-4625	1 drumstick	64	64

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-4720	1 small drumstick (yield after cooking, bone removed)	55	72
		1 medium drumstick (yield after cooking, bone removed)	72	
		1 large drumstick (yield after cooking, bone removed)	94	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, drumstick, with or without bone, battered, fried, skin eaten (Include extra crispy fried chicken)	241-4721	1 small drumstick (yield after cooking, bone removed)	55	72
		1 medium drumstick (yield after cooking, bone removed)	72	
		1 large drumstick (yield after cooking, bone removed)	94	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, drumstick, with or without bone, battered, fried, skin not eaten	241-4722	1 small drumstick (yield after cooking, bone and skin removed)	36	46
(Include extra crispy fried chicken)		1 medium drumstick (yield after cooking, bone and skin removed)	46	
		1 large drumstick (yield after cooking, bone and skin removed)	60	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	21	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, NS as to cooking method, NS as to skin	241-5020	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, NS as to cooking method, skin eaten	241-5021	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, NS as to cooking method, skin not eaten	241-5022	1 small thigh (yield after cooking, bone and skin removed)	46	52
		1 medium thigh (yield after cooking, bone and skin removed)	52	
		1 large thigh (yield after cooking, bone and skin removed)	70	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking skin removed)	17	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, broiled, NS as to skin	241-5120	1 small thigh (yield after cooking, bone removed)	51	58
		1 medium thigh (yield after cooking, bone removed)	58	
		1 large thigh (yield after cooking, bone removed)	78	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, broiled, skin eaten	241-5121	1 small thigh (yield after cooking, bone removed)	51	58
		1 medium thigh (yield after cooking, bone removed)	58	
		1 large thigh (yield after cooking, bone removed)	78	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	17	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, broiled, skin not eaten	241-5122	1 small thigh (yield after cooking, bone and skin removed)	46	52
		1 medium thigh (yield after cooking, bone and skin removed)	52	
		1 large thigh (yield after cooking, bone and skin removed)	70	
		1 oz, with bone, cooked (yield after bone and skin removed)	20	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	16	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	13	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	17	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, roasted, NS as to skin	241-5220	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, roasted, skin eaten	241-5221	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, roasted, skin not eaten	241-5222	1 small thigh (yield after cooking, bone and skin removed)	46	52
		1 medium thigh (yield after cooking, bone and skin removed)	52	
		1 large thigh (yield after cooking, bone and skin removed)	70	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, stewed, NS as to skin	241-5320	1 small thigh (yield after cooking, bone removed)	60	68
		1 medium thigh (yield after cooking, bone removed)	68	
		1 large thigh (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, stewed, skin eaten	241-5321	1 small thigh (yield after cooking, bone removed)	60	68
		1 medium thigh (yield after cooking, bone removed)	68	
		1 large thigh (yield after cooking, bone removed)	92	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, stewed, skin not eaten	241-5322	1 small thigh (yield after cooking, bone and skin removed)	49	55
		1 medium thigh (yield after cooking, bone and skin removed)	55	
		1 large thigh (yield after cooking, bone and skin removed)	75	
		1 oz, with bone, cooked (yield after bone and skin removed)	18	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 oz, boneless, cooked (yield after skin removed)	24	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, fried, no coating, NS as to skin	241-5420	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thign, with or without bone, fried, no coating, skin eaten	241-5421	1 small thigh (yield after cooking, bone removed)	55	62
		1 medium thigh (yield after cooking, bone removed)	62	
		1 large thigh (yield after cooking, bone removed)	84	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, fried, no coating, skin not eaten	241-5422	1 small thigh (yield after cooking, bone and skin removed)	46	52
		1 medium thigh (yield after cooking, bone and skin removed)	52	
		1 large thigh (yield after cooking, bone and skin removed)	70	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	

Chicken, thigh, with or without bone, floured, baked or fried, NS as to skin....241-5520 (Include fried, NS as to coating)	1 small thigh (yield after cooking, bone removed)	55	62	
	1 medium thigh (yield after cooking, bone removed)	62		
	1 large thigh (yield after cooking, bone removed)	84		
	1 oz, with bone, cooked (yield after bone removed)	22		
	1 oz, with bone, raw (yield after cooking, bone removed)	15		
	1 oz, boneless, cooked	28		
	1 oz, boneless, raw (yield after cooking)	19		
	1 cubic inch, boneless, cooked	21		
	1 cup, cooked, diced	140		
Chicken, thigh, with or without bone, floured, baked or fried, skin eaten.....241-5521 (Include fried, NS as to coating)	1 small thigh (yield after cooking, bone removed)	55	62	
	1 medium thigh (yield after cooking, bone removed)	62		
	1 large thigh (yield after cooking, bone removed)	84		
	1 oz, with bone, cooked (yield after bone removed)	22		
	1 oz, with bone, raw (yield after cooking, bone removed)	15		
	1 oz, boneless, cooked	28		
	1 oz, boneless, raw (yield after cooking)	19		
	1 cubic inch, boneless, cooked	21		
	1 cup, cooked, diced	140		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, floured, baked or fried, skin not eaten (Include fried, NS as to coating)	241-5522	1 small thigh (yield after cooking, bone and skin removed)	46	52
		1 medium thigh (yield after cooking, bone and skin removed)	52	
		1 large thigh (yield after cooking, bone and skin removed)	70	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	17	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, breaded, baked or fried, NS as to skin (Include regular fried chicken, Shake-n-Bake)	241-5620	1 small thigh (yield after cooking, bone removed)	76	86
		1 medium thigh (yield after cooking, bone removed)	86	
		1 large thigh (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, breaded, baked or fried, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-5621	1 small thigh (yield after cooking, bone removed)	76	86
		1 medium thigh (yield after cooking, bone removed)	86	
		1 large thigh (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, breaded, baked or fried, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-5622	1 small thigh (yield after cooking, bone and skin removed)	48	54
		1 medium thigh (yield after cooking, bone and skin removed)	54	
		1 large thigh (yield after cooking, bone and skin removed)	73	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	
Chicken, thigh, with or without bone, skinless, breaded, cooked, breading eaten (Include Weaver Crispy Light Fried Chicken)	241-5625	1 thigh	78	78

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-5720	1 small thigh (yield after cooking, bone removed)	76	86
		1 medium thigh (yield after cooking, bone removed)	86	
		1 large thigh (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Chicken, thigh, with or without bone, battered, fried, skin eaten (Include extra crispy fried chicken)	241-5721	1 small thigh (yield after cooking, bone removed)	76	86
		1 medium thigh (yield after cooking, bone removed)	86	
		1 large thigh (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, battered, fried, skin not eaten (Include extra crispy fried chicken)	241-5722	1 small thigh (yield after cooking, bone and skin removed)	48	54
		1 medium thigh (yield after cooking, bone and skin removed)	54	
		1 large thigh (yield after cooking, bone and skin removed)	73	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 oz, boneless, cooked (yield after skin removed)	20	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	22	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	20	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	25	

FOOD DESCRIPTION	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, smoked, NS as to skin.....241-5820	1 small thigh (yield after bone removed).....55		62
	1 medium thigh (yield after bone removed).....62		
	1 large thigh (yield after bone removed).....84		
	1 oz, with bone, cooked (yield after bone removed).....22		
	1 oz, boneless, cooked....28		
	1 cubic inch, boneless, cooked.....21		
	1 cup, cooked, diced.....140		
Chicken, thigh, with or without bone, smoked, skin eaten.....241-5821	1 small thigh (yield after bone removed).....55		62
	1 medium thigh (yield after bone removed).....62		
	1 large thigh (yield after bone removed).....84		
	1 oz, with bone, cooked (yield after bone removed).....22		
	1 oz, boneless, cooked....28		
	1 cubic inch, boneless, cooked.....21		
	1 cup, cooked, diced.....140		

FOOD DESCRIPTION	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, thigh, with or without bone, smoked, skin not eaten.....241-5822	1 small thigh (yield after bone and skin removed).....46		52
	1 medium thigh (yield after bone and skin removed).....52		
	1 large thigh (yield after bone and skin removed).....70		
	1 oz, with bone, cooked, skinless (yield after bone removed).....14		
	1 oz, boneless, cooked, skinless.....28		
	1 oz, with bone, cooked (yield after bone and skin removed).....19		
	1 oz, boneless, cooked (yield after skin removed).....25		
	1 cubic inch, boneless, cooked, skin removed....21		
	1 cup, cooked, diced.....140		
Chicken, wing, with or without bone, NS as to cooking method, NS as to skin.....241-6010	1 small wing (yield after cooking, bone removed)..... 28		32
	1 medium wing (yield after cooking, bone removed)..... 32		
	1 large wing (yield after cooking, bone removed)..... 43		
	1 oz, with bone, cooked (yield after bone removed)..... 15		
	1 oz, with bone, raw (yield after cooking, bone removed)..... 10		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, NS as to cooking method, skin eaten	241-6011	1 small wing (yield after cooking, bone removed)	28	32
		1 medium wing (yield after cooking, bone removed)	32	
		1 large wing (yield after cooking, bone removed)	43	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	
Chicken, wing, with or without bone, NS as to cooking method, skin not eaten	241-6012	1 small wing (yield after cooking, bone and skin removed)	17	20
		1 medium wing (yield after cooking, bone and skin removed)	20	
		1 large wing (yield after cooking, bone and skin removed)	26	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	6	
		1 oz, with bone, cooked, without skin (yield after bone removed)	12	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, broiled, NS as to skin	241-6110	1 small wing (yield after cooking, bone removed)	30	35
		1 medium wing (yield after cooking, bone removed)	35	
		1 large wing (yield after cooking, bone removed)	46	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
Chicken, wing, with or without bone, broiled, skin eaten	241-6111	1 small wing (yield after cooking, bone removed)	30	35
		1 medium wing (yield after cooking, bone removed)	35	
		1 large wing (yield after cooking, bone removed)	46	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, broiled, skin not eaten	241-6112	1 small wing (yield after cooking, bone and skin removed)	17	20
		1 medium wing (yield after cooking, bone and skin removed)	20	
		1 large wing (yield after cooking, bone and skin removed)	26	
		1 oz, with bone, cooked (yield after bone and skin removed)	10	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	6	
		1 oz, with bone, cooked, without skin (yield after bone removed)	14	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	9	
Chicken, wing, with or without bone, roasted, NS as to skin	241-6210	1 small wing (yield after cooking, bone removed)	30	34
		1 medium wing (yield after cooking, bone removed)	34	
		1 large wing (yield after cooking, bone removed)	45	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, roasted, skin eaten	241-6211	1 small wing (yield after cooking, bone removed)	30	34
		1 medium wing (yield after cooking, bone removed)	34	
		1 large wing (yield after cooking, bone removed)	45	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
Chicken, wing, with or without bone, roasted, skin not eaten	241-6212	1 small wing (yield after cooking, bone and skin removed)	18	21
		1 medium wing (yield after cooking, bone and skin removed)	21	
		1 large wing (yield after cooking, bone and skin removed)	27	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	11	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, stewed, NS as to skin	241-6310	1 small wing (yield after cooking, bone removed)	34	40
		1 medium wing (yield after cooking, bone removed)	40	
		1 large wing (yield after cooking, bone removed)	52	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, wing, with or without bone, stewed, skin eaten	241-6311	1 small wing (yield after cooking, bone removed)	34	40
		1 medium wing (yield after cooking, bone removed)	40	
		1 large wing (yield after cooking, bone removed)	52	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, stewed, skin not eaten	241-6312	1 small wing (yield after cooking, bone and skin removed)	21	24
		1 medium wing (yield after cooking, bone and skin removed)	24	
		1 large wing (yield after cooking, bone and skin removed)	32	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	8	
		1 oz, with bone, cooked, without skin (yield after bone removed)	11	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	10	
Chicken, wing, with or without bone, fried, no coating, NS as to skin	241-6410	1 small wing (yield after cooking, bone removed)	28	32
		1 medium wing (yield after cooking, bone removed)	32	
		1 large wing (yield after cooking, bone removed)	43	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	

Chicken, wing, with or without bone, fried, no coating, skin not eating.....241-6411

1 small wing (yield after cooking, bone removed)..... 28 32
1 medium wing (yield after cooking, bone removed)..... 32
1 large wing (yield after cooking, bone removed)..... 43
1 oz, with bone, cooked (yield after bone removed)..... 15
1 oz, with bone, raw (yield after cooking, bone removed)..... 10
1 drumette (mini drumstick from a wing). 15

Chicken, wing, with or without bone, fried, no coating, skin not eaten.....241-6412

1 small wing (yield after cooking, bone and skin removed)..... 17 20
1 medium wing (yield after cooking, bone and skin removed)..... 20
1 large wing (yield after cooking, bone and skin removed)..... 26
1 oz, with bone, cooked (yield after bone and skin removed)..... 12
1 oz, with bone, raw (yield after cooking, bone and skin removed). 6
1 oz, with bone, cooked, without skin (yield after bone removed).... 12
1 oz, with bone, raw, without skin (yield after cooking, bone removed)..... 8

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, floured, baked or fried, NS as to skin	241-6510	1 small wing (yield after cooking, bone removed)	28	32
(Include fried, NS as to coating)		1 medium wing (yield after cooking, bone removed)	32	
		1 large wing (yield after cooking, bone removed)	43	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	
Chicken, wing, with or without bone, floured, baked or fried, skin eaten	241-6511	1 small wing (yield after cooking, bone removed)	28	32
(Include fried, NS as to coating)		1 medium wing (yield after cooking, bone removed)	32	
		1 large wing (yield after cooking, bone removed)	43	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, floured, baked or fried, skin not eaten (Include fried, NS as to coating)	241-6512	1 small wing (yield after cooking, bone and skin removed)	17	20
		1 medium wing (yield after cooking, bone and skin removed)	20	
		1 large wing (yield after cooking, bone and skin removed)	26	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	6	
		1 oz, with bone, cooked, without skin (yield after bone removed)	12	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	8	
Chicken, wing, with or without bone, breaded, baked or fried, NS as to skin (Include regular fried chicken, Shake-n-Bake)	241-6610	1 small wing (yield after cooking, bone removed)	42	49
		1 medium wing (yield after cooking, bone removed)	49	
		1 large wing (yield after cooking, bone removed)	64	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, breaded, baked or fried, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-6611	1 small wing (yield after cooking, bone removed)	42	49
		1 medium wing (yield after cooking, bone removed)	49	
		1 large wing (yield after cooking, bone removed)	64	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 drummette (mini drumstick from a wing)	19	
Chicken, wing, with or without bone, breaded, baked or fried, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-6612	1 small wing (yield after cooking, bone and skin removed)	20	22
		1 medium wing (yield after cooking, bone and skin removed)	22	
		1 large wing (yield after cooking, bone and skin removed)	30	
		1 oz, with bone, cooked (yield after bone and skin removed)	8	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	16	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-6710	1 small wing (yield after cooking, bone removed)	42	49
		1 medium wing (yield after cooking, bone removed)	49	
		1 large wing (yield after cooking, bone removed)	64	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
Chicken, wing, with or without bone, battered, fried, skin eaten (Include extra crispy fried chicken)	241-6711	1 small wing (yield after cooking, bone removed)	42	49
		1 medium wing (yield after cooking, bone removed)	49	
		1 large wing (yield after cooking, bone removed)	64	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, wing, with or without bone, battered, fried, skin not eaten (Include extra crispy fried chicken)	241-6712	1 small wing (yield after cooking, bone and skin removed)	20	22
		1 medium wing (yield after cooking, bone and skin removed)	22	
		1 large wing (yield after cooking, bone and skin removed)	30	
		1 oz, with bone, cooked (yield after bone and skin removed)	8	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	16	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
Chicken, back, with or without bone, NS as to cooking method, NS as to skin	241-7020	1 small back (yield after cooking, bone removed)	110	128
		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, NS as to cooking method, skin eaten	241-7021	1 small back (yield after cooking, bone removed)	110	128
		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, back, with or without bone, NS as to cooking method, skin not eaten	241-7022	1 small back (yield after cooking, bone and skin removed)	89	103
		1 medium back (yield after cooking, bone and skin removed)	103	
		1 large back (yield after cooking, bone and skin removed)	129	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	9	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, broiled, NS as to skin	241-7120	1 small back (yield after cooking, bone removed)	116	134
		1 medium back (yield after cooking, bone removed)	134	
		1 large back (yield after cooking, bone removed)	168	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, back, with or without bone, broiled, skin eaten	241-7121	1 small back (yield after cooking, bone removed)	116	134
		1 medium back (yield after cooking, bone removed)	134	
		1 large back (yield after cooking, bone removed)	168	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, broiled, skin not eaten	241-7122	1 small back (yield after cooking, bone and skin removed)	97	112
		1 medium back (yield after cooking, bone and skin removed)	112	
		1 large back (yield after cooking, bone and skin removed)	141	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	10	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
Chicken, back, with or without bone, roasted, NS as to skin	241-7220	1 small back (yield after cooking, bone removed)	81	94
		1 medium back (yield after cooking, bone removed)	94	
		1 large back (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, roasted, skin eaten	241-7221	1 small back (yield after cooking, bone removed)	81	94
		1 medium back (yield after cooking, bone removed)	94	
		1 large back (yield after cooking, bone removed)	117	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	9	
Chicken, back, with or without bone, roasted, skin not eaten	241-7222	1 small back (yield after cooking, bone and skin removed)	62	72
		1 medium back (yield after cooking, bone and skin removed)	72	
		1 large back (yield after cooking, bone and skin removed)	90	
		1 oz, with bone, cooked (yield after bone and skin removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	13	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, stewed, NS as to skin	241-7320	1 small back (yield after cooking, bone removed)	91	106
		1 medium back (yield after cooking, bone removed)	106	
		1 large back (yield after cooking, bone removed)	133	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	
Chicken, back, with or without bone, stewed, skin eaten	241-7321	1 small back (yield after cooking, bone removed)	91	106
		1 medium back (yield after cooking, bone removed)	106	
		1 large back (yield after cooking, bone removed)	133	
		1 oz, with bone, cooked (yield after bone removed)	15	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, stewed, skin not eaten	241-7322	1 small back (yield after cooking, bone and skin removed)	65	75
		1 medium back (yield after cooking, bone and skin removed)	75	
		1 large back (yield after cooking, bone and skin removed)	94	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	12	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	8	
Chicken, back, with or without bone, fried, no coating, NS as to skin	241-7420	1 small back (yield after cooking, bone removed)	110	128
		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, fried, no coating, skin eaten	241-7421	1 small back (yield after cooking, bone removed)	110	128
		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, back, with or without bone, fried, no coating, skin not eaten	241-7422	1 small back (yield after cooking, bone and skin removed)	89	103
		1 medium back (yield after cooking, bone and skin removed)	103	
		1 large back (yield after cooking, bone and skin removed)	129	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	9	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, floured, baked or fried, NS as to skin	241-7520	1 small back (yield after cooking, bone removed)	110	128
(Include fried, NS as to coating)		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Chicken, back, with or without bone, floured, baked or fried, skin eaten	241-7521	1 small back (yield after cooking, bone removed)	110	128
(Include fried, NS as to coating)		1 medium back (yield after cooking, bone removed)	128	
		1 large back (yield after cooking, bone removed)	160	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, floured, baked or fried, skin not eaten (Include fried, NS as to coating)	241-7522	1 small back (yield after cooking, bone and skin removed)	89	103
		1 medium back (yield after cooking, bone and skin removed)	103	
		1 large back (yield after cooking, bone and skin removed)	129	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	9	
		1 oz, with bone, cooked, without skin (yield after bone removed)	18	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	
Chicken, back, with or without bone, breaded, baked or fried, NS as to skin (Include regular fried chicken, Shake-n-Bake)	241-7620	1 small back (yield after cooking, bone removed)	183	212
		1 medium back (yield after cooking, bone removed)	212	
		1 large back (yield after cooking, bone removed)	2[illegible]	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, breaded, baked or fried, skin eaten (Include regular fried chicken, Shake-n-Bake)	241-7521	1 small back (yield after cooking, bone removed)	183	212
		1 medium back (yield after cooking, bone removed)	212	
		1 large back (yield after cooking, bone removed)	266	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
Chicken, back, with or without bone, breaded, baked or fried, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-7622	1 small back (yield after cooking, bone and skin removed)	102	119
		1 medium back (yield after cooking, bone and skin removed)	119	
		1 large back (yield after cooking, bone and skin removed)	149	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, battered, fried, NS as to skin (Include extra crispy fried chicken)	241-7720	1 small back (yield after cooking, bone removed)	183	212
		1 medium back (yield after cooking, bone removed)	212	
		1 large back (yield after cooking, bone removed)	266	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
Chicken, back, with or without bone, battered, fried, skin eaten (Include extra crispy fried chicken)	241-7721	1 small back (yield after cooking, bone removed)	183	212
		1 medium back (yield after cooking, bone removed)	212	
		1 large back (yield after cooking, bone removed)	266	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, back, with or without bone, battered, fried, skin not eaten (Include extra crispy fried chicken)	241-7722	1 small back (yield after cooking, bone and skin removed)	102	119
		1 medium back (yield after cooking, bone and skin removed)	119	
		1 large back (yield after cooking, bone and skin removed)	149	
		1 oz, with bone, cooked (yield after bone and skin removed)	12	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	11	
		1 oz, with bone, cooked, without skin (yield after bone removed)	21	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	18	
Chicken, neck or ribs, with or without bone, NS as to cooking method, NS as to skin	241-8020	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, NS as to cooking method, skin eaten	241-8021	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIE
Chicken, neck or ribs, with or without bone, NS as to cooking method, skin not eaten	241-8022	1 neck (yield after cooking, bone and and skin removed)	22	22
		1 oz, with bone, cooked (yield after bone and skin removed)	15	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	8	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	
Chicken, neck or ribs, with or without bone, roasted, NS as to skin	241-8220	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, roasted, skin eaten	241-8221	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, roasted,				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
skin not eaten	241-8222	1 neck (yield after cooking, bone and and skin removed)	24	24
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	8	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	
Chicken, neck or ribs, with or without bone, stewed, NS as to skin	241-8320	1 neck (yield after cooking, bone removed)	38	38
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
Chicken, neck or ribs, with or without bone, stewed, skin eaten	241-8321	1 neck (yield after cooking, bone removed)	38	38
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, neck or ribs, with or without bone, stewed, skin not eaten	241-8322	1 neck (yield after cooking, bone and and skin removed)	18	18
		1 oz, with bone, cooked (yield after bone and skin removed)	9	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 oz, with bone, cooked, without skin (yield after bone removed)	14	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	10	
Chicken, neck or ribs, with or without bone, fried, no coating, NS as to skin	241-8420	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, fried, no coating, skin eaten	241-8421	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, fried, no coating,				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
skin not eaten	241-8422	1 neck (yield after cooking, bone and and skin removed)	22	22
		1 oz, with bone, cooked (yield after bone and skin removed)	15	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	8	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	
Chicken, neck or ribs, with or without bone, floured, baked or fried, NS as to skin (Include fried, NS as to coating)	241-8520	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
Chicken, neck or ribs, with or without bone, floured, baked or fried, skin eaten (Include fried, NS as to coating)	241-8521	1 neck (yield after cooking, bone removed)	36	36
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, neck or ribs, with or without bone, floured, baked or fried, skin not eaten	241-8522	1 neck (yield after cooking, bone and skin removed)	22	22
(Include fried, NS as to coating)		1 oz, with bone, cooked (yield after bone and skin removed)	15	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	8	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	11	
Chicken, neck or ribs, with or without bone, breaded, baked or fried, NS as to skin	241-8620	1 neck (yield after cooking, bone removed)	52	52
(Include regular fried chicken, Shake-n-Bake)		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
Chicken, neck or ribs, with or without bone, breaded, baked or fried, skin eaten	241-8621	1 neck (yield after cooking, bone removed)	52	52
(Include regular fried chicken, Shake-n-Bake)		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	19	
Chicken, neck or ribs, with or without bone, breaded, baked or				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
fried, skin not eaten (Include regular fried chicken, Shake-n-Bake)	241-8622	1 neck (yield after cooking, bone and and skin removed)	25	25
		1 oz, with bone, cooked (yield after bone and skin removed)	10	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	9	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	17	
Chicken tail	241-9834	1 tail	29	29
Chicken skin	241-9844	1 oz, raw (yield after cooking)	20	
		Skin from 1/2 chicken	56	
Chicken, canned, meat only, NS as to light or dark meat	241-9854	1 cubic inch	21	85
		1 cup	205	
		1 can (5 oz) yields	125	
Chicken, canned, meat only, light meat	241-9855	1 cubic inch	21	85
		1 cup	205	
		1 can (5 oz) yields	125	
Chicken, canned, meat only, dark meat	241-9856	1 cubic inch	21	85
		1 cup	205	
		1 can (5 oz) yields	125	
Chicken, canned, meat only, light and dark meat	241-9857	1 cubic inch	21	85
		1 cup	205	
		1 can (5 oz) yields	125	
Chicken, chicken roll, roasted, NS as to light or dark meat	241-9864	1 slice	28	85
		1 cubic inch	21	
		1 cup, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, chicken roll, roasted, light meat	241-9865	1 slice	28	85
		1 cubic inch	21	
		1 cup, diced	140	
Chicken, chicken roll, roasted, dark meat	241-9866	1 slice	28	85
		1 cubic inch	21	
		1 cup, diced	140	
Chicken, chicken roll, roasted, light and dark meat	241-9867	1 slice	28	85
		1 cubic inch	21	
		1 cup, diced	140	
Chicken patty, breaded, cooked (Include Chicken Rondelets)	241-9870	1 patty	75	
Chicken patty with cheese, breaded, cooked (Include Cheese Recipe Chicken Rondelets)	241-9871	1 patty (3 oz)	85	
Chicken nuggets (Include Weaver mini drums)	241-9874	1 nugget	18	108
		1 mini drum	17	
		1 cup	139	
Chicken crackling, Puerto Rican style (Chicharron de pollo)	241-9884	1 piece (1-1/2" x 1" each, boneless)	25	
Turkey, NFS	242-0100	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light meat, cooked, NS as to skin (Include turkey breast from deli)	242-0101	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light meat, cooked, skin not eaten (Include turkey breast from deli; turkey cutlet)	242-0102	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 turkey cutlet	53	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	22	
Turkey, light meat, cooked, skin eaten (Include turkey breast from deli)	242-0103	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light meat, breaded, baked or fried, NS as to skin	242-0105	1 thin slice (approx 3" x 2" x 1/8")	14	65
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light meat, breaded, baked or fried, skin not eaten	242-0106	1 thin slice (approx 3" x 2" x 1/8")	14	75
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	23	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	24	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	22	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	26	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light meat, breaded, baked or fried, skin eaten	242-0107	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	25	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light meat, roasted, NS as to skin	242-0111	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light meat, roasted, skin not eaten	242-0112	1 thin slice (approx 3" x 2" x 1/8")	14	75
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	25	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light meat, roasted, skin eaten	242-0113	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, dark meat, roasted, NS as to skin	242-0121	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, dark meat, roasted, skin not eaten	242-0122	1 thin slice (approx 3" x 2" x 1/8")	14	78
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw without skin (yield after cooking)	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, dark meat, roasted, skin eaten	242-0123	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light and dark meat, roasted, NS as to skin	242-0131	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light and dark meat, roasted, skin not eaten	242-0132	1 thin slice (approx 3" x 2" x 1/8")	14	78
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	21	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light and dark meat, roasted, skin eaten	242-0133	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light or dark meat, battered, fried, NS as to skin	242-0135	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light or dark meat, battered, fried, skin not eaten	242-0136	1 thin slice (approx 3" x 2" x 1/8")	14	78
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	22	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	26	
Turkey, light or dark meat, battered, fried, skin eaten	242-0137	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	22	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light or dark meat, stewed, NS as to skin	242-0140	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light or dark meat, stewed, skin not eaten	242-0141	1 thin slice (approx 3" x 2" x 1/8")	14	78
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	19	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	20	
Turkey light or dark meat, stewed, skin eaten	242-0142	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, light or dark meat, smoked, cooked, NS as to skin	242-0150	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, light or dark meat, smoked, cooked, skin eaten	242-0151	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked	28	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Turkey, light or dark meat, smoked, cooked, skin not eaten	242-0152	1 thin slice (approx 3" x 2" x 1/8")	14	85
		1 medium slice (approx 3" x 2" x 1/4")	28	
		1 thick slice (approx 3" x 2" x 3/8")	42	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, boneless, cooked, without skin	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, drumstick, cooked, NS as to skin	242-0200	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	144	216
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone removed)	216	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	288	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, drumstick, cooked, skin not eaten	242-0201	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone and skin removed)	132	199
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone and skin removed)	199	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone and skin removed)	266	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	20	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, drumstick, cooked, skin eaten	242-0202	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	141	216
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone removed)	215	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	288	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, drumstick, roasted, NS as to skin eaten	242-0205	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	124	204
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone removed)	204	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	283	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, drumstick, roasted, skin not eaten	242-0206	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone and skin removed)	116	188
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone and skin removed)	188	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone and skin removed)	259	
		1 oz, with bone, cooked (yield after bone and skin removed)	19	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	13	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, drumstick, roasted, skin eaten	242-0207	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	124	204
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone removed)	204	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	283	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, drumstick, smoked, cooked, skin eaten	242-0212	1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	124	204
		1 medium drumstick (approx 14 to 18 lb bird) (yield after cooking, bone removed)	204	
		1 large drumstick (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	283	
		1 oz, with bone, cooked (yield after bone removed)	21	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, thigh, cooked, NS as to skin	242-0245			
		1 small thigh (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	223	297
		1 medium thigh (approx 14 to 18 lb bird) (yield after cooking, bone removed)	297	
		1 large thigh (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	370	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, thigh, cooked, skin eaten	242-0246	1 small thigh (from hen, approx 11 to 13 lb bird) (yield after cooking, bone removed)	223	297
		1 medium thigh (approx 14 to 18 lb bird) (yield after cooking, bone removed)	297	
		1 large thigh (from tom, approx 19 to 21 lb bird) (yield after cooking, bone removed)	370	
		1 oz, with bone, cooked (yield after bone removed)	25	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked	28	
		1 oz, boneless, raw (yield after cooking)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, thigh, cooked, skin not eaten	242-0250	1 small thigh (from hen, approx 11 to 13 lb bird) (yield after cooking, bone and skin removed)	204	274
		1 medium thigh (approx 14 to 18 lb bird) (yield after cooking, bone and skin removed)	274	
		1 large thigh (from tom, approx 19 to 21 lb bird) (yield after cooking, bone and skin removed)	344	
		1 oz, with bone, cooked (yield after bone and skin removed)	23	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	16	
		1 oz, boneless, cooked (yield after skin removed)	26	
		1 oz, boneless, raw (yield after cooking, skin removed)	18	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	25	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	18	
		1 oz, boneless, cooked, without skin	28	
		1 oz, boneless, raw, without skin (yield after cooking)	20	

FOOD DESCRIPTION	FCOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, neck, cooked	242-0260	1 neck	152	152
		1 oz, with bone, cooked (yield after bone removed)	17	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cup, diced, cooked	140	
Turkey, wing, cooked, NS as to skin	242-0300	1 small wing (yield after cooking, bone removed)	90	174
		1 medium wing (yield after cooking, bone removed)	174	
		1 large wing (yield after cooking, bone removed)	237	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, wing, cooked, skin not eaten	242-0301	1 small wing (yield after cooking, bone and skin removed)	60	146
		1 medium wing (yield after cooking, bone and skin removed)	146	
		1 large wing (yield after cooking, bone and skin removed)	199	
		1 oz, with bone, cooked (yield after bone and skin removed)	14	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	10	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	17	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, wing, cooked, skin eaten	242-0302	1 small wing (yield after cooking, bone removed)	90	174
		1 medium wing (yield after cooking, bone removed)	174	
		1 large wing, (yield after cooking, bone removed)	237	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 oz, with bone, raw (yield after cooking, bone removed)	14	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, wing, smoked, cooked, skin eaten	242-0312	1 small wing (yield after cooking, bone removed)	90	174
		1 medium wing (yield after cooking, bone removed)	174	
		1 large wing (yield after cooking, bone removed)	237	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Turkey, rolled roast, light or dark meat, cooked	242-0400	1 slice	28	85
		1 oz, raw (yield after cooking)	20	
		1 cubic inch, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey, tail, cooked	242-0500	1 tail (yield after cooking, bone removed)	58	85
		1 oz, with bone, cooked (yield after bone removed)	16	
		1 oz, with bone, raw (yield after cooking, bone removed)	10	
Turkey, back, cooked	242-0510	1 back (yield after cooking, bone removed)	524	85
		1 oz, with bone, cooked (yield after bone removed)	17	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
Turkey, canned	242-0600	1 cup, drained	140	85
		1 cubic inch, cooked	21	
		1 can (5 oz) yields	125	
Turkey, ground	242-0700	1 cup, cooked	110	85
		1 cubic inch, cooked	21	
		1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking)	48	
		1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)	60	
		1 large patty (5.33 oz, raw, 3 patties per lb) (yield after cooking)	80	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	15	
		1 cubic inch, cooked	21	
		1 cubic inch, raw, yields cooked	8	
		1 cup, raw, yields cooked	115	
Turkey, nuggets	242-0800	1 nugget	18	108
		1 cup	139	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Duck, cooked, NS as to skin (Include NS as to cooking method)	243-0010	1/2 duck (yield after cooking, bone removed)	382	85
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	55	
		1 wing (yield after cooking, bone removed)	30	
		1/2 breast (yield after cooking, bone removed)	76	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Duck, cooked, skin eaten (Include NS as to cooking method)	243-0011	1/2 duck (yield after cooking, bone removed)	382	85
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	55	
		1 wing (yield after cooking, bone removed)	30	
		1/2 breast (yield after cooking, bone removed)	76	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Duck, cooked, skin not eaten (Include NS as to cooking method)	243-0012	1/2 duck (yield after cooking, bone and skin removed)	221	85
		1 leg (drumstick and thigh) (yield after cooking, bone and skin removed)	46	
		1 wing (yield after cooking, bone and skin removed)	25	
		1/2 breast (yield after cooking, bone and skin removed)	63	
		1 oz, with bone, cooked (yield after bone and skin removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	15	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Duck, roasted, NS as to skin	243-0100	1/2 duck (yield after cooking, bone removed)	382	85
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	55	
		1 wing (yield after cooking, bone removed)	30	
		1/2 breast (yield after cooking, bone removed)	76	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Duck, roasted, skin eaten	243-0101	1/2 duck (yield after cooking, bone removed)	382	85
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	55	
		1 wing (yield after cooking, bone removed)	30	
		1/2 breast (yield after cooking, bone removed)	76	
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Duck, roasted, skin not eaten	243-0102	1/2 duck (yield after cooking, bone and skin removed)	221	85
		1 leg (drumstick and thigh) (yield after cooking, bone and skin removed)	46	
		1 wing (yield after cooking, bone and skin removed)	25	
		1/2 breast (yield after cooking, bone and skin removed)	63	
		1 oz, with bone, cooked (yield after bone and skin removed)	13	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	7	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	15	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Duck, battered, fried	243-0121	1 leg (drumstick and thigh) (yield after cooking, bone removed)	70	85
		1 back (yield after cooking, bone removed)	96	
		1/2 breast (yield after cooking, bone removed)	80	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	20	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	
Duck, pressed, Chinese	243-0201	1 oz, cooked	28	85
		1 cup, diced, cooked	140	
Goose, wild, roasted	243-1101	1 oz, with bone, cooked (yield after bone removed)	19	85
		1 oz, with bone, raw (yield after cooking, bone removed)	13	
		1 cubic inch, boneless, cooked	21	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1997	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, cooked, NS as to skin	244-0000	1 hen (1-1/4 lb, raw) (yield after cooking, bone removed)	306	153
		1 wing (yield after cooking, bone removed)	21	
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	57	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
		1 breast (yield after cooking, bone removed)	119	
		1/2 breast (yield after cooking, bone removed)	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, cooked, skin eaten	244-0001	1 hen (1-1/4 lb, raw) (yield after cooking, bone removed)	306	153
		1 wing (yield after cooking, bone removed)	21	
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	57	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
		1 breast (yield after cooking, bone removed)	110	
		1/2 breast (yield after cooking, bone removed)	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, cooked, skin not eaten	244-0002	1 hen (1-1/4 lb, raw) (yield after cooking, bone and skin removed)	249	125
		1 wing (yield after cooking, bone and skin removed)	13	
		1 leg (drumstick and thigh) (yield after cooking, bone and skin removed)	48	
		1 breast (yield after cooking, bone and skin removed)	90	
		1/2 breast (yield after cooking, bone and skin removed)	45	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, roasted, NS as to skin	244-0100	1 hen (1-1/4 lb, raw) (yield after cooking, bone removed)	306	153
		1 wing (yield after cooking, bone removed)	21	
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	57	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
		1 breast (yield after cooking, bone removed)	110	
		1/2 breast (yield after cooking, bone removed)	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, roasted, skin eaten	244-0101	1 hen (1-1/4 lb, raw) (yield after cooking, bone removed)	306	153
		1 wing (yield after cooking, bone removed)	21	
		1 leg (drumstick and thigh) (yield after cooking, bone removed)	57	
		1 oz, with bone, cooked (yield after bone removed)	20	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
		1 breast (yield after cooking, bone removed)	110	
		1/2 breast (yield after cooking, bone removed)	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornish game hen, roasted, skin not eaten	244-0102	1 hen (1-1/4 lb, raw) (yield after cooking, bone and skin removed)	249	125
		1 wing (yield after cooking, bone and skin removed)	13	
		1 leg (drumstick and thigh) (yield after cooking, bone and skin removed)	46	
		1 breast (yield after cooking, bone and skin removed)	90	
		1/2 breast (yield after cooking, bone and skin removed)	45	
		1 oz, with bone, cooked (yield after bone and skin removed)	16	
		1 oz, with bone, raw (yield after cooking, bone and skin removed)	12	
		1 cubic inch, boneless, cooked, skin removed	21	
		1 cup, cooked, diced	140	
		1 oz, with bone, cooked, without skin (yield after bone removed)	19	
		1 oz, with bone, raw, without skin (yield after cooking, bone removed)	14	
Dove, cooked (Include squab, pigeon)	244-0210	1 dove (yield after cooking, bone removed)	111	111
		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	12	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Dove, fried	244-0211	1 dove (yield after cooking, bone removed)	111	111
(Include squab, pigeon)		1 oz, with bone, cooked (yield after bone removed)	18	
		1 oz, with bone, raw (yield after cooking, bone removed)	11	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Quail, cooked	244-0310	1 quail (yield after cooking, bone removed)	76	76
(Include partridge)		1 oz, with bone, cooked (yield after bone removed)	23	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Pheasant, cooked	244-0410	1/2 pheasant breast (yield after cooking, bone removed)	127	127
(Include grouse)		1 pheasant leg (drumstick and thigh) (yield after cooking, bone removed)	75	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 oz, with bone, raw (yield after cooking, bone removed)	16	
		1 cubic inch, boneless, cooked	21	
		1 cup, diced, cooked	140	
Chicken, baby food, NS as to strained or junior	247-0100	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Chicken, baby food, strained	247-0101	1 tbsp	15	50
		1 jar (3.5 oz)	99	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, baby food, junior	247-0102	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Turkey, baby food, NS as to strained or junior	247-0300	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Turkey, baby food, strained	247-0301	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Turkey, baby food, junior	247-0302	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Chicken sticks, baby food, junior	247-0501	1 jar (7 sticks)	71	20
		1 stick	10	
Turkey sticks, baby food, junior	247-0601	1 jar (7 sticks)	71	20
		1 stick	10	
Liver, raw (Include all types)	251-0010	1 oz	28	85
Liver, NS as to type, cooked (Include rabbit liver, venison liver)	251-1000	1 oz, raw (yield after cooking)	21	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
		1 slice	85	
Liver, NS as to type, breaded, fried (Include floured, fried; fried, NS as to coating)	251-1005	1 oz, raw (yield after cooking)	27	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Beef liver, cooked, NS as to cooking method	251-1010	1 oz, raw (yield after cooking)	19	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	85	
		1 cubic inch, cooked	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef liver, braised	251-1012	1 oz, raw (yield after cooking)	19	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	85	
		1 cubic inch, cooked	18	
Beef liver, fried or broiled, no coating	251-1014	1 oz, raw (yield after cooking)	21	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	85	
		1 cubic inch, cooked	18	
Beef liver, breaded, fried (Include floured, fried; fried, NS as to coating)	251-1015	1 oz, raw (yield after cooking)	27	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	101	
		1 cubic inch, cooked	18	
		1 cup, cooked, diced	140	
Beef liver, battered, fried	251-1017	1 oz, raw (yield after cooking)	27	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Calves liver, cooked, NS as to cooking method	251-1020	1 oz, raw (yield after cooking)	22	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	85	
		1 cubic inch, cooked	18	
Calves liver, braised	251-1022	1 oz, raw (yield after cooking)	18	85
		1 oz, cooked	28	
		1 cup, cooked, diced	140	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Calves liver, fried or broiled, no coating	251-1024	1 oz, raw (yield after cooking)	21	85
		1 oz, cooked	28	
		1 slice (6-1/2" x 2-3/8" x 3/8")	85	
		1 cubic inch, cooked	18	
		1 cup, cooked, diced	140	
Calves liver, breaded, fried (Include floured, fried; fried, NS as to coating)	251-1025	1 oz, raw (yield after cooking)	27	85
		1 oz, cooked	28	
Pork liver, cooked, NS as to cooking method	251-1030	1 oz, raw (yield after cooking)	22	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Pork liver, braised	251-1032	1 oz, raw (yield after cooking)	22	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Pork liver, breaded, fried (Include floured, fried; fried, NS as to coating)	251-1034	1 oz, raw (yield after cooking)	22	85
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Chicken liver, cooked, NS as to cooking method	251-1040	1 oz, raw (yield after cooking)	18	70
		1 oz, cooked	28	
		1 cup, diced	140	
		1 liver	20	
Chicken liver, battered, fried	251-1041	1 oz, raw (yield after cooking)	19	60
		1 oz, cooked	28	
		1 cup, diced	140	
		1 liver	22	
Chicken liver, braised	251-1042	1 oz, raw (yield after cooking)	18	70
		1 oz, cooked	28	
		1 cup, diced	140	
		1 liver	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken liver, fried or sauteed, no coating	251-1044	1 oz, raw (yield after cooking)	16	
		1 oz, cooked	28	
		1 cup, cooked, diced	140	
		1 liver	18	
Chicken liver, breaded, fried (Include floured, fried; fried, NS as to coating)	251-1045	1 oz, raw (yield after cooking)	19	70
		1 oz, cooked	28	
		1 cup, diced	140	
		1 liver	22	
Turkey liver, cooked	251-1050	1 oz, raw (yield after cooking)	21	70
		1 oz, cooked	28	
		1 cup	140	
		1 small liver	44	
		1 medium liver	75	
		1 large liver	122	
Poultry liver, other than chicken or turkey, cooked.	251-1060	1 oz, raw (yield after cooking)	22	
		1 oz, cooked	28	
		1 liver	17	
Lamb liver, cooked (Include mutton)	251-1080	1 oz, raw (yield after cooking)	16	
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Liver paste or pate, chicken (Include pate, NFS)	251-1220	1 slice (1 oz)	28	28
		1 cup	208	
Heart, cooked, NS as to cooking method (Include beef, pork, veal, lamb, venison, chicken)	251-2000	1 oz, raw (yield after cooking)	13	85
		1 oz, cooked	28	
		1 slice	43	
		1 chicken heart	3	
		1 cup, diced	145	
Heart, braised (Include beef, pork, veal, lamb, venison, chicken)	251-2011	1 oz, raw (yield after cooking)	11	85
		1 oz, cooked	28	
		1 cup, diced	145	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Heart, boiled or simmered	251-2012	1 oz, raw (yield after cooking)	13	85
(Include beef, pork, veal, lamb, venison, chicken)		1 oz, cooked	28	
		1 cup, diced	145	
Heart, fried	251-2015	1 oz, cooked	28	85
(Include beef, pork, veal, lamb, venison, chicken)				
Kidney, cooked, NS as to cooking method	251-3000	1 oz raw (yield after cooking)		
(Include beef, pork, veal, lamb, venison)		beef	12	85
		pork	16	
		lamb	14	
		veal	12	
		1 cup, diced	140	
		1 kidney, cooked		
		beef	227	
		pork	142	
		lamb	28	
		veal	170	
Kidney, braised	251-3011	1 oz raw (yield after cooking)		
(Include beef, pork, veal, lamb, venison)		beef	12	85
		pork	16	
		lamb	14	
		veal	12	
		1 cup, diced	140	
		1 kidney, cooked		
		beef	227	
		pork	142	
		lamb	28	
		veal	170	
Kidney, broiled or simmered	251-3012	1 oz raw (yield after cooking)		
(Include beef, pork, veal, lamb, venison)		beef	12	85
		pork	16	
		lamb	14	
		veal	12	
		1 cup, diced	140	
		1 kidney, cooked		
		beef	227	
		pork	142	
		lamb	28	
		veal	170	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Kidney, breaded, fried	251-3015	1 oz, raw (yield after cooking)		
(Include floured, fried; fried, NS as to coating; beef, pork, veal, lamb, venison)		beef	21	85
		pork	19	
		lamb	25	
		veal	22	
		1 cup, diced	140	
		1 kidney, cooked		
		beef	414	
		pork	170	
		lamb	50	
		veal	224	
Sweetbreads, cooked	251-4011	1 oz, raw (yield after cooking)	16	85
		1 oz, cooked	28	
		1 pair	194	
Brains, cooked	251-5000	1 oz, raw (yield after cooking)	24	
		1 oz, cooked	28	
		1 cup	140	
Brains and eggs, cooked	251-5021	1 cup	243	121
Tongue, cooked, NS as to cooking method	251-6000	1 oz, raw (yield after cooking)	16	
(Include beef, pork, lamb, veal)		1 oz, cooked	28	
Tongue, braised	251-6010	1 oz, raw (yield after cooking)	16	
(Include beef, pork, lamb, veal)		1 oz, cooked	28	
		1 cubic inch, cooked	18	
Tongue, smoked, cured, or pickled, cooked	251-6011	1 oz, raw (yield after cooking)	14	
(Include beef, pork, lamb, veal)		1 oz, cooked	28	
		1 oz, processed (yield after cooking) (3" x 2" x 1/5")	20	
		1 cubic inch	18	
		1 slice (3" x 2" x 1/8")	20	
Tongue, deviled	251-6012	1 cup	225	
(Include beef, pork, lamb, veal)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tongue pot roast, Puerto Rican style (Lengua al caldero)	251-6013	1 slice (5" x 2" x 1")	110	110
Tripe, cooked	251-7011	1 oz, raw (yield after cooking)	16	
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
		1 cup	140	
Tripe, battered, fried	251-7013	1 cubic inch, raw (yield after cooking)	11	85
Chitterlings, cooked	251-7021	1 oz, raw (yield after cooking)	11	63
		1 cup	125	
Hog maws (stomach), cooked	251-7031	1 oz, raw (yield after cooking)		
		1 oz, cooked	28	
		1 cubic inch, cooked	18	
		1 cup	140	
Hog lights (lungs), cooked	251-7035	1 oz, raw (yield after cooking)	19	
		1 oz, cooked	28	
		1 cup	140	
Giblets, excluding liver, cooked	251-7041	1 giblet	23	23
		1 cup, diced	145	
Gizzard, cooked	251-7042	1 gizzard, turkey, cooked	67	22
		1 gizzard, chicken, cooked	22	
		1 oz, turkey, raw (yield after cooking)	17	
		1 cup, cooked, diced	145	
Udder, cooked (Include milk ducts)	251-7051	1 cup, pieces	140	
		1 oz, cooked	28	
		1 oz, raw (yield after cooking)	14	
Liver, beef, baby food, strained (Include liver and bacon)	251-8011	1 tbsp	15	50
		1 jar (3.5 oz)	99	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef and beef heart, baby food, strained	251-8111	1 tbsp	15	50
		1 jar (3.5 oz)	99	
Frankfurter, wiener, or hotdog, NFS	252-1011	1 frankfurter (10 per lb)	45	45
		1 frankfurter, thick (8 per lb)	57	
		1 cocktail frank	10	
		1 footlong frank	88	
		1 cup, sliced	151	
Frankfurter, breaded, baked	252-1012	1 frankfurter	51	51
Frankfurter, cheese-filled (Include pork, beef, chicken, turkey)	252-1015	1 cheesefurter (8 per 12 oz package)	43	43
Frankfurter, bacon and cheese-filled	252-1016	1 frankfurter (10 per pound)	45	45
Frankfurter, chili-filled	252-1017	1 frankfurter (8 per pound)	57	57
Frankfurter, beef	252-1021	1 frankfurter (10 per lb)	45	45
		1 frankfurter, thick (8 per lb)	57	
		1 cup, sliced	151	
		1 cocktail frank	10	
		1 footlong frank	88	
Frankfurter, beef and pork (Include Smokie Links)	252-1022	1 frankfurter, (8 per per lb)	57	45
		1 frankfurter (10 per lb)	45	
		1 smokie (8 per 12 oz package)	42	
		1 footlong frank	88	
		1 cocktail frank	10	
		1 oz, cooked	28	
		1 cup, sliced	151	
Frankfurter, meat and poultry	252-1028	1 frankfurter (8 per 12 oz package)	43	43

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Frankfurter, chicken	252-1031	1 frankfurter (10 per lb)	45	45
		1 cup, sliced	151	
Frankfurter, turkey	252-1041	1 frankfurter (10 per lb)	45	45
		1 cup, sliced	151	
Sausage, NFS - See code 2-2140				
Cold cut, NFS	252-2001	1 slice (3-1/8" dia, 1/8" thick)	10	28
		1 slice (4" dia, 1/8" thick) (10 per 8 oz pkg)	23	
		1 slice (3-1/8" dia)	16	
		1 cubic inch	18	
Beef sausage, NFS	252-2010	1 oz, cooked	28	54
		1 oz, raw (yield after cooking)	13	
		1 cup, diced	138	
		1 cup, ground	138	
		1 cubic inch	18	
		1 patty (3-7/8" dia x 1/4" thick)	27	
		1 link (7/8" dia x 4" long)	13	
Beef sausage, brown and serve, links, cooked	252-2011	1 link (1 oz, raw), cooked	13	26
Beef sausage, smoked, stick (Include beef jerky)	252-2012	1 stick	10	10
		1 package (5 sticks)	53	
		1 4" strip	14	
		1 cup	140	
Beef sausage, smoked (Include Eckrich, Hillshire Farms)	252-2013	1 oz	28	27
		1 patty	27	
		1 link (4" long x 1-3/2" dia)	68	
		1 little link (2" long x 3/4" dia)	16	
		1 cup, pieces or slices	138	
		1 cubic inch	18	
		1 jumbo link	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef sausage, fresh, bulk, patty or link, cooked	252-2014	1 oz	28	
		1 oz, raw (yield after cooking)	13	
		1 patty, cooked	27	
		1 link, cooked	13	
		1 cup, cooked	133	
Beef sausage with cheese, smoked (Include Hillshire Farms)	252-2015	1 link	86	
		1 cup, pieces	124	
		1 cup, sliced	133	
Blood sausage (Include blutwurst, 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	
		1 cubic inch	18	
Bockwurst	252-2031	1 stick (7 per lb)	65	65
Bratwurst, cooked	252-2035	1 stick (3 oz)	85	85
Bratwurst, with cheese	252-2036	1 stick	85	
		1 cubic inch	15	
		1 cup, pieces	140	
Bologna, NFS (Include ham bologna; German bologna; fried)	252-2041	1 cup, diced	138	28
		1 thin slice	14	
		1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	28	
		1 thick slice	43	
		1 cubic inch	14	
Bologna, Lebanon	252-2042	1 thin slice	14	28
		1 medium slice (4-1/2" dia x 1/8" thick)	28	
		1 thick slice	43	
Bologna, beef (Include veal bologna)	252-2043	1 thin slice	14	28
		1 medium slice (4-1/2" dia x 1/8" thick)	28	
		1 thick slice	43	
		1 cup, pieces	138	
		1 cubic inch	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bologna, turkey (Include chicken bologna)	252-2044	1 thin slice medium slice (1 oz) 1 thick slice	14 28 43	28
Bologna ring, smoked (Include Alderfers)	252-2045	1 thin slice 1 medium slice (1 oz) 1 thick slice	14 28 43	28
Bologna, beef, lower sodium	252-2047	1 thin slice 1 medium slice 1 thick slice 1 cup, pieces	14 28 43 138	28
Bologna, with cheese	252-2049	1 thin slice 1 medium slice 1 thick slice 1 cup, pieces	14 28 43 138	28
Capicola	252-2051	1 slice (4-1/4" x 4-1/4" x 1/16" thick) 1 cup, pieces	21 147	21
Cervalat, soft	252-2061	1 slice (4-3/8" dia x 1/8" thick) 1 slice (4-1/8" dia x 1/8" thick) 1 slice (2-7/8" dia x 1/16" thick)	28 23 8	28
Chorizos (Include Spanish sausage, linguica, Portuguese sausage)	252-2071	1 slice (1-3/4" dia x 1/8" thick) 1 slice (3-1/8" dia x 1/16" thick or 2-3/4" dia x 3/32" thick) 1 link (1 oz, raw) 1 link (4" long) 1 cup, pieces	5 10 14 60 140	30
Head cheese (Include jellied pork)	252-2091	1 medium slice (4" x 4" x 3/32") (1 oz) 1 thin slice 1 cup, diced	28 14 140	28
Knockwurst (Include knoblauch)	252-2111	1 link (4" long x 1-1/8" dia) 1 cubic inch, cooked	68 17	68
Mortadella	252-2121	1 slice (15 per 8 oz pkg)	15	15

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pepperoni	252-2125	1 sausage (10-1/4" long x 1-3/8" dia)	251	
		1 slice (1-3/8" dia x 1/8" thick)	6	
		1 cup, NFS	102	
		1 cup, pieces	117	
		1 cup, sliced	102	
Polish sausage	252-2131	1 sausage (10" long x 1-1/4" dia)	227	28
		1 slice (3-3/4" dia x 1/8" thick)	26	
		1 cup, sliced	151	
Italian sausage (Include hot links)	252-2135	1 oz, cooked	28	28
		1 oz, raw (yield after cooking)	21	
		1 link (5" long)	68	
		1 link (7" long)	99	
		1 link (4 oz, raw, yield after cooking)	83	
		1 cubic inch	15	
Sausage (not cold cut), NFS	252-2140	1 oz, raw (yield after cooking)	13	54
		1 oz, cooked	28	
		1 cup, cooked	133	
		1 small patty	13	
		1 medium patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked	27	
		1 large patty	40	
		1 link (raw dimensions: 4" long, 7/8" dia), cooked	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork sausage, fresh, bulk, patty or link, cooked (Include breakfast sausage, NFS)	252-2141	1 oz, cooked	28	54
		1 cup, cooked	133	
		1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked	27	
		1 small patty	13	
		1 link (raw dimensions: 4" long x 7/8" dia), cooked	13	
		1 oz, raw (yield after cooking)	13	
		1 cubic inch	18	
Pork sausage, brown and serve, cooked	252-2142	1 patty	27	54
		1 link	13	
		1 cup, cooked	133	
Pork sausage, country style, fresh, cooked	252-2143	1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked	27	54
		1 link (raw dimensions: 4" long x 7/8" dia), cooked	13	
		1 cup, cooked	133	
		1 oz, raw (yield after cooking)	13	
Pork and beef sausage	252-2146	1 oz, cooked	28	54
		1 patty, cooked	27	
		1 link, cooked	13	
		1 cup, cooked	133	
		1 oz, raw (yield after cooking)	13	
Mettwurst	252-2148	1 oz	28	28
Salami, NFS (Include cotto salami)	252-2150	1 slice (4" dia x 1/8" thick)	23	23
		1 thin slice	14	
		1 cup	147	
Salami, soft, cooked (Include beer bologna, beer sausage, beerwurst)	252-2151	1 slice (4-1/2" dia x 1/10" thick)	28	28
		1 slice (4" dia x 1/8" thick)	23	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salami, dry or hard	252-2152	1 slice (1-3/4" dia x 1/8" thick)	5	30
(Include Italian salami, Goteborg)		1 slice (3-1/8" dia x 1/16" thick)	10	
		1 cup	140	
Salami, beef	252-2153	1 slice (4" dia x 1/8" thick) (10 per 8 oz pkg)	23	23
(Include kosher salami)		1 thin slice	14	
		1 cup	147	
Scrapple, cooked	252-2161	1 slice (2-3/4" x 2-1/8" x 1/4") (1/18 of loaf)	25	50
		1 cubic inch	17.2	
		1 oz, raw (yield after cooking)	25	
Smoked link sausage, pork	252-2165	1 link (4" long x 1-1/8" dia)	68	
		1 little link (2" long x 3/4" dia)	16	
		1 cup, pieces or slices	138	
		1 cubic inch	17	
Smoked link sausage, pork and beef	252-2166	1 link (4" long x 1-1/8" dia)	68	
(Include smoked sausage, NFS)		1 little link (2" long x 3/4" dia)	16	
		1 cup, pieces or slices	138	
Souse	252-2171	1 slice (3-7/8" sq x 1/8") (1 oz)	28	28
Thuringer	252-2181	1 slice (4-3/8" dia x 1/10" thick) (1 oz)	28	28
(Include summer sausage)		1 slice (4-1/8" dia x 1/8" thick) (10 per 8 oz pkg)	23	
		1 slice (2-7/8" dia x 1/16" thick)	8	
		1 cup	140	
		1 cubic inch	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey breakfast sausage, bulk	252-2184	1 patty, cooked	42	
		1 link, cooked	20	
		1 cup, cooked	128	
		1 oz, raw (yield after cooking)	21	
Turkey sausage, smoked (Include chicken sausage)	252-2185	1 oz, raw (yield after cooking)	28	
		1 thin slice	14	
		1 medium slice	28	
		1 thick slice	43	
Vienna sausage, canned	252-2191	1 sausage (7/8" dia x 2" long)	16	48
		1 cup	151	
Vienna sausage, chicken, canned	252-2192	1 sausage	16	48
Pickled sausage (Include Penrose hot or firecracker sausage)	252-2195	1 sausage	14	
Luncheon meat, NFS (Include tavern loaf, breakfast loaf, macaroni loaf, luxury loaf)	252-3011	1 slice (4" x 4" x 3/32" thick)	28	28
		1 slice (4-1/4" x 4-1/4" x 1/16" thick)	21	
Ham, sliced, prepackaged or deli-sliced (Include boiled ham)	252-3021	1 slice (6-1/4" x 4" x 1/16") (1 oz)	28	28
		1 slice (4-1/4" sq) (3/4 oz)	21	
		1 thin slice	14	
		1 very thin slice	7	
		1 cubic inch	18	
		1 cup	147	
Ham, sliced, low salt, prepackaged or deli-sliced (Include low salt boiled ham)	252-3022	1 slice (6-1/4" x 4" x 1/16") (1 oz)	28	28
		1 slice (4-1/4" sq) (.75 oz)	21	
		1 thin slice	14	
		1 cubic inch	18	
		1 cup	147	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham, sliced, extra lean, prepackaged or deli-sliced (Include 95% or more fat-free)	252-3023	1 slice (6-1/4" x 4" x 1/16")	28	28
Chicken or turkey loaf or roll, luncheon meat (Include pressed, smoked; chicken or turkey luncheon meat, NFS; turkey roll)	252-3031	1 slice (1 oz)	28	28
		1 slice (4-1/4" sq x 1/8")	23	
		1 thin slice	14	
		1 cup, pieces	140	
Ham loaf, luncheon meat (Include ham sausage, hamettes)	252-3041	1 slice (4" x 4" x 3/32" thick)	28	28
		1 thin slice	14	
		1 slice (4-1/4" x 4-1/4" x 1/16")	21	
Ham and cheese loaf	252-3043	1 slice (1 oz)	28	28
		1 thin slice	14	
Honey loaf	252-3045	1 slice (1 oz)	28	28
		1 thin slice	14	
Ham, luncheon meat, chopped, minced, pressed, spiced (Include Spam, Treet)	252-3051	1 slice (1/2" thick)	90	90
		1 slice (3-1/3" x 3-1/3" x 1/8")	23	
		1 slice (4-1/4" x 4-1/4" x 1/16")	21	
		1 tbsp	9	
		1 cubic inch	18	
Ham, luncheon meat, chopped, minced, pressed, spiced, lowfat	252-3052	1 slice (3-1/3" x 3-1/3" x 1/8")	23	
		1 slice (4-1/4" x 4-1/4" x 1/16")	21	
		1 cup, pieces	138	
Liverwurst (Include liver cheese, Braunschweiger, liver sausage, liver loaf, liver pudding, liver bacon, goose bacon, goose liver sausage)	252-3056	1 slice (3-1/8" dia x 1/4" thick)	28	28
		1 slice (2-1/2" dia x 1/4" thick)	18	
		1 slice (2" dia x 1/4" thick)	10	
		1 cup, solid pack	213	
		1 tbsp	16	
		1 cubic inch	15.8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Luncheon loaf (olive, pickle, or pimiento)	252-3061	1 slice (1 oz) (4" x 4" x 3/32" thick)	28	28
Sandwich loaf, luncheon meat (Include old fashioned loaf, Dutch loaf, pepperloaf, praski)	252-3071	1 slice (1 oz)	28	28
Turkey ham	252-3080	1 slice (1 oz)	28	28
		1 cubic inch	16	
Veal loaf	252-3081	1 slice (1 oz)	28	28
Turkey pastrami	252-3082	1 slice (1 oz)	28	28
		1 thin slice	14	
Turkey salami	252-3084	1 slice (1 oz)	28	28
Turkey or chicken breast, luncheon meat (Include pressed, smoked)	252-3090	1 slice (1 oz)	28	28
		1 cup, wafer slices or shaved	81	
Beef, sliced, prepackaged, luncheon meat (Include smoked)	252-3111	1 slice (1 oz) (4" x 4" x 3/32" thick)	28	28
		1 thin slice	14	
Corned beef, pressed	252-3115	1 slice (1 oz)	28	28
		1 slice (3" x 2" x 3/8") (1/8 of 12 oz can)	60	
Meat spread or potted meat, NFS	252-4000	1 cup	225	14
		1 can (5.5 oz)	156	
Chicken salad spread	252-4011	1 cup	208	13
		1 can (7.5 oz)	213	
Ham, deviled or potted	252-4021	1 cup	225	14
		1 can (3 oz)	85	
		1 can (5.5 oz)	156	
Ham salad spread	252-4022	1 cup	253	16
		1 can (7.5 oz)	213	
Roast beef spread	252-4031	1 cup	225	14
		1 can (5.5 oz)	156	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corned beef spread	252-4032	1 cup	225	14
		1 can (5.5 oz)	156	
Fish, NS as to type, raw	261-0010	1 oz, boneless, raw	28	85
Fish, NS as to type, cooked, NS as to cooking method	261-0011	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet (3" x 3" x 3/8")	56	
		1 cup, cooked, flaked	132	
Fish, NS as to type, baked or broiled (Include sauteed; fried with no coating)	261-0012	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet (3" x 3" x 3/8")	54	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish, NS as to type, breaded or battered, baked	261-0013	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	56	
		1 fish nugget	23	
		1 cup, cooked, flaked	132	
Fish, NS as to type, floured or breaded, fried (Include fried, NS as to coating)	261-0014	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet (3" x 2-1/4" x 5/8")	54	
		1 fish cake (2-1/2" dia x 7/8" thick)	69	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish, NS as to type, battered, fried	261-0015	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	56	
		1 cup, cooked, flaked	132	
Fish, NS as to type, steamed	261-0016	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	65	
		1 cup, cooked, flaked	132	
Fish, NS as to type, dried	261-0017	1 oz, boneless, dried	28	28
		1 cup	42	
Fish, NS as to type, canned	261-0018	1 oz	28	70
		1 cup, drained, flaked	140	
Fish, NS as to type, smoked	261-0019	1 oz, boneless	28	85
		1 cubic inch, boneless	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish sticks, NS as to type, cooked, NS as to cooking method	261-0021	1 oz, cooked	28	48
		1 stick	24	
		1 patty or square	57	
Fish sticks, NS as to type, baked or broiled	261-0022	1 oz, cooked	28	48
		1 stick	24	
		1 patty or square	57	
Fish sticks, NS as to type, breaded or battered, baked	261-0023	1 oz, cooked	28	48
		1 stick	24	
		1 patty or square	57	
Fish sticks, NS as to type, floured or breaded, fried	261-0024	1 oz, cooked	28	48
		1 stick	24	
		1 patty or square	57	
Fish sticks, NS as to type, battered, fried	261-0025	1 oz, cooked	28	48
		1 stick	24	
		1 patty or square	57	
Anchovy, cooked, NS as to cooking method	261-0111	1 oz, boneless	28	28
		1 can (2 oz) drained	45	
		1 anchovy	4	
Anchovy, canned	261-0118	1 oz, boneless	28	28
		1 can (2 oz) drained	45	
		1 anchovy	4	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Barracuda, cooked, NS as to cooking method	261-0311	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Barracuda, baked or broiled (Include sauteed; fried with no coating)	261-0312	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Barracuda, floured or breaded, fried (Include fried, NS as to coating)	261-0314	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Carp, cooked, NS as to cooking method (Include bream, buffalofish, chub, sucker)	261-0511	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Carp, baked or broiled (Include sauteed; fried with no coating; bream, buffalofish, chub, sucker)	261-0512	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Carp, floured or breaded, fried	261-0514	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; bream, buffalofish, chub, sucker)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 bream	145	
Carp, smoked	261-0519	1 oz	28	
(Include bream, buffalofish, sucker)				
Catfish, cooked, NS as to cooking method	261-0711	1 oz, boneless, raw (yield after cooking)	23	85
(Include bullhead)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium bullhead (yield after cooking, bone removed)	195	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Catfish, baked or broiled (Include sautoed; fried with coating; bullhead)	261-0712	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 filet	70	
Catfish, breaded or battered, baked	261-0713	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Catfish, floured or breaded, fried	261-0714	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; bullhead)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 small catfish (yield after cooking, bone removed,	166	
		1 medium bullhead (yield after cooking, bone removed)	195	
		1 medium catfish (yield after cooking, bone removed)	332	
		1 cup, cooked, flaked	132	
Catfish, battered, fried	261-0715	1 oz, boneless, raw (yield after cooking)	27	85
(Include bullhead)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Catfish, steamed or poached	261-0711	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Cod, cooked, NS as to cooking method	261-0911	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	65	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cod, baked or broiled..... (Include sauteed; fried with no coating)	261-0912	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
Cod, breaded or battered, baked..	261-0913	1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 filet.....	56	
		1 stick.....	24	
		1 cup, cooked, flaked....	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cod, floured or breaded, fried...261-0914 (Include fried, NS as to coating)		1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 filet.....	87	
		1 cup, cooked, flaked....132		
Cod, battered, fried.....261-0915		1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked.....	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		
Cod, steamed or poached.....261-0916		1 oz, boneless, raw (yield after ccoking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	17	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cod, dried, salted	261-0917	1 oz, boneless, dried	28	28
		1 piece (5-1/2" x 1-1/2" x 1/2")	80	
Cod, dried, salted, salt removed in water	261-0918	1 cubic inch, boneless, cooked	16	85
		1 cup, flaked	132	
		1 oz, dried, soaked in water	34	
Cod, smoked	261-0919	1 oz, boneless	28	85
		1 cubic inch, boneless	16	
Croaker, cooked, NS as to cooking method (Include angelfish, butterflyfish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)	261-1111	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium kingfish steak	120	
		1 cup, cooked, flaked	132	
Croaker, baked or broiled (Include sauteed; fried with no coating; angelfish, butterflyfish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)	261-1112	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Croaker, floured or breaded, fried (Include fried, NS as to coating; angelfish, butterflyfish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)	261-1114	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 croaker (yield after cooking, bone removed)	147	
		1 spot (yield after cooking, bone removed)	67	
		1 cup, cooked, flaked	132	
Eel, cooked, NS as to cooking method	261-1311	1 oz, boneless, cooked	28	85
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Eel, steamed or poached	261-1316	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Eel, smoked	261-1319	1 oz, boneless	28	85
		1 oz, with bone (yield after bone removed)	22	
		1 cubic inch, boneless, cooked	16	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flounder, raw (Include dab, fluke, halibut, sole, turbot)	261-1500	1 oz, boneless, raw	28	
Flounder, cooked, NS as to cooking method (Include dab, fluke, halibut, sole, turbot)	261-1511	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Flounder, baked or broiled (Include sauteed; fried with no coating; dab, fluke, halibut, sole, turbot)	261-1512	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet (8-1/4" x 2-3/4" x 1/4")	100	
		1 filet (6" x 2-1/2" x 1/4")	57	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flounder, breaded or battered, baked	261-1513	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	56	
		1 cup, cooked, flaked	132	
Flounder, floured or breaded, fried (Include fried, NS as to coating; dab, fluke, halibut, sole, turbot)	261-1514	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	81	
		1 small flounder (yield after cooking, bone removed)	205	
		1 medium flounder (yield after cooking, bone removed)	308	
		1 large flounder (yield after cooking, bone removed)	462	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flounder, battered, fried (Include dab, fluke, halibut, sole, turbot)	261-1515	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Flounder, steamed or poached (Include dab, fluke, halibut, sole, turbot)	261-1516	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Flounder, smoked (Include dab, fluke, halibut, sole, turbot)	261-1519	1 oz, boneless	28	85
		1 cubic inch, boneless	16	
		1 piece	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Haddock, cooked, NS as to cooking method	261-1711	1 oz, boneless, raw (yield after cooking)	23	85
(Include burbot, cusk, hake, ling, monkfish, pollock, scrod)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Haddock, baked or broiled	261-1712	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; burbot, cusk, hake, ling, monkfish, pollock, scrod)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 filet	69	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Haddock, breaded, or battered, broiled	261-1713	1 oz, boneless, raw (yield after cooking)	27	85
(Include burbot, cusk, hake, ling, monkfish, pollock, scrod)		1 oz, boneless, cooked	29	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Haddock, floured or breaded, fried	261-1714	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; burbot, cusk, hake, ling, monkfish, pollock, scrod)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 filet	81	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Haddock, battered, fried	261-1715	1 oz, boneless, raw (yield after cooking)	27	85
(Include burbot, cusk, hake, ling, monkfish, pollock, scrod)		1 oz, boneless, cooked	28	
		1 oz with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Haddock, smoked	261-1719	1 oz, boneless	28	85
(Include burbot, cusk, hake, ling, monkfish, pollock, scrod white fish)		1 cubic inch, boneless	16	
		1 piece	20	
Herring, cooked, NS as to cooking method	261-1911	1 oz, boneless, raw (yield after cooking)	23	85
(Include alewife, milkfish, shad)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 7" long herring (yield after cooking, bone removed)	50	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Herring, baked or broiled	261-1912	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; alewife, milkfish, shad)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium herring (yield after cooking, bone removed)	40	
		1 cup, cooked, flaked	132	
Herring, floured or breaded, fried	261-1914	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; alewife, milkfish, shad)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Herring, pickled, in cream sauce	261-1916	1 oz, boneless	28	28
Herring, dried, salted	261-1917	1 oz, boneless	28	28
(Include alewife, milkfish, shad)		1 medium herring (yield after cooking, bone removed)	40	
Herring, pickled	261-1918	1 oz, boneless	28	28
(Include in wine sauce)		1 cubic inch	20	
		1 cup	140	
		1 piece (1-3/4" x 7/8" x 1/2")	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Herring, smoked, kippered.....	261-1919	[illegible] boneless.....	28	85
		1 cubic inch, boneless, cooked.....	16	
		1 small fillet.....	20	
		1 medium fillet (5" x 1-3/4" x 1/4").....	40	
		1 large fillet.....	65	
Mackerel, [illegible], NS as to cooking [illegible]..... (Include [illegible], garfish, ono, needlefish, [illegible])	261-2111	1 oz, boneless, raw (yield after cooking).....	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
Mackerel, baked or broiled..... (Include sauteed; fried with no coating; ensnui, garfish, ono, needlefish, wahoo)	261-2112	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
Mackerel, salted.....	261-2113	1 oz, boneless, dried....	28	
		1 oz, dried, soaked, drained, and cooked....	22	
		1 piece (5-1/8" x 1-1/8" x 1/2").....	80	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mackerel, floured or breaded, fried (Include fried, NS as to coating; enenui, garfish, ono, needlefish, wahoo)	261-2114	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Mackerel, pickled (Include enenui, garfish, ono, needlefish, wahoo)	261-2116	1 oz, boneless	28	28
Mackerel, dried (Include enenui, garfish, ono, needlefish, wahoo)	261-2117	1 oz, boneless	28	28
Mackerel, canned	261-2118	1 oz, boneless	28	85
		1 cubic inch	16	
		1 can (15 oz), drained, yields	361	
		1 cup	140	
Mackerel, smoked (Include enenui, garfish, ono, needlefish, wahoo)	261-2119	1 oz, boneless	28	85
		1 cubic inch, boneless, cooked	16	
Mullet, raw	261-2310	1 oz, raw	28	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mullet, cooked, NS as to cooking method	261-2311	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Mullet, baked or broiled (Include sauteed; fried with no coating)	261-2312	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mullet, floured or breaded, fried	261-2314	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 small fish	103	
		1 medium fish	206	
		1 large fish	309	
		1 cup, cooked, flaked	132	
Ocean perch, raw	261-2510	1 oz, boneless, raw	28	
(Include bocaccio, menpachi, orange roughy, redfish, rockfish)		1 cup	166	
Ocean perch, cooked, NS as to cooking method	261-2511	1 oz, boneless, raw (yield after cooking)	23	85
(Include bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ocean perch, baked or broiled....261-2512 (Include sauteed; fried with no coating; bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		
Ocean perch, breaded or battered, baked.....261-2513 (Include bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 filet.....	56	
		1 cup, cooked, flaked....132		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ocean perch, floured or breaded, fried	261-2514	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium menpachi (yield after cooking, bone removed)	180	
		1 large menpachi (yield after cooking, bone removed)	270	
		1 cup, cooked, flaked	132	
Ocean perch, battered, fried	261-2515	1 oz, boneless, raw (yield after cooking)	27	85
(Include bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ocean perch, steamed or poached	261-2516	1 oz, boneless, raw (yield after cooking)	23	85
(Include bocaccio, orange roughy,		1 oz, boneless, cooked	28	
manpachi, redfish, rockfish)		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Perch, cooked, NS as to cooking method	261-2711	1 oz, boneless, raw (yield after cooking)	23	85
(Include freshwater bass,		1 oz, boneless, cooked	28	
bluegill, crappie, sunfish,		1 oz, with bone, raw (yield after cooking, bone removed)	15	
walleye)		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium perch (yield after cooking, bone removed)	54	
		1 medium bass (yield after cooking, bone removed)	158	
		1 crappie (yield after cooking, bone removed)	51	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Perch, baked or broiled..... (Include sauteed; fried with no coating; freshwater bass, bluegill, crappie, sunfish, walleye)	261-2712	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 small perch (yield after cooking, bone removed).....	68	
		1 medium perch (yield after cooking, bone removed).....	102	
		1 large perch (yield after cooking, bone removed).....	136	
		1 cup, cooked, flaked....	132	
Perch, breaded or battered, baked..... (Include freshwater bass, bluegill, crappie, sunfish, walleye)	261-2713	1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 filet.....	56	
		1 cup, cooked, flaked....	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Perch, floured or breaded, fried..... ..... (Include fried, NS as to coating; freshwater bass, bluegill, crappie, sunfish, walleye)	261-2714	1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		
		1 filet.....	81	
Perch, battered, fried..... (Include freshwater bass, bluegill, crappie, sunfish, walleye)	261-2715	1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		
Perch, steamed or poached.....	261-2716	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked.....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....132		

Pike, cooked, NS as to cooking method	261-2911	1 oz, boneless, raw (yield after cooking)	23	85
(Include muskellunge, pickerel)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Pike, baked or broiled	261-2912	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; muskellunge, pickerel)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Pike, floured or breaded, fried	261-2914	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; muskellunge, pickerel)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pike, battered, fried	261-2915	1 oz, boneless, raw (yield after cooking)	27	85
(Include muskellung, pickerel)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 fillet	81	
Pompano, raw	261-3110	1 oz, boneless, raw	28	28
(Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)				
Pompano, cooked, NS as to cooking method	261-3111	1 oz, boneless, raw (yield after cooking)	23	85
(Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium butterfish (yield after cooking, bone removed)	89	
		1 cup, cooked, flaked	132	

Pompano, baked or broiled.....261-3112 (Include sauteed; fried with no coating; akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	1 oz, boneless, raw (yield after cooking)..	23	85
	1 oz, boneless, cooked...	28	
	1 oz, with bone, raw (yield after cooking, bone removed).....	15	
	1 oz, with bone, cooked (yield after bone removed).....	19	
	1 cubic inch, with bone, cooked (yield after bone removed).....	11	
	1 cubic inch, boneless, cooked.....	16	
	1 cup, cooked, flaked....132		
Pompano, floured or breaded, fried.....261-3114 (Include fried, NS as to coating; akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	1 oz, boneless, raw (yield after cooking)..	27	85
	1 oz, boneless, cooked...	28	
	1 oz, with bone, raw (yield after cooking, bone removed).....	18	
	1 oz, with bone, cooked (yield after bone removed).....	19	
	1 cubic inch, with bone, cooked (yield after bone removed).....	11	
	1 cubic inch, boneless, cooked.....	16	
	1 akule (5") (yield after cooking, bone removed).	90	
	1 cup, cooked, flaked....132		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pompano, battered, fried	261-3115	1 oz, boneless, raw (yield after cooking)	27	85
(Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Pompano, steamed or poached	261-3116	1 oz, boneless, raw (yield after cooking	23	85
(Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Pompano, smoked	261-3119	1 oz, boneless	28	85
(Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail,		1 cubic inch, boneless	16	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Porgy, cooked, NS as to cooking method (Include scup, sea bream, marine sheepshead, snapper)	261-3311	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Porgy, baked or broiled (Include sauteed; fried with no coating; scup, sea bream, marine sheepshead, snapper)	261-3312	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Porgy, breaded or battered, baked	261-3313	1 oz, boneless, raw (yield after cooking)	27	85
(Include scup, sea bream, marine sheepshead, snapper)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	54	
		1 cup, flaked, cooked	132	
Porgy, floured or breaded, fried	261-3314	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; scup, sea bream, marine sheepshead, snapper)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Porgy, battered, fried..... (Include scup, sea bream, marine sheepshead, snapper)	261-3315	1 oz, boneless, raw (yield after cooking)..	27	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	18	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
Porgy, steamed or poached..... (Include scup, sea bream, marine sheepshead, snapper)	261-3316	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
		1 medium snapper (4 lb as purchased).....	656	
		1 whole porgy (2 lbs as purchased).....	328	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ray, cooked, NS as to cooking method (Include skate)	261-3511	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Ray, baked or broiled (Include sauteed; fried with no coating; skate)	261-3512	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Ray, floured or breaded, fried (Include fried, NS as to coating; skate)	261-3514	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salmon, raw	261-3710	1 oz, boneless, raw	28	
(Include saltwater trout)		1 cup	166	
Salmon, cooked, NS as to cooking method	261-3711	1 oz, boneless, raw (yield after cooking)	23	85
(Include saltwater trout)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Salmon, baked or broiled	261-3712	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; saltwater trout)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salmon, floured or breaded, fried (Include fried, NS as to coating; saltwater trout)	261-3714	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Salmon, steamed or poached (Include saltwater trout)	261-3716	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Salmon, dried	261-3717	1 oz, boneless	28	28
		1 cup	42	
Salmon, canned	261-3718	1 oz	28	85
		1 cup	150	
		1 regular flat can (7.75 oz), drained	177	
		1 small can (3.25 oz), drained	92	
		1 tall can (16 oz), drained	369	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salmon, smoked	261-3719	1 oz, boneless	28	85
(Include lox)		1 cubic inch, boneless, cooked	16	
		1 piece	20	
		1 cup, cooked, flaked	132	
Sardines, cooked	261-3911	1 oz, cooked	28	85
		1 cubic inch, cooked	16	
		1 small fish (2-2/3" x 1/2" x 1/4")	5	
Sardines, canned in oil	261-3918	1 oz	28	85
		1 cubic inch	16	
		1 can (3.75 oz), drained	92	
		1 small fish (2-2/3" x 1/2" x 1/4")	5	
		1 cup, drained	149	
Sea bass, cooked, NS as to cooking method	261-4111	1 oz, boneless, raw (yield after cooking)	23	85
(Include grouper, striped bass, wreakfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sea bass, baked or broiled	261-4112	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; grouper, striped bass, wreakfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Sea bass, floured or breaded, fried	261-4114	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; grouper, striped bass, wreakfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Sea bass, steamed or poached	261-4116	1 oz, boneless, raw (yield after cooking)	23	85
(Include grouper, striped bass, wreakfish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sea bass, pickled (Mero en escabeche)	261-4118	1 oz, boneless	28	85
Shark, cooked, NS as to cooking method (Include dogfish, grayfish)	261-4311	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Shark, baked or broiled (Include sauteed; fried with no coating; dogfish, grayfish)	261-4312	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Smelt, cooked, NS as to cooking method	261-4511	1 oz, boneless, raw (yield after cooking)	23	85
(Include capelin)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Smelt, baked or broiled	261-4512	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; capelin)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Smelt, floured or breaded, fried (Include fried, NS as to coating; capelin)	261-4514	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 smelt (yield after cooking, bone removed)	29	
Smelt, battered, fried	261-4515	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 smelt (yield after cooking, bone removed)	29	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sturgeon, cooked, NS as to cooking method	261-4711	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Sturgeon, steamed	261-4713	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Sturgeon, smoked	261-4719	1 oz, boneless	28	85
		1 cubic inch, boneless, cooked	16	
		1 piece	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Swordfish, cooked, NS as to cooking method	261-4911	1 oz, boneless, raw (yield after cooking)	23	85
(Include marlin)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 piece (4-1/2" x 2-1/8" x 7/8")	145	
		1 cup, cooked, flaked	132	
Swordfish, baked or broiled	261-4912	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; marlin)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 piece (4-1/2" x 2-1/8" x 7/8")	145	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Swordfish, floured or breaded, fried	261-4914	1 oz, boneless, raw (yield after cooking)	27	85
(Include marlin; fried, NS as to coating)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Trout, cooked, NS as to cooking method	261-5111	1 oz, boneless, raw (yield after cooking)	29	85
(Include cisco, lake herring, steelhead, whitefish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 small trout (8 oz live weight) (yield after cooking, bone removed)	114	
		1 medium trout (1 lb live weight) (yield after cooking, bone removed)	228	
		1 large trout (2 lb live weight) (yield after cooking, bone removed)	456	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Trout, baked or broiled	261-5112	1 oz, boneless, raw (yield after cooking)	23	85
(Include sauteed; fried with no coating; cisco, lake herring, steelhead, whitefish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 small trout (8 oz live weight) (yield after cooking, bone removed)	114	
		1 medium trout (1 lb live weight) (yield after cooking, bone removed)	228	
		1 large trout (2 lb live weight) (yield after cooking, bone removed)	456	
Trout, breaded or battered, baked	261-5113	1 oz, boneless, raw (yield after cooking)	27	85
(Include cisco, lake herring, steelhead, whitefish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Trout, floured or breaded, fried	261-5114	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; cisco, lake herring, steelhead, whitefish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 small trout (8 oz live weight) (yield after cooking, bone removed)	125	
		1 medium trout (1 lb live weight) (yield after cooking, bone removed)	250	
		1 large trout (2 lb live weight) (yield after cooking, bone removed)	500	
		1 cup, cooked, flaked	132	
		1 filet	81	
Trout, battered, fried	261-5115	1 oz, boneless, raw (yield after cooking)	27	85
(Include cisco, lake herring, steelhead, whitefish)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Trout, smoked	261-5119	1 oz, boneless	28	85
(Include chub, cisco, lake herring, steelhead, whitefish)		1 cubic inch, boneless	16	
		1 piece	20	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tuna, fresh, raw..... (Include ahi, aku, bonito)	261-5310	1 oz, boneless, raw.....	28	85
		1 cubic inch, boneless...	16	
Tuna, fresh, cooked, NS as to cooking method..... (Include ahi, aku, bonito)	261-5311	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked....	28	
		1 oz, with bone, raw, (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	
Tuna, fresh, baked or broiled.... (Include sauteed; fried with no coating; ahi, aku, bonito)	261-5312	1 oz, boneless, raw (yield after cooking)..	23	85
		1 oz, boneless, cooked...	28	
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
		1 oz, with bone, cooked (yield after bone removed).....	19	
		1 cubic inch, with bone, cooked (yield after bone removed).....	11	
		1 cubic inch, boneless, cooked.....	16	
		1 cup, cooked, flaked....	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tuna, fresh, floured or breaded, fried	261-5314	1 oz, boneless, raw (yield after cooking)	27	85
(Include fried, NS as to coating; ahi, aku, bonito)		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Tuna, fresh, dried	261-5317	1 cup	42	28
(Include ahi, aku, bonito)				
Tuna, fresh, smoked	261-5319	1 oz, boneless	28	85
(Include ahi, aku, bonito)		1 cubic inch, boneless	16	
		1 piece	20	
Tuna, canned, NS as to oil or water pack	261-5511	1 oz	28	85
(Include tuna, NFS; low sodium)		1 cup, solid or chunks, drained	147	
		1 can (6.5 oz), drained	160	
		1 can (13 oz), drained	321	
Tuna, canned, oil pack	261-5518	1 oz	28	85
(Include low sodium)		1 cup, solid or chunks, drained	146	
		1 can (6.5 oz), drained	160	
		1 can (13 oz), drained	321	
Tuna, canned, water pack	261-5519	1 oz	28	85
(Include low sodium)		1 cup, NFS	138	
		1 cup, solid or chunks, drained	154	
		1 can (6.5 oz), drained	167	
		1 can (12.5 to 13 oz), drained	329	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Whiting, cooked, NS as to cooking method	261-5711	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 medium fish	290	
		1 cup, cooked, flaked	132	
Whiting, baked or broiled (Include sauteed; fried with no coating)	261-5712	1 oz, boneless, raw (yield after cooking)	23	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	15	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Whiting, breaded or battered, baked	261-5713	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 filet	81	
		1 fish nugget	23	
		1 cup, cooked, flaked	132	
Whiting, floured or breaded, fried (Include fried, NS as to coating)	261-5714	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
		1 filet	81	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Whiting, battered, fried	261-5715	1 oz, boneless, raw (yield after cooking)	27	85
		1 oz, boneless, cooked	28	
		1 oz, with bone, raw (yield after cooking, bone removed)	18	
		1 oz, with bone, cooked (yield after bone removed)	19	
		1 cubic inch, with bone, cooked (yield after bone removed)	11	
		1 cubic inch, boneless, cooked	16	
		1 cup, cooked, flaked	132	
Frog legs, cooked	262-0311	1 oz, boneless, cooked	28	48
		1 oz, with bone, raw (yield after cooking, bone removed)	17	
		1 oz, with bone, cooked (yield after bone removed)	22	
		1 leg, cooked (yield after bone removed)	24	
Octopus, cooked, NS as to cooking method	262-0511	1 oz, boneless, cooked	28	85
Octopus, dried	262-0517	1 oz	28	
		1 cup	53	
Octopus, dried, boiled	262-0518	1 cup, cooked	106	
		1 oz, dried, yield after cooking	47	
		1 cup dried, yield after cooking	88	
Octopus, smoked	262-0519	1 oz, boneless, cooked	28	85
Roe, cod and shad, cooked	262-0711	1 oz	28	12
		1 cup	186	
Roe, herring	262-0910	1 can (8 oz), solids and liquid	227	14
		1 tbsp	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Roe, sturgeon (Include caviar)	262-1110	1 oz 1 tbsp	28 16	16
Sea urchin (roe)	262-1210	1 oz 1 tbsp	28 12	
Squid, raw (Include cuttlefish)	262-1310	1 oz, boneless, raw	28	85
Squid, baked, broiled (Include sauteed; cuttlefish, calamari)	262-1312	1 squid 1 cup	272 140	
Squid, breaded, fried	262-1314	1 oz, cooked 1 cup	28 150	85
Squid, steamed or boiled	262-1316	1 oz, boneless, cooked	28	85
Squid, dried (Include cuttlefish, calamari)	262-1317	1 oz, boneless 1 small squid	28 42	42
Squid, pickled	262-1318	1 oz, boneless	28	28
Squid, canned (Include calameres en su tinta, squid in its own ink)	262-1319	1 cup 1 can (4 oz)	187 115	
Turtle (terrapin), cooked	262-1512	1 oz, boneless, cooked 1 cup, cooked	28 140	80
Abalone, cooked, NS as to cooking method	263-0111	1 oz, boneless, cooked	28	85
Abalone, floured or breaded, fried	263-0114	1 oz, cooked 1 abalone	28 32	85
Clams, raw	263-0310	1 clam 1 cup with liquid and clams 1 lb, with shell, yield after shell removed	16 227 68	85

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Clams, cooked, NS as to cooking method	263-0311	1 oz, without shell, cooked	28	85
		1 cup (8 large clams, 15 small clams)	150	
		12 medium clams	150	
Clams, baked or broiled (Include sauteed)	263-0312	1 oz, without shell, cooked	28	85
		1 cup (8 large clams, 12 medium clams, 15 small clams)	150	
		1 quart, raw, in shell (yield after cooking, shell removed)	187	
Clams, floured or breaded, fried (Include baked)	263-0314	1 oz, without shell, cooked	28	85
		10 frozen, heated	42	
		1 cup, frozen, heated	102	
		10 fresh	122	
		1 cup (8 large clams, 12 medium clams, 15 small clams)	150	
Clams, battered, fried	263-0315	1 cup (5 large clams, 8 medium clams, 10 small clams), cooked	102	85
Clams, steamed or boiled	263-0316	1 oz, without shell, cooked	28	85
		1 quart, raw, in shell (yield after cooking, shell removed)	187	
		1 cup (8 large clams, 15 small clams)	150	
		12 medium	150	
Clams, canned	263-0318	1 oz	28	80
		1 cup, solids only	160	
Clams, smoked, in oil	263-0319	1 oz	28	
		1 small clam	10	
		1 large clam	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crab, cooked, NS as to cooking method (Include white and king crab meat)	263-0511	1 oz, without shell, cooked	28	85
		1 cup, flaked and pieces	118	
		3-12" legs	162	
Crab, baked or broiled (Include sauteed)	263-0512	1 cup, flaked and pieces	118	85
		1 Pacific (1 lb live weight) (yield after cooking, shell removed)	113	
		1 medium blue (Atlantic) (6 oz live wt) (yield after cooking, shell removed)	48	
		1 crab (7 oz live weight) (yield after cooking, shell removed)	52	
		1 leg or claw (cooked, shell removed)	9	
		1 king crab leg, 19" (cooked, shell removed)	119	
		1 snow crab leg (cooked, shell removed)	10	
		1 snow crab, body section with 3 legs, cooked, shell removed	54	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crab, hard shell, steamed (Include boiled)	263-0516	1 cup, flaked and pieces	118	85
		1 Pacific (1 lb live weight) (yield after cooking, shell removed)	113	
		1 medium blue (Atlantic) (6 oz live wt) (yield after cooking, shell removed)	48	
		1 crab (7 oz live weight) (yield after cooking, shell removed)	52	
		1 leg or claw (cooked, shell removed)	9	
		1 king crab leg 19" (cooked, shel. removed)	119	
		1 snow crab leg (cooked, shell removed)	10	
		1 snow crab, body section with 3 legs, cooked, shell removed	54	
Crab, canned (Include white or king meat)	263-0518	1 oz	28	85
		1 cup	135	
		1 can (6.5 oz), drained	125	
Crab, soft shell, floured or breaded, fried (Include fried, NS as to coating)	263-0714	1 oz, cooked	28	65
		1 crab	65	
Crayfish, floured or breaded, fried (Include fried, NS as to coating)	263-0914	1 oz, without shell, cooked	28	85
Crayfish, boiled or steamed	263-0916	1 oz, without shell, cooked	28	85
		1 cup	140	
		1 crayfish	15	
		1 oz, with shell, raw (yield after cooking, shell removed)	2.8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lobster, cooked, NS as to cooking method	263-1111	1 small lobster (1 lb live weight) (yield after cooking, shell removed)	118	85
		1 medium lobster (2.5 lb live weight) (yield after cooking, shell removed)	295	
		1 large lobster (4 lb live weight) (yield after cooking, shell removed)	472	
		1 lobster tail (8 oz) frozen (yield after cooking, shell removed)	104	
		1 oz, without shell, cooked	28	
		1 oz, raw, without shell, yield after cooking	23	
		1 cup, cooked, diced	145	
Lobster, baked or broiled (Include sauteed)	263-1112	1 small lobster (1 lb live weight) (yield after cooking, shell removed)	118	85
		1 medium lobster (2.5 lb live weight) (yield after cooking, shell removed)	295	
		1 large lobster (4 lb live weight) (yield after cooking, shell removed)	472	
		1 oz, without shell, cooked	28	
		1 oz, raw, without shell, yield after cooking	23	
		1 cup, cooked, diced	145	
		1 lobster tail (8 oz), fresh (yield after cooking, shell removed)	125	
		1 lobster tail (8 oz), frozen (yield after cooking, shell removed)	104	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lobster, without shell, steamed or boiled	263-1113	1 oz, cooked	28	85
		1 cup, cooked, diced	145	
Lobster, floured or breaded, fried	263-1114	1 oz, without shell, cooked	28	85
Lobster, battered, fried	263-1115	1 cup	145	
		1 lobster tail yields	111	
		1 lobster yields	351	
Lobster, steamed or boiled	263-1116	1 small lobster (1 lb live weight) (yield after cooking, shell removed)	118	85
		1 medium lobster (2.5 lb live weight) (yield after cooking, shell removed)	295	
		1 large lobster (4 lb live weight) (yield after cooking, shell removed)	472	
		1 oz, without shell	28	
		1 cup, cooked, diced	145	
		1 small lobster tail (yield from 1 lb lobster)	54	
		1 large lobster tail (yield from 4 lb lobster)	227	
		1 lobster tail, (8 oz), frozen (yield after cooking, shell removed)	104	
		1 lobster tail, fresh (8 oz) (yield after cooking, shell removed)	125	
Lobster, canned	263-1118	1 oz	28	85
		1 cup	170	
Mussels, cooked	263-1311	1 oz, cooked	28	85
		1 cup	150	
		1 small mussel	5	
		1 medium mussel	8	
		1 large mussel	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Oysters, raw	263-1510	1 oz, without shell	28	85
		1 cup	234	
		1 pacific oyster	48	
		1 eastern oyster	15	
		1 can (12 oz), drained	207	
Oysters, cooked, NS as to cooking method	263-1511	1 oz, without shell, cooked	28	85
		1 cup, raw (yield after cooking)	187	
		1 pacific oyster, cooked	26	
		1 eastern oyster, cooked	9	
Oysters, baked or broiled (Include sauteed)	263-1512	1 oz, without shell, cooked	28	85
		1 pacific oyster, cooked	38	
		1 eastern oyster, cooked	12	
Oysters, steamed	263-1513	1 oz, without shell, cooked	28	85
		1 pacific oyster, cooked	38	
		1 eastern oyster, cooked	12	
Oysters, floured or breaded, fried (Include fried, NS as to coating)	263-1514	1 oz, without shell, cooked	28	85
		1 pacific oyster, cooked	26	
		1 eastern oyster, cooked	8	
		1 cup	131	
Oysters, battered, fried	263-1515	1 oz, without shell, cooked	28	85
		1 pacific oyster, cooked	26	
		1 eastern oyster, cooked	9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Oysters, canned	263-1518	1 oz, cooked	28	85
		1 cup, raw (yield after cooking)	187	
		1 can (12 oz), oysters and liquid	272	
		1 cup, cooked, drained	162	
		1 oyster	8	
Oysters, smoked	263-1519	1 oz	28	85
		1 oyster	5	
Scallops, cooked, NS as to cooking method	263-1711	1 oz, cooked	28	
		1 cup, raw (yield after cooking)	120	
		1 scallop	25	
Scallops, baked or broiled (Include sauteed)	263-1712	1 cup, raw (yield after cooking)	180	85
		1 oz, cooked	28	
		1 cup, cooked	140	
		1 scallop	25	
Scallops, steamed or boiled	263-1713	1 cup, raw (yield after cooking)	180	85
		1 oz, cooked	28	
		1 cup, cooked	120	
		1 scallop	25	
Scallops, floured or breaded, fried (Include fried, NS as to coating)	263-1714	1 oz, cooked	28	85
		1 cup, cooked	135	
		1 scallop	25	
Scallops, battered, fried	263-1715	1 oz, cooked	28	85
		1 cup, cooked	119	
		1 scallop	8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Shrimp, cooked, NS as to cooking method (Include prawn)	263-1911	1 cup, with shell, cooked (yield after shell removed)	87	85
		1 small shrimp (shelled)	4	
		1 medium shrimp (shelled)	5	
		1 large shrimp (shelled)	6	
		1 prawn	6	
		1 oz, cooked	28	
		1 cup, cooked	145	
		1 cup, with shell, raw (yield after cooking, shell removed)	76	
		1 cup, shelled, raw (yield after cooking)	115	
Shrimp, baked or broiled (Include sauteed; prawn)	263-1912	1 oz, cooked	28	85
		1 cup, cooked	145	
		1 cup, with shell, cooked (yield after shell removed)	87	
		1 cup, with shell, raw (yield after cooking, shell removed)	76	
		1 cup, shelled, raw (yield after cooking)	115	
		1 small shrimp (shelled)	4	
		1 medium shrimp (shelled)	5	
		1 large shrimp (shelled)	6	
		1 prawn	6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Shrimp, steamed or boiled	263-1913	1 oz, without shell, cooked	28	85
(Include prawn)		1 cup, cooked	145	
		1 small shrimp (shelled)	4	
		1 medium shrimp (shelled)	5	
		1 large shrimp (shelled)	6	
		1 prawn	6	
		1 jumbo shrimp (shelled)	10	
		1 oz, with shell, raw (yield after cooking, shell removed)	16	
		1 oz, without shell, raw (yield after cooking)	18	
Shrimp, floured or breaded, fried	263-1914	1 oz, without shell, cooked	28	85
(Include fried, NS as to coating; prawn)		1 cup, cooked	129	
		1 small shrimp (shelled)	6	
		1 medium shrimp (shelled)	11	
		1 large shrimp (shelled)	17	
		1 extra-large shrimp (shelled)	25	
		1 jumbo shrimp (shelled)	30	
		1 prawn	17	
		1 fried shrimp, NFS	17	
Shrimp, battered, fried	263-1915	1 oz, without shell, cooked	28	85
(Include prawn; fried shrimp, NFS; Arthur Treacher's shrimp; shrimp tempura)		1 cup, cooked	129	
		1 small shrimp (shelled)	6	
		1 medium shrimp (shelled)	11	
		1 large shrimp (shelled)	17	
		1 extra-large shrimp (shelled)	25	
		1 prawn	17	
		1 popcorn shrimp	2	
Shrimp, dried	263-1917	1 oz	28	28
		1 cup	38	
		10 shrimp	5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Shrimp, canned	263-1918	1 oz, cooked	28	85
		1 can (4.5 oz), drained	128	
		1 cup	128	
		10 shrimp	32	
Snails, cooked	263-2111	1 oz, without shell, cooked	28	28
		1 snail	5	
Beef with tomato-based sauce (mixture) (Include beef with tomatoes, meatballs with tomato sauce)	271-1100	1 cup	249	187
		1 meatball with sauce	43	
		1 slice with sauce	65	
Spaghetti sauce with beef, homemade-style (Include canned sauce, extra beef added - Note: For spaghetti sauce with meat, canned, no extra meat added, see 744-0403.)	271-1105	1 cup	249	62
Beef goulash	271-1110	1 cup	249	187
Beef burgundy	271-1120	1 cup	244	183
Chili con carne, NS as to beans	271-1140	1 cup	254	254
Chili con carne with beans (Include kidney beans and hamburger with tomato sauce)	271-1141	1 cup	254	254
Chili con carne without beans	271-1142	1 cup	254	254
Beef sloppy joe	271-1150	1 cup	251	188
Beef with gravy (mixture) (Include country style)	271-1200	1 cup	244	183
		1 slice with gravy	65	
Salisbury steak with gravy (mixture)	271-1201	1 steak with gravy	129	129
Beef bourguignonne	271-1210	1 cup	244	183
Beef with cream or white sauce (mixture)	271-1300	1 cup	256	192

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef stroganoff	271-1310	1 cup	256	192
Creamed chipped or dried beef	271-1320	1 cup	246	186
Swedish meatballs with cream or white sauce (mixture)	271-1330	1 cup 1 meatball with sauce	246 45	186
Beef with (mushroom) soup (mixture)	271-1400	1 cup 1 slice with sauce	256 65	192
Beef with soy-based sauce (mixture)	271-1500	1 cup	244	183
Steak teriyaki with sauce (mixture)	271-1510	1 cup	244	183
Beef curry	271-1610	1 cup	236	177
Beef with barbecue sauce (mixture)	271-1620	1 cup 1 rib with sauce 1 slice with sauce	263 68 58	197
Beef with sweet and sour sauce (mixture)	271-1630	1 cup	252	189
Steak tartare (raw ground beef and egg)	271-1640	1 cup	224	168
Meatballs, Puerto Rican style (Albondigas)	271-1811	1 meatball with sauce	50	150
Stewed seasoned ground beef, Puerto Rican style (Picadillo guisado, picadillo de carne)	271-1812	1 cup	200	150
Stewed dried beef, Puerto Rican style (Tasajo guisado, carne cecina guisada)	271-1813	1 cup	200	150
Stuffed pot roast, Puerto Rican style, NFS (assume with gravy and stuffing)	271-1814	1 slice with gravy and stuffing	134	134

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Puerto Rican style beef stew, meat with gravy (potatoes reported separately)	271-1818	1 cup	235	176
Ham or pork with gravy (mixture)	271-2002	1 cup 1 slice with gravy 1 pork chop with gravy	244 65 117	183
Ham or pork with barbecue sauce (mixture)	271-2003	1 cup 1 slice with sauce 1 rib with sauce 1 pork chop with sauce	263 58 66 116	197
Sweet and sour pork	271-2006	1 cup	226	170
Ham stroganoff (Include ham with cream or white sauce)	271-2008	1 cup	244	183
Ham or pork with (mushroom) soup (mixture)	271-2009	1 cup 1 slice with sauce 1 pork chop with sauce	244 65 115	183
Ham or pork with tomato-based sauce (mixture)	271-2010	1 cup 1 pork chop with sauce 1 slice with sauce	249 116 65	187
Sausage with tomato-based sauce (mixture)	271-2011	1 cup 1 link with sauce	248 42	186
Sausage gravy	271-2012	1 cup	240	
Pork or ham with soy-based sauce (mixture)	271-2015	1 cup	244	183
Chili dogs (frankfurters with chili con carne, no bun)	271-2021	1 frankfurter with sauce	125	125
Frankfurters with tomato-based sauce (mixture) (Include frankfurters with barbecue sauce or chili sauce)	271-2025	1 cup 1 frankfurter with sauce	244 68	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stewed pork, Puerto Rican style	271-2101	1 cup	200	150
Chili con carne with beans, made with pork	271-2141	1 cup	254	254
Lamb or mutton with gravy (mixture)	271-3001	1 cup 1 slice with gravy	244 43	183
Stewed goat, Puerto Rican style (Cabrito en fricase, chilindron de chivo) (Include Puerto Rican stewed kid)	271-3301	1 cup 1 piece with gravy	177 88	133
Veal with gravy (mixture)	271-3501	1 cup 1 slice with gravy	244 65	183
Veal scallopini (Include veal marsala)	271-3502	1 slice with sauce	96	96
Veal with cream sauce (mixture) (Include veal paprikash)	271-3503	1 cup	246	185
Veal parmigiana	271-3511	1 piece with sauce and cheese 1 cup	182 209	182
Veal cordon bleu	271-3515	1 roll (with ham and sauce)	229	229
Venison with tomato-based sauce (mixture)	271-3605	1 cup	249	187
Chili con carne with venison and beans	271-3610	1 cup	254	254

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey cacciatore	271-4100	1 cup	244	183
(Include chicken or turkey with tomato-based sauce, chicken or turkey with tomatoes)		1/2 chicken breast with sauce	128	
		1 chicken thigh with sauce	77	
		1 chicken leg with sauce	144	
		1 chicken drumstick with sauce	67	
		1 chicken wing with sauce	44	
		1 slice of chicken with sauce	22	
		1 slice of turkey with sauce	43	
Chicken with gravy (mixture)	271-4200	1 cup	244	183
		1 slice with gravy	22	
		1/2 chicken breast with gravy	129	
		1 chicken thigh with gravy	78	
		1 chicken leg with gravy	145	
		1 chicken drumstick with gravy	68	
		1 chicken wing with gravy	44	
Chicken or turkey fricassee	271-4210	1 cup	244	183
Turkey with gravy (mixture)	271-4220	1 cup	244	183
		1 slice with gravy	43	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey with cream sauce (mixture)	271-4300	1 cup	241	181
		1/2 chicken breast with sauce	129	
		1 chicken thigh with sauce	78	
		1 chicken leg with sauce	145	
		1 chicken drumstick with sauce	68	
		1 chicken wing with sauce	44	
		1 slice of chicken with sauce	22	
		1 slice of turkey with sauce	43	
Chicken or turkey with (mushroom) soup (mixture)	271-4400	1 cup	256	192
		1/2 chicken breast with sauce	129	
		1 chicken thigh with sauce	78	
		1 chicken leg with sauce	145	
		1 chicken drumstick with sauce	68	
		1 chicken wing with sauce	44	
		1 slice of chicken with sauce	22	
		1 slice of turkey with sauce	43	
Chicken or turkey teriyaki (chicken or turkey with soy-based sauce)	271-4500	1 cup	244	183
		1/2 chicken breast with sauce	128	
		1 chicken thigh with sauce	76	
		1 chicken leg with sauce	145	
		1 chicken drumstick with sauce	70	
		1 chicken wing with sauce	47	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey with barbecue sauce (mixture)	271-4600	1 cup	263	197
		1/2 chicken breast with sauce	123	
		1 chicken thigh with sauce	74	
		1 chicken leg with sauce	140	
		1 chicken drumstick with sauce	68	
		1 chicken wing with sauce	45	
		1 slice of chicken with sauce	22	
		1 slice of turkey with sauce	43	
Sweet and sour chicken or turkey	271-4610	1 cup	252	189
		1/2 chicken breast with sauce	131	
		1 chicken thigh with sauce	78	
		1 chicken leg with sauce	148	
		1 chicken drumstick with sauce	72	
		1 chicken wing with sauce	48	
Chicken or turkey with cheese sauce (mixture)	271-4620	1 cup	241	181
Chicken or turkey cordon bleu	271-4625	1 roll (1/2 breast with ham and sauce)	229	229
Chicken or turkey parmigiana	271-4630	1 piece with sauce and cheese	182	182
Chicken kiev	271-4640	1 serving (1 whole breast)	258	258
Stuffed chicken, drumstick or breast, Puerto Rican style (Muslo de pollo o pechuga rellena)	271-4801	1 breast (4" x 3" x 3/4")	210	210

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish with cream or white sauce, not tuna or lobster (mixture)	271-5001	1 cup	249	187
Crab, deviled	271-5002	1 cup	175	131
Crab imperial (Include stuffed crab)	271-5003	1 cup 1 stuffed crab	259 194	194
Fish timbale or mousse	271-5005	1 cup	175	131
Lobster newburg (Include lobster thermidor, lobster with cream or white sauce)	271-5006	1 cup	244	183
Lobster with butter sauce (mixture) (Include Lobster Norfolk)	271-5007	1 cup	188	141
Shrimp, curried	271-5010	1 cup	236	177
Shrimp cocktail (shrimp with cocktail sauce)	271-5011	1 cup 1 shrimp with sauce	230 23	92
Tuna with cream or white sauce (mixture)	271-5012	1 cup	237	177
Seafood newburg (Include shrimp newburg, crabmeat thermidor)	271-5013	1 cup	244	183
Clam sauce, white	271-5014	1 cup	240	180
Shrimp with lobster sauce (mixture)	271-5016	1 cup	185	139
Sweet and sour shrimp	271-5017	1 cup 1 shrimp	176 12	132
Lobster sauce	271-5019	1 cup	234	
Oyster sauce (Include scalloped oysters)	271-5020	1 cup	256	
Fish sauce (bagoong)	271-5021	1 cup	272	
Shrimp scampi (Include shrimp in butter sauce)	271-5023	1 cup 1 shrimp	136 8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish moochim (Korean style), dried fish with soy sauce	271-5025	1 tbsp	5	
Fish with tomato-based sauce (mixture) (Include fish with tomatoes)	271-5031	1 cup	222	167
Mussels with tomato-based sauce (mixture)	271-5033	1 cup	240	180
		1 mussel with sauce	12	
Sardines with tomato-based sauce (mixture)	271-5035	1 sardine (2-2/3" x 1/2" x 1/4") with sauce	5	24
		1 sardine (3" x 1" x 1/2") with sauce	12	
		1 sardine (3-1/2" x 1-1/2" x 3/8") with sauce	20	
		1 cup	89	
Sardines with mustard sauce (mixture)	271-5037	1 sardine (2-2/3" x 1/2" x 1/4") with sauce	5	24
		1 sardine (3" x 1" x 1/2") with sauce	12	
		1 sardine (3-1/2" x 1-1/2" x 3/8") with sauce	20	
Shrimp teriyaki (shrimp with soy-based sauce) (mixture)	271-5041	1 cup	201	151
Scallops with cheese sauce (mixture)	271-5051	1 cup	244	183
Marinated fish, Puerto Rican style (Ceviche)	271-5103	1 cup	250	186
Crabs in tomato-based sauce, Puerto Rican style (mixture) (Salmorejo de jueyes)	271-5104	1 cup	170	128
Shrimp in garlic sauce, Puerto Rican style (mixture) (Camarones al ajillo)	271-5105	1 cup	212	159

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stewed codfish, Puerto Rican style	271-5107	1 cup	227	170
		1 slice with sauce	58	
Meat with barbecue sauce, NS as to type of meat (mixture) (Include with Sloppy Joe mix)	271-6001	1 cup	263	197
		1 slice with sauce	50	
Meatballs, NS as to type of meat, with sauce (mixture)	271-6010	1 cup	235	176
		1 meatball with sauce	43	
Puerto Rican style meat loaf (Albondigon)	271-6101	1 serving (3" x 1" x 2")	95	95
Meat with tomato-based sauce, NS as to type of meat (mixture)	271-6201	1 cup	249	187
Spaghetti sauce with combination of meats, homemade-style (Include canned sauce, extra meats added - Note: For spaghetti sauce with meat, canned, no extra meat added, see 744-0403.)	271-6205	1 cup	249	
Meat with gravy, NS as to type of meat (mixture)	271-6301	1 cup	244	183
Beef and potatoes, no sauce (mixture)	272-1100	1 cup	190	190
Beef stew with potatoes, tomato-based sauce (mixture) (Include beef stew with potatoes, NS as to base)	272-1110	1 cup	252	252
Beef goulash with potatoes (Include beef goulash, NFS)	272-1115	1 cup	244	244
Beef and potatoes with (mushroom) soup (mixture)	272-1117	1 cup	252	252
Beef and potatoes with cream or white sauce (mixture) (Include Hamburger Helper Potato Stroganoff)	272-1119	1 cup	252	252

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef stew with potatoes, gravy	272-1120	1 cup	252	252
Beef and potatoes with gravy in pie crust (mixture)	272-1125	1 pie (8" square) 1 piece (1/6 of 8" square) 1 cubic inch	1,296 216 14	216
Beef (roast) hash	272-1130	1 cup	190	190
Corned beef hash	272-1140	1 cup 1 cup, canned	190 220	190
Beef and potatoes with cheese sauce (mixture)	272-1150	1 cup	249	249
Beef and noodles, no sauce (mixture) (Include Hamburger Helper Beef Noodle)	272-1200	1 cup	156	156
Beef and noodles with tomato-based sauce (mixture) (Include beef casserole, NFS; Hamburger Helper, NFS; Hamburger Helper Chili Tomato; Hamburger Helper Lasagna)	272-1210	1 cup	249	249
Chili con carne with beans and macaroni	272-1212	1 cup	253	253
Beef goulash with noodles	272-1215	1 cup	249	249
Beef and noodles with gravy (mixture)	272-1220	1 cup	249	249
Beef and noodles with cream or white sauce (mixture)	272-1230	1 cup	249	249
Beef stroganoff with noodles (Include Hamburger Helper Beef Stroganoff)	272-1235	1 cup	256	256
Beef and noodles with (mushroom) soup (mixture)	272-1240	1 cup	249	249
Beef and rice, no sauce (mixture)	272-1300	1 cup	196	196

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef and rice with tomato-based sauce (mixture)	272-1310	1 cup	244	244
Porcupine balls with tomato-based sauce (mixture)	272-1312	1 cup 1 porcupine ball with sauce	176 35	
Chili con carne with beans and rice	272-1315	1 cup	250	250
Beef and rice with gravy (mixture)	272-1320	1 cup	222	222
Beef and rice with cream sauce (mixture)	272-1330	1 cup	248	248
Beef and rice with (mushroom) soup (mixture)	272-1340	1 cup	248	248
Porcupine balls with (mushroom) soup (mixture)	272-1342	1 cup 1 porcupine ball with sauce	176 35	
Beef and rice with soy-based sauce (mixture)	272-1350	1 cup	244	244
Beef loaf (Include beef meatball or beef patty, with breading or NS as to breading, no sauce)	272-1410	1 small or thin slice 1 medium slice 1 large slice 1 cocktail meatball 1 small meatball 1 medium meatball 1 large meatball 1 small patty 1 medium patty 1 large patty 1 cup 1 cubic inch 1 oz. raw (yield after cooking)	86 108 144 7 14 28 42 81 101 134 140 19 22	108
Beef wellington	272-1430	1 slice	116	116
Corned beef patty	272-1450	1 patty	100	100

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Creamed dried beef on toast	272-1460	1 slice toast with sauce	145	145
Puerto Rican style stuffed pot roast (larded meat) (Carne mechada con papas boliche)	272-1811	1 serving (1 slice, 3/4" x 3" with 1/4 cup potatoes)	190	190
Puerto-Rican style beef stew (Carne guisada con papas)	272-1821	1 cup	212	212
Stewed corned beef, Puerto Rican style ("Corned beef" guisado) (Include carne bif guisada)	272-1831	1 cup	280	280
Ham loaf (not luncheon meat) (Include pork meatball, with breading, no sauce)	272-2001	1 small or thin slice 1 medium slice 1 large slice 1 small meatball 1 medium meatball 1 large meatball 1 cocktail meatball 1 cup	86 108 144 14 28 42 7 140	108
Ham and noodles with cream or white sauce (mixture)	272-2002	1 cup	244	244
Ham and rice with (mushroom) soup (mixture)	272-2003	1 cup	248	248
Pork and rice with tomato-based sauce (mixture)	272-2011	1 cup	244	244
Sausage and rice with tomato-based sauce (mixture)	272-2012	1 cup	244	244
Sausage and rice with (mushroom) soup (mixture)	272-2015	1 cup	244	244
Sausage and rice with cheese sauce (mixture)	272-2017	1 cup	244	244
Sausage and noodles with cream or white sauce (mixture)	272-2019	1 cup	244	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ham and noodles, no sauce (mixture)	272-2021	1 cup	157	157
Ham and rice, no sauce (mixture)	272-2031	1 cup	196	196
Ham or pork and potatoes with gravy (mixture)	272-2051	1 cup	252	252
Stewed pig's feet, Puerto Rican style (Patitas de cerdo guisadas)	272-2110	1 cup (yield after bone removed) 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)	104 206	206
Pork roast, stuffed, Puerto Rican style	272-2111	1 slice (3" x 3/4") with stuffing	120	120
Lamb or mutton loaf	272-3001	1 small or thin slice 1 medium slice 1 large slice 1 cup	86 108 144 140	108
Lamb or mutton and potatoes with gravy (mixture)	272-3100	1 cup	252	252
Lamb or mutton and potatoes with tomato-based sauce (mixture)	272-3200	1 cup	252	252
Lamb or mutton and noodles with gravy (mixture)	272-3300	1 cup	249	249
Deer loaf (Include deer meatball, with breading, no sauce)	272-3500	1 small or thin slice 1 medium slice 1 large slice 1 small meatball 1 medium meatball 1 large meatball 1 cup 1 cubic inch	86 108 144 14 28 42 140 19	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Venison and noodles with cream or white sauce (mixture)	272-3600	1 cup	249	249
Chicken or turkey hash	272-4100	1 cup	190	190
Chicken or turkey and potatoes with gravy (mixture) (Include Chicken Helper Chicken, Potatoes, and Gravy)	272-4101	1 cup	242	242
Chicken or turkey and noodles, no sauce (mixture)	272-4200	1 cup	157	157
Chicken or turkey and noodles with gravy (mixture)	272-4220	1 cup	224	224
Chicken or turkey and noodles with (mushroom) soup (mixture)	272-4225	1 cup	224	224
Chicken or turkey and noodles with cream or white sauce (mixture) (Include chicken or turkey casserole, NFS)	272-4230	1 cup	224	224
Chicken or turkey tetrazzini	272-4235	1 cup	246	246
Chicken or turkey and noodles, tomato-based sauce (mixture)	272-4240	1 cup	224	
Chicken or turkey and rice, no sauce (mixture)	272-4300	1 cup	196	196
Chicken or turkey and rice with cream sauce (mixture) (Include Chicken Helper Mushroom Chicken with Long Grain and Wild Rice)	272-4330	1 cup	248	248
Chicken or turkey and rice with (mushroom) soup (mixture)	272-4340	1 cup	248	248
Chicken or turkey and rice with tomato-based sauce (mixture)	272-4350	1 cup	244	244

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey and rice with soy-based sauce (mixture) (Include Chicken Helper Chicken Teriyaki)	272-4360	1 cup	244	244
Chicken or turkey with dumplings (mixture) (Include Chicken Helper Chicken and Dumplings)	272-4610	1 cup	244	244
Chicken or turkey with stuffing (mixture) (Include Chicken Helper Chicken and Stuffing)	272-4620	1 cup	200	200
Chicken or turkey cake, patty, or croquette	272-4630	1 cake or patty 1 croquette 1 cup	85 62 140	85
Chicken or turkey souffle	272-4640	1 cup	159	159
Chicken or turkey loaf (Include with breading or NS as to breading, no sauce)	272-4650	1 small or thin slice 1 medium slice 1 large or thick slice 1 cup 1 cubic inch	86 108 144 140 19	108
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
Codfish ball or cake	272-5003	1 ball 1 cake	63 120	120
Crab cake	272-5004	1 cake	120	120
Fish cake or patty, NS as to fish	272-5005	1 cake or patty 1 cubic inch	120 14	120
Gefilte fish	272-5006	1 cup 1 cubic inch 5 balls 1 cutlet (3" x 1-3/4" x 1")	227 16 41 55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salmon cake or patty (Include salmon croquette)	272-5007	1 cake or patty	120	120
Salmon loaf	272-5008	1 slice 1 cup	105 150	105
Scallops and noodles with cheese sauce (mixture)	272-5011	1 cup	224	224
Tuna loaf	272-5015	1 slice	105	105
Tuna cake or patty	272-5016	1 cake or patty	120	120
Clam cake or patty (Include deviled)	272-5021	1 cake or patty	120	120
Oyster fritter	272-5022	1 fritter	40	40
Flounder, stuffed	272-5025	1 piece	210	210
Lobster, stuffed, baked	272-5026	1 lobster	400	400
Mackerel cake or patty	272-5030	1 cake or patty	120	120
Haddock cake or patty	272-5031	1 cake or patty	120	120
Shrimp cake or patty (Include shrimp burger; shrimp stick, battered)	272-5040	1 cake or patty	120	120
Shrimp, stuffed	272-5041	1 cup 1 stuffed shrimp	140 16	80
Kamaboko (Japanese fish cake)	272-5050	1 cup 1 slice 1 cubic inch	140 16 17	
Fish cake (Kamaboko) tempura	272-5051	1 oz, cooked	28	
Seafood restructured (Include Delicaseas, Sea Tails, Sea Stix, imitation crabmeat)	272-5052	1 cup, chunks or flakes	126	
Seafood souffle	272-5055	1 cup	159	159

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tuna noodle casserole with cream or white sauce (Include tuna noodle casserole, NS as to sauce)	272-5061	1 cup	224	224
Tuna noodle casserole with (mushroom) soup	272-5063	1 cup	224	224
Tuna and rice with (mushroom) soup (mixture)	272-5071	1 cup	248	248
Fish and rice with tomato-based sauce	272-5081	1 cup	248	248
Fish and rice with cream sauce	272-5082	1 cup	248	248
Fish and rice with (mushroom) soup	272-5083	1 cup	248	248
Stewed salmon, Puerto Rican style (Salmon guisado)	272-5101	1 cup	212	212
Meat loaf, NS as to type of meat (Include meatball, NS as to type of meat, with breading, no sauce)	272-6001	1 small or thin slice 1 medium slice 1 large slice 1 cocktail meatball 1 small meatball 1 medium meatball 1 large meatball 1 cup 1 cubic inch	86 108 144 7 14 28 42 140 19	108
Meatballs, with breading, NS as to type of meat, with gravy (Include sweet and sour meatballs; Danish frikadeller; meatballs, NS as to type of meat, NS as to with or without breading)	272-6005	1 cup 1 meatball with sauce	235 43	
Hash, NS as to type of meat	272-6011	1 cup	190	190
Vienna sausages stewed with potatoes, Puerto Rican style (Salchichas guisadas)	272-6050	1 cup	175	175
Liver dumpling	272-6051	1 cup	250	250

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Liver hash (Include liver mush)	272-6055	1 cup	225	225
Breaded brains, Puerto Rican style (Sesos rebosados)	272-6100	1 serving (2 fritters, 3-1/2" x 2-1/2" x 1/2")	120	120
Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-1111	1 cup	162	162
Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-1112	1 cup	162	162
Corned beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-1121	1 cup	162	162
Corned beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-1122	1 cup	162	162
Beef stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (Include meatball stew, NFS; beef stew, NFS)	273-1131	1 cup	252	252
Beef stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	273-1132	1 cup	252	252
Beef stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy	273-1141	1 cup	252	252

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy	273-1142	1 cup	252	252
Shepherd's pie with beef	273-1151	1 cup	243	243
Beef, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)	273-1161	1 cup	252	252
Beef, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)	273-1162	1 cup	252	252
Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-1301	1 cup	162	162
Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-1302	1 cup	162	162
Beef chow mein or chop suey with noodles	273-1311	1 cup	220	220
Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-1321	1 cup	249	249
Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	273-1322	1 cup	249	249
Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)	273-1331	1 cup	249	249
Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)	273-1332	1 cup	249	249

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-1341	1 cup	249	
Beef, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-1342	1 cup	249	
Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-1501	1 cup	162	162
Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-1502	1 cup	162	162
Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-1521	1 cup	249	249
Beef, rice, and vegetables (excluding carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-1522	1 cup	249	249
Stuffed cabbage rolls with rice	273-1525	1 cabbage roll 1 cup	103 162	103
Stuffed grape leaves with beef and rice	273-1527	1 roll 1 cup	21 162	
Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)	273-1531	1 cup	249	249
Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)	273-1532	1 cup	249	249

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-1541	1 cup	249	249
Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-1542	1 cup	249	249
Beef, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	273-1551	1 cup	217	217
Beef, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	273-1552	1 cup	217	217
Beef pot pie (Include Greek meat pie, sirloin burger pie)	273-1701	1 pie (8 oz, frozen) 1 pie (16 oz, frozen, Hungry Man) 1 cubic inch 1 cup	227 454 10 252	227
Stuffed green pepper, Puerto Rican style (Pimiento relleno)	273-1901	1 pepper (3-1/2" x 3-1/2" x 2")	250	250
Ham pot pie	273-2002	1 pie 1 piece (1/6 of pie) 1 cubic inch 1 cup	632 105 10 252	105
Ham or pork, noodles and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	273-2003	1 cup	241	241
Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-2004	1 cup	162	162

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-2010	1 cup	252	252
Pork, potatoes, and vegetables (excluding carrots, broccoli and dark-green leafy), tomato-based sauce (mixture)	273-2011	1 cup	252	252
Sausage, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-2012	1 cup	252	252
Sausage, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-2013	1 cup	252	252
Pork, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-2014	1 cup	252	252
Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-2015	1 cup	252	252
Pork, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-2021	1 cup	162	162
Pork chow mein or chop suey with noodles	273-2031	1 cup	220	220
Pork, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	273-2032	1 cup	217	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture) (Include pork chow mein or chop suey with rice)	273-2033	1 cup	217	
Ham, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-2041	1 cup	162	162
Ham, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-2045	1 cup	162	162
Sweet and sour pork with rice	273-2050	1 cup	244	244
Shepherd's pie	273-3001	1 cup	243	243
Lamb or mutton stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (Include lamb or mutton stew, NFS)	273-3003	1 cup	252	252
Lamb or mutton, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-3005	1 cup	252	252
Lamb or mutton, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-3006	1 cup	252	252
Lamb or mutton, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy	273-3008	1 cup	252	252

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb or mutton stew with potatoes and vegetables (exoluding carrots, broccoli, and dark-green leafy), gravy	273-3011	1 cup	252	252
Stuffed grape leaves with lamb and rice	273-3017	1 roll 1 cup	21 162	
Lamb or mutton stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce	273-3021	1 cup	252	
Lamb or mutton stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	273-3022	1 cup	252	
Veal fricassee, Puerto Rican style (ternera en fricase)	273-3115	1 cup	220	220
Stewed rabbit, Puerto Rican style (Fricase de conejo)	273-3550	1 cup, boneless 1 cup (yield after bone removed)	219 177	219
Venison stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (Include venison stew, NFS)	273-3610	1 cup	252	252
Venison stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	273-3615	1 cup	252	252
Venison, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-3620	1 cup	252	252

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Venison, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-3625	1 cup	252	252
Chicken or turkey, potatoes, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-4101	1 cup	162	162
Chicken or turkey, potatoes, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-4102	1 cup	162	162
Chicken or turkey stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (Include chicken or turkey stew, NFS)	273-4131	1 cup	252	252
Chicken or turkey stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy	273-4132	1 cup	252	252
Chicken or turkey stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce	273-4151	1 cup	247	247
Chicken or turkey stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce	273-4152	1 cup	247	247
Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-4301	1 cup	162	162

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-4302	1 cup	162	162
Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-4341	1 cup	224	224
Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-4342	1 cup	224	224
Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-4351	1 cup	224	224
Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	273-4352	1 cup	224	224
Chicken or turkey chow mein or chop suey with noodles	273-4391	1 cup	220	220
Chicken or turkey, noodles, and vegetables (including carrots, broccoli, and/or dark-green leafy), cheese sauce (mixture)	273-4395	1 cup	244	244
Chicken or turkey, noodles, and vegetables (excluding carrots, broccoli, and dark-green leafy), cheese sauce (mixture)	273-4396	1 cup	244	244

FOOD DESCRIPTION	FCOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), no sauce (mixture)	273-4501	1 cup	162	162
Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), no sauce (mixture)	273-4502	1 cup	162	162
Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), gravy (mixture)	273-4521	1 cup	252	252
Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), gravy (mixture)	273-4522	1 cup	252	252
Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	273-4531	1 cup	217	217
Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	273-4532	1 cup	217	217
Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), (mushroom) soup (mixture)	273-4541	1 cup	252	252
Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), (mushroom) soup (mixture)	273-4542	1 cup	252	252

FOOD DESCRIPTION	FOOD CODE AUGUST 1967	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey, rice, and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-based sauce (mixture)	273-4551	1 cup	249	
Chicken or turkey, rice, and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-based sauce (mixture)	273-4552	1 cup	249	
Chicken or turkey pot pie	273-4710	1 pie (8 oz, frozen) 1 pie (16 oz, frozen, Hungry Man) 1 cubic inch 1 cup	227 454 10 252	227
Chicken fricassee, Puerto Rican style (Fricase de pollo) (Include stewed chicken (Pollo guisado))	273-4810	1 cup, boneless 1 cup (yield after bone removed)	223 196	223
Paella	273-5002	1 cup	240	240
Seafood stew with potatoes and vegetables (excluding carrots, broccoli, and dark-green leafy), tomato-base sauce (Include seafood stew, NFS)	273-5003	1 cup	252	252
Shad creole, with rice	273-5004	1 cup	249	249
Shrimp chow mein or chop suey with noodles	273-5005	1 cup	220	220
Shrimp creole, with rice (Include shrimp jambalaya)	273-5006	1 cup	243	243
Tuna pot pie	273-5007	1 pie 1 piece (1/6 of pie) 1 cubic inch 1 cup	769 128 10 252	128
Tuna noodle casserole with vegetables, cream or white sauce	273-5008	1 cup	224	224

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bouillabaisse	273-5011	1 cup	227	227
Oyster pie (Include pot pie)	273-5020	1 pie 1 piece (1/6 of pie) 1 cubic inch	656 109 10	109
Seafood stew with potatoes and vegetables (including carrots, broccoli, and/or dark-green leafy), tomato-base sauce	273-5031	1 cup	252	252
Tuna noodle casserole with vegetables and (mushroom) soup	273-5041	1 cup	224	224
Codfish with starchy vegetables, Puerto Rican style (Serenata de bacalao) (mixture)	273-5101	1 cup	173	173
Codfish salad, Puerto Rican style (Gazpacho de bacalao)	273-5102	1 serving (1 cup salad and 1 slice toast)	170	170
Stewed codfish, Puerto Rican style (Bacalao guisado)	273-5103	1 cup	200	200
Biscayne codfish, Puerto Rican style (Bacalao a la Vizcaina)	273-5104	1 cup	175	175
Codfish salad, Puerto Rican style (Ensalada de bacalao)	273-5105	1 cup	150	150
Shrimp and pasta garden salad (shrimp, pasta, tomato and/or carrots, other vegetables), no dressing	273-5106	1 cup 1 fastfood order	94 261	
Stew, NS as to type of meat	273-6000	1 cup	252	252
Goulash, NS as to type of meat	273-6001	1 cup	249	249
Meat pie, NS as to type of meat	273-6005	1 pie 1 piece (1/6 of pie) 1 cubic inch	715 119 10	119

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chow mein or chop suey, NS as to type of meat, with noodles (Include chow mein or chop suey, NFS)	273-6008	1 cup	220	220
Stewed variety meats, Puerto Rican style (mostly liver) (Gandinga)	273-6101	1 cup	165	165
Stewed tripe, Puerto Rican style, with potatoes (Mondongo)	273-6200	1 cup	280	280
Gumbo with rice (New Orleans type with shellfish, pork, and/or poultry, tomatoes, okra, rice)	273-6300	1 cup	244	244
Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	274-1021	1 cup	162	122
Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)], no sauce (mixture)	274-1022	1 cup	162	122
Beef shishkabob	274-1025	1 shishkabob 1 cup	202 154	202
Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)], tomato-based sauce (mixture)	274-1110	1 cup	249	187
Swiss steak	274-1112	1 cup	249	187
Beef rolls, stuffed with vegetables or meat mixture (include roulades, paupiettes, bracciola)	274-1115	1 beef roll	134	134

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	274-1120	1 cup	249	187
Beef with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), (mushroom) soup (mixture)	274-1410	1 cup	252	189
Beef with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), (mushroom) soup (mixture)	274-1420	1 cup	252	189
Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-1510	1 cup	217	163
Beef, tofu, and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-1512	1 cup	217	163
Beef chow mein or chop suey, no noodles	274-1515	1 cup	220	165
Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-1520	1 cup	217	163
Beef, tofu, and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-1522	1 cup	217	163
Beef and vegetables, Hawaiian style (mixture)	274-1610	1 cup	252	189
Pepper steak	274-1615	1 cup	217	163

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, ground, with egg and onion (mixture)	274-1620	1 cup	190	143
		1 small patty	68	
		1 medium patty	85	
		1 large patty	113	
		1 oz, raw (yield after cooking)	21	
Beef taco filling: beef, cheese, tomato, taco sauce	274-1630	1 cup	204	153
Sukiyaki	274-1640	1 cup	162	122
Beef and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), gravy (mixture)	274-1645	1 cup	252	189
Beef and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), gravy (mixture)	274-1650	1 cup	252	189
Seasoned shredded soup meat, Puerto Rican style (Ropa vieja, sopa de carne ripiada)	274-1811	1 cup	133	100
Puerto-Rican style beef stew (Carne a la Judia)	274-1821	1 cup	195	146
Corned beef with tomato sauce and onion, Puerto Rican style (mixture)	274-1831	1 cup	235	176
Beef steak with onions, Puerto Rican style (mixture) (Biftec encebollado) (Include Puerto Rican style stewed steak)	274-1841	1 cup	179	134
Cabbage with ham hocks (mixture)	274-2001	1 cup	200	150
Ham or pork salad	274-2002	1 cup	182	137
Frankfurters and sauerkraut (mixture)	274-2004	1 frankfurter with sauerkraut	120	120

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture) (Include chow yuk)	274-2006	1 cup	162	122
Greens with ham or pork (mixture)	274-2008	1 cup	144	
Pork, tofu, and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-base sauce (mixture)	274-2010	1 cup	217	163
Pork and vegetables, Hawaiian style (mixture)	274-2011	1 cup	252	189
Pork and watercress with soy-based sauce (mixture)	274-2012	1 cup	162	122
Pork hash, Hawaiian style-ground pork, vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce	274-2020	1 cup	190	143
Ham and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	274-2025	1 cup	162	122
Ham and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	274-2027	1 cup	162	122
Pork and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	274-2035	1 cup	162	122
Pork, tofu, and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-2037	1 cup	217	163

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pork chow mein or chop suey, no noodles	274-2039	1 cup	220	165
Pork and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	274-2040	1 cup	249	187
Pork and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	274-2041	1 cup	249	187
Pork and vegetables (including carrots, broccoli, and/or dark-green leafy), soy-based sauce (mixture)	274-2050	1 cup	217	163
Pork and vegetables (excluding carrots, broccoli, and dark-green leafy), soy-based sauce (mixture)	274-2051	1 cup	217	163
Stuffed christophine, Puerto Rican style (Chayote relleno)	274-2101	1/2 chayote (4-1/2" long x 4" wide x 1" thick) (without shell)	137	137
Pork chop stewed with vegetables, Puerto Rican style (mixture) (Chuletas a la jardinera)	274-2201	1 cup	235	176
Lamb or mutton stew with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), gravy (Include lamb or mutton stew, NFS)	274-3040	1 cup	252	189
Lamb or mutton stew with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), gravy	274-3041	1 cup	252	189

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal goulash with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-base sauce (Include veal goulash, NFS; veal marengo; veal stew)	274-3050	1 cup	252	189
Veal goulash with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-base sauce (Include veal marengo, veal stew)	274-3051	1 cup	252	189
Lamb shishkabob	274-3061	1 shishkabob 1 cup	202 154	202
Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), no sauce (mixture)	274-4011	1 cup	162	122
Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), no sauce (mixture)	274-4012	1 cup	162	122
Chicken or turkey creole, without rice	274-4112	1 cup	246	185
Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), gravy (mixture)	274-4211	1 cup	252	189
Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), gravy (mixture)	274-4212	1 cup	252	189

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey a la king with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), cream, white, or soup-based sauce	274-4311	1 cup	241	181
Chicken or turkey a la king with vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), cream, white, or soup-based sauce	274-4312	1 cup	241	181
Chicken or turkey divan	274-4315	1 cup	236	177
Chicken or turkey and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-4511	1 cup	162	122
Chicken or turkey and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-4512	1 cup	162	122
Kung pao chicken (Include cashew chicken)	274-4522	1 cup	162	122
Chicken or turkey chow mein or chop suey, no noodles	274-4610	1 cup	220	165
Chicken or turkey salad	274-4620	1 cup	182	137
Chicken or turkey garden salad (chicken and/or turkey, tomato and/or carrots, other vegetables), no dressing	274-4630	1 cup 1 fastfood order	90 252	
Chicken or turkey garden salad (chicken and/or turkey, other vegetables excluding tomato and carrots), no dressing	274-4631	1 cup	90	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey fricassee, no potatoes, Puerto Rican style, NFS (assume with sauce)	274-4801	1 cup	223	167
Chicken or turkey fricassee, with sauce, no potatoes, Puerto Rican style (potatoes reported separately) (Include pollo en salsa, Puerto Rican style chicken or turkey in sauce)	274-4802	1 cup	223	167
Chicken or turkey fricassee, no sauce, no potatoes, Puerto Rican style (sauce and potatoes reported separately)	274-4803	1 cup	223	167
Crab salad	274-5001	1 cup	208	156
Lobster salad	274-5002	1 cup	182	137
Salmon salad	274-5003	1 cup	208	156
Shrimp chow mein or chop suey, no noodles	274-5004	1 cup	220	165
Tuna salad	274-5006	1 cup	208	156
Shrimp salad	274-5007	1 cup	182	137
Seafood salad	274-5008	1 cup	208	156
Tuna salad with egg	274-5010	1 cup	208	156
Shrimp garden salad (shrimp, eggs, tomato and/or carrots, other vegetables), no dressing	274-5011	1 cup 1 fastfood order	95 244	
Shrimp garden salad (shrimp, eggs, vegetables excluding tomato and carrots), no dressing	274-5012	1 cup	95	
Fish, tofu, and vegetables, tempura, Hawaiian style (mixture)	274-5015	1 cup	63	63

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Oysters Rockefeller	274-5025	1 oyster, no shell	24	
		1 cup, shell removed	224	
Lomi salmon	274-5031	1 cup	234	176
Shrimp and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-5041	1 cup	162	122
Shrimp and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-based sauce (mixture)	274-5042	1 cup	162	122
Shrimp creole, no rice	274-5045	1 cup	246	184
Tuna casserole with vegetables and (mushroom) soup, no noodles	274-5051	1 cup	224	168
Shellfish mixture and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), soy-base sauce	274-5060	1 cup	162	122
Shellfish mixture and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), soy-base sauce	274-5061	1 cup	162	122
Fish and vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-based sauce (mixture)	274-5070	1 cup	224	224
Fish and vegetables (excluding carrots, broccoli, and dark-green leafy (no potatoes)), tomato-based sauce (mixture)	274-5071	1 cup	224	224
Fish a la creole, Puerto Rican style (Pescado frito con mojo)	274-5101	1 slice (4" x 3-1/2" x 1/2") with sauce	213	213

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lobster creole, Puerto Rican style (Langosta a la criolla)	274-5103	1 cup	242	182
Octopus salad, Puerto Rican style (Ensalada de pulpo)	274-5106	1 cup	180	135
Codfish salad, Puerto Rican style (Serenata) (Include oil, vinegar, onion, olives, tomatoes)	274-5107	1 cup	145	109
Chow mein or chop suey, NS as to type of meat, no noodles	274-6001	1 cup	220	165
Lau lau (pork and fish wrapped in taro or spinach leaves)	274-6010	1 lau lau	214	214
Julienne salad (meat, cheese, eggs, vegetables), no dressing	274-6049	1 cup	76	76
Antipasto with ham, fish, cheese, vegetables	274-6051	1 cup	115	115 (if main course in meal) 58 (if appetizer)
Livers, chicken, chopped, with eggs and onion (mixture)	274-6071	1 cup	208	156
Liver, beef or calves, and onions	274-6075	1 slice with onions 1 cup	143 202	
Stewed seasoned ground beef, Puerto Rican style (Picadillo para relleno)	274-6101	1 cup	150	113
Stewed chitterlings, Puerto Rican style (cuajo guisado)	274-6200	1 cup	240	180

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stewed gizzards, Puerto Rican style (Mollejitas guisadas)	274-6300	1 cup	260	195
Gumbo, no rice (New Orleans type with shellfish, pork, and/or poultry, tomatoes, okra)	274-6400	1 cup	244	183
Sandwich, NFS	275-0005	1 sandwich	83	83
Meat sandwich, NFS	275-0010	1 sandwich	83	83
Beef sandwich, NFS	275-1000	1 sandwich	133	133
Beef barbecue or Sloppy Joe, on bun (Include Sloppy Joe, on bun, NS as to type of meat)	275-1011	1 barbecue	186	186
Cheeseburger, plain, on bun (Include Wendy's Kid's Meal Cheeseburger)	275-1021	1 cheeseburger	107	107
Cheeseburger, with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard; Jack-in-the-Box Cheeseburger)	275-1022	1 cheeseburger	129	129
Cheeseburger, with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard; Burger King Whopper Jr. with Cheese; Jack-in-the-Box Cheeseburger Deluxe)	275-1023	1 cheeseburger	167	167
Cheeseburger, 1/4 lb meat, plain, on bun (Include Hardee's 1/4 Pound Cheeseburger; Roy Rogers Cheeseburger)	275-1024	1 (1/4 lb) cheeseburger	184	184

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard; Hardee's Big Deluxe)	275-1025	1 (1/4 lb) cheeseburger	228	228
Double cheeseburger (2 patties), plain, on bun	275-1027	1 double cheeseburger	158	158
Double cheeseburger (2 patties), with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard; Jack-in-the-Box Bonus-Jack Hamburger)	275-1028	1 double cheeseburger	187	187
Double cheeseburger (2 patties), plain, on double-decker bun	275-1029	1 double cheeseburger	186	186
Double cheeseburger (2 patties), with mayonnaise or salad dressing, on double-decker bun (Include with lettuce, pickles, onions, and/or mustard; Burger Chef Big Chef; McDonald's Big Mac)	275-1030	1 double cheeseburger	224	224
Cheeseburger with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; McDonald's Cheeseburger; Roy Rogers Kid's Meal Cheeseburger)	275-1031	1 cheeseburger	127	127
Cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; McDonald's 1/4-Pounder with Cheese)	275-1032	1 (1/4 lb) cheeseburger	220	220

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Double cheeseburger (2 patties), with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; Burger Chef Double Cheeseburger; Burger King Double Beef Whopper with Cheese; McDonald's Double Cheeseburger)	275-1033	1 double cheeseburger	192	192
Double cheeseburger (2 patties), with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1034	1 double cheeseburger	225	225
Cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard; Jack-in-the-Box Jumbo-Jack Hamburger with Cheese; McDonald's McDLT; Wendy's Cheeseburger)	275-1035	1 (1/4 lb) cheeseburger	274	274
Cheeseburger with mayonnaise or salad dressing, tomato and bacon, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1036	1 cheeseburger	288	288
Bacon cheeseburger 1/4 lb meat, with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; bacon cheeseburger, on bun, NFS; Roy Rogers Bacon Cheeseburger; Wendy's Bacon Cheeseburger)	275-1040	1 (1/4 lb) bacon cheeseburger	208	
Chiliburger, on bun (Include hamburger with chili)	275-1041	1 chiliburger	159	159
Taco burger, on bun (Include chiliburger with cheese; Wendy's Chili, Cheese, and Beef)	275-1042	1 taco burger	127	127

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheeseburger, 1/4 lb meat, with ham, on bun (Include Roy Rogers Double R Bar Burger)	275-1045	1 cheeseburger with ham	219	219
Hamburger, plain, on bun (Include Wendy's Kid's Meal Hamburger)	275-1050	1 hamburger	93	93
Hamburger, with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; hamburger, on bun, NFS; Burger Chef Hamburger; Hardee's Hamburger; McDonald's Hamburger; Roy Rogers Kid's Meal Hamburger)	275-1051	1 hamburger	113	113
Hamburger, with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard; Burger King Whopper Jr.; Jack-in-the-Box Hamburger Deluxe)	275-1052	1 hamburger	153	153
Hamburger, 1/4 lb meat, plain, on bun (Include Roy Rogers Hamburger)	275-1053	1 (1/4 lb) hamburger	156	156
Double hamburger (2 patties), with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1054	1 double hamburger	164	164
Double hamburger (2 patties), with mayonnaise or salad dressing and tomatoes, on double-decker bun (Include with lettuce, pickles, onions, and/or mustard; Wendy's Double Hamburger)	275-1055	1 double hamburger	241	241

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Hamburger, 1/4 lb meat, with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard; Burger King Whopper; Jack-in-the-Box Jumbo Jack Hamburger; Wendy's Single Hamburger; Wendy's Big Classic)	275-1056	1 (1/4 lb) hamburger	244	244
Hamburger, 2-1/2 oz meat, with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1057	1 hamburger	178	178
Hamburger, with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1059	1 hamburger	115	115
Hamburger, 1 oz meat, with tomato and/or catsup, on miniature bun (Include with lettuce, pickles, onions, and/or mustard; Burger King Burger Bundles)	275-1061	1 miniature hamburger	47	
Hamburger, 1/4 lb meat, with tomato and/or catsup, on bun (Include with lettuce, pickles, onions, and/or mustard; McDonald's 1/4-Pounder)	275-1062	1 (1/4 lb) hamburger	192	192
Hamburger, 1/4 lb meat, with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1063	1 (1/4 lb) hamburger	200	200
Double hamburger (2 patties), plain, on bun	275-1065	1 double hamburger	130	130
Double hamburger (2 patties), with mayonnaise or salad dressing, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1066	1 double hamburger	159	159

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Double hamburger (2 patties), with mayonnaise or salad dressing and tomatoes, on bun (Include with lettuce, pickles, onions, and/or mustard)	275-1067	1 double hamburger	197	197
Meatball and spaghetti sauce sandwich	275-1070	1 sandwich	189	189
Pizzaburger (hamburger, cheese, sauce) on 1/2 bun	275-1071	1 pizzaburger	137	137
Pizzaburger (hamburger, cheese, sauce) on whole bun	275-1072	1 pizzaburger	165	165
NOTE: For the following sandwich codes, content of lettuce, tomato, or spread (mayonnaise or salad dressing) is indicated by an L, T, or S placed at the end of the description. Only those codes listing L, T, or S contain lettuce, tomato, or spread.				
Corned beef sandwich	275-1091	1 sandwich	130	130
Reuben sandwich (corned beef sandwich with sauerkraut and cheese) (S)	275-1095	1 sandwich	181	181
Pastrami sandwich	275-1101	1 sandwich	134	134
Roast beef sandwich (Include Arby's Roast Beef Sandwich; Arby's Junior Roast Beef Sandwich; Hardee's Roast Beef Sandwich, RAX Roast Beef Sandwich; Roy Rogers Roast Beef Sandwich)	275-1301	1 sandwich 1 Junior Roast Beef (Arby's)	136 86	136
Roast beef sandwich, with gravy	275-1302	1 sandwich	222	222
Roast beef sandwich dipped in egg, fried in butter, with gravy (S)	275-1303	1 sandwich	258	258
Roast beef sandwich with cheese (Include Arby's Beef 'N Cheddar)	275-1305	1 sandwich	175	175

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Steak submarine sandwich, with tomato, on roll (LT)	275-1500	1 sandwich	186	186
Steak sandwich, plain, on roll	275-1501	1 sandwich	142	142
Steak and cheese submarine sandwich, with tomato, on roll (LT)	275-1502	1 submarine	214	214
Steak and cheese sandwich, plain, on roll	275-1503	1 sandwich	170	170
Gyro sandwich (pita bread, beef, lamb, condiments) (TS)	275-1601	1 gyro	105	105
Bacon sandwich (S)	275-2011	1 sandwich	91	91
Bacon and cheese sandwich (S)	275-2012	1 sandwich	121	121
Bacon, chicken, and tomato club sandwich (LTS) (Include Arby's Turkey Club; Wendy's Chicken Club)	275-2013	1 sandwich	246	246
Bacon and egg sandwich	275-2014	1 sandwich	177	177
Bacon, lettuce, and tomato sandwich (LTS)	275-2015	1 sandwich	164	164
Ham sandwich (LS)	275-2031	1 sandwich	127	127
Ham and cheese sandwich (LS)	275-2032	1 sandwich	155	155
Ham and egg sandwich	275-2033	1 sandwich	124	124
Ham salad sandwich	275-2034	1 sandwich	107	107
Ham and cheese sandwich, grilled (S)	275-2035	1 sandwich	141	141
Ham and cheese sandwich, on bun (LS) (Include ham and cheese hero sandwich)	275-2036	1 sandwich	154	154

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Hot ham and cheese sandwich, on bun (Include Arby's Hot Ham and Cheese Sandwich; Burger King Hot Ham and Cheese Sandwich)	275-2037	1 sandwich	230	
Cuban sandwich, Puerto Rican style (Sandwich cubano) (S)	275-2041	1 sandwich (6" long)	255	255
Midnight sandwich, Puerto Rican style (Media noche) (S)	275-2042	1 sandwich	201	201
Cuban sandwich, not Puerto Rican style (S)	275-2043	1 sandwich	227	227
Pork barbecue or Sloppy Joe, on bun	275-2051	1 barbecue	186	186
Pork sandwich	275-2052	1 sandwich	136	136
Pork sandwich, with gravy	275-2053	1 sandwich	218	218
Ham and tomato club sandwich (LTS)	275-2054	1 sandwich	254	254
Chicken sandwich (S) (Include sliced, roast chicken sandwich)	275-4011	1 sandwich	112	112
Chicken salad or chicken spread sandwich	275-4012	1 sandwich	113	113
Chicken barbecue sandwich	275-4013	1 sandwich	119	119
Chicken fillet sandwich	275-4014	1 sandwich	126	126
Chicken fillet sandwich (LTS)	275-4015	1 sandwich	174	174
Turkey sandwich (S) (Include sliced, roast turkey sandwich)	275-4031	1 sandwich	143	143
Turkey salad or turkey spread sandwich	275-4032	1 sandwich	92	92
Turkey sandwich, with gravy	275-4033	1 sandwich	284	284

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken frank, plain, on bun (Include turkey frank, plain, on bun)	275-4040	1 frankfurter	85	85
Fish sandwich, on bun (S)	275-5000	1 fish sandwich	140	140
Crab cake sandwich, on bun	275-5011	1 sandwich	140	140
Fishburger, on bun (S) DISCONTINUED CODE 2/12/86	275-5031	1 fishburger	129	129
Sardine sandwich (LS)	275-5051	1 sandwich	214	214
Tuna salad sandwich	275-5071	1 sandwich	172	172
Luncheon meat sandwich, NFS (S)	275-6000	1 sandwich	83	83
Bologna sandwich (S)	275-6011	1 sandwich	83	83
Bologna and cheese sandwich (S)	275-6012	1 sandwich	111	111
Corn dog (frankfurter with cornbread coating) (Include beef, pork, chicken, turkey, or NS as to type of meat)	275-6030	1 corn dog	88	88
Corny dog, with chili, on bun	275-6031	1 corny dog	162	162
Frankfurter, plain, on bun	275-6032	1 frankfurter	85	85
Frankfurter, with cheese, plain, on bun	275-6033	1 frankfurter with cheese	118	118
Frankfurter, with catsup and/or mustard, on bun (Include hot dog, NFS)	275-6034	1 frankfurter	105	105
Pig in a blanket (frankfurter wrapped in dough)	275-6035	1 pig in blanket 1 cocktail size pig in a blanket	85 20	85
Frankfurter, with chili, on bun (Include chili dog)	275-6036	1 frankfurter 1 foot long sandwich	152 236	152

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Frankfurter with chili and cheese, on bun (Include chili cheese dog)	275-6037	1 frankfurter	147	147
Pochito (frankfurter and beef chili wrapped in tortilla)	275-6038	1 pochito	122	122
Puerto Rican sandwich (Sandwich criollo)	275-6041	1 sandwich	160	160
Salami sandwich (S)	275-6051	1 sandwich	82	82
Sausage sandwich	275-6071	1 sandwich	107	107
Submarine, cold cut sandwich, on bun (L) (Include grinder, poorboy)	275-6091	1 submarine	198	198
Meat spread or potted meat sandwich	275-6301	1 sandwich	107	107
Hors d'oeuvres (S) (Include finger sandwich)	275-7031	1 hor d'oeuvre	23	69
Meat stew, baby food	276-0010	1 tbsp 1 jar (6 oz)	16 170	89
Beef stew, baby food, toddler (Include Beechnut)	276-0100	1 jar (12 oz)	340	
Beef and egg noodles, baby food, NS as to strained or junior	276-1010	1 tbsp	16	108
Beef and egg noodles, baby food, strained	276-1011	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Beef and egg noodles, baby food, junior (Include egg noodles and beef)	276-1012	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Beef with vegetables, high meat, baby food, NS as to strained or junior	276-1070	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef with vegetables, high meat, baby food, strained	276-1071	1 tb.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Beef with vegetables, high meat, baby food, junior	276-1072	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Beef with vegetables, baby food, toddler	276-1073	1 jar (6.25 oz)	177	
Ham with vegetables, high meat, baby food, NS as to strained or junior	276-2010	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Ham with vegetables, high meat, baby food, strained	276-2011	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Ham with vegetables, high meat, baby food, junior	276-2012	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Veal with vegetables, high meat, baby food, NS as to strained or junior	276-3010	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Veal with vegetables, high meat, baby food, strained	276-3011	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Veal with vegetables, high meat, baby food, junior	276-3012	1 tbsp.	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Chicken and rice, baby food	276-4005	1 tbsp.	16	108
		1 jar (7.5 oz - 7.75 oz)	216	
Chicken noodle dinner, baby food, NS as to strained or junior	276-4010	1 tbsp.	16	108
Chicken noodle dinner, baby food, strained	276-4011	1 tbsp.	16	166
		1 jar (4.5 oz - 4.75 oz)	131	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken noodle dinner, baby food, junior (Include turkey noodle)	276-4012	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Chicken with vegetables, high meat, baby food, NS as to strained or junior	276-4050	1 tbsp	16	66
Chicken with vegetables, high meat, baby food, strained	276-4051	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Chicken with vegetables, high meat, baby food, junior	276-4052	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Chicken, noodles, and vegetables, baby food, toddler (Include Gerber's)	276-4081	1 tbsp 1 jar (6.25 oz)	16 177	
Chicken stew, baby food, toddler	276-4100	1 tbsp 1 jar (6.25 oz)	16 177	
Turkey, rice and vegetables, baby food, NS as to strained or junior	276-4210	1 tbsp	16	108
Turkey, rice and vegetables, baby food, strained	276-4211	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Turkey, rice and vegetables, baby food, junior	276-4212	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Turkey with vegetables, high meat, baby food, NS as to strained or junior	276-4230	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Turkey with vegetables, high meat, baby food, strained	276-4231	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Turkey with vegetables, high meat, baby food, junior	276-4232	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66

FOOD DESCRIPTION	FOOD CODE AUGUST 1967	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken soup, baby food	276-4411	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
		1 cup	229	
Frozen dinner, NFS.	281-0100	1 meal (11 oz)	312	312
Beef dinner, NFS (frozen meal)	281-1000	1 meal (11 oz)	312	312
Beef with potatoes (frozen meal)	281-1011	1 sliced beef meal (8 oz)	227	
(Include Salisbury Steak and Sliced Beef, Salisbury Steak, Meatballs)		1 Salisbury steak meal (5.5 oz)	156	
		1 meatballs meal (8.5 oz)	241	
Beef with potatoes (frozen meal, large meat portion) (Include Salisbury Steak)	281-1012	1 meal (12 oz)	340	340
Beef with vegetable (diet frozen meal)	281-1015	1 meal (10 oz)	284	284
Sirloin, chopped, dinner, NFS (frozen meal)	281-1020	1 meal (11 oz)	312	312
Sirloin, chopped, with mushroom sauce, vegetable (diet frozen meal)	281-1021	1 meal (16 oz)	454	454
Sirloin, chopped, with gravy, mashed potatoes, vegetable (frozen meal) (Include LeMenu Chopped Sirloin Beef)	281-1022	1 meal (12.25 oz)	347	347
Sirloin, chopped, or swiss steak with gravy, vegetable, potatoes, dessert or muffin (frozen meal) (Include Swanson Chopped Sirloin Beef Dinner)	281-1023	1 meal (11.5 oz)	326	326
Sirloin tips with gravy, potatoes, vegetable (frozen meal) (Include Budget Gourmet Sirloin Tips with Country Style Vegetables)	281-1025	1 meal (10 oz)	284	284

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salisbury steak dinner, NFS (frozen meal)	281-1030	1 meal (11 oz)	312	312
Salisbury steak with gravy, potatoes, vegetable (frozen meal) (Include Armour Dinner Classics Salisbury Steak)	281-1031	1 meal (11 oz)	312	312
Salisbury steak with gravy, mashed potatoes, vegetable, dessert (frozen meal) (Include Morton Salisbury Steak Dinner) CODE DISCONTINUED 2/20/87	281-1032	1 meal (11.25 oz)	319	319
Salisbury steak with gravy, whipped potatoes, vegetable, dessert (frozen meal) (Include Swanson Salisbury Steak Dinner, Morton Salisbury Steak Dinner)	281-1033	1 Swanson Salisbury Steak Dinner (11 oz) 1 Morton Salisbury Steak Dinner (11.25 oz)	312 319	312
Salisbury steak with gravy, potatoes, vegetable, soup or macaroni and cheese, dessert (frozen meal)	281-1034	1 meal (15.5 oz)	439	439
Salisbury steak with gravy, potatoes, vegetable, dessert (frozen meal, large meat portion) (Include Swanson Hungry Man Salisbury Steak Dinner)	281-1035	1 meal (16.5 oz)	468	468
Salisbury steak with gravy, macaroni and cheese, vegetable (frozen meal) (Include Budget Gourmet Sirloin Salisbury Steak Dinner)	281-1037	1 meal (11.5 oz)	326	326
Broiled steak with potatoes, vegetable (frozen meal)	281-1041	1 meal (11 oz)	312	312
Beef, sliced, with gravy, potatoes, vegetable (frozen meal) (Include LeMenu Yankee Pot Roast)	281-1051	1 meal (11 oz)	312	312

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, sliced, with gravy, potatoes, vegetable, dessert (frozen meal)	281-1052	1 meal (11.5 oz)	326	326
Beef, sliced, with gravy, hash brown potatoes, vegetable, soup, dessert (frozen meal)	281-1053	1 meal (15 oz)	425	425
Beef, sliced, with vegetable in sauce, au gratin potatoes (frozen meal) (Include Banquet Gourmet Sliced Beef and Fresh Vegetables in Sauce with Au Gratin Potatoes)	281-1054	1 meal (10 oz)	284	284
Beef sirloin tips with gravy, potatoes, vegetable in cheese sauce (frozen meal) (Include LeMenu Beef Sirloin Tips)	281-1055	1 meal (11.5 oz)	326	326
Beef with noodles, vegetable (frozen meal) (Include Armour Dinner Classics Beef Burgundy)	281-1060	1 meal (10.5 oz)	298	298
Meatballs, Swedish, in sauce, with noodles (frozen meal) (Include Budget Gourmet Swedish Meatballs with noodles)	281-1064	1 meal (10 oz)	284	284
Corned beef hash with apple slices, vegetable (frozen meal)	281-1101	1 meal (10 oz)	284	284
Beef, oriental style, with vegetable, rice (diet frozen meal) (Include Lean Cuisine Oriental Beef, Benihana Oriental Lites Beef and Mushrooms in sauce with Vegetables and Rice)	281-1301	1 Lean Cuisine meal (8.625 oz) 1 Benihana meal (9 oz)	245 255	245
Salisbury steak, baked, with tomato sauce, vegetable (diet frozen meal) (Include Lean Cuisine Salisbury Steak)	281-1311	1 meal (9.5 oz)	269	269

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef with spaetzle or rice, vegetable (frozen meal) (Include Budget Gourmet Peppersteak with Rice, Stouffer's Green Pepper Steak, LeMenu Pepper Steak)	281-1314	1 meal (10 oz) 1 Stouffer's meal (10.5 oz) 1 LeMenu meal (11.5 oz)	284 298 326	284
Beef steak with rice, vegetable (diet frozen meal) (Include Classic Lite Beef Pepper Steak)	281-1315	1 meal (10 oz)	284	284
Pork, sliced, with sweetpotatoes, vegetable, dessert (frozen meal)	281-2021	1 meal (11.25 oz)	319	319
Pork, sliced, with gravy, mashed potatoes, vegetable, dessert (frozen meal) (Include Swanson Loin of Pork Dinner)	281-2023	1 meal (11.25 oz)	319	319
Pork with rice, vegetable, in soy-based sauce (diet frozen meal) (Include Benihana Oriental Lites Roast Pork and Mushrooms)	281-2031	1 meal (9 oz)	255	255
Ham, glazed, with sweetpotatoes, vegetable (frozen meal) (Include LeMenu Ham Steak Dinner)	281-2210	1 meal (10 oz)	284	284
Veal dinner, NFS (frozen meal)	281-3000	1 meal (11 oz)	312	312
Veal, breaded, with spaghetti, in tomato sauce (frozen meal) (Include Swanson Spaghetti with Breaded Veal)	281-3311	1 meal (8.25 oz)	234	234
Veal parmigiana with vegetable (diet frozen meal) (Include Weight Watcher's Veal Patty Parmigiana with Zucchini)	281-3321	1 meal (9 oz)	255	255
Veal with peppers in sauce, rice (diet frozen meal)	281-3322	1 meal (13 oz)	369	369

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Veal with vegetable, potato wedges (diet frozen meal) (Include Classic Lite Veal Pepper Steak)	281-3324	1 meal (11 oz)	312	312
Veal parmigiana with vegetable, muffin, dessert (frozen meal)	281-3331	1 meal (12.25 oz)	347	347
Veal parmigiana with vegetable, fettuccine alfredo, dessert (frozen meal) (Include Swanson's Veal Parmigiana Dinner)	281-3334	1 meal (12.75 oz)	361	361
Veal parmigiana with potatoes, vegetable (frozen meal)	281-3341	1 meal (11 oz)	312	312
Chicken dinner, NFS (frozen meal)	281-4010	1 meal (11 oz)	312	312
Chicken with vegetable, white sauce (diet frozen meal)	281-4011	1 meal (9.5 oz)	269	269
Chicken divan (frozen meal) (Include Stouffer's Chicken Divan)	281-4015	1 meal (8.5 oz)	241	241
Chicken, boneless, with gravy, potatoes, vegetable, dessert (frozen meal, large meat portion)	281-4021	1 meal (19 oz)	539	539
Chicken and noodles with vegetable, dessert (frozen meal)	281-4032	1 meal (10.25 oz)	291	291
Chicken, fried, with potatoes (frozen meal) (Include Swanson Fried Chicken Entree, Swanson Chicken Nibbles)	281-4061	1 meal (8 oz) 1 Chicken Nibbles (6 oz)	227 170	227
Chicken, fried, with potatoes (frozen meal, large meat portion) (Include Swanson Hungry Man Fried Chicken)	281-4062	1 meal (12.75 oz)	361	361
Chicken, fried, with potatoes, vegetable (frozen meal) (Include Banquet Fried Chicken Dinner)	281-4071	1 meal (11 oz)	312	312

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken patty, or nuggets, boneless, breaded, potatoes, vegetable (frozen meal) (Include Banquet Favorite Boneless Chicken Pattie Platter, Banquet Favorite Boneless Chicken Nugget Platter)	281-4072	1 chicken pattie meal (7.5 oz) 1 chicken nugget meal (6.5 oz)	213 184	
Chicken patty, breaded, with tomato sauce and cheese, fettuccine alfredo, vegetable (frozen meal) (Include Le Menu Breast of Chicken Parmigiana)	281-4073	1 meal (11.5 oz)	326	326
Chicken, fried, with potatoes, vegetable, dessert (frozen meal) (Include Morton Chicken Patty Dinner, Morton and Swanson Fried Chicken Dinner)	281-4081	1 meal (11.5 oz)	326	326
Chicken with barbeque sauce, beans, vegetable, dessert (frozen meal) (Include Swanson Chicken in Barbecue Sauce)	281-4083	1 meal (11.75 oz)	333	333
Chicken, fried, with potatoes, vegetable, cornbread, dessert (frozen meal)	281-4091	1 meal (15 oz)	425	425
Chicken, fried, with potatoes, vegetable, vegetable soup, dessert (frozen meal)	281-4092	1 meal (15 oz)	425	425
Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion) (Include Banquet Extra Helping Fried Chicken Dinner, Swanson Hungry Man Fried Chicken Dinner)	281-4101	1 Banquet meal (16.5 oz) 1 Swanson meal (15.25 oz)	468 432	468
Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion) CODE DISCONTINUED 2/20/87	281-4102	1 meal (17 oz)	482	482

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken patty parmigiana, breaded, with vegetable (diet frozen meal) (Include Weight Watcher's Breaded Chicken Patty Parmigiana with Vegetable Medley)	281-4105	1 meal (8 oz)	226	226
Chicken patty with vegetable (diet frozen meal) (Include Weight Watchers Southern Fried Chicken Patty with Vegetable Medley)	281-4106	1 meal (6.5 oz)	184	
Chicken teriyaki with rice, vegetable (frozen meal) (Include Budget Gourmet Sweet and Sour Chicken with Rice)	281-4120	1 meal (10 oz)	284	284
Chicken with rice-vegetable mixture (diet frozen meal) (Include Lean Cuisine Glazed Chicken with Vegetable Rice)	281-4125	1 meal (8.5 oz)	241	241
Chicken a la king with rice (frozen meal) (Include LeMenu and Stouffer's Chicken a la King)	281-4160	1 Stouffer's meal (9.5 oz) 1 LeMenu meal (10.25 oz)	269 291	269
Chicken and vegetables in cream or white sauce (diet frozen meal) (Include Weight Watcher's Chicken Ala King)	281-4161	1 meal (9 oz)	255	255
Chicken cordon bleu with vegetable, rice (frozen meal) (Include LeMenu Chicken Cordon Bleu)	281-4163	1 meal (11 oz)	312	312
Chicken kiev with rice-vegetable mixture (frozen meal) (Include Le Menu Chicken Kiev with Rice, Vegetable, and Fruit Medley)	281-4164	1 meal (8 oz)	227	227

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken and vegetables au gratin with rice-vegetable mixture (diet frozen meal) (Include The Budget Gourmet Chicken au Gratin)	281-4165	1 meal (9.1 oz)	258	258
Chicken and vegetable entree with rice, Oriental (frozen meal) (Include Green Giant Stir Fry Cashew Chicken, Chun King Crunchy Walnut Chicken, Green Giant Chicken and Pea Pods)	281-4301	1 meal (10 oz)	284	284
Chicken and vegetable entree, oriental (diet frozen meal) (Include Weight Watcher's Sweet and Sour Chicken)	281-4303	1 meal (9 oz)	255	255
Chicken chow mein with rice (diet frozen meal) (Include Lean Cuisine Chicken Chow Mein with Rice)	281-4304	1 meal (11.25 oz)	319	319
Chicken cacciatore with noodles (diet frozen meal) (Include Lean Cuisine Chicken Cacciatore with Vermicelli)	281-4311	1 meal (10.875 oz)	308	308
Chicken and vegetable entree with noodles (frozen meal) (Include Banquet Gourmet Chicken Cacciatore and Vermicelli)	281-4313	1 meal (10 oz)	284	284
Chicken and vegetable entree with noodles (diet frozen meal) (Include Lean Cuisine Chicken and Vegetables with Vermicelli)	281-4315	1 meal (12.75 oz)	361	361
Chicken in cream sauce with noodles and vegetable (frozen meal) (Include Budget Gourmet Chicken Fricassee Dinner)	281-4317	1 meal (12 oz)	340	340

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken in orange sauce with almond rice (diet frozen meal) (Include Lean Cuisine Chicken a l'Orange)	281-4321	1 meal (8 oz)	227	227
Chicken and vegetable entree with noodles and cream sauce (frozen meal) (Include Budget Gourmet Chicken and Egg Noodles with Broccoli)	281-4410	1 meal (10 oz)	284	284
Turkey dinner, NFS (frozen meal)	281-4500	1 meal (11 oz)	312	312
Turkey with dressing, gravy, potato (frozen meal) (Include Swanson Turkey Entree)	281-4501	1 meal (8.75 oz)	248	248
Turkey with dressing, gravy, potato (frozen meal, large meat portion) (Include Swanson Turkey Entree)	281-4502	1 meal (13.25 oz)	376	376
Turkey with vegetable, stuffing (diet frozen meal) (Include Weight Watcher's Sliced Breast of Turkey)	281-4511	1 meal (16 oz)	454	454
Turkey and vegetables, in sauce (diet frozen meal) (Include Lean Cuisine Turkey Dijon)	281-4512	1 meal (9.5 oz)	269	269
Turkey with gravy, dressing, potatoes, vegetable (frozen meal) (Include Banquet Turkey Dinner)	281-4521	1 meal (11 oz)	312	312
Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal) (Include Swanson and Morton Turkey Dinner)	281-4531	1 meal (11.5 oz)	326	326

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turkey with gravy, dressing, potatoes, vegetable, cream of tomato soup, dessert (frozen meal)	281-4541	1 meal (16 oz)	454	454
Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal, large meat portion) (Include Swanson Hungry Man Turkey Dinner)	281-4561	1 meal (18.5 oz)	524	524
Turkey tetrazzini (frozen meal) (Include Stouffer's Turkey Tetrazzini)	281-4571	1 meal (12 oz)	340	340
Turkey breast with gravy, long-grain and wild rice, vegetable (frozen meal) (Include LeMenu Sliced Turkey Breast Dinner)	281-4581	1 meal (11.25 oz)	319	319
Fish dinner, NFS (frozen meal)	281-5000	1 meal (15.75 oz)	447	447
Fish parmesan (frozen meal)	281-5005	1 meal (10 oz)	284	284
Fish and chips (frozen meal) (Include Swanson Fish and Chips)	281-5011	1 meal (5.5 oz)	156	156
Fish and chips (frozen meal, large portion)	281-5012	1 meal (15.75 oz)	447	447
Fish dinner (diet frozen meal), NFS	281-5020	1 meal (17 oz)	482	482
Haddock with chopped spinach (diet frozen meal) (Include Lean Cuisine Filet of Fish Florentine)	281-5021	1 meal (9 oz)	255	255
Flounder with chopped broccoli (diet frozen meal) (Include Lean Cuisine Filet of Fish Divan)	281-5022	1 meal (12.375 oz)	351	351

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turbot with vegetable (diet frozen meal)	281-5023	1 meal (8.5 oz)	241	241
Sole with vegetable (diet frozen meal)	281-5024	1 meal (8.5 oz)	241	241
Haddock with vegetable (diet frozen meal)	281-5031	1 meal (17 oz)	482	482
Flounder with vegetable in tomato sauce (diet frozen meal)	281-5032	1 meal (17 oz)	482	482
Perch with vegetable in tomato sauce (diet frozen meal)	281-5033	1 meal (17 oz)	482	482
Turbot with vegetable in tomato sauce (diet frozen meal)	281-5034	1 meal (17 oz)	482	482
Cod with vegetable (diet frozen meal) (Include Weight Watcher's Oven Fried Fish)	281-5035	1 meal (6.75 oz)	191	191
Flounder in cream sauce with potatoes, carrots (diet frozen meal) (Include Le Menu Light Style Flounder Vin Blanc)	281-5037	1 meal (10.5 oz)	298	298
Fish and chips with vegetable, potatoes, tomatoes (frozen meal)	281-5041	1 meal (10.25 oz)	291	291
Fish in lemon-butter sauce with starch item, vegetable (frozen meal)	281-5051	1 meal (10 oz)	284	284
Fish, batter-dipped or fish cake, with vegetable, potatoes (frozen meal) (Include Taste-O-Sea Haddock Dinner)	281-5061	1 meal (9 oz)	255	255

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fish, batter-dipped, or fish cake, with vegetable, potatoes, dessert (frozen meal) (Include Swanson Fish and Chips)	281-5062	1 meal (10.5 oz)	298	298
Scallops with potatoes, vegetable (frozen meal)	281-5081	1 meal (8 oz)	227	
Shrimp with potatoes, vegetable (frozen meal) (Include Taste-O-Sea Shrimp Dinner)	281-5091	1 meal (7 oz)	198	198
Shrimp chow mein with egg rolls, pepper oriental (frozen meal)	281-5101	1 meal (13 oz)	369	369
Shrimp creole with rice, peppers (diet frozen meal) (Include Light and Elegant Shrimp Creole with Rice and Peppers)	281-5103	1 meal (10 oz)	284	
Seafood platter with fish cake, fish fillet, scallops, shrimp, potatoes (frozen meal) (Include Taste-O-Sea Seafood Platter)	281-5201	1 meal (9 oz)	255	255
Seafood newburg with rice, vegetable (frozen meal) (Include Dinner Classics Seafood Newburg)	281-5203	1 meal (10.5 oz)	298	298
Shrimp with rice, vegetable (frozen meal) (Include Benihana Oriental Shrimp and Vegetables in Sauce with Rice)	281-5205	1 meal (11 oz)	312	312
Shrimp and clams in tomato-based sauce, with noodles (frozen meal) (Include Budget Gourmet Linguini with Shrimp and Clams Marinara)	281-5301	1 meal (10 oz)	284	284

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Shrimp and vegetables in sauce with noodles (diet frozen meal) (Include Mrs. Paul's Shrimp Primavera with Fettucini Pasta)	281-5401	1 meal (11 oz)	312	312
Meat loaf dinner, NFS (frozen meal)	281-6030	1 meal (11 oz)	312	312
Meat loaf in tomato sauce with potatoes, vegetable (frozen meal)	281-6031	1 meal (11 oz)	312	312
Meat loaf with tomato sauce, vegetable, potatoes, dessert (frozen meal) (Include Swanson and Morton Meat Loaf Dinner)	281-6041	1 meal (11 oz)	312	312
Meat loaf with tomato sauce, vegetable, applesauce (frozen meal)	281-6051	1 meal (11 oz)	312	312
Stuffed green pepper (frozen meal) (Include Green Giant Stuffed Green Pepper)	281-6065	1 meal (14 oz)	397	397
Stuffed green pepper (diet frozen meal) (Include Weight Watcher's Stuffed Pepper with Veal and Tomato Sauce)	281-6066	1 meal (11.75 oz)	333	333
Stuffed cabbage, with meat and tomato sauce (diet frozen meal) (Include Lean Cuisine Stuffed Cabbage)	281-6071	1 meal (10.75 oz)	305	305
Livers, chicken, with vegetable (diet frozen meal)	281-6081	1 meal (10.5 oz)	298	298
Beef, broth, bouillon, or consomme (Include broth, NFS)	283-1011	1 cup 1 can (10.5 oz), prepared 1 can (14 oz), ready-to-serve	240 586 397	240

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERV. NG NOT SPECIFIED
Beef, broth, bouillon, or consomme, canned, low sodium	283-1012	1 can (10.75 oz), ready-to-serve	305	
		1 cup	240	
Beef, broth, bouillon, or consomme, dry, not reconstituted	283-1013	1 tsp	2.6	
		1 cube	3.6	
Beef, broth, bouillon, or consomme, low sodium, dry, not reconstituted	283-1014	1 tsp	2.6	
		1 cube	3.6	
Oxtail soup	283-1015	1 cup	244	244
Chili beef soup	283-1021	1 cup	250	250
		1 can (11.25 oz), prepared	607	
Chili beef soup, chunky style	283-1022	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Beef noodle soup, Puerto Rican style (Sopa de carne y fideos)	283-1032	1 cup	250	250
Beef and rice soup, Puerto Rican style	283-1042	1 cup	250	250
Pepperpot (tripe) soup (Include Mondo, Mondongo soup; pork, potatoes, yuca)	283-1101	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Beef vegetable soup with potato, stew type (Include chunky style)	283-1510	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Beef noodle soup, chunky style	283-1511	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef and mushroom soup, canned, low sodium, chunky style (Include beef soup, NFS, canned, low sodium; beef soup, canned, no salt added)	283-1602	1 cup 1 can (10.75 oz), ready-to-serve	251 305	251
Beef stroganoff soup, chunky style (Include creamed beef soup)	283-1701	1 cup 1 can (10.75 oz), ready-to-serve	240 305	240
Pork, rice, and vegetable soup	283-2011	1 cup	244	244
Ham, pasta, and vegetable soup	283-2012	1 cup	244	244
Ham, rice, and potato soup, Puerto Rican style	283-2013	1 cup	240	240
Ham, noodle, and vegetable soup, Puerto Rican style	283-2014	1 cup	250	250
Pork, vegetable soup with potatoes, stew type	283-2015	1 cup	240	240
Scotch broth (lamb, vegetables, and barley)	283-3011	1 cup 1 can (10.5 oz), prepared	241 586	241
Lamb, pasta, and vegetable soup, Puerto Rican style	283-3111	1 cup	250	250
Chicken, broth, bouillon, or consomme (Include chicken broth powder, reconstituted; Lipton's Trim Chicken Cup-a-Soup)	283-4011	1 cup 1 can (10.75 oz), prepared 1 envelope yields	244 593 182	244
Chicken rice soup, Puerto Rican style (Sopa de pollo con arroz)	283-4021	1 cup	220	220
Chicken soup with noodles and potatoes, Puerto Rican style	283-4022	1 cup	220	220

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken gumbo soup	283-4031	1 cup	244	244
		1 can (10.75 oz), prepared	593	
Chicken noodle soup, chunky style	283-4051	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Chicken soup, canned, undiluted	283-4052	1 cup	246	
		1 can (10.5 oz), undiluted	298	
Chicken soup	283-4053	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Sweet and sour soup	283-4055	1 cup	244	244
Chicken or turkey vegetable soup, stew type (Include chunky style)	283-4061	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Turkey noodle soup, chunky style	283-4062	1 cup	236	236
		1 can (18.75 oz), ready-to-serve	532	
Chicken with rice soup, chunky style	283-4063	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Bird's nest soup (chicken, ham, and noodles)	283-4070	1 cup	244	244
Hot and sour soup (Include hot and spicy Chinese soup)	283-4075	1 cup	244	244
Chicken or turkey soup, cream of, NS as to prepared with milk or water	283-4511	1 cup	244	244
		1 can (10.75 oz), prepared	593	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken or turkey soup, cream of, prepared with milk	283-4512	1 cup	248	248
		1 can (10.75 oz), prepared	602	
Chicken or turkey soup, cream of, prepared with water (Include instant)	283-4513	1 cup	244	244
		1 can (10.75 oz), prepared	593	
Chicken or turkey soup, cream of, canned, undiluted	283-4514	1 cup	251	
		1 can (10.75 oz), undiluted	305	
Fish broth	283-5004	1 cup	244	244
Fish chowder (Include fisherman's soup, seafood chowder)	283-5005	1 cup	244	244
Crab soup, NS as to tomato-base or cream style	283-5011	1 cup	244	244
Crab soup, tomato-base	283-5012	1 cup	244	244
Clam chowder, NS as to Manhattan or New England style	283-5021	1 cup	244	244
		1 can (10.75 oz), prepared	593	
Clam chowder, Manhattan (Include chunky style)	283-5022	1 cup	240	240
		1 can (19 oz), ready-to-serve	539	
Turtle and vegetable soup (Include snapper soup)	283-5031	1 cup	244	244
Fish and vegetable soup, Puerto Rican style (Sopa de pescado)	283-5111	1 cup	250	250
Codfish, rice, and vegetable soup, Puerto Rican style	283-5116	1 cup	245	245
Codfish soup with noodles, Puerto Rican style	283-5117	1 cup	245	245

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Clam chowder, New England, NS as to prepared with water or milk	283-5511	1 cup 1 can (10.75 oz), prepared	244 593	244
Clam chowder, New England, prepared with milk	283-5512	1 cup 1 can (10.75 oz), prepared	248 602	244
Clam chowder, New England, prepared with water	283-5513	1 cup 1 can (10.75 oz), prepared	244 593	244
Crab soup, prepared with milk (Include crab bisque, seafood bisque)	283-5521	1 cup	248	248
Lobster bisque	283-5525	1 cup	248	248
Lobster gumbo	283-5526	1 cup	244	244
Oyster stew	283-5531	1 cup 1 can (10.5 oz), prepared	245 595	245
Salmon soup, cream style	283-5535	1 cup	248	248
Shrimp soup, cream of, NS as to prepared with milk or water (Include shrimp chowder)	283-5541	1 cup 1 can (10.75 oz), prepared	244 593	244
Shrimp soup, cream of, prepared with milk (Include shrimp bisque)	283-5542	1 cup 1 can (10.75 oz), prepared	248 602	248
Shrimp soup, cream of, prepared with water	283-5543	1 cup 1 can (10.75 oz), prepared	244 593	244
Shrimp gumbo	283-5544	1 cup	244	244

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Meat broth, Puerto Rican style (Caldo)	283-6010	1 cup	240	240
Spanish vegetable soup, Puerto Rican style (Caldo gallego)	283-6021	1 cup	250	250
Gelatin, plain, drink	284-0000	1 cup	244	244
Gelatin, plain, powder, dry	284-0010	1 envelope (1 tbsp)	7	7
Gelatin, plain, prepared	284-0020	1 package, prepared	480	
Meal supplement or replacement, gelatin-based, powder, not reconstituted (Include Physicians Weight Loss Chicken Nutrient)	284-0100	1 packet	15	
Meal supplement or replacement, gelatin-based, powder, reconstituted (Include Physicians Weight Loss Chicken Nutrient)	284-0101	1 cup	252	
Gelatin drink, powder, flavored, with low-calorie sweetener, reconstituted (Include Nutri System Orange Drink)	284-0120	1 packet dry mix with 8 fl oz water	255	
Bee pollen	284-1000	1 tsp	3	
Gravy, meat or poultry, prepared with water	285-0000	1 cup	236	30
Gravy, meat, with wine	285-0001	1 cup	236	30
Gravy, meat, with fruit (Include French sauce)	285-0002	1 cup	238	30
Gravy, meat or poultry, prepared with water, low sodium	285-0003	1 cup	236	
Gravy, swiss steak	285-0004	1 cup	233	29

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Gravy, giblet (Include any poultry gravy with pieces of meat)	285-0005	1 cup	238	30
Gravy, mushroom	285-0010	1 cup	238	30
Gravy or sauce, poultry-based from Puerto Rican-style chicken fricasse	285-1001	1 cup	240	30
Gravy, meat-based, from Puerto-Rican style stuffed pot roast	285-1002	1 cup	272	34
Gravy, meat-based, from Puerto-Rican style beef stew	285-1003	1 cup	208	26
Gravy or sauce, Chinese (soy sauce, stock or bouillon, cornstarch)	285-2000	1 cup	233	29
Egg, whole, raw	311-0101	1 extra large 1 large 1 medium 1 small 1 cup (4.86 eggs) 1 jumbo	55 50 44 37 243 65	50
Egg, whole, cooked, NS as to cooking method	311-0200	1 extra large 1 large 1 medium 1 small 1 cup 1 jumbo	58 50 44 37 136 65	50
Egg, whole, boiled	311-0300	1 jumbo 1 extra large 1 large 1 medium 1 small 1 cup 1 slice	65 58 50 44 37 136 5	50

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg, whole, poached (Include egg, cooked, no fat or milk added)	311-0400	1 extra large	57	50
		1 large	50	
		1 medium	44	
		1 small	37	
		1 jumbo	64	
		1 cup	136	
Egg, whole, fried (Include scrambled egg, no milk added)	311-0500	1 extra large	52	46
		1 large	46	
		1 medium	40	
		1 small	35	
		1 cup	136	
		1 jumbo	57	
Egg, whole, baked, NS as to fat added in cooking	311-0600	1 extra large	66	59
		1 large	59	
		1 medium	53	
		1 small	47	
		1 jumbo	72	
		1 cup	136	
Egg, whole, baked, fat not added in cooking	311-0601	1 jumbo	58	
		1 extra large	52	45
		1 large	45	
		1 medium	40	
		1 small	33	
		1 cup	136	
Egg, whole, baked, fat added in cooking	311-0602	1 extra large	66	59
		1 large	59	
		1 medium	53	
		1 small	47	
		1 cup	136	
		1 jumbo	72	
Egg, whole, pickled	311-0700	1 egg	47	47
Egg, white only, raw	311-0801	1 white	33	33
		1 cup	243	
Egg, white only, cooked	311-0901	1 white	33	33
		1 cup	163	
Egg, yolk only, raw	311-1001	1 yolk	17	
		1 cup	243	17

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg, yolk only, cooked	311-1101	1 yolk	17	17
		1 cup	135	
Duck egg, cooked	312-0100	1 egg	70	70
Goose egg, cooked	312-0200	1 egg	144	144
Egg, creamed	321-0100	1 egg	145	145
		1 cup	236	
Egg, Benedict	321-0150	1 egg	155	155
Egg, deviled	321-0200	1/2 egg	31	31
Egg salad	321-0300	1 egg	74	111
		1 cup	222	
Egg, scrambled, made from dry eggs	321-0410	1 cup	214	
Egg omelet or scrambled egg, NS as to fat added in cooking	321-0490	1 jumbo egg	75	62
		1 extra large egg	68	
		1 large egg	62	
		1 medium egg	56	
		1 small egg	49	
		1 cup (about 3.4 large eggs)	214	
Egg omelet or scrambled egg, fat not added in cooking	321-0495	1 jumbo egg	72	60
		1 extra large egg	65	
		1 large egg	60	
		1 medium egg	54	
		1 small egg	47	
		1 cup (about 3.4 large eggs)	207	
Egg omelet or scrambled egg, fat added in cooking	321-0500	1 jumbo	75	62
		1 extra large egg	68	
		1 large egg	62	
		1 medium egg	56	
		1 small egg	49	
		1 cup (about 3.4 large eggs)	214	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg omelet or scrambled egg, with cheese	321-0501	1 egg 1 cup	67 202	67
Egg omelet or scrambled egg, with fish	321-0502	1 egg 1 cup	88 180	88
Egg omelet or scrambled egg, with ham or bacon	321-0503	1 egg 1 cup	70 211	70
Egg omelet or scrambled egg, with dark-green vegetables	321-0504	1 egg 1 cup	84 201	84
Egg omelet or scrambled egg, with vegetables other than dark-green vegetables	321-0505	1 egg 1 cup	64 193	64
Egg omelet or scrambled egg, with peppers, onion, and ham (Include Western omelet)	321-0506	1 egg 1 cup	94 213	94
Egg omelet or scrambled egg, with mushrooms	321-0507	1 egg 1 cup	69 193	69
Egg omelet or scrambled egg, with cheese and ham	321-0508	1 egg 1 cup	78 187	78
Egg omelet or scrambled egg, with potatoes and/or onions (Tortilla Espanola, traditional style Spanish omelet)	321-0510	1 egg 1 cup	156 189	156
Egg omelet or scrambled egg, with beef (Include with onions)	321-0511	1 egg 1 cup	95 201	95
Egg omelet or scrambled egg, with sausage and mushrooms	321-0512	1 egg 1 cup	95 201	95

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg omelet or scrambled egg, with onions, peppers, tomatoes, and mushrooms (Include Spanish omelet)	321-0513	1 egg 1 cup	145 228	145
Egg omelet or scrambled, with chili, cheese, tomatoes, and beans	321-0515	1 egg 1 cup	103 189	103
Egg omelet or scrambled egg, with chorizo	321-0516	1 egg 1 cup	70 211	70
Egg foo yung, NFS	321-0520	1 patty 1 cup	86 175	86
Chicken egg foo yung	321-0521	1 patty 1 cup	86 175	86
Pork egg foo yung	321-0522	1 patty 1 cup	86 175	86
Shrimp egg foo yung (Include Tortas de Carmaron)	321-0523	1 cup 1 patty	175 86	86
Beef egg foo yung	321-0524	1 patty 1 cup	86 175	
Ripe plantain omelet, Puerto Rican style (Tortilla de amarillo)	321-0531	1 cup 1 egg	173 85	85
Scrambled eggs with jerked beef, Puerto Rican style (Revoltillo de tasajo)	321-0533	1 cup	140	
Eggs a la Malaguena, Puerto Rican style (Huevos a la Malaguena)	321-1010	1 egg	123	
Egg dessert, custard-like, made with water and sugar, Puerto Rican style (Tocino del cielo; Heaven's delight)	321-2010	1 cup	265	
Fried egg sandwich, (Include egg sandwich, NFS)	322-0100	1 sandwich	96	96

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg, cheese, and ham on English muffin (Include Egg McMuffin)	322-0201	1 egg muffin	138	138
Egg salad sandwich	322-0301	1 sandwich	124	124
Scrambled egg sandwich	322-0401	1 sandwich	112	112
Egg drop soup	323-0010	1 cup	244	183
Garlic egg soup, Puerto Rican style (Sopa de ajo)	323-0110	1 cup	202	152
Meringues	324-0100	1 meringue	22	22
Egg substitute, NS as to powdered, frozen, or liquid	330-0010	1 cup, cooked	210	42
Scrambled egg, made from powdered mixture (Include Eggstra)	331-0201	1 cup, cooked (1 packet dry mix, equivalent to 2 eggs, makes 2/5 cup cooked) 1 powdered egg	188 36	75
Scrambled egg, made from cholesterol-free frozen mixture (Include Egg Beaters)	332-0101	1 cup, cooked (1/4 cup, raw, equivalent to 1 large egg, makes 1/3 cup cooked) 1 carton (8 fl oz) yields	153 204	51
Scrambled egg, made from frozen mixture (Include Egg Delight)	332-0201	1 cup, cooked (3 tbsp, raw, equivalent to 1 large egg, makes 1/4 cup cooked)	140	35
Scrambled egg, made from packaged liquid mixture (Include Second Nature)	333-0101	1 cup, cooked (3 tbsp, raw, equivalent to 1 large egg, makes 1/5 cup cooked)	210	42
Egg yolk, baby food	341-0100	1 tbsp 1 jar (3.33 oz)	15 94	50

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Scrambled eggs, sausage, hash brown potatoes (frozen meal) (Include Swanson Scrambled Eggs and Sausage with Hash Brown Potatoes)	350-0100	1 meal (6.25 oz)	177	177
Beans, dry, cooked, NS as to type and as to fat added in cooking	411-0100	1 cup	180	90
Beans, dry, cooked, NS as to type, fat added in cooking	411-0101	1 cup	180	90
Beans, dry, cooked, NS as to type, fat not added in cooking	411-0102	1 cup	175	88
White beans, dry, cooked, NS as to fat added in cooking (Include Navy (pea), Great Northern)	411-0110	1 cup 1 oz dry, yield after cooking	180 70	90
White beans, dry, cooked, fat added in cooking (Include Navy (pea), Great Northern)	411-0111	1 cup 1 oz dry, yield after cooking	180 70	90
White beans, dry, cooked, fat not added in cooking (Include Navy (pea), Great Northern)	411-0112	1 cup 1 oz dry, yield after cooking 1 cup, dry, yield after cooking	175 68 479	88
Black, brown, or Bayo beans, dry, cooked, NS as to fat added in cooking	411-0200	1 cup 1 oz dry, yield after cooking	177 67	89
Black, brown, or Bayo beans, dry, cooked, fat added in cooking	411-0201	1 cup 1 oz dry, yield after cooking	177 67	89

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Black, brown, or Bayo beans, dry, cooked, fat not added in cooking	411-0202	1 cup 1 oz dry, yield after cooking 1 cup, dry, yield after cooking	172 65 483	86
Lima beans, dry, cooked, NS as to fat added in cooking (Include butter beans)	411-0300	1 cup 1 oz dry, yield after cooking	189 73	94
Lima beans, dry, cooked, fat added in cooking (Include butter beans)	411-0301	1 cup 1 oz dry, yield after cooking	189 73	94
Lima beans, dry, cooked, fat not added in cooking (Include butter beans)	411-0302	1 cup 1 oz dry, yield after cooking 1 cup, dry, yield after cooking	184 71 508	92
Pinto, calico, or red Mexican beans, dry, cooked, NS as to fat added in cooking (Include October beans, Shellie beans)	411-0400	1 cup 1 oz dry, yield after cooking	178 70	89
Pinto, calico, or red Mexican beans, dry, cooked, fat added in cooking (Include October beans, Shellie beans)	411-0401	1 cup 1 oz dry, yield after cooking	178 70	89
Pinto, calico, and red Mexican beans, dry, cooked, fat not added in cooking (Include October beans, Shellie beans)	411-0402	1 cup 1 oz dry, yield after cooking 1 cup, dry, yield after cooking	173 68 480	86

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Red kidney beans, dry, cooked, NS as to fat added in cooking	411-0600	1 cup	177	88
		1 16 oz can, drained, yields	294	
		1 tbsp, mashed	14	
		1 oz dry, yield after cooking	70	
Red kidney beans, dry, cooked, fat added in cooking	411-0601	1 cup	177	88
		1 oz dry, yield after cooking	70	
Red kidney beans, dry, cooked, fat not added in cooking	411-0602	1 cup	172	86
		1 cup, mashed	224	
		1 oz dry, yield after cooking	68	
		1 cup, dry, yield after cooking	446	
Soybeans (assume no fat added in cooking)	411-0700	1 cup	180	90
		1 oz dry, yield after cooking	65	
Mung beans, fat not added in cooking	411-0800	1 cup	200	100
		1 oz dry, yield after cooking	91	
		1 cup, dry, yield after cooking	704	
Mung beans, fat added in cooking	411-0801	1 cup	205	102
		1 cup, dry, yield after cooking	722	
		1 oz, dry, yield after cooking	93	
Mung beans, NS as to fat added in cooking	411-0802	1 cup	205	102
		1 cup, dry, yield after cooking	722	
		1 oz, dry, yield after cooking	93	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mongo beans (assume no fat added in cooking)	411-0900	1 cup 1 oz dry, yield after cooking	180 69	90
Baked beans, NFS	412-0101	1 cup	253	127
Baked beans, with tomato sauce (Include vegetarian baked beans)	412-0102	1 cup	255	128
Baked beans, with pork and sweet sauce	412-0104	1 cup	253	127
Chili beans, barbecue beans, ranch style beans or Mexican-style beans (Include beans in chili sauce)	412-0202	1 cup	253	127
Kidney bean salad	412-0302	1 cup	231	116
Boston baked beans	412-0402	1 cup	253	127
Refried beans	412-0501	1 cup	253	127
Refried beans with cheese	412-0502	1 cup	253	127
Bean dip, made with refried beans (Include garbanzo bean dip)	412-0505	1 cup	262	17
Black bean sauce	412-0510	1 cup	275	17
Beans and franks	412-0603	1 cup	259	195
Beans, dry, cooked with ground beef	412-0703	1 cup	266	200
Pork and beans	412-0803	1 cup	253	127
Beans, dry, cooked with pork	412-0810	1 cup	178	89
Falafil	412-0900	1 patty (approx 2-1/4" dia)	17	
Bean cake	412-1000	1 cake	32	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stewed dry red beans, Puerto Rican style (Habichuelas coloradas guisadas) (Include beans, stewed, Puerto Rican style, NFS)	412-1010	1 cup	250	
Stewed dry lima beans, Puerto Rican style	412-1011	1 cup	255	128
Stewed white beans, Puerto Rican style	412-1012	1 cup	255	128
Stewed pink beans with viandas, ham, Puerto Rican style (Include pinto beans)	412-1015	1 cup	255	128
Stewed [illegible] beans with pig's [illegible] Rican style	412-1016	1 cup, with bone (yield after bone removed)	202	
Stewed [illegible] beans with pig's feet, Puerto [illegible] style	412-1017	1 cup, with bone (yield after bone removed)	202	
Stewed white beans with pig's feet, Puerto Rican style	412-1018	1 cup, with bone (yield after bone removed)	202	
Stewed red beans with pig's feet and potatoes, Puerto Rican style	412-1019	1 cup, with bone (yield after bone removed)	220	
Black beans, Cuban style (Habichuelas negras guisadas a la Cubana)	412-1020	1 cup	270	
Baked beans, low sodium	412-2101	1 cup	253	
Cowpeas, dry, cooked, NS as to fat added in cooking (Include blackeye peas, field peas)	413-0100	1 cup 1 oz dry, yield after cooking	174 76	87
Cowpeas, dry, cooked, fat added in cooking (Include blackeye peas, field peas)	413-0101	1 cup 1 oz dry, yield after cooking	174 76	87

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cowpeas, dry, cooked, fat not added in cooking..... (Include blackeye peas, field peas)	413-0102	1 cup.....	169	84
		1 cup, dry, yield after cooking.....	426	
		1 oz dry, yield after cooking.....	74	
Chickpeas, dry, cooked, NS as to fat added in cooking..... (Include garbanzos)	413-0200	1 cup.....	169	85
		1 16 oz can, drained, yields.....	300	
		10 peas.....	16	
		1 oz dry, yield after cooking.....	62	
Chickpeas, dry, cooked, fat added in cooking..... (Include garbanzos)	413-0201	1 cup.....	169	85
		10 peas.....	16	
		1 16 oz can, drained, yields.....	299	
		1 oz dry, yield after cooking.....	62	
Chickpeas, dry, cooked, fat not added in cooking..... (Include garbanzos)	413-0202	1 cup.....	164	82
		1 oz dry, yield after cooking.....	60	
		10 peas.....	16	
		1 16 oz can, drained, yields.....	290	
		1 cup, dry, yield after cooking.....	420	
Green or yellow split peas, dry, cooked, fat not added in cooking..... (Include dry peas, NFS)	413-0300	1 cup.....	196	98
		1 oz dry, yield after cooking.....	71	
		1 cup, dry, yield after cooking.....	538	
Green or yellow split peas, dry, cooked, fat added in cooking..... (Include dry peas, NFS)	413-0301	1 cup.....	201	100
		1 cup, dry, yield after cooking.....	551	
		1 oz, dry, yield after cooking.....	73	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Green or yellow split peas, dry, cooked, NS as to fat added in cooking (Include dry peas, NFS)	413-0302	1 cup 1 cup, dry, yield after cooking 1 oz, dry, yield after cooking	201 551 73	100
Stewed green peas, Puerto Rican style (Habichuelas del pais)	413-0350	1 cup	260	130
Stewed green peas with pig's feet and potatoes, Puerto Rican style	413-0355	1 cup (yield after bones removed)	230	173
Peas, dry, cooked with pork	413-0403	1 cup	197	99
Cowpeas, dry, cooked with pork (Include blackeye peas with pork, field peas with pork)	413-0413	1 cup	179	90
Lentils, dry, cooked, NS as to fat added in cooking	413-0498	1 cup 1 cup, dry, yield after cooking 1 oz, dry, yield after cooking	196 554 79	98
Lentils, dry, cooked, fat added in cooking	413-0499	1 cup 1 cup, dry, yield after cooking 1 oz, dry, yield after cooking	196 554 79	98
Lentils, dry, cooked, fat not added in cooking	413-0500	1 cup 1 oz dry, yield after cooking 1 cup, dry, yield after cooking	191 77 540	96
Stewed pigeon peas, Puerto Rican style (Gandules guisados, Gandur, Gandules)	413-1010	1 cup	260	130

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stewed chickpeas, Puerto Rican style	413-1015	1 cup	260	130
Stewed chickpeas, with potatoes, Puerto Rican style	413-1016	1 cup	260	130
Chickpeas stewed with pig's feet, Puerto Rican style (Garbanzos guisados con patitos de cerdo)	413-1020	1 cup, with bone (yield after bone removed)	202	208
		1 serving (1/2 cup - 150 grams, with 2 pieces pig's feet - 58 grams)	209	
Stewed chickpeas with Spanish sausages, Puerto Rican style (Garbanzos guisados con chorizos)	413-1021	1 cup	250	
Fried chickpeas, Puerto Rican style (Garbanzos fritos)	413-1022	1 cup	120	60
Stewed cowpeas, Puerto Rican style (Include frijoles)	413-1031	1 cup	260	130
Soy nuts (Include pernuts)	414-1001	1 cup	84	28
		1 package (4.75 oz)	135	
Bean curd (tofu) (Include stir fried)	414-2001	1 cup (1/2" cubes)	184	92
		1 piece (2-1/2" x 2-3/4" x 2")	120	
Curd cheese	414-2005	1 cup	225	
Miso sauce (Include Ae sauce)	414-2010	1 cup	240	
Miso	414-2011	1 cup	272	
Natto	414-2020	1 cup	175	
Soy sauce (Include shoyu)	414-2030	1 cup	288	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soy sauce, low sodium	414-2035	1 cup	288	
Teriyaki sauce (Include Oriental barbecue sauce)	414-2040	1 cup	288	
Worcestershire sauce	414-2045	1 cup	272	
Soybean curd (tofu), deep fried (Include aburage)	414-2101	1 oz	28	
Soybean curd (tofu), breaded, fried	414-2102	1 slice (2-3/4" x 1" x 1/2")	29	
		1 cubic inch	17	
Soybean meal	414-2201	1 cup	122	
Vermicelli, made from soybeans	414-2501	1 cup	140	
Protein powder, NFS	414-3000	1 tbsp (1 oz)	28	28
Protein supplement, powdered (Include Shaklee Instant Protein, Trim n' Easy, Slender Now, MLV Protein Additive)	414-3001	3 tbsp (1 oz)	28	
Formulated diet meal, powdered, soy protein isolate, with herbs (Include Optimum Plus)	414-3010	1 oz	28	
		1 tbsp	5	
Protein supplement, tablet (Include milk tablet)	414-3021	1 tablet	1	
Protein diet powder with soy and casein (Include Nature Slim, Herbalife)	414-3031	1 serving	20	20
		1 tbsp	10	
High protein bar, soy base (Include E.M.F. Meal in a Bar, Shaklee's Protein Bar)	414-3501	1 bar (2.5 oz)	71	71
High protein bar, candy-like, soy and milk base (Include Hoffman's, Tiger's Milk)	414-3511	1 bar	50	50

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Textured vegetable protein, dry	414-4000	1 cup, NFS	68	
		1 cup, coarse grain	68	
		1 cup, fine grain	120	
Meal replacement or supplement, liquid, soy-base, high protein (Include Ensure liquid nutrition)	414-4001	1 cup	252	252
Meal replacement or supplement, liquid, soy-based (Include Isocal liquid nutrition)	414-4010	1 cup	247	
		1 can (12 oz)	370	
Meal replacement or supplement, liquid, predigested protein (Include Pro-Linn, E.M.F.)	414-5001	1 fl oz	37	
Hi-protein wafers (Include hi-protein oatmeal wafer)	414-6001	25 wafers	60	
Tofu, frozen dessert, flavors other than chocolate (Include Tofutti)	414-8000	1 cup	193	97
Tofu, frozen dessert, chocolate (Include Tofutti)	414-8001	1 cup	193	97
Mexican dinner with fried beans, frozen	415-0100	1 serving (18 oz)	510	510
Beans and franks, frozen dinner	415-0200	1 serving (12 oz)	340	340
Bean soup, NFS	416-0101	1 cup	253	253
Bean with bacon or pork soup	416-0102	1 cup	253	253
Black bean soup	416-0103	1 cup	247	247
Lima bean soup	416-0104	1 cup	253	253
Soybean soup, made with milk	416-0105	1 cup	253	253
Bean soup, with macaroni and meat (Include Pasta Fazool)	416-0106	1 cup	253	253

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soybean soup, miso broth	416-0107	1 cup	240	240
Pinto bean soup	416-0108	1 cup	253	253
Portuguese bean soup	416-0110	1 cup	253	253
Liquid from stewed kidney beans, Puerto Rican style	416-0120	1 cup	228	228
Chunky pea and ham soup	416-0201	1 cup	240	240
Garbanzo or chickpea soup	416-0202	1 cup	253	253
Split pea and ham soup	416-0203	1 cup 1 can (10.75 oz), prepared	253 593	253
Pea soup, instant type	416-0204	1 cup	271	271
Split pea soup	416-0205	1 cup	250	250
Pigeon pea asopao	416-0206	1 cup	250	250
Lentil soup	416-0301	1 cup	248	248
White bean soup, Puerto Rican style (Sopon de habichuelas blancas)	416-1010	1 cup	275	275
Split peas with vegetables, ham or bacon, baby food, junior	417-0101	1 jar (7.5 oz - 7.75 oz) 1 tbsp	216 16	108
Bacon strips, meatless (Include Morning Star Breakfast Strips, Stripple)	418-1020	1 strip 1 oz, raw, yield after cooking	5 16	16
Bacon bits, meatless	418-1025	1 tbsp	7	4
Breakfast links, patties, or slices, meatless (Include Prosage, Morningstar)	418-1040	1 link 1 patty 1 slice	25 38 28	25 38 28
Chicken, meatless	418-1060	1 cup	168	84

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken, meatless, breaded, fried (Include Loma Linda brand)	418-1061	1 cup	168	
		1 piece	36	
Fish sticks, meatless	418-1120	1 stick	28	57
Frankfurter, meatless	418-1140	1 frankfurter	70	70
		1 cup, sliced	140	
Luncheon slices, meatless-beef, chicken, salami, or turkey (Include vegetarian ham, Wham, Loma Linda, Worthington)	418-1160	1 thin slice	14	28
		1 regular slice (1 oz)	28	
Meatballs, meatless	418-1180	1 meatball	18	36
		1 cup	144	
Soyburger (Include vegetarian burger)	418-1190	1 patty	70	70
		1 cup	282	
Sandwich spread, meat substitute type	418-1200	1 tbsp	16	28
Vegetarian pot 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	239	239
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
Soyburger with cheese	419-0102	1 sandwich	140	140
Almonds, NFS	421-0010	1 cup	141	18
		1 oz (22 whole kernels)	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Almonds, unroasted	421-0100	1 cup, whole, blanched	145	18
		1 cup, whole, unblanched	141	
		1 cup, slivered, blanched	124	
		1 cup, slivered, unblanched	108	
		1 cup, sliced, blanched	105	
		1 cup, sliced, unblanched	95	
		1 cup, ground	95	
		1 almond	1	
Almonds, roasted	421-0110	1 cup	157	20
		1 oz (22 whole kernels)	28	
Almonds, dry roasted (assume salted)	421-0120	1 cup	138	
		1 oz (22 whole kernels)	28	
Almonds, dry roasted, without salt	421-0121	1 cup	138	
		1 oz (22 whole kernels)	28	
Almonds, honey-roasted	421-0135	1 cup	131	
		1 oz (20 nuts)	28	
Brazil nuts	421-0200	1 cup, shelled (32 kernels)	140	18
Breadnuts (See 431-0010)				
Butter nuts	421-0300	1 cup	120	15
		1 oz	28	
		1 nutmeat	3	
Cashew nuts, NFS	421-0400	1 cup, roasted	130	16
		1 oz (18 kernels)	28	
Cashew nuts, roasted (assume salted)	421-0410	1 cup	130	16
		1 oz (18 kernels)	28	
Cashew nuts, roasted, without salt	421-0411	1 cup	130	16
		1 oz (18 kernels)	28	
Cashew nuts, dry roasted	421-0420	1 cup	137	17

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cashew nuts, honey-roasted	421-0450	1 cup	145	18
		10 whole nuts	16	
		1 oz	28	
Chestnuts, roasted	421-0500	1 cup (17 kernels)	143	18
		10 kernels	84	
		1 oz (3 kernels)	28	
Coconut meat, fresh	421-0600	1 cup	80	45
		1 piece (2" x 2" x 1/2")	45	
		1 medium	397	
Coconut meat, dried, sweetened (Include flaked or shredded)	421-0602	1 oz	28	9
		1 cup, flaked	74	
		1 cup, shredded	93	
Filberts, hazel nuts	421-0700	1 cup, whole	135	17
		1 cup, chopped	115	
		1 cup, ground	75	
		10 nuts	14	
Ginkgo nuts	421-0750	1 cup (78 kernels)	155	19
		1 oz (14 kernels)	28	
Hickory nuts	421-0800	1 cup	120	15
		1 nut	3	
Macadamia nuts, unroasted	421-0900	1 cup, whole or halves	134	17
		1 oz (11 whole kernels)	28	
Macadamia nuts, roasted	421-0910	1 cup	134	17
		1 oz (11 whole kernels)	28	
Mixed nuts, NFS (Include nuts, NFS)	421-1000	1 cup	142	18
Mixed nuts, roasted (assume with peanuts)	421-1010	1 cup	142	18
Mixed nuts, roasted, without peanuts	421-1015	1 cup	144	18
Mixed nuts, dry roasted	421-1020	1 cup	137	17

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mixed nuts, in shell	421-1050	1 cup, in shell, edible yield	26	13
		6 assorted nuts	18	
		1 oz, in shell, edible yield	13	
Peanuts, NFS	421-1100	1 cup, NFS	146	18
		1 cup, shelled, halves and whole	146	
		1 cup, chopped	133	
		1 oz, shelled	28	
		1 oz, in shell, edible yield	21	
		1 individual package (1.25 oz)	35	
		32 nuts	28	
Peanuts, in shell, NFS (shell not eaten)	421-1101	1 cup, in shell, edible yield	51	17
		1 cup, shelled	146	
		1 cup, NFS	146	
		1 oz, shelled	28	
		1 oz, in shell, edible yield	21	
		32 nuts	28	
Peanuts, boiled	421-1103	1 cup, in shell, edible yield	63	
		1 cup, shelled	180	
		1 oz, in shell, edible yield	20	
		1 oz, shelled	28	
		33 nuts	28	
Peanuts, roasted (assume salted)	421-1110	1 cup, NFS	146	18
		1 cup, in shell, edible yield	51	
		1 cup, halves and whole	146	
		1 cup, chopped	133	
		1 oz, shelled	28	
		1 oz, in shell, edible yield	21	
		32 nuts	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peanuts, roasted, without salt	421-1111	1 cup, NFS	146	18
		1 cup, in shell, edible yield	51	
		1 cup, halves and whole	146	
		1 cup, chopped	133	
		1 oz, shelled	28	
		1 oz, in shell, edible yield	21	
		32 nuts	28	
Peanuts, dry roasted (assume salted)	421-1120	1 cup	144	18
		1 oz (28 nuts)	28	
Peanuts, dry roasted, without salt	421-1121	1 cup	144	18
		1 oz (28 nuts)	28	
Peanuts, honey-roasted	421-1150	1 cup	136	17
		1 oz (35 nuts)	28	
Pecans	421-1200	1 cup, NFS	108	14
		1 cup, halves	108	
		1 cup, chopped	119	
		1 oz (20 halves)	28	
Pine nuts (Pignolias)	421-1300	1 cup	171	
Pistachio nuts, unroasted	421-1400	1 cup, shelled	128	16
		30 nuts	16	
		1 individual pack	34	
Pistachio nuts, roasted (assume salted) (Include pistachio nuts, NFS)	421-1410	1 cup, shelled	128	16
		1 cup, in shell, edible yield	58	
		10 kernels	6	
		1 oz, in shell, edible yield	15	
Pistachio nuts, roasted, unsalted	421-1415	1 cup, shelled	128	16
		1 cup, in shell, edible yield	58	
		10 kernels	7	
		1 oz, in shell, edible yield	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soy nuts (See 414-1001)				
Walnuts	421-1600	1 cup, shelled (50 halves)	100	15
		1 cup, chopped	120	
		1 cup, in shell, edible yield (7 nuts)	28	
		1 cup, ground	80	
		1 oz (14 halves)	28	
Almond butter	422-0050	1 tbsp	16	16
Almond paste (Marzipan paste)	422-0060	1 cup, well packed	227	14
Cashew butter	422-0100	1 tbsp	16	16
Peanut butter	422-0200	1 tbsp	16	16
Peanut butter, low sodium (Include peanut butter, unsalted)	422-0201	1 tbsp	16	16
Peanut butter and jelly	422-0300	1 tbsp	16	16
Peanut spread (Include imitation peanut butter)	422-0400	1 tbsp	16	16
Peanut sauce	422-0405	1 tbsp	14	
		1 cup	227	
Peanut butter sandwich	423-0101	1 sandwich	93	93
Peanut butter and jelly sandwich	423-0201	1 sandwich	93	93
Peanut butter and banana sandwich	423-0301	1 sandwich	131	131
Coconut milk (liquid expressed from grated coconut meat, water added)	424-0101	1 cup	240	
Coconut cream (liquid expressed from grated coconut meat), canned, sweetened (Include Coco Lopez)	424-0201	1 cup	296	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coconut water (liquid from coconuts)	424-0301	1 cup	240	
		1 coconut yields	206	
Nut mixture with dried fruit and seeds (Include trail mix, gorp)	425-0100	1 cup	140	18
Nut mixture with seeds	425-0200	1 cup	140	18
		1 oz	28	
Breadnuts	431-0010	1 cup	160	20
Pumpkin and/or squash seeds, hulled, unroasted	431-0100	1 oz (142 seeds)	28	17
		1 cup	138	
Pumpkin and/or squash seeds, hulled, roasted (Include pumpkin seeds, NFS)	431-0110	1 cup	227	28
Sunflower seeds, hulled, unroasted (Include sunflower seeds, NFS)	431-0200	1 cup, hulled	144	18
		1 cup, with hulls, edible yield	46	
		1 oz, with hulls, edible yield	15	
Sunflower seeds, hulled, roasted (assume salted)	431-0210	1 cup, hulled	135	17
		1 cup, with hulls, edible yield	46	
		1 oz, with hulls, edible yield	15	
Sunflower seeds, hulled, roasted, without salt	431-0211	1 cup, hulled	135	17
		1 cup, with hulls, edible yield	46	
		1 oz, with hulls, edible yield	15	
Sunflower seeds, hulled, dry roasted	431-0220	1 cup, hulled	128	16
		1 cup, with hulls, edible yield	46	
		1 oz, with hulls, edible yield	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sesame seeds (Include toasted)	431-0300	1 cup	150	19
Sesame seeds, whole seed	431-0305	1 cup	144	18
Sesame sauce	431-0310	1 cup	192	12
Sesame paste (sesame butter made from whole seeds)	431-0320	1 tbsp	16	16
Sesame butter (tahini) (made from kernels)	431-0330	1 tbsp	15	15
Flax seeds	431-0400	1 cup	145	9
Mixed seeds	431-0700	1 cup	145	18
Carob powder or flour	441-0100	1 cup	140	
Carob chips	442-0100	1 cup	173	
Carob syrup	442-0200	1 cup 1 tbsp	300 18.8	
Flour, white (Include flour, NFS)	500-1000	1 cup	125	
Flour, whole wheat	500-2000	1 cup	120	
Biscuit mix, dry	500-3000	1 cup, purchased 1 cup, homemade	120 114	
Bread, NS as to major flour	510-0010	1 thin slice 1 regular slice 1 large slice	20 26 30	26
Toast, NS as to major flour	510-0011	1 thin slice 1 regular slice 1 large slice	17 24 27	24
Bread, made from home recipe or purchased at a bakery, NS as to major flour	510-0018	1 thin slice 1 regular slice 1 thick slice	29 32 36	32

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, made from home recipe or purchased at a bakery, toasted, NS as to major flour	510-0019	1 thin slice	26	29
		1 regular slice	29	
		1 thick slice	33	
Rolls, NS as to major flour	510-0020	1 pan or dinner	28	36
		1 medium	36	
Roll, toasted, NS as to major flour	510-0023	1 pan or dinner	25	33
		1 medium	33	
Rolls, made from home recipe or purchased at a bakery, NS as to major flour	510-0025	1 dinner	36	36
		1 inch	2.6	
Rolls, made from home recipe or purchased at a bakery, toasted, NS as to major flour	510-0026	1 pan or dinner	33	33
Bread, white (Include diet sliced or very thin sliced, Weight Watcher's, Pepperidge Farm, Hollywood Light, Arnold Diet Sliced, Dutch Hearth)	511-0100	1 very thin slice	15	26
		1 thin slice	20	
		1 regular slice	26	
		1 large slice	30	
		1 slice, crust not eaten	12	
		1 thin slice, crust not eaten	9	
		1 cup, cubes	30	
Bread, white, toasted (Include diet sliced or very thin sliced, Weight Watcher's, Pepperidge Farm, Hollywood Light, Arnold Diet Sliced, Dutch Hearth)	511-0101	1 very thin slice	13	24
		1 thin slice	17	
		1 regular slice	24	
		1 large slice	27	
		1 slice, crust not eaten	11	
		1 thin slice, crust not eaten	8	
		1 cup, cubes	42	
Bread, White, made from home recipe or purchased at a bakery	511-0105	1 thin slice	29	32
		1 regular slice	32	
		1 thick slice	36	
		1 cubic inch	4.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, white, made from home recipe or purchased at a bakery, toasted	511-0106	1 thin slice	26	29
		1 regular slice	29	
		1 thick slice	33	
		1 cubic inch	4.9	
Bread, white and whole wheat (Include half and half, Health Nut, Golden Meal, Country Grain)	511-0201	1 thin slice	20	26
		1 regular slice	26	
		1 large slice	30	
Bread, white and whole wheat, toasted (Include half and half, Health Nut, Golden Meal, Country Grain)	511-0202	1 thin slice	17	24
		1 regular slice	24	
		1 large slice	27	
Bread, white, diet (Include low calorie diet bread, Arnold Diet, Hollywood Light, Profile, Weight Watchers, Contour) DISCONTINUED CODE 11/20/85	511-0301	1 thin slice	20	24
		1 slice	24	
Bread, white, diet, toasted (Include low calorie diet bread, Arnold Diet, Hollywood Light, Profile, Weight Watchers, Contour) DISCONTINUED CODE 11/20/85	511-0302	1 thin slice	18	22
		1 slice	22	
Bread, Cuban (Include Spanish, 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	
Bread, Cuban, toasted (Include Spanish, Portuguese)	511-0504	1 small slice	9	18
		1 medium slice	18	
		1 large slice	27	
Bread, Native, Puerto Rican style (Pan Criollo)	511-0601	1 slice	25	25
Bread, Native, Puerto Rican style, toasted (Pan Criollo)	511-0602	1 slice	23	23
Bread, Native water, Puerto Rican style (Pan de agua)	511-0610	1 slice or bun	25	25
Bread, lard, Puerto Rican style (Pan de manteca)	511-0620	1 slice	25	25

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, lard, Puerto Rican style toasted (Pan de manteca)	511-0621	1 slice	23	23
Bread, caressed, Puerto Rican style (Pan sobao)	511-0630	1 slice	25	25
Bread, caressed, Puerto Rican style, toasted (Pan sobao)	511-0631	1 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	
		1 cup, crumbs	45	
		1 cubic inch	2.6	
		1 slice, crust not eaten	12	
		1 loaf (14" long)	470	
Bread, French or Vienna, toasted (Include Hawaiian sandwich bread)	511-0704	1 small slice	14	23
		1 medium slice	23	
		1 large slice	32	
		1 cubic inch	2.4	
		1 slice, crust not eaten	11	
		1 loaf (14" long)	428	
Bread, Italian, Grecian, Armenian (Include sesame bread)	511-0901	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 cubic inch	2.6	
Bread, Italian, Grecian, Armenian, toasted (Include sesame bread)	511-0904	1 small slice	9	18
		1 medium slice	18	
		1 large slice	27	
		1 cubic inch	2.4	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, pita	511-0910	1 small pita (4" dia)	28	45
(Include Greek, Syrian flat bread, Sahara, Arab, pocket)		1 medium pita (5-1/4" dia)	45	
		1 large pita (6-1/2" dia)	85	
Bread, pita, toasted	511-0911	1 small pita (4" dia)	26	41
(Include Greek, Syrian flat bread, Sahara, Arab, pocket)		1 medium pita (5-1/4" dia)	41	
		1 large pita (6-1/2" dia)	78	
Bread, batter	511-1001	1 thin slice	30	33
		1 regular slice	33	
Bread, cheese	511-1101	1 slice	26	26
(Include onion cheese)				
Bread, cheese, toasted	511-1104	1 slice	24	24
(Include onion cheese)				
Bread, cinnamon	511-1301	1 slice	26	26
Bread, cinnamon, toasted	511-1310	1 slice	24	24
Bread, corn and molasses	511-1501	1 slice	32	32
(Include Anadama bread)				
Bread, corn and molasses, toasted	511-1502	1 slice	29	29
(Include Anadama bread)				
Bread, egg, Chalah	511-1901	1 slice	23	23
Bread, egg, Chalah, toasted	511-1904	1 slice	21	21
Bread, lowfat, 98% fat free	511-1910	1 slice	24	24
(Include Bonnie)				
Bread, lowfat, 98% fat free, toasted	511-1911	1 slice	22	22
(Include Bonnie)				
Bread, garlic	511-2101	1 small slice (2-1/2" x 2" x 1/2")	17	29
		1 medium slice (4-3/4" x 4" x 1/2")	29	
		1 large slice (5" x 2-1/2" x 1")	41	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, garlic, toasted (Include Texas toast)	511-2104	1 small slice 1 medium slice 1 large slice	15 26 37	26
Bread, onion	511-2111	1 slice	26	26
Bread, gluten	511-2150	1 slice	26	26
Bread, gluten, toasted	511-2151	1 slice	24	24
Bread, reduced calorie, high fiber, white or NFS (Include Fresh Horizons, New World, Less, Roman Light White Bread, Lite Loaf, Sunbeam Lite, Lite 'N Up, Wonder Light White)	511-2200	1 thin slice 1 regular slice	23 29	29
Bread, reduced calorie, high fiber, white or NFS, toasted (Include Fresh Horizons, New World, Less, Roman Light White Bread, Lite Loaf, Sunbeam Lite, Lite 'N Up, Wonder Light White)	511-2201	1 thin slice 1 regular slice	21 26	26
Bread, high protein	511-2301	1 slice	26	26
Bread, high protein, toasted	511-2302	1 slice	24	24
Bread, low sodium CODE DISCONTINUED 1/9/87	511-2501	1 thin slice 1 regular slice	20 26	26
Bread, low sodium, toasted CODE DISCONTINUED 1/9/87	511-2502	1 thin slice 1 regular slice	18 24	24
Bread, milk and honey (Include Arnold's)	511-2601	1 slice	28	28
Bread, milk and honey, toasted (Include Arnold's)	511-2602	1 slice	25	25
Bread, potato	511-2701	1 thin slice 1 regular slice	20 26	26
Bread, potato, toasted	511-2702	1 thin slice 1 regular slice	18 24	24

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, raisin	511-2901	1 thin slice	23	26
(Include with or without nuts, cinnamon-raisin, Weight Watcher's)		1 regular slice	26	
		1 diet slice	14	
Bread, raisin, toasted	511-2902	1 thin slice	21	24
(Include with or without nuts, cinnamon-raisin)		1 regular slice	24	
Bread, very low sodium	511-3051	1 thin slice	20	26
		1 regular slice	26	
Bread, very low sodium, toasted	511-3052	1 thin slice	18	24
		1 regular slice	24	
Bread, salt-rising	511-3101	1 slice	24	24
Bread, salt-rising, toasted	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 (4-3/4" x 4" x 1/2")	25	
		1 large slice (5" x 2-1/2" x 1")	35	
		1 cubic inch	2.4	
Bread, sour dough, toasted	511-3302	1 small slice	14	23
		1 medium slice	23	
		1 large slice	32	
		1 cubic inch	2.4	
Bread, sweetpotato	511-3400	1 slice	25	25
Bread, dough, fried	511-4010	1 slice or roll	26	26
(Include Indian fried)		1 cup	140	
		1 piece (8" dia)	136	
		1 piece (7" dia)	104	
		1 cubic inch	8.2	
Rolls, white, soft	511-5000	1 pan or dinner	28	43
(Include potato roll; onion roll; roll made from mix; soft, seeded roll; brown 'n' serve; hamburger; frankfurter; white roll, NS as to soft or hard; crescent roll)		1 crescent roll	28	
		1 hamburger, frankfurter, onion roll, bun, large roll	43	
		1 foot-long frankfurter roll	86	
		1 cubic inch	2.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rolls, white, soft, toasted	511-5010	1 pan or dinner	25	39
		1 hamburger, frankfurter, onion roll, bun, large roll	39	
		1 foot long frankfurter roll	78	
Rolls, white, soft, made from home recipe or purchased at a bakery	511-5106	1 pan or dinner	36	36
		1 large roll or bun	43	
Rolls, white, soft, reduced calorie, high fiber (Include Less)	511-5200	1 hamburger, frankfurter roll	43	43
Rolls, white, soft, reduced calorie, high fiber, toasted (Include Less)	511-5210	1 hamburger, frankfurter roll	39	39
Rolls, white, hard (Include Kaiser)	511-5300	1 small	25	50
		1 medium	50	
		1 large (include Kaiser)	61	
		1 cubic inch	2.3	
Rolls, white, hard, toasted (Include Kaiser)	511-5301	1 small	23	46
		1 medium	46	
		1 large (include Kaiser)	56	
Rolls, diet	511-5451	1 roll	28	28
Rolls, egg bread	511-5455	1 roll	29	28
Rolls, cheese	511-5460	1 roll	41	41
Rolls, French or Vienna	511-5500	1 small (10 per 12 oz package)	34	45
		1 medium	45	
		1 large (6 per 12 oz package)	57	
Rolls, French or Vienna, toasted	511-5501	1 small	31	41
		1 medium	41	
		1 large	52	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rolls, garlic	511-5650	1 small	28	35
		1 medium	35	
		1 large	43	
Rolls, hoagie, submarine, or sandwich (Include steak roll, torpedo roll)	511-5700	1 small	62	100
		1 medium	100	
		1 large (include hoagie, submarine)	135	
Rolls, hoagie, submarine, or sandwich, toasted	511-5701	1 small	56	91
		1 medium	91	
		1 large (include hoagie, submarine)	123	
Rolls, sour dough	511-5900	1 small	34	45
		1 medium	45	
		1 large	57	
Rolls, sweet (Include butterhorn; Portuguese sweet bread; sweet rolls, NFS)	511-6000	1 small	39	55
		1 medium	55	
		1 large	83	
Rolls, sweet, toasted (Include butterhorn; Portuguese sweet bread)	511-6001	1 small	35	50
		1 medium	50	
		1 large	76	
Rolls, sweet, cinnamon bun, no frosting (Include cinnamon bun, NS as to frosting)	511-6010	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, cinnamon bun, frosted	511-6011	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, with fruit, no frosting (Include with jelly, sweetbread, Mexican sweetbread, apple rolls, Kolachos, Lakvar, Kuchen)	511-6100	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
		1 cubic inch	5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rolls, sweet, with fruit, frosted (Include hot cross buns; sweet rolls with fruit, NS as to frosting)	511-6102	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, with nuts, frosted (Include caramel roll; sweet rolls with nuts, NS as to frosting)	511-6105	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, with fruit and nuts, no frosting	511-6110	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, with fruit and nuts, frosted (Include sweet rolls with fruit and nuts, NS as to frosting)	511-6115	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Rolls, sweet, with nuts, no frosting	511-6120	1 small	39	55
		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia)	55	
		1 large	83	
Coffee cake, yeast type (Include with or without nuts, coffee bread with icing)	511-6500	1 cake (9" square)	567	47
		1 cake (8" dia)	326	
		1 piece (1/12 of 9" square)	47	
		1 piece (1/8 of 8" dia)	41	
		1 cubic inch	4.4	
Coffee cake, yeast type, made from home recipe or purchased at a bakery (Include with or without nuts, coffee bread with icing)	511-6506	1 cake (9" square)	567	47
		1 cake (8" dia)	326	
		1 piece (1/12 of 9" square)	47	
		1 piece (1/8 of 8" dia)	41	
		1 cubic inch	4.4	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee Cake, crumb type- see Subgroup Code 536				
Croissant	511-6600	1 fresh	56	56
(Include Sara Lee Wheat 'n' Honey)		1 frozen	42	
Croissant, cheese	511-6610	1 croissant	42	42
Croissant, chocolate	511-6620	1 Vie de France	56	56
Croissant, fruit	511-6650	1 Sara Lee Apple	92	
(Include Sara Lee Apple, Strawberry, and Cinnamon-Nut-Raisin)		1 Sara Lee Strawberry	80	
		1 Sara Lee Cinnamon-Nut-Raisin	92	
Croissant, nut	511-6670	1 Vie de France	56	56
Brioche	511-6700	1 piece	77	77
(Include Pan de Huevo)				
Bread, Spanish coffee	511-6800	1 piece	85	85
(Include Mallorca)				
Bagels	511-8001	1 small (mini)	26	55
(Include water bagels, flavored bagels, egg bagels, bialy)		1 medium (3" dia)	55	
		1 large	76	
Bagels, toasted	511-8002	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	
Bagel, with raisins	511-8003	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagel, with raisins, toasted	511-8004	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	
Bread stuffing	511-8201	1 cup, moist type	200	85
(Include homemade; stuffing, NFS)		1 cup, dry type	140	
		1 cubic inch	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread sticks	511-8400	1 small stick (approx 4-1/4" long)	5	10
(Include sesame sticks)		1 medium stick (approx 4-3/4" long)	10	
		1 large stick (approx 5-3/8" long)	20	
		1 extra large stick (approx 6-1/2" long)	35	
		1 cup, small or pieces	46	
Croutons	511-8800	1 cup	30	1
(Include seasoned bread crumbs)		4 cubes	1	
Muffins, English	511-8601	1 muffin	58	58
(Include sour dough)				
Muffins, English, toasted	511-8602	1 muffin	50	50
(Include sour dough)				
Muffins, English, with raisins	511-8610	1 muffin	58	50
Muffins, English, with raisins, toasted	511-8612	1 muffin	50	50
Melba toast	511-8700	1 slice	5	15
(Include flavors, Nutrisystem Crisp Toast, Bagel Chips)		1 melba round	3	
		1 cup, rounds	11	
Melba toast with wheat germ	511-8701	1 slice	5	15
Anisette toast	511-8702	1 piece	11	11
(Include almond toast)				
Teething biscuit	511-8800	1 biscuit	11	11
DISCONTINUED CODE 10/91/86				
Zwieback	511-8850	1 piece	7	7
Bread, whole wheat, toast	512-8181	1 thin slice	23	46
(Include dark bread, health bread, Hollywood Dark, Honey Graham)		1 regular slice	26	
		1 large slice	32	
		1 slice, crust not eaten	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, whole wheat, 100%, toasted	512-0102	1 thin slice	21	24
(Include dark bread, brown bread, Hollywood Dark, Honey Graham)		1 regular slice	24	
		1 large slice	29	
		1 slice, crust not eaten	11	
Bread, whole wheat, high fiber	512-0103	1 slice	28	28
(Include Less) DISCONTINUED CODE 9/30/85				
Bread, whole wheat, high fiber, toasted	512-0104	1 slice	25	25
(Include Less) DISCONTINUED CODE 9/30/85				
Bread, whole wheat, 100%, made from home recipe or purchased at bakery	512-0106	1 thin slice	27	30
		1 regular slice	30	
		1 large slice	34	
		1 cubic inch	4.9	
Bread, whole wheat, 100%, made from home recipe or purchased at bakery, toasted	512-0107	1 thin slice	25	27
		1 regular slice	27	
		1 large slice	31	
		1 cubic inch	4.9	
Bread, whole wheat, 100%, with raisins	512-0111	1 slice	26	26
Bread, whole wheat, 100%, with raisins, toasted	512-0112	1 slice	24	24
Bread, pita, whole wheat,	512-0115	1 small pita (4" dia)	28	45
(Include roti)		1 medium pita (5-1/4" dia)	45	
		1 large pita (6-1/2" dia)	85	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, pita, whole wheat, toasted (Includo roti)	512-0116	1 small pita (4" dia)	26	41
		1 medium pita (5-1/4" dia)	41	
		1 large pita (6-1/2")	78	
Bread, whole wheat, low sodium CODE DISCONTINUED 1/9/87	512-0125	1 regular slice	26	26
		1 thin slice	23	
Bread, whole wheat, 100%, reduced calorie, high fiber CODE DISCONTINUED 1/6/88	512-0151	1 regular slice	28	28
		1 thin slice	23	
Bread, whole wheat, 100%, reduced calorie, high fiber, toasted CODE DISCONTINUED 1/6/88	512-0152	1 regular slice	25	25
		1 thin slice	21	
Muffins, English, whole wheat, 100%	512-0200	1 muffin	58	58
Muffins, English, whole wheat, 100%, toasted	512-0202	1 muffin	50	50
Muffins, English, whole wheat, 100%, with raisins	512-0205	1 muffin	58	58
Muffins, English, whole wheat, 100%, with raisins, toasted	512-0206	1 muffin	50	
Bread, wheat germ	512-0401	1 slice	28	28
Bread, wheat germ, toasted	512-0402	1 slice	25	25
Bread, sprouted wheat	512-0701	1 slice	26	26
Bread, sprouted wheat, toasted	512-0702	1 slice	24	24
Bagel, whole wheat	512-0800	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagel, whole wheat, toasted	512-0801	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bagel, whole wheat, with raisins	512-0810	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Rolls, whole wheat	512-2000	1 pan or dinner	28	36
		1 medium	36	
		1 hamburger, frankfurter roll	43	
Rolls, whole wheat, toasted	512-2001	1 pan or dinner	25	33
		1 medium	33	
		1 hamburger, frankfurter roll	39	
Bread, whole wheat, NS as to 100%	513-0011	1 thin slice	20	26
		1 regular slice	26	
		1 very thin slice	15	
		1 thin slice, crust not eaten	9	
		1 regular slice, crust not eaten	12	
Bread, whole wheat, NS as to 100%, toasted	513-0012	1 thin slice	18	24
		1 regular slice	24	
		1 very thin slice	13	
		1 thin slice, crust not eaten	8	
		1 regular slice, crust not eaten	11	
Bread, wheat or cracked wheat (Include Honey Wheat, Roman Meal, Wheatberry, crushed wheat)	513-0101	1 thin slice	20	26
		1 regular slice	26	
		1 large or thick slice	30	
		1 thin slice, crust not eaten	9	
		1 regular slice, crust not eaten	12	
		1 cubic inch	3.2	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, wheat or cracked wheat, toasted (Include Honey Wheat, Roman Meal, Wheatberry)	513-0102	1 thin slice	18	24
		1 regular slice	24	
		1 large or thick slice	27	
		1 thin slice, crust not eaten	8	
		1 regular slice, crust not eaten	11	
		1 cubic inch	2.9	
Bread, wheat or cracked wheat, with raisins	513-0112	1 thin slice	20	26
		1 regular slice	26	
		1 large or thick slice	30	
Bread, wheat or cracked wheat, with raisins, toasted	513-0113	1 thin slice	18	24
		1 regular slice	24	
		1 large or thick slice	27	
Bread, wheat or cracked wheat, reduced calorie, high fiber (Include Roman Light Wheat, Less, Wonder Light Wheat)	513-0151	1 regular slice	28	28
		1 thin slice	23	
Bread, wheat or cracked wheat, reduced calorie, high fiber, toasted (Include Roman Light Wheat, Less, Wonder Light Wheat)	513-0152	1 regular slice	25	25
		1 thin slice	21	
Bagels, wheat	513-0170	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagels, wheat, toasted	513-0171	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	
Bagels, wheat, with raisins	513-0180	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagels, wheat, with raisins, toasted	513-0181	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, bran (Include Granola, Branola, Honey Bran)	513-0201	1 slice	36	36
Bread, bran, toasted (Include Granola, Branola, Honey Bran)	513-0202	1 slice	33	33
Bread, bran, with raisins	513-0205	1 slice	36	36
Bread, bran, with raisins, toasted	513-0206	1 slice	33	33
Muffin, English, bran (Include Branola)	513-0250	1 muffin	58	58
Muffin, English, bran, toasted (Include Branola)	513-0251	1 muffin	50	50
Muffin, English, bran, with raisins	513-0252	1 muffin	58	58
Muffin, English, bran, with raisins, toasted	513-0253	1 muffin	50	50
Muffin, English, wheat or cracked wheat (Include Roman Meal)	513-0301	1 muffin	58	58
Muffin, English, wheat or cracked wheat, toasted (Include Roman Meal)	513-0302	1 muffin	50	50
Muffins, English, wheat or cracked wheat, with raisins	513-0305	1 muffin	58	58
Muffins, English, wheat or cracked wheat, with raisins, toasted	513-0306	1 muffin	50	50
Rolls, wheat or cracked wheat	513-2001	1 pan or dinner 1 medium 1 hamburger, frankfurter roll	28 36 43	36
Bread, rye (Include corn rye)	514-0101	1 slice, snack-size 1 thin slice 1 regular slice 1 large slice	7 20 26 32	26

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, rye, toasted (Include corn rye)	514-0102	1 thin slice	18	24
		1 regular slice	24	
		1 large slice	29	
Bread, rye, reduced calorie, high fiber (Include Less)	514-0106	1 thin slice	20	26
		1 regular slice	26	
		1 thick slice	32	
Bread, rye, reduced calorie, high fiber, toasted (Include Less)	514-0107	1 thin slice	18	24
		1 regular slice	24	
		1 thick slice	29	
Muffin, English, rye	514-0120	1 muffin	58	58
Muffin, English, rye, toasted	514-0121	1 muffin	50	50
Bread, pumpernickel (Include with raisins)	514-0401	1 slice, snack-size	7	26
		1 regular slice	26	
		1 large slice	32	
		1 thin slice	20	
Bread, pumpernickel, toasted (Include with raisins)	514-0402	1 regular slice	24	24
		1 large slice	29	
		1 thin slice	18	
Bagel, pumpernickel (Include rye)	514-0450	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagel, pumpernickel, toasted (Include rye)	514-0451	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	
Bread, black	514-0701	1 regular slice	26	26
		1 large slice	32	
Bread, black, toasted	514-0702	1 regular slice	24	24
		1 large slice	29	
Rolls, rye	514-2000	1 pan or dinner	28	36
		1 medium	36	
Rolls, pumpernickel	514-2100	1 pan or dinner	28	36
		1 medium	36	
Rolls, pumpernickel, toasted	514-2110	1 pan or dinner	25	33
		1 medium	33	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, oatmeal	515-0101	1 slice	25	25
		1 thin slice	23	
		1 large or thick slice	32	
Bread, oatmeal, toasted	515-0102	1 slice	23	23
		1 thin slice	21	
		1 large or thick slice	29	
Rolls, oatmeal	515-0201	1 pan or dinner	28	36
		1 medium	36	
Rolls, oatmeal, toasted	515-0202	1 pan or dinner	25	33
		1 medium	33	
Bread, multigrain, toasted	516-0101	1 thin slice	21	24
		1 regular slice	24	
		1 large slice	29	
Bread, multigrain	516-0102	1 thin slice	23	26
		1 regular slice	26	
		1 large slice	32	
Bread, multigrain, with raisins	516-0121	1 thin slice	23	26
		1 regular slice	26	
		1 large slice	32	
Bread, multigrain, with raisins, toasted	516-0122	1 thin slice	21	24
		1 regular slice	24	
		1 large slice	29	
Bread, multigrain, reduced calorie, high fiber	516-0201	1 regular slice	26	26
		1 thin slice	23	
Bread, multigrain, reduced calorie, high fiber, toasted	516-0202	1 regular slice	24	24
		1 thin slice	21	
Rolls, multigrain	516-2000	1 pan or dinner	28	43
		1 hamburger or sandwich	43	
Rolls, multigrain, toasted	516-2001	1 pan or dinner	25	39
		1 hamburger or sandwich	39	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bagel, multigrain, with raisins	516-3010	1 small (mini)	26	55
		1 medium (3" dia)	55	
		1 large	76	
Bagel, multigrain, with raisins, toasted	516-3011	1 small (mini)	24	50
		1 medium (3" dia)	50	
		1 large	69	
Muffin, English, multigrain	516-3020	1 muffin	58	
Muffin, English, multigrain, toasted	516-3021	1 muffin	50	
Bread, cottonseed, toasted	517-0101	1 slice	41	41
Bread, barley	518-0101	1 slice	26	26
Bread, triticale	518-0201	1 slice	25	25
Bread, triticale, toasted	518-0202	1 slice	23	23
Bread, buckwheat	518-0301	1 small slice	23	27
		1 medium slice	27	
		1 large slice	32	
Bread, buckwheat, toasted	518-0302	1 small slice	21	25
		1 medium slice	25	
		1 large slice	29	
Bread, soy	518-0401	1 slice	26	26
Bread, soy, toasted	518-0402	1 slice	24	24
Bread, sunflower meal	518-0501	1 small slice	23	27
		1 medium slice	27	
		1 large slice	32	
Bread, sunflower meal, toasted	518-0502	1 small slice	21	25
		1 medium slice	25	
		1 large slice	29	
Bread, rice	518-0601	1 slice	25	25
Bread, rice, toasted	518-0602	1 slice	23	23

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Biscuits, baking powder or buttermilk type, NS as to made from mix, refrigerated dough, or home recipe	521-0100	1 small (1-1/2" dia)	14	30
(Include mayonnaise biscuits, crumpets)		1 medium (2" dia)	30	
		1 large (2-1/2" dia)	37	
		1 biscuit (3" dia)	63	
		1 biscuit (4" dia)	101	
Biscuit dough, raw	521-0102	1 cup	170	
Biscuit dough, fried	521-0103	1 piece	43	43
Biscuits, baking powder or buttermilk type, made from mix	521-0110	1 small (1-1/2" dia)	14	30
(Include heat 'n eat biscuits)		1 medium (2" dia)	30	
		1 large (2-1/2" dia)	37	
		1 biscuit (3" dia)	63	
		1 biscuit (4" dia)	101	
Biscuits, baking powder or buttermilk type, made from refrigerated dough	521-0204	1 regular biscuit	19	19
		1 large biscuit (Hungry Jack)	29	
		1 crescent	28	
		4 oz, raw, yields	107	
Biscuits, baking powder or buttermilk type, made from home recipe	521-0401	1 small (1-1/2" dia)	14	30
		1 medium (2" dia)	30	
		1 large (2-1/2" dia)	37	
		1 biscuit (3" dia)	63	
		1 biscuit (4" dia)	101	
Biscuits, whole wheat	521-0404	1 small (1-1/2" dia)	14	30
		1 medium (2" dia)	30	
		1 large (2-1/2" dia)	37	
		1 biscuit (3" dia)	63	
		1 biscuit (4" dia)	101	
Biscuits, cheese	521-0410	1 biscuit (2" dia)	30	30
Biscuits, cinnamon-raisin	521-0420	1 biscuit (3" dia)	64	
Scones	521-0510	1 scone	42	42

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Scones, whole wheat	521-0511	1 scone	42	42
Cornbread (Include Jalapeno cornbread)	522-0100	1 cornbread (9" dia)	579	65
		1 cornbread (8" dia)	606	
		1 cornbread (7-1/2" x 7-1/2" x 1-1/2")	586	
		1 piece (2-1/2" x 2-1/2" x 1-1/2")	65	
		1 cubic inch	7.0	
		1 cup, crumbled	99	
		1 cornbread (10" dia)	550	
		1 cornbread (12" dia)	495	
Cornbread, made from home recipe	522-0206	1 cornbread (9" dia)	579	65
		1 cornbread (8" dia)	606	
		1 cornbread (7-1/2" x 7-1/2" x 1-1/2")	586	
		1 piece (2-1/2" x 2-1/2" x 1-1/2")	65	
		1 cubic inch	7.0	
		1 cup, crumbled	99	
		1 cornbread (10" dia)	550	
		1 cornbread (12" dia)	495	
Cornbread stuffing	522-0400	1 cup, moist type	203	86
		1 cup, dry type	141	
Cornbread muffins, sticks, rounds	522-0601	1 muffin	52	
		1 stick	39	
		1 round	45	
		1 cubic inch	7.0	
Cornbread muffins, sticks, rounds, toasted	522-0602	1 muffin	47	
		1 stick	35	
		1 round	41	
		1 cubic inch	7.0	
Cornbread, muffins, sticks, rounds, made from home recipe	522-0606	1 muffin	52	
		1 stick	39	
		1 round	45	
		1 cubic inch	7.0	
Corn flour patties or tarts, fried	522-0701	1 patty	10	20

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn pone (Include hoecake)	522-0801	1 pone (8" dia x 3/4")	377	61
		1 pone (8" dia x 1-1/2")	754	
		1 pone (9" dia x 3/4")	485	
		1 pone (9" dia x 2")	1,272	
		1 piece (1/8 of 9" dia x 3/4" pone)	61	
		1 cubic inch	10	
Corn pone, fried	522-0802	1 piece	61	61
Hush puppies (Include fried cornbread)	522-0901	1 hush puppy	22	22
		1 cup	152	
Johnnycake	522-1101	1 piece	49	49
		1 cubic inch	6.5	
Spoonbread	522-1301	1 cup	187	94
		1 cubic inch	13	
Tortillas, NFS	522-1500	1 tortilla (approx 3" dia)	5	13
		1 small tortilla (approx 4" dia)	8	
		1 tortilla (approx 5" dia)	13	
		1 medium tortilla (approx 6" dia)	19	
		1 tortilla (approx 7" dia)	25	
		1 large tortilla (approx 8" dia)	33	
		1 tortilla (approx 9" dia)	42	
		1 tortilla (approx 10" dia)	52	
		1 tortilla (approx 12" dia)	75	
		1 surface inch	.66	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tortillas, corn	522-1510	1 tortilla (approx 3" dia)	5	13
		1 small tortilla, (approx 4" dia)	8	
		1 tortilla (approx 5" dia)	13	
		1 medium tortilla (approx 6" dia)	19	
		1 tortilla (approx 7" dia)	25	
		1 large tortilla (approx 8" dia)	33	
		1 tortilla (approx 9" dia)	42	
		1 tortilla (approx 10" dia)	52	
		1 tortilla (approx 12" dia)	75	
		1 surface inch	.66	
Tortillas, flour (wheat)	522-1520	1 tortilla (approx 3" dia)	7	40
		1 tortilla (approx 4" dia)	13	
		1 tortilla (approx 5" dia)	20	
		1 small tortilla (approx 6" dia)	29	
		1 tortilla (approx 7" dia)	40	
		1 medium tortilla (approx 8" dia)	52	
		1 tortilla (approx 9" dia)	66	
		1 large tortilla (approx 10" dia)	82	
		1 tortilla (approx 12" dia)	118	
		1 surface inch	1.04	
Tortilla, whole wheat (Include chappatti and puri)	522-1526	1 tortilla	35	35
Taco shell (Include tostada shell)	522-1530	1 regular (5" dia)	13	13
		1 large (6-1/2" dia)	21	
Cornmeal bread, Dominican style (Arepa Dominicana)	522-2011	1 piece (4" x 2" x 1-3/4")	115	115

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Muffins, NFS (Include spiced)	523-0100	1 muffin (2-5/8" dia)	47	47
Muffins, fruit and/or nuts (Include blueberry, cranberry nut)	523-0201	1 muffin (2-5/8" dia) 1 small muffin 1 large muffin 1 miniature	58 42 66 16	58
Muffins, whole wheat (Include graham)	523-0301	1 muffin (2-5/8" dia)	47	47
Muffins, bran (Include with raisins and nuts)	523-0401	1 muffin (2-5/8" dia) 1 muffin round 1 large muffin	50 33 68	50
Muffins, oatmeal (Include Granola)	523-0410	1 muffin (2-5/8" dia)	47	47
Muffins, plain (Include Matzo Meal)	523-0601	1 muffin (2-5/8" dia)	47	47
Muffin, pumpkin (Include with raisins, nuts)	523-0650	1 muffin (2-5/8" dia) 1 small muffin 1 large muffin	58 42 66	58
Muffins, multigrain, with nuts	523-0702	1 muffin	66	66
Matzo, fritters	523-0801	1 fritter	15	30
Popovers (Include Dutch Baby, Yorkshire pudding)	523-1101	1 popover	31	31
Bread, Boston Brown	524-0100	1 slice	45	45
Bread, nut	524-0300	1 slice 1 cubic inch	49 0.7	49
Bread, pumpkin (Include with raisins and/or nuts)	524-0406	1 slice 1 cubic inch	60 10	60
Bread, fruit, without nuts (Include lemon bread, banana bread)	524-0501	1 slice 1 cubic inch	41 0.7	41
Bread, fruit and nut (Include date nut, banana nut)	524-0510	1 slice 1 cubic inch	56 0.7	56

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bread, whole wheat, with nuts	524-0601	1 slice	49	49
		1 cubic inch	8.7	
Bread, zucchini (Include squash bread, carrot bread, with nuts)	524-0700	1 slice	40	40
		1 cubic inch	6.6	
Bread, Irish soda	524-0800	1 slice	30	30
Cake batter, raw, chocolate	531-0005	1 tbsp	14	
Cake batter, raw, not chocolate	531-0007	1 tbsp	15	
Cake, NS as to type, with or without icing	531-0010	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	392	39
		1 piece (1/10 of 8" or 9" dia)	39	
		1 cubic inch	4.4	
Cake, angel food, NS as to icing	531-0100	1 tube cake (approx 10" dia)	679	57
		1 piece (1/12 of 10" dia)	57	
		1 cubic inch	3.2	
		1 cup	33	
Cake, angel food, without icing	531-0110	1 tube cake (10" dia)	679	57
		1 piece (1/12 of 10" dia)	57	
		1 cubic inch	3.2	
		1 cup	33	
Cake, angel food, with icing	531-0120	1 tube cake (approx 10" dia)	923	77
		1 piece (1/12 of 10" dia)	77	
		1 cubic inch	4.3	
		1 cup	44	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, angel food, chocolate (assume no icing)	531-0130	1 tube cake (approx 10" dia)	679	57
		1 piece (1/12 of 10" dia)	57	
		1 cubic inch	3.2	
Cake, applesauce, NS as to icing (Include with nuts)	531-0200	1 loaf cake (9" x 5")	869	108
		1 bundt or tube cake (approx 10" dia)	1,292	
		1 piece (1/12 of 10" dia)	108	
		1 piece (1/10 of loaf)	87	
		1 cubic inch	6.4	
Cake, applesance, without icing (Include with nuts, rhubarb, blueberry, apricot, blackberry, apple crunch cake)	531-0210	1 loaf cake (9" x 5")	625	87
		1 bundt or tube cake (approx 10" dia)	1,048	
		1 piece (1/12 of 10" dia)	87	
		1 piece (1/10 of loaf)	62	
		1 cubic inch	4.6	
Cake, applesauce, with icing (Include with nuts)	531-0220	1 loaf cake (9" x 5")	869	108
		1 bundt or tube cake (approx 10" dia)	1,292	
		1 piece (1/12 of 10" dia)	108	
		1 piece (1/10 of loaf)	87	
		1 cubic inch	6.4	
Cake, applesauce, low calorie, without icing (Include Weight Watcher's Apple Raisin Spice Cake)	531-0230	1 individual cake	74	74
Cake, banana, NS as to icing	531-0250	1 loaf cake (9" x 5")	869	108
		1 piece (1/12 of 10" dia)	108	
		1 piece (1/10 of loaf)	87	
		1 cubic inch	6.4	
		1 bundt or tube cake (approx 10" dia)	1,292	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, banana, without icing	531-0260	1 loaf cake (9" x 5")	625	87
		1 piece (1/12 of 10" dia)	87	
		1 piece (1/10 of loaf)	62	
		1 cubic inch	4.6	
		1 bundt or tube cake (approx 10" dia)	1,048	
Cake, banana, with icing	531-0270	1 loaf cake (9" x 5")	869	108
		1 piece (1/12 of 10" dia)	108	
		1 piece (1/10 of loaf)	87	
		1 cubic inch	6.4	
		1 bundt or tube cake (approx 10" dia)	1,292	
Cake, Boston cream pie	531-0300	1 cake (8" dia, 3-1/2" high)	825	69
		1 piece (1/12 of 8" dia)	69	
		1 cubic inch	4.7	
Cake, butter, NS as to icing	531-0350	1 2-layer cake (8" or 9" dia, approx 4" high)	1,664	139
		1 1-layer cake (8" or 9" dia, approx 2" high)	832	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	139	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	83	
		1 cubic inch	8.7	
		1 bundt or tube cake	1,255	
Cake, butter, without icing	531-0355	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	527	53
		1 piece (1/10 of 8" or 9" dia)	53	
		1 cubic inch	5.9	
		1 bundt or tube cake	1,062	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, butter, with icing	531-0360	1 2-layer cake (8" or 9" dia, approx 4" high)	1,664	139
		1 1-layer cake (8" or 9" dia, approx 2" high)	832	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	139	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	83	
		1 cubic inch	8.7	
		1 bundt or tube cake	1,255	
Cake, carrot, NS as to icing	531-0400	1 bundt or tube cake	1,323	133
		1 2-layer cake (approx (8" or 9" dia, 4" high)	1,600	
		1 1-layer cake (approx 8" or 9" dia, 2" high)	800	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	133	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	80	
		1 cup	138	
		1 cubic inch	8.3	
Cake, carrot, without icing (Include carrot pudding)	531-0410	1 bundt or tube cake (approx 10" dia)	1,130	58
		1 1-layer cake (approx 8" or 9" dia, 1-1/2" high)	579	
		1 piece (1/10 of 8" or 9" dia)	53	
		1 cubic inch	7.7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, carrot, with icing	531-0426	1 bundt or tube cake	1,323	133
(Include carrot cupcakes with icing)		1 cubic inch	8.3	
		1 2-layer cake (approx 8" or 9" dia, 4" high)	1,600	
		1 1-layer cake (approx 8" or 9" dia, 2" high)	800	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	133	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	80	
		1 cup	138	
Cake, carrot, low calorie	531-0430	1 individual cake	85	85
(Include Weight Watcher's)				
Cheesecake	531-0450	1 cake or pie (9" dia, approx 1-1/2" high)	1,533	128
(Include cream cheese pie)		1 cake (8" dia, approx 2" high)	1,216	
		1 piece (1/12 of 9" dia)	128	
		1 cubic inch	12.1	
		1 cup	181	
Cheesecake, low calorie	531-0452	1 individual cake (approx 3-1/2" x 3-1/2" x 1")	113	
(Include Weight Watcher's)				
Cheesecake with fruit	531-0455	1 cake or pie (9" dia, approx 1-1/2" high)	1,704	142
		1 cake (8" dia, approx 2" high)	1,346	
		1 piece (1/12 of 9" dia)	142	
		1 cubic inch	13.4	
		1 cup	189	
Cheesecake, low calorie, with fruit	531-0457	1 individual cake (approx 3-1/2" x 3-1/2" x 1")	113	
(Include Weight Watcher's)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheesecake, chocolate	531-0460	1 cake or pie (9" dia, approx 1-1/2" high)	1,533	128
		1 piece (1/12 of 9" dia)	128	
		1 cubic inch	12.5	
		1 cup	181	
Cake, chocolate, made with mayonnaise or salad dressing, NS as to icing	531-0490	1 2-layer cake (8" or 9" dia, approx 4" high)	1,664	139
		1 1-layer cake (8" or 9" dia, approx 2" high)	832	
		1 bundt or tube cake	1,255	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	139	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	83	
		1 cubic inch	8.7	
Cake, chocolate, made with mayonnaise or salad dressing, without icing or filling	531-0492	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	527	53
		1 bundt or tube cake	1,062	
		1 piece (1/10 of 8" or 9" dia)	53	
		1 cubic inch	5.9	
Cake, chocolate, made with mayonnaise or salad dressing, with icing, coating, or filling	531-0495	1 2-layer cake (8" or 9" dia, approx 4" high)	1,664	139
		1 1-layer cake (8" or 9" dia, approx 2" high)	832	
		1 bundt or tube cake	1,255	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	139	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	83	
		1 cubic inch	8.7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, chocolate, devil's food, or fudge, standard-type mix (eggs and water added to dry mix), NS as to icing	531-0500	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Jiffy, Washington)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, chocolate, devil's food, or fudge, made from home recipe or purchased ready-to-eat, NS as to icing	531-0505	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include cake, chocolate, devil's food, or fudge, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, chocolate, devil's food, or fudge, standard-type mix (eggs and water added to dry mix), without icing or filling	531-0510	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, chocolate, devil's food, or fudge, without icing or filling, made from home recipe or purchased ready-to-eat	531-0516			
(Include cake, chocolate, devil's food, or fudge, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	
Cake, chocolate, devil's food, or fudge, standard-type mix (eggs and water added to dry mix), with icing, coating, or filling	531-0520			
(Include Jiffy, Washington)		1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, chocolate, devil's food, or fudge, with icing, coating, or filling, made from home recipe or purchased ready-to-eat	531-0526			
(Include cake, chocolate, devil's food, or fudge, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, German chocolate	531-0530	1 2-layer cake (8" or 9" dia, approx 4" high)	1,308	109
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 cubic inch	5.9	
Cake, chocolate, with icing, low calorie (Include Weight Watcher's Chocolate Cake)	531-0550	1 individual cake	71	71
Cake, chocolate, devil's food, or fudge, pudding-type mix (oil, eggs, and water added to dry mix), NS as to icing (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; chocolate, devil's food, or fudge cake, NS as to from pudding- or standard-type mix)	531-0590	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, chocolate, devil's food, or fudge, pudding-type mix (oil, eggs, and water added to dry mix), without icing or filling (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; chocolate, devil's food, or fudge cake, NS as to from pudding- or standard-type mix)	531-0600	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, chocolate, devil's food, or fudge, pudding-type mix (oil, eggs, and water added to dry mix), with icing, coating, or filling	531-0605	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; chocolate, devil's food, or fudge cake, NS as to from pudding- or standard-type mix)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, Poor Man's (spice-type)	531-0610	1 cake (8" square, 1-1/2" high)	476	48
		1 piece (1/10 of 8" square)	48	
		1 cubic inch	6.3	
Cake, cream	531-0650	1 cake (8" dia)	510	51
(Include Italian rum-cream)		1 piece (1/10 of 8" dia)	51	
		1 cubic inch	6.1	
Cake, cupcakes, NS as to type or icing	531-0700	1 cupcake (2-3/4" dia)	48	48
(Include with nuts)		1 cupcake (2-1/2" dia)	36	
Cake, cupcakes, NS as to type, without icing	531-0710	1 cupcake (2-3/4" dia)	33	33
		1 cupcake (2-1/2" dia)	25	
Cake, cupcakes, NS as to type, with icing	531-0720	1 cupcake (2-3/4" dia)	48	48
		1 cupcake (2-1/2" dia)	36	
Cake, cupcakes, chocolate, NS as to icing	531-0800	1 cupcake (2-3/4" dia)	46	46
		1 cupcake (2-1/2" dia)	35	
Cake, cupcakes, chocolate, without icing or filling	531-0810	1 cupcake (2-3/4" dia)	33	33
(Include chocolate crunch bar, with or without nuts)		1 cupcake (2-1/2" dia)	25	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, cupcakes, chocolate, with icing or filling (Include Ho Ho, Ding Dong, Yodels, Ring Ding, Big Wheels, Funny Bones, Suzy Q, Swiss Cake Roll, Koo-Koo's, Rock & Roll Cake, Tasty-Kake Kandy Kakes, Yankee Doodles, Little Debbie Chocolate Devil Squares, Devil Dogs, Little Debbie Snak Cakes, Tasty-Kake Junior Cakes, Tasty-Kake Chocolate Creamies)	531-0820	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia) Prepackaged snack cakes: 1 small (include Tasty-Kake Chocolate Kandy Cakes; Tasty-Kake cupcakes; Drake's Yodels; Drake's Yankee Doodles; Little Debbie Chocolate Devil Squares) 1 medium (include Tasty-Kake Chocolate Creamies; Drake's Ring Dings; Drake's Funny Bones; Drake's Devil Dogs; Hostess Cupcakes; Hostess Big Wheels; Little Debbie Snak Cakes) 1 large (include Tasty Kake Junior Cakes; Hostess Suzy Q)	46 35 25 40 64	46
Cake, cupcakes, not chocolate, NS as to icing	531-0900	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia)	48 36	48
Cake, cupcakes, not chocolate, without icing or filling	531-0910	1 cupcake (2-3/4" dia) 1 cupcake (2-1/2" dia)	33 25	33

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, cupcakes, not chocolate, with icing or filling	531-0920	1 cupcake (2-3/4" dia)	48	48
(Include Tasty-Kake Kandy Cakes, Twinkies, Crazy Bones, Zingers, Raisin Cakes, Snackin' Cakes, Krimpets, Banana Flips, Snowballs, Drake's Shortcake, Little Debbie Snak Cakes, Tasty-Kake Junior Cakes, Petit Fours)		1 cupcake (2-1/2" dia)	36	
		1 Petit Four	15	
		Prepackaged snack cakes:		
		1 small (include Tasty-Kake Peanut Butter Kandy Cakes; Tasty-Kake Cupcakes; Tasty-Kake Krimpets)	25	
		1 medium (include Drake's Shortcake; Hostess Twinkies; Hostess Snowballs; Hostess Cupcakes; Little Debbie Snak Cakes, Dolly Madison Zinger)	40	
		1 large (include Tasty-Kake Junior Cakes)	64	
Cake, Dobos Torte	531-0930	1 cake (8-1/2" dia)	1,472	123
(Include seven-layer cake)		1 piece (1/12 of 8-1/2" dia)	123	
		1 cubic inch	7.4	
Cake, fruit cake, light or dark	531-1000	1 tube cake (7" dia)	1,361	113
		1 piece (1/12 of 7" dia)	113	
		1 cubic inch	20	
Cake, plum pudding	531-1010	1 piece	42	42
(Include date pudding)		1 cubic inch	15	
Cake, gingerbread	531-1100	1 1-layer cake (9" square, approx 1-1/2" high)	689	69
		1 piece (1/10 of 8" dia)	69	
		1 cubic inch	7.8	
		1 cup	67	
Cake, graham cracker	531-1150	1 1-layer cake (9" dia, 1-1/2" high)	446	45
		1 piece (1/10 of 9" dia)	45	
		1 cubic inch	4.7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, ice cream roll (or cake), chocolate	531-1200	1 ice cream roll (12 oz)	340	34
		1 piece (1/10 of roll)	34	
		1 cup	138	
		1 cubic inch	9.6	
Cake, ice cream roll (or cake), not chocolate	531-1210	1 ice cream roll (12 oz)	340	34
		1 piece (1/10 of roll)	34	
		1 cubic inch	9.6	
		1 cup	138	
Cake, ice box with fruit and whipped cream	531-1250	1 cake	825	83
		1 piece (1/10 of cake)	83	
Cake, jelly roll	531-1300	1 jelly roll	506	51
		1 piece (1/10 of roll)	51	
		1 cubic inch	4.4	
Cake, lemon, NS as to icing	531-1395	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, lemon, without icing	531-1400	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, lemon, with icing	531-1410	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
Cake, marble, NS as to icing	531-1500	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 cubic inch	6.8	
Cake, marble, without icing	531-1510	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
Cake, marble, with icing	531-1520	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 cubic inch	6.8	
Cake, oatmeal	531-1540	1 cake	777	78
		1 piece (1/10 of cake)	78	
		1 cubic inch	4.8	
Cake, oatmeal, with icing	531-1541	1 cake	1,096	110
		1 piece (1/10 of cake)	110	
		1 cubic inch	6.2	
Cake, pound (assume no icing) (Include toasted cake, yogurt honey pound cake, butter rum cake, whiskey cake, lemon pound cake with glaze)	531-1600	1 loaf (9" x 5")	909	91
		1 bundt or tube cake	1,080	
		1 piece (1/10 of loaf)	91	
		1 cup	83	
		1 cubic inch	5.7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
[illegible] pound, chocolate	531-1627	1 loaf (9" x 5")	909	91
(Include with icing)		1 piece (1/10 of loaf)	91	
		1 cubic inch	6.7	
		1 cup	83	
Cake, pound, Puerto Rican style (Ponque)	531-1635	1 slice (3-1/2" x 3-1/2" x 1")	90	90
Cake, pumpkin	531-1650	1 1-layer cake (8" square, approx 1-1/2" high)	508	51
		1 piece (1/10 of 8" square)	51	
		1 cubic inch	5.8	
Cake, raisin-nut, without icing	531-1655	1 1-layer cake (8" dia)	592	59
(Include prune cake; date-nut cake; raisin-nut cake, NS as to icing)		1 piece (1/10 of 8" dia)	59	
		1 cubic inch	5.1	
Cake, raisin-nut, with icing	531-1656	1 2-layer cake (8" dia)	1,592	133
		1 piece (1/12 of 2 layer, 8" dia)	133	
		1 cubic inch	6.9	
Cake, Ravani (made with farina)	531-1657	1 cake	564	56
		1 piece (1/10 of cake)	56	
		1 cubic inch	5.9	
Cake, rice flour (Include coconut mochiko, Filipino cake)	531-1660	1 piece	45	45
Cake, soybean	531-1673	1 cake (8" dia, approx 3" high)	686	69
		1 piece (1/10 of 8" dia)	69	
		1 cubic inch	4.5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, spice, NS as to icing	531-1700	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
Cake, spice, without icing	531-1710	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
Cake, spice, with icing (Include walnut cake with whipped cream, Little Debbie Apple Spice, Stir-n-Frost Spice Cake)	531-1720	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
Cake, sponge, NS as to icing	531-1800	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, sponge, without icing (Include shortcake, sponge type, plain)	531-1810	1 tube cake (approx 10" dia)	790	66
		1 tube cake (8-1/2" dia)	524	
		1 piece (1/12 of 10" dia)	66	
		1 cubic inch	3.7	
		1 individual dessert shell or shortcake (approx 3" dia)	24	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, sponge, with icing	531-1820	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, sponge, chocolate, without icing (Include chocolate sponge cake, NS as to icing)	531-1830	1 tube cake (approx 10" dia)	790	66
		1 tube cake (8-1/2" dia)	524	
		1 piece (1/12 of 10" dia)	66	
		1 cubic inch	3.7	
Cake, sponge, chocolate, with icing	531-1831	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, rum flavored (Sopa Borracha)	531-1841	1 slice (4" x 3" x 1-3/4")	185	185
Cake, torte (Include fruit tortes)	531-1850	1 torte	912	76
		1 piece (1/12 of torte)	76	
		1 cubic inch	4.0	
Cake, chiffon, NS as to icing	531-1860	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, chiffon, without icing	531-1870	1 tube cake (approx 10" dia)	790	66
		1 tube cake (8-1/2" dia)	524	
		1 piece (1/12 of 10" dia)	66	
		1 cubic inch	3.7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, chiffon, with icing	531-1880	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, chiffon, chocolate, without icing (Include chocolate chiffon cake, NS as to icing)	531-1890	1 tube cake (approx 10" dia)	790	66
		1 tube cake (8-1/2" dia)	524	
		1 piece (1/12 of 10" dia)	66	
		1 cubic inch	3.7	
Cake, chiffon, chocolate, with icing	531-1895	1 tube cake (approx 10" dia)	1,109	92
		1 tube cake (8-1/2" dia)	843	
		1 piece (1/12 of 10" dia)	92	
		1 cubic inch	5.2	
Cake, upside down (all fruits)	531-1900	1 cake (9" dia)	1,455	121
		1 cake (8" square)	986	
		1 piece (1/12 of 9" dia)	121	
		1 piece (1/12 of 8" square)	82	
		1 cubic inch	11.4	

Cake, white, standard-type mix (egg whites and water added), NS as to icing	531-2000			
(Include Jiffy, Washington)		1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, white, made from home recipe or purchased ready-to-eat, NS as to icing	531-2006			
(Include cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, white, standard-type mix (egg whites and water added to mix), without icing	531-2010			
(Include Jiffy, Washington)		1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, white, without icing, made from home recipe or purchased ready-to-eat	531-2016	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
(Include cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	
Cake, white, standard-type mix (egg whites and water added to mix), with icing	531-2020	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Jiffy, Washington)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, white, with icing, made from home recipe or purchased ready-to-eat	531-2026	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include wedding cake; cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, white, pudding-type mix (oil, egg whites, and water added to dry mix), NS as to icing	531-2030	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard-type mix)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, white, pudding-type mix (oil, egg whites, and water added to dry mix), without icing	531-2033	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
(Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard-type mix)		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	
Cake, white, pudding-type mix (oil, egg whites, and water added to dry mix), with icing	531-2035	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard-type mix)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, whole wheat, with fruit and nuts	531-2050	1 loaf (9" x 5")	625	63
(Include apple nut loaf, whole wheat banana carob cake)		1 piece (1/10 of loaf)	63	
		1 cubic inch	4.6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, yellow, standard-type mix (eggs and water added to dry mix), NS as to icing (Include Jiffy, Washington)	531-2100	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, yellow, made from home recipe or purchased ready-to-eat, NS as to icing (Include cake, yellow, NS as to made from home recipe, made from mix, or purchased ready-to-eat)	531-2106	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, yellow, standard-type mix (eggs and water added to dry mix), without icing (Include Jiffy, Washington)	531-2110	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, yellow, without icing, made from home recipe or purchased ready-to-eat	531-2116	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
(Include cake, yellow, NS as to made from home recipe, made from mix, or purchased ready-to-eat]		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	
Cake, yellow, standard-type mix (eggs and water added to dry mix), with icing	531-2120	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include Jiffy, Washington)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, yellow, with icing, made from home recipe or purchased ready-to-eat	531-2126	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
(Include cake, yellow, NS as to made from home recipe, made from mix, or purchased ready-to-eat)		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, yellow, pudding-type mix (oil, eggs, and water added to dry mix), NS as to icing (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard-type mix)	531-2128	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, yellow, pudding-type mix (oil, eggs, and water added to dry mix), without icing (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard-type mix)	531-2130	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	420	42
		1 bundt or tube cake	931	
		1 piece (1/10 of 8" or 9" dia)	42	
		1 cubic inch	5.0	
		1 cup	67	
Cake, yellow, pudding-type mix (oil, eggs, and water added to dry mix), with icing (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard-time mix)	531-2133	1 2-layer cake (8" or 9" dia, approx 4" high)	1,311	109
		1 1-layer cake (8" or 9" dia, approx 2" high)	656	
		1 bundt or tube cake	1,124	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	109	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	66	
		1 cubic inch	6.8	
		1 cup	117	
Cake, shortcake, biscuit type, with whipped cream and fruit	531-2207	1 biscuit (2" dia) with fruit and whipped cream	74	74

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, shortcake, biscuit type, with fruit	531-2208	1 biscuit (2" dia) with fruit	65	65
Cake, shortcake, sponge type, with whipped cream and fruit (Include strawberry cake; shortcake, NS as to biscuit or sponge cake type)	531-2307	1 cake (3" dia) with fruit and whipped cream	118	118
		1 cup	151	
		1 2-layer cake (9" dia, approx 4" high)	1,365	
		1 cubic inch	5.4	
Cake, shortcake, sponge type, with fruit	531-2308	1 cake (3" dia) with fruit	102	102
		1 cup	156	
		1 cubic inch	5.1	
Cake, shortcake, with whipped topping and fruit, low calorie (Include Weight Watchers Strawberry Shortcake)	531-2350	1 individual	85	
Cake, zucchini, NS as to icing	531-2410	1 2-layer cake (8" or 9" dia, approx 4" high)	1,600	
		1 1-layer cake (8" or 9" dia, approx 2" high)	800	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	133	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	80	
		1 cubic inch	8.3	
		1 cup	138	
		1 bundt or tube cake	1,323	
Cake, zucchini, without icing	531-2411	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)	579	
		1 piece (1/10 of 8" or 9" dia)	58	
		1 cubic inch	7.7	
		1 cup	88	
		1 bundt or tube cake	1,130	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, zucchini, with icing	531-2412	1 2-layer cake (8" or 9" dia, approx 4" high)	1,600	
		1 1-layer cake (8" or 9" dia, approx 2" high)	800	
		1 bundt or tube cake	1,323	
		1 piece (1/12 of 2-layer, 8" or 9" dia)	133	
		1 piece (1/10 of 1-layer, 8" or 9" dia)	80	
		1 cubic inch	8.3	
		1 cup	138	
Cookie, batter, raw, not chocolate	532-0010	1 cup	250	
Cookie, NS as to type	532-0100	1 small	5	10
		1 medium	10	
		1 large	14	
Cookie, almond	532-0200	1 cookie	10	10
Cookie, applesauce (Include apple snacks, Dutch apple)	532-0300	1 medium	13	13
		1 large	18	
Cookie, brownies, NS as to icing (Include with nuts)	532-0400	1 brownie	34	34
		1 cubic inch	9.9	
Cookie, brownies, without icing (Include with nuts)	532-0401	1 brownie	34	34
		1 cubic inch	9.9	
Cookie, brownies, with icing (Include with nuts)	532-0410	1 brownie	42	42
		1 cubic inch	9.9	
Cookie, butter (Include sesame cookies, wedding cookies, Social Tea Biscuits (Nabisco)) CODE DISCONTINUED 6/16/87	532-0500	1 cookie	5	5
		1 cup, crushed	85	
Cookie, butterscotch, brownie	532-0525	1 brownie	34	34
		1 cubic inch	9.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, butterscotch chip	532-0550	1 small	5	10
		1 medium (approx 2" dia)	10	
		1 large	14	
Cookie, carob	532-0575	1 medium	13	13
		1 large	21	
Cookie, carob and honey brownie	532-0576	1 brownie	34	34
		1 cubic inch	9.9	
Cookie, chocolate chip (Include with nuts, Congo Bar)	532-0600	1 small	5	10
		1 medium (approx 2" dia)	10	
		1 large (include Keebler, Rich 'n Chips)	14	
		1 big cookie (3-1/2" - 4" dia) (include Grandma brand)	40	
Cookie, chocolate chip, with raisins (Include date-nut chocolate chip bars)	532-0601	1 small	5	10
		1 medium (approx 2" dia)	10	
		1 large	14	
Cookie, chocolate chip, made from home recipe or purchased at a bakery (Include Toll House; made with M & M's; with nuts)	532-0602	1 small	5	10
		1 medium (approx 2" dia)	10	
		1 large	14	
		1 cubic inch	12.7	
Cookie, chocolate chip sandwich	532-0610	1 sandwich (approx 1" - 1-1/2")	11	11
Cookie, chocolate, made with rice cereal	532-0650	1 bar (2" square)	30	30
Cookie, chocolate fudge, with/ without nuts (Include chocolate cookie, NFS; chocolate-jelly cookies; Peanut Butter'N Fudge Chocolate Chip Cookies (Duncan Hines))	532-0700	1 small	5	13
		1 medium (approx 2" dia)	13	
		1 big cookie (3-1/2" - 4" dia) (include Grandma brand; Archway brand)	25	

Cookie, chocolate-covered marshmallow (Include marshmallow puff, pinwheels)	532-0800	1 cookie	17	17
Cookie, marshmallow pie, chocolate covered (Include moon pies, sweetie pie, mallow pies, scooter pies)	532-0820	1 scooter pie	34	34
Cookie, chocolate, chocolate covered or fudge sandwich (Include Girl Scout Mint, Oreos (Nabisco), Twiddle Stix, Swiss Style Shortbread (Sunshine), Chocolate Fudge Sandwich (Keebler), Fudge Strips (Keebler), Fudge Sticks (Keebler), Grasshopper (Keebler), Almost Home Fudge Cream Sandwiches, Little Debbie Fudge Rounds, Fuddin' Cremes (Keebler), Little Debbie Nutty Bars, E.L. Fudge (Keebler), Pepperidge Farm Capri)	532-0900	1 sandwich (approx 1" - 1-1/2" dia) 1 large sandwich (3-1/2" - 4" dia) (include Almost Home Fudge Cream Sandwiches; Little Debbie Fudge Rounds) 1 fudge stick 1 chocolate-coated or chocolate striped 1 Little Debbie Nutty Bar 1 E.L. Fudge 1 Capri 1 cup, crushed	11 30 9 13 28 7 15 110	11
Cookie, chocolate, sandwich, with extra filling (Include Double Stuff Oreo)	532-0910	1 sandwich	14	14
Cookie, chocolate and vanilla sandwich	532-0950	1 sandwich (approx 1" - 1-1/2" dia) 1 large sandwich (3-1/2" - 4" dia)	11 30	11
Cookie, chocolate wafers (Include chocolate snaps)	532-1000	1 small or thin (include Famous Brand Chocolate Wafers) 1 medium	7 12	7
Cookie, bar, with chocolate, nuts, and graham crackers (Include Magic Cookie Bars)	532-1100	1 bar	25	25
Cookie, coconut bars	532-1500	1 cookie (approx 2-1/2" long x 1-1/4" wide)	9	9

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, fruit-filled bars (Include trail mix cookies, fruitcake cookies, Apple Newton, Blueberry Newton, Cherry Newton)	532-2000	1 medium	16	16
Cookie, date bar (Include date-nut bar, date macaroon, date pinwheel)	532-2002	1 cookie 1 bar	16 22	16
Cookie, fig (Include Fig Newton)	532-2003	1 cookie	16	16
Cookie, [illegible]	532-2201	1 cookie	8	8
Cookie, cone shell, ice cream type	532-2202	1 cone	6	6
Cookie, cone shell, ice cream type, brown sugar	532-2210	1 cone 1 large cone	11 29	11
Cookie, gingersnaps	532-2300	1 small 1 medium 1 large (approx 3-1/2" - 4" dia)	4 12 32	4
Cookie, granola	532-2310	1 cookie	13	13
Cookie, ladyfingers (Include anisette sponge, Stella D'Oro Egg Jumbo)	532-2400	1 ladyfinger 1 anisette sponge 1 egg jumbo	14 12 9	14
Cookie, lemon bars	532-2425	1 bar	16	16
Cookie, macaroons	532-2500	1 cookie	14	14
Cookie, marshmallow, with coconut	532-2600	1 cookie 1 cubic inch	18 6.0	18
Cookie, marshmallow, with rice cereal (Include Rice Krispies bar cookie)	532-2650	1 bar (2" square)	30	30
Cookie, marshmallow pies, non-chocolate coating (Include banana)	532-2700	1 pie	34	34
Cookie, meringue (Include angel cup)	532-2800	1 cookie	4	4

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, molasses	532-3000	1 small	11	15
(Include hermits, gingerbread man)		1 medium	15	
		1 large (3-1/2" - 4" dia) (include Archway brand)	32	
Cookie, Lebkuchen	532-3100	1 cookie	16	16
(Include honey nut bar)				
Cookie, oatmeal	532-3300	1 small	6	15
		1 medium (2-5/8" dia)	13	
		1 big cookie (3-1/2" - 4" dia) (include Archway brand, Grandma brand)	25	
		1 surface inch	3.1	
Cookie, oatmeal, with raisins	532-3301	1 small	6	15
(Include with dates, with nuts)		1 medium (approx 2-5/8" - dia)	13	
		1 big cookie (3-1/2" - 4" dia) (include Archway brand, Grandma brand)	25	
		1 surface inch	3.1	
Cookie, oatmeal sandwich, with creme filling	532-3305	1 sandwich (approx 1" - 1-1/2" dia)	15	15
(Include Chipsies (Keebler))		1 large sandwich (3-1/2" - 4" dia) (include Little Debbie Oatmeal Cream, Almost Home Oatmeal Cream)	30	
Cookie, oatmeal, with chocolate chips	532-3306	1 cookie	15	15
(Include with chocolate frosting, made with M&M's)				
Cookie, oatmeal, with chocolate and peanut butter	532-3310	1 cookie	34	34
Cookie, peanut butter	532-3400	1 medium	16	16
(Include peanut butter wafers)		1 big cookie (3-1/2" - 4" dia) (include Grandma brand)	25	
		1 small	5	
Cookie, peanut butter, with oatmeal	532-3401	1 cookie	16	16

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, peanut butter, with chocolate (Include Pepperidge Farm Nassau)	532-3410	1 Nassau	15	15
Cookie, peanut (Include chocolate peanut bars, peanut sandwich cookies; Nutter Butter (Nabisco), Almost Home Peanut Butter Cream Sandwich)	532-3500	1 cookie	16	16
		1 sandwich, round (approx 1" - 1-1/2" dia)	11	
		1 sandwich, oval (include Nabisco Nutter Butter	15	
		1 large sandwich (3-1/2" - 4" dia) (include Almost Home Peanut Butter Cream Sandwich)	30	
Cookie, with peanut butter filling, chocolate-coated (Include Girl Scout Tagalongs Peanut Butter Patties)	532-3550	1 cookie	13	13
Cookie, pizzelles (Italian style wafer) (Include rosettes)	532-3600	1 wafer or rosette	14	14
Cookie, pumpkin (Include carrot bars)	532-3610	1 small	6	11
		1 medium	11	
		1 large	19	
Cookie, raisin (Include date-nut, raisin sugar cookie)	532-3700	1 cookie	16	16
		1 big cookie (approx 3-1/2" - 4" diam) (include Grandma's brand)	40	
Cookie, raisin sandwich, cream-filled	532-3701	1 large sandwich (3-1/2" - 4" dia) (include Little Debbie Raisin Creme Pie)	30	30
Cookie, sandwich-type, not chocolate or vanilla (Include banana cream-filled, Puddin' Cremes (Keebler))	532-3800	1 sandwich (approx 1" - 1-1/2" dia)	11	11

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, shortbread (Include Lorna Doone, Pecan Sandies, Greek cookies)	532-3900	1 small (include Nabisco Lorna Doone)	7	15
		1 medium (include Keebler Pecan Sandies; Pepperidge Farm Shortbread)	15	
		1 large	21	
Cookie, sugar (Include fruit flavors, with nuts, spice, Kichel, jelly topped) CODE DISCONTINUED 6/16/87	532-4100	1 small (include Pepperidge Farm Sugar Cookies)	9	16
		1 medium	16	
		1 large (3-1/2" - 4" dia) (include Archway brand)	25	
		1 cubic inch	9	
Cookie, butter or sugar cookie (Include jelly topped, sesame cookies, wedding cookies, Social Tea Biscuits (Nabisco), Pepperidge Farm Chessman, Pepperidge Farm Pirouette, Vanilla Margherite (Stella D'Oro), Breakfast Treats (Stella D'Oro))	532-4150	1 small (include Pepperidge Farm Sugar, Chessman, and Pirouette)	9	16
		1 medium (include Margherite)	16	
		1 large (3-1/2" - 4" dia) (include Archway brand)	25	
		1 cup, crushed	85	
		1 cubic inch	8	
Cookie, butter or sugar cookie, with fruit and/or nuts (Include with coconut)	532-4160	1 small	9	16
		1 medium	16	
		1 large	25	
Cookie, sugar wafers	532-4200	1 small	4	7
		1 medium	7	
		1 large	9	
Cookie, teething (teething biscuit)	532-4225	1 cookie	6.5	6.5
Cookie, vanilla sandwich (Include French Vanilla Creme (Keebler), Vanilla Cremes (Sunshine), Vienna Fingers (Sunshine), Cameos (Nabisco), Lidos (Pepperidge Farm), Milano (Pepperidge Farm))	532-4300	1 sandwich, round (approx 1" - 1-1/2" dia)	11	11
		1 sandwich, oval (include Nabisco Cameos, Sunshine Vienna Fingers, Pepperidge Farm Milano)	15	
		1 Lido	16.5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, sugar, with chocolate frosting	532-4401	1 small	10	16
		1 medium	16	
		1 large	25	
Cookie, sugar, iced (Include spice and other flavors)	532-4402	1 small	10	15
		1 medium	16	
		1 large	25	
Cookie, vanilla waffle cremes	532-4500	1 medium	9	9
		1 large	11	
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, NS as to type; wafers, NS as to type)	532-4700	1 small	3	4
		1 medium	4	
		1 large	6	
Cookie, vanilla with caramel, coconut, and chocolate coating (Include Girl Scout Samoas)	532-4750	1 cookie	15	15
Cookie, whole wheat, dried fruit, nut	532-4800	1 cookie	14	14
Cookie, rugelach (Include cookie made with cottage cheese)	532-5110	1 cookie	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	5	5
Cookie, dietetic, chocolate flavored	532-6005	1 wafer	6	6
Cookie, dietetic, fruit types	532-6010	1 cookie	11	11

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cookie, dietetic, oatmeal with raisins	532-6020	1 cookie	7	7
Cookie, dietetic, sandwich type	532-6030	1 cookie	11	11
Cookie, dietetic, sugar or plain	532-6040	1 lemon thin	6	6
Cookies, Puerto Rican (Mantecaditos polvorones)	532-7010	1 cookie (2" x 2" x 1/4")	19	19
Pie, NFS (Include fruit pie, NS as to fruit)	533-0010	1 pie (9" dia) 1 piece (1/8 of 9" dia) 1 cubic inch	1,203 150 19	150
Pie, individual size or tart, NFS	533-0017	1 tart 1 individual pie	117 120	
Pie, fried, NFS	533-0018	1 pie	86	86
Pie, apple (Include apple-peach, apple-berry)	533-0100	1 pie (10" dia) 1 pie (9" dia) 1 pie (8" dia) 1 piece (1/8 of 9" dia) 1 cubic inch 1 cup	1,521 1,203 782 150 19 186	150
Pie, apple, individual size or tart	533-0107	1 tart 1 individual pie	117 120	
Pie, apple, fried pie (Include McDonald's)	533-0108	1 pie	86	86
Pie, apple, one crust (Include apple pie with crumb topping)	533-0150	1 pie (9" dia) 1 piece (1/8 of 9" dia) 1 cubic inch	1,203 150 19	150
Pie, apple, low calorie (Include Weight Watcher's Apple Pie)	533-0175	1 individual serving	85	85

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, apricot	533-0200	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, apricot, individual size or tart	533-0207	1 tart	117	
		1 individual pie	120	
Pie, apricot, fried pie	533-0208	1 pie	86	86
Pie, blackberry (Include boysenberry)	533-0300	1 pie (10" dia)	1,521	150
		1 pie (9" dia)	1,203	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	
Pie, blackberry, individual size or tart	533-0307	1 tart	117	
		1 individual pie	120	
Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry (Include cranberry; Juneberry; gooseberry; berry pie, NS as to berry)	533-0350	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, berry, not blackberry, blueberry, boysenberry, huckleberry, raspberry, or strawberry, individual size or tart	533-0357	1 tart	117	
		1 individual pie	120	
Pie, blueberry (Include huckleberry)	533-0400	1 pie (10" dia)	1,521	150
		1 pie (9" dia)	1,203	
		1 pie (8" dia)	782	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, blueberry, one crust	533-0405	1 pie (9" dia)	1,096	137
		1 pie (8" dia)	712	
		1 piece (1/8 of 9" dia)	137	
		1 cubic inch	17	
		1 cup	234	
Pie, blueberry, individual size or tart	533-0407	1 tart	117	
		1 individual pie	120	
Pie, cherry	533-0500	1 pie (10" dia)	1,521	150
		1 pie (9" dia)	1,203	
		1 pie (8" dia)	782	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	
Pie, cherry, one crust	533-0501	1 pie (9" dia)	1,096	137
		1 piece (1/8 of 9" dia)	137	
		1 cubic inch	17	
Pie, cherry, individual size or tart	533-0507	1 tart	117	
		1 individual pie	120	
Pie, cherry, fried pie (Include McDonald's)	533-0508	1 pie	86	86
Pie, lemon (not cream or meringue)	533-0570	1 pie (9" dia)	791	99
		1 piece (1/8 of 9" dia)	99	
		1 cubic inch	12	
		1 pie (10" dia)	966	
Pie, lemon, fried pie	533-0575	1 pie	85	85
Pie, mince	533-0600	1 pie (8" dia)	782	150
		1 pie (9" dia)	1,203	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, mince, individual size or tart	533-0607	1 tart	117	
		1 individual pie	120	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, peach	533-0700	1 pie (10" dia)	1,521	150
		1 pie (9" dia)	1,203	
		1 pie (8" dia)	782	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	
Pie, peach, one crust	533-0705	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	
Pie, peach, individual size or tart	533-0707	1 tart	117	
		1 individual pie	120	
Pie, peach, fried pie	533-0708	1 pie	86	86
Pie, pear	533-0750	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, pear, individual size or tart	533-0757	1 tart	117	
		1 individual pie	120	
Pie, pineapple	533-0800	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, pineapple, individual size or tart	533-0807	1 tart	117	
		1 individual pie	120	
Pie, plum	533-0830	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, prune	533-0850	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, raisin	533-0900	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, raisin, individual size or tart	533-0907	1 tart	117	
		1 individual pie	120	
Pie, raspberry, one crust	533-1000	1 pie (9" dia)	1,096	137
		1 piece (1/8 of 9" dia)	137	
		1 cubic inch	17	
Pie, raspberry	533-1005	1 pie (9" dia)	1,203	150
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, rhubarb	533-1100	1 pie (9" dia)	1,203	150
		1 pie (8" dia)	782	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
Pie, rhubarb, one crust	533-1105	1 pie (9" dia)	1,096	137
		1 piece (1/8 of 9" dia)	137	
		1 cubic inch	17	
Pie, rhubarb, individual size or tart	533-1107	1 tart	117	
		1 individual pie	120	
Pie, strawberry, one crust	533-1200	1 pie (9" dia)	1,343	168
		1 piece (1/8 of 9" dia)	168	
		1 cubic inch	21	
		1 cup	202	
Pie, strawberry-rhubarb	533-1300	1 pie (10" dia)	1,521	150
		1 pie (9" dia)	1,203	
		1 pie (8" dia)	782	
		1 piece (1/8 of 9" dia)	150	
		1 cubic inch	19	
		1 cup	186	
Pie, strawberry, individual size or tart	533-1400	1 tart	117	120
		1 individual pie	120	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, apple-sour cream	533-4000	1 pie (9" dia)	1,274	159
		1 piece (1/8 of 9" dia)	159	
		1 cubic inch	20	
Pie, cherry, made with cream cheese and sour cream	533-4050	1 pie (9" dia)	1,274	159
		1 piece (1/8 of 9" dia)	159	
		1 cubic inch	20	
Pie, banana cream	533-4100	1 pie (10" dia)	1,449	144
		1 pie (9" dia)	1,154	
		1 pie (8" dia)	885	
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
		1 cup	202	
Pie, banana cream, individual size or tart	533-4107	1 tart	117	
Pie, buttermilk	533-4150	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, chocolate cream (Include chocolate pie, NFS; chocolate meringue; chocolate ice box dessert; chocolate pudding pie; Jello chocolate mousse pie)	533-4200	1 pie (10" dia)	1,449	144
		1 pie (9" dia)	1,154	
		1 pie (8" dia)	885	
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
		1 cup	202	
Pie, chocolate cream, individual size or tart	533-4207	1 tart	117	
Pie, coconut cream (Include coconut pie, NFS; coconut custard)	533-4300	1 pie (10" dia)	1,449	144
		1 pie (9" dia)	1,154	
		1 pie (8" dia)	885	
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
		1 cup	202	
Pie, coconut cream, individual size or tart	533-4307	1 tart	117	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, custard	533-4400	1 pie (9" dia)	1,085	136
(Include custard cream, egg pie)		1 piece (1/8 of 9" dia)	136	
		1 cubic inch	17	
		1 pie (10" dia)	1,368	
		1 pie (8" dia)	709	
		1 cup	218	
Pie, custard, individual size or tart	533-4407	1 tart	117	
(Include custard cream)				
Pie, lemon cream	533-4500	1 pie (9" dia)	1,154	144
(Include lemon ice box pie)		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, lemon cream, individual size or tart	533-4507	1 tart	117	
Pie, peanut butter cream	533-4600	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, pineapple cream	533-4650	1 pie (9" dia)	1,154	144
(Include millionaire's pie, Hawaiian pie, sunshine pie)		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, pumpkin	533-4700	1 pie (8" dia)	947	154
		1 pie (9" dia)	1,235	
		1 pie (10" dia)	1,530	
		1 piece (1/8 of 9" dia)	154	
		1 cubic inch	19	
		1 cup	203	
Pie, pumpkin, individual size or tart	533-4707	1 tart	117	
Pie, raspberry cream	533-4710	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, sour cream, raisin	533-4750	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, squash	533-4760	1 pie (9" dia)	1,235	154
		1 piece (1/8 of 9" dia)	154	
		1 cubic inch	19	
Pie, strawberry cream	533-4800	1 pie (10" dia)	1,449	144
		1 pie (9" dia)	1,154	
		1 pie (8" dia)	885	
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, strawberry cream, individual size or tart	533-4807	1 tart	117	
Pie, sweetpotato	533-6000	1 pie (10" dia)	1,530	154
		1 pie (9" dia)	1,235	
		1 pie (8" dia)	885	
		1 piece (1/8 of 9" dia)	154	
		1 cubic inch	19	
		1 cup	203	
Pie, vanilla cream (Include butterscotch pie)	533-6500	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	13	
Pie, yogurt, frozen (Include all flavors)	533-6600	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, chiffon, not chocolate	533-7000	1 pie (9" dia)	792	99
		1 piece (1/8 of 9" dia)	99	
		1 cubic inch	12	
Pie, chiffon, chocolate	533-7100	1 pie (9" dia)	792	99
		1 piece (1/8 of 9" dia)	99	
		1 cubic inch	12	
Pie, chiffon, with liqueur (Include grasshopper pie)	533-7110	1 pie (9" dia)	792	99
		1 piece (1/8 of 9" dia)	99	
		1 cubic inch	12	
Pie, black bottom	533-7300	1 pie (9" dia)	792	99
		1 piece (1/8 of 9" dia)	99	
		1 cubic inch	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie, lemon meringue (Include key lime pie)	533-8100	1 pie (9" dia)	1,094	137
		1 piece (1/8 of 9" dia)	137	
		1 cubic inch	10	
		1 pie (8" dia)	937	
		1 pie (10" dia)	1,429	
		1 cup	172	
Pie, lemon meringue, individual size or tart	533-8107	1 tart	117	
Pie, chocolate-marshmallow	533-8200	1 pie (8" dia)	819	102
		1 piece (1/8 of 8" dia)	102	
Pie, pecan (Include coconut-pecan pie, walnut pie)	533-8500	1 pie (10" dia)	1,127	114
		1 pie (9" dia)	915	
		1 pie (8" dia)	584	
		1 piece (1/8 of 9" dia)	114	
		1 cup	202	
		1 cubic inch	14	
Pie, pecan, individual size or tart	533-8507	1 small tart	57	
		1 individual pie	85	
Pie, oatmeal	533-8550	1 pie (9" dia)	915	114
		1 piece (1/8 of 9" dia)	114	
		1 cubic inch	14	
Pie, pudding, flavors other than chocolate	533-8600	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	
Pie, pudding, flavors other than chocolate, with chocolate coating, individual size	533-8650	1 individual pie	142	
Pie, Toll house	533-8700	1 pie (9" dia)	915	114
		1 piece (1/8 of 9" dia)	114	
		1 cubic inch	14	
Pie, shoo-fly	533-9000	1 pie (9" dia)	915	114
		1 piece (1/8 of 9" dia)	114	
		1 cubic inch	14	
Pie, tofu with fruit	533-9010	1 pie (9" dia)	1,154	144
		1 piece (1/8 of 9" dia)	144	
		1 cubic inch	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pie shell	533-9100	1 tart shell 1 pie shell (9" dia)	29 172	
Pie shell, graham cracker	533-9110	1 tart shell 1 pie shell (9" dia)	22 210	
Vanilla wafer dessert base	533-9120	1 cup	129	
Blintz, cheese-filled (Include blintzes, NS as to filling)	534-0020	1 blintz	70	70
Blintz, fruit-filled	534-0030	1 blintz	70	70
Cobbler, apple (Include fruit cobbler, school lunch, NS as to fruit)	534-1010	1 cup 1 cubic inch	217 15	109
Cobbler, apricot	534-1020	1 cup 1 cubic inch	217 15	109
Cobbler, berry	534-1030	1 cup 1 cubic inch	217 15	109
Cobbler, cherry	534-1050	1 cup 1 cubic inch	217 15	109
Cobbler, peach	534-1080	1 cup 1 cubic inch	217 15	109
Cobbler, pear	534-1085	1 cup 1 cubic inch	217 15	109
Cobbler, pineapple	534-1086	1 cup 1 cubic inch	217 15	109
Cobbler, plum	534-1088	1 cup 1 cubic inch	217 15	109
Cobbler, rhubarb	534-1090	1 cup 1 cubic inch	217 15	109
Crisp, apple, apple dessert (Include apple betty)	534-1510	1 cup 1 cubic inch	246 15	123
Fritter, apple	534-1512	1 fritter	24	48
Fritter, banana	534-1520	1 fritter (2" long) 1 cup	34 123	68

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fritter, berry	534-1522	1 fritter	24	48
Crisp, blueberry	534-1530	1 cup	246	123
		1 cubic inch	15	
Crisp, cherry	534-1540	1 cup	246	123
		1 cubic inch	15	
Crisp, peach	534-1550	1 cup	246	123
		1 cubic inch	15	
Crisp, rhubarb	534-1560	1 cup	246	123
		1 cubic inch	15	
Cream puff, eclair, custard or cream filled, NS as to icing	534-2000	1 eclair (5" x 2" x 1-3/4")	102	
		1 eclair, frozen	78	
		1 cream puff (3-1/2" x 2")	112	
		1 Napoleon	85	
		1 miniature	30	
Cream puff, eclair, custard or cream filled, not iced (Include French horn, lady lock)	534-2010	1 eclair (5" x 2" x 1-3/4")	90	
		1 cream puff (3-1/2" x 2")	100	
		1 cream or French horn	57	
		1 miniature cream puff	23	
Cream puff, eclair, custard or cream filled, iced (Include Napoleon)	534-2020	1 eclair (5" x 2" 1-3/4")	102	
		1 eclair, frozen	78	
		1 cream puff (3-1/2" x 2")	112	
		1 Napoleon	85	
		1 miniature	30	
Cream puff, no filling or icing	534-2025	1 cream puff	27	27
Air filled fritter or fried puff, without syrup, Puerto Rican style (Bunuelos de viento) (Include wheat flour turnover (Pastelillo de harina de trigo)]	534-2030	1 turnover	57	
		2 puffs	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Wheat flour fritter, without syrup	534-2031	1 fritter	22	22
Crepe, dessert type, NS as to filling	534-3000	1 crepe with filling	78	78
Crepe, dessert type, chocolate-filled	534-3010	1 crepe with filling	78	78
Crepe, dessert type, fruit-filled	534-3020	1 crepe with filling	78	78
Crepe suzette	534-3025	1 crepe with sauce	66	66
Crepe, dessert type, ice cream-filled	534-3030	1 crepe with filling	78	78
Tamale, sweet (Include with sugar and spices)	534-3070	1 tamale	34	34
Tamale, sweet, with fruit	534-3075	1 tamale	49	49
Strudel, apple (Include strudel, NS as to filling)	534-4000	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64
Strudel, berry	534-4030	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64
Strudel, cherry	534-4050	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64
Strudel, cheese	534-4060	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64
Strudel, peach	534-4070	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64
Strudel, cheese and fruit	534-4080	1 piece (approx 2" - 2-1/2" square) 1 cubic inch	64 8.5	64

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Baklava (Include Kadayif)	534-4111	1 piece (2" x 2" x 1-1/2")	78	78
		1 cubic inch	13	
Turnover or dumpling, apple	534-5000	1 turnover	82	
		1 dumpling	190	
Turnover or dumpling, berry	534-5030	1 turnover	78	
Turnover or dumpling, cherry	534-5050	1 turnover	78	
Turnover or dumpling, lemon	534-5080	1 turnover	78	
Turnover or dumpling, peach	534-5100	1 turnover	78	
Turnover, guava	534-5150	1 turnover	78	78
Turnover, pumpkin	534-5175	1 turnover	78	
Pastry, fruit-filled (Include hamantaschen)	534-5210	1 pastry	78	78
Pastry, Chinese, made with rice flour (Include nine-layer pudding)	534-5215	1 oz	28	
Pastry, Italian, with cheese (Include cannoli)	534-5220	1 pastry	85	85
Pastry, puff (Include angel wings, flaky pastry, patty shell)	534-5240	1 pastry	11	11
		1 patty shell	47	
Cheese puffs (Include cheese straws)	534-5245	1 puff or straw	6	12
Pastry, flour and water only, fried (Include Taco Bell Cinnamon Crispa)	534-5250	1 crispa	10	
		1 order of crispas	57	
Breakfast pastry, NFS	535-0010	1 small	35	82
		1 medium	82	
		1 large	105	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Danish pastry	535-1000	1 small or frozen (approx 3" dia)	35	94
(Include fruit and/or spice, pecan swirls, snail Danish, pastry with icing, Babka, bear claw)		1 medium (approx 5" dia)	94	
		1 large (approx 7" dia)	142	
		1 pastry (8" dia)	340	
		1 pecan swirl	28	
Danish pastry, with cheese	535-1100	1 small or frozen (approx 3" dia)	55	112
		1 medium (approx 5" dia)	112	
		1 large (approx 7" dia)	169	
Doughnut, NS as to cake or yeast	535-2000	1 doughnut	46	46
		1 doughnut hole	13	
Doughnut, cake type	535-2011	1 mini doughnut (1-1/2" dia) or doughnut hole	14	42
(Include coconut, sugar-coated, glazed)		1 small doughnut (2-1/2" dia)	25	
		1 medium doughnut (3-1/4" dia)	42	
		1 large doughnut (3-5/8" dia)	58	
		1 long type (twist) doughnut (4-1/2" long)	52	
		1 doughnut stick	52	
Doughnut, cake type, chocolate	535-2012	1 mini doughnut (1-1/2" dia) or doughnut hole	14	42
(Include glazed)		1 small doughnut (2-1/2" dia)	25	
		1 medium doughnut (3-1/4" dia)	42	
		1 large doughnut (3-5/8" dia)	58	
Doughnut, cake type, chocolate covered	535-2014	1 mini doughnut (1-1/2" dia)	20	53
(Include chocolate doughnut, NFS)		1 small doughnut (2-1/2" dia)	36	
		1 medium doughnut (3-1/4" dia)	53	
		1 large doughnut (3-5/8" dia)	69	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Doughnut, cake type, chocolate covered, dipped in peanuts	535-2015	1 doughnut (3-1/4" dia)	53	53
(Include peanut stick)				
Doughnut, cake type, chocolate, with chocolate icing	535-2016	1 mini doughnut (1-1/2" dia)	20	53
		1 small doughnut (2-1/2" dia)	36	
		1 medium doughnut (3-1/4" dia)	53	
		1 large doughnut (3-5/8" dia)	69	
Doughnut, oriental	535-2050	1 doughnut	18	18
(Include Okinawan)				
Doughnut, raised or yeast, chocolate, with chocolate icing	535-2110	1 doughnut (approx 3" dia)	71	71
		1 large doughnut (approx 3-1/2" - 4" dia)	102	
		1 doughnut hole	23	
Doughnut, raised or yeast	535-2111	1 small doughnut (approx 3-1/4" dia)	36	60
(Include glazed; cruellers; doughboys; doughnut holes; honey dip; malasadas; glazed, NS as to cake or yeast)		1 medium doughnut (approx 3-3/4" dia)	60	
		1 large doughnut (approx 4-1/4" dia)	75	
		1 long type (twist) doughnut (approx 5-1/4" x 2-1/2" x 1-1/2" high)	90	
		1 doughnut hole	13	
		1 malasadas	31	
		1 doughnut stick	56	
Doughnut, raised or yeast, chocolate	535-2112	1 doughnut (approx 3" dia)	50	50
		1 large doughnut (approx 3-1/2" - 4" dia)	64	
		1 doughnut hole	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Doughnut, raised or yeast, chocolate covered	535-2113	1 doughnut (approx 3" dia) 1 large doughnut (approx 3-1/2" - 4" dia)	71 102	71
Doughnut, jelly	535-2114	1 doughnut	65	65
Doughnut, custard-filled (Include Long John, cream-filled)	535-2121	1 doughnut	65	65
Doughnut, chocolate cream-filled	535-2122	1 doughnut	65	65
Doughnut, custard-filled, with icing	535-2123	1 doughnut	70	70
Doughnut, wheat (Include glazed)	535-2125	1 doughnut	42	42
Doughnut, wheat, chocolate covered	535-2130	1 doughnut (approx 3" dia)	71	71
Breakfast tart (Include poptarts, toaster pastries)	535-3000	1 poptart 1 toaster pastry	50 54	
Breakfast bar, NFS	535-4000	1 bar	43	43
Breakfast bar, cake-like (Include Carnation Breakfast Bars)	535-4010	1 bar	43	43
Breakfast bar, diet meal type (Include Figurines, Slender Bars)	535-4110	1 bar	25	25
Granola bar, oats, sugar, raisins, coconut (Include with chocolate chips, Nature Valley Chewy Granola Bars, Quaker Oats Chewy Granola Bars, New Trail Granola Bars)	535-4210	1 bar 1 Quaker Oats or Nature Valley bar 1 New Trail	43 28 40	43
Granola bar, peanuts, oats, sugar, wheat germ	535-4310	1 bar	43	43

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Granola bar, with nougat (Include Nature Valley Granola Clusters)	535-4410	1 Nature Valley Granola Cluster	34	34
Granola bar, chocolate-coated (Include Quaker Oats Granola Dipps)	535-4420	1 Quaker Oats Dipp	28	28
Granola bar, coated with non-chocolate coating (Include Quaker Oats Peanut Butter Whipps)	535-4425	1 Quaker Oats Whipp	28	28
Granola bar, with rice cereal (Include Kellogg's Rico Krispies Bar)	535-4440	1 Rice Krispies bar	28	28
Coffee cake, NFS	536-1000	1 cake (9" square)	692	58
		1 cake (8" square)	501	
		1 cake (8" dia)	362	
		1 piece (1/12 of 9" square)	58	
		1 piece (1/12 of 8" square)	50	
		1 cubic inch	4.5	
Coffee cake, crumb or quick-bread type (Include cinnamon cake)	536-1010	1 cake (9" square)	692	58
		1 cake (8" square)	501	
		1 cake (8" dia)	362	
		1 piece (1/12 of 9" square)	58	
		1 piece (1/12 of 8" square)	50	
		1 cubic inch	4.5	
Coffee cake, crumb or quick-bread type, with fruit (Include apple pastry cake)	536-1017	1 cake (9" square)	785	65
		1 cake (8" square)	568	
		1 cake (8" dia)	362	
		1 piece (1/12 of 9" square)	65	
		1 piece (1/12 of 8" square)	47	
		1 cubic inch	6.5	
Coffee cake, crumb or quick-bread type, cheese-filled	536-1020	1 cake (8" square)	568	
		1 cubic inch	6.5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee cake, crumb or quick-bread type, custard filled	536-1025	1 cake (8" square)	568	
		1 cubic inch	6.5	
Crackers, NS as to sweet or nonsweet (Include crackers, NFS)	541-0100	1 cracker	3	12
		1 cup	64	
Crackers, animal (Include sweet crackers, NFS)	541-0101	1 cracker	3	12
		1 cup	64	
		1 cup, crushed	105	
Crackers, graham	541-0201	1 large rectangular piece or 2 squares or 4 small rectangular pieces	14	14
		1 cup, crushed	85	
Crackers, graham, chocolate covered	541-0202	1 cracker (2-1/2" x 2" x 1/4")	13	13
		1 cup	87	
Crackers, graham, sugar-honey coated, cinnamon crisps	541-0203	1 large rectangular piece or 2 squares or 4 small rectangular pieces	14	14
Crackers, whole wheat (Include table water biscuits) CODE DISCONTINUED 1/9/87	541-0204	1 cracker	4	16
Crackers, oatmeal	541-0205	1 cracker	11	22
Crackers, Cuban	541-0206	1 cracker	5	20
Crackers, Cuca	541-0207	1 cracker	28	28
Crackers, matzo, low sodium (Include with wheat germ)	542-0101	1 matzo	30	30
Crackers, saltines, low sodium (Include low sodium soda crackers, oyster crackers, chowder crackers; unsalted tops, low salt)	542-0201	1 cracker	3	12
		1 cup	40	
		1 cup, crushed	70	
		1 cup, oyster crackers	45	
		1 oyster cracker	1	
		1 large round cracker	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crackers, toast thins (rye, wheat, white flour), low sodium (Include Low Salt Wheat Thins)	542-0301	1 cracker	2	12
		1 cup	49	
		1 cup, crushed	79	
Crackers, 100% whole wheat, low sodium (include low sodium 100% stoned wheat wafers, Triscuits)	542-0401	1 Triscuit	5	16
		1 wheat wafer	4	
		1 cracker	4	
		1 cup	49	
		1 cup, crushed	79	
Crackers, butter, low sodium	542-0501	1 round cracker	3	12
		1 rectangular cracker	4	
		1 cup	48	
		1 cup, crushed	72	
Puffed rice cakes without salt (Include unsalted rice cakes with seeds and other grains)	542-0601	1 cake	9	9
Crackers, mixed grain, salt free (Include Venus corn wafers, wheat wafers, rye wafers, and cracked wheat wafers)	542-1001	1 cracker	3	12
		1 cup	49	
		1 cup, crushed	83	
Crackers, butter (Include snack flavored crackers, bacon chips, Ritz, Waverly Wafers, Nabisco Dip and Chip, Club, Escorts, Sociables, sesame seed crackers, meal mates)	543-0100	1 round cracker	3	12
		1 rectangular cracker	4	
		1 large rectangular piece or two squares or 4 small rectangular pieces	13	
		1 cup	48	
		1 cup, crushed	72	
Crackers, cheese (Include cheese sticks, Cheez-its, Cheese Ritz, Better Cheddar)	543-0400	1 round cracker	3	12
		1 small square cracker	1	
		1 gold fish	1	
		1 cracker (various shapes)	3	
		1 snack stick	2	
		1 cup	52	
		1 single serving bag	28	
		1 cup, crushed	72	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crackers, high fiber	543-0450	1 cracker (4-1/2" x 2-1/2" x 1/8")	11	11
(Include Wasa fiber-plus crisp bread)		1 cup, crushed	61	
Crispbread, wheat	543-0500	1 oz	28	28
(Include Armenian cracker bread, Lavosh, hardtack)		1 Armenian cracker	6	
		1 cup, crushed	80	
		1 crispbread or cracker	6	
Crackers, matzo	543-0700	1 matzo	30	30
Crackers, milk	543-0800	1 cracker	11	22
(Include Milk Lunch New England Biscuits, Royal Lunch crackers)				
Crackers, oyster	543-1300	1 cracker	1	4
(Include chowder cracker)		1 cup	45	
		1 cup, crushed	70	
Crackers, rice	543-1900	1 cracker	3	12
(Include rice paper)		1 cup	38	
Puffed rice cakes	543-1901	1 cake	9	9
(Include Arden, Chico San, Quaker, Spiral, rice cakes with seeds and other grains)				
Crispbread, rye	543-2200	1 cracker (3-1/2" x 1-7/8" x 1/4")	7	14
(Include Ry Krisp, Wasa rye crispbread, Finn rye crisp, Norwegian flatbread)		1 thin wafer	2	
		1 cup, crushed	55	
		10 Norwegian flatbread crackers (4-3/4" x 2-3/4" x 1/16")	58	
Crackers, saltine	543-2500	1 cracker	3	12
(Include soda crackers, Sea Toast, Uneeda Biscuits)		1 large round cracker	10	
		1 cup	45	
		1 cup, crushed	70	
Crackers, sandwich-type, peanut butter or cheese-filled	543-2800	1 sandwich	8	24
(Include rye-cheese)		1 cup	70	
		1 cup, crushed	83	
Crackers, soda	543-3100	1 square	3	12
CODE DISCONTINUED 3/2/87		1 cup	45	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crackers, toast thins (rye, pumpernickel, white flour) (Include pizza thins, pumpernickel, onion toast, Won-Ton Chips)	543-3400	1 cracker	2	8
		1 cup	49	
		1 cup, crushed	79	
Crackers, water biscuits	543-3600	1 cracker	4	
		1 cup	60	
		1 cup, crushed	84	
Crackers, 100% whole wheat (Include 100% stoned wheat, Triscuits, Wheatbury, Wheatmeal English Biscuits)	543-3700	1 cracker	4	16
		1 Triscuit	5	
		1 Wheatbury	2	
		1 wheat wafer	4	
		1 cup	49	
		1 cup, crushed	79	
Crackers, wheat (Include Wheatsworth, Euphrates, Wheat Thins, toasted wheat, cracked wheat, stoned wheat)	543-3800	1 cracker	4	
		1 cup	45	
		1 cup, crushed	83	
Salty snacks, corn or cornmeal base, corn toasted (Include corn nuts, Frito Lay Toasted Corn Nuggets)	544-0101	10 nuts or nuggets	18	28
		1 cup, corn nuts	91	
Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips (Include plain, flavored, or barbecued chips; corn chips, NFS; Fritos)	544-0102	10 chips	18	28
		1 cup	26	
		1 single serving bag	28	
		1 cup, crushed	88	
Salty snacks, corn or cornmeal base, corn puffs and twists; corn-cheese puffs and twists (Include Cheetos, Cheez Doodles, Planter's Cheese Balls, Funyuns, Bugles, Diggers, Flings, Planter's Sour Cream & Onion Puffs, Pizza Crunchies)	544-0105	10 pieces	15	28
		1 cup	35	
		1 single serving bag	28	
		10 balls	7	
		1 cup Planter's cheese balls	27	
		1 cup, crushed	72	
Salty snacks, corn or cornmeal base, tortilla chips (Include flavored or barbecued, Tostitos, Doritos)	544-0108	10 chips	18	28
		1 cup	26	
		1 single serving bag	28	
		1 cup, crushed	78	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips, unsalted (Include plain, flavored, or barbecued chips)	544-0109	10 chips	18	
		1 cup	26	
		1 cup, crushed	88	
		1 single serving bag	28	
Salty snacks, corn or cornmeal base, tortilla chips, unsalted (Include flavored or barbecued)	544-0208	10 chips	18	28
		1 cup	26	
		1 single serving bag	28	
Popcorn, popped in oil (Include microwave popcorn; popcorn, NFS)	544-0300	1 cup, popped	14	28
		1 cup, unpopped, yields	340	
		1 oz, unpopped, yields	25	
		1 single serving bag	28	
Popcorn, air-popped (no butter or no oil added)	544-0301	1 cup, popped	8	16
		1 cup, unpopped, yields	135	
		1 oz, unpopped, yields	19	
Popcorn, buttered	544-0302	1 cup, popped	14	28
		1 cup, unpopped, yields	340	
		1 oz, unpopped, yields	25	
Popcorn, with cheese (Include with parmesan cheese)	544-0303	1 cup	26	
		1 single serving bag	28	
Popcorn, sugar syrup or caramel-coated	544-0311	1 cup	35	
		1 popcorn ball	50	
Popcorn, sugar syrup or caramel-coated, with nuts	544-0312	1 cup	35	
Onion-flavored rings	544-0601	1 oz	28	28
		1 single serving bag	28	
		1 cup	13	
		1 cup, crushed	26	
		10 rings	10	
Shrimp chips (tapioca base)	*544-0620*	1 cup	40	*28*
Pretzels, NFS	544-0800	1 pretzel	3	28
		1 cup	45	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pretzels, hard	544-0801	1-one ring pretzel	2	28
(Include cheese-flavored pretzels)		1-3 ring pretzel	3	
		1 thin (3-1/4" x 2-1/4" x 1/4")	6	
		1 rod (7-1/2" x 1/2" dia)	14	
		1 Dutch pretzel (2-3/4" x 2-5/8" x 5/8")	16	
		1 log (3" x 1/2" dia)	5	
		10 pretzel sticks (2-1/2" long x 1/8" dia)	5	
		10 bite-size pretzels	12	
		1 single serving bag	28	
		1 cup	40	
		1 cup, thin sticks	45	
		1 cup, rings	40	
		1 cup, crushed	60	
		1 cup, bite size	40	
Pretzels, soft	544-0802	1 pretzel	55	
Pretzel, hard, unsalted	544-0803	1-one ring pretzel	2	
		1-3 ring pretzel	3	
		1 thin (3-1/4" x 2-1/4" x 1/4")	6	
		1 rod (7-1/2" x 1/2" dia)	14	
		1 Dutch pretzel (2-3/4" x 2-5/8" x 5/8")	16	
		1 log (3" x 1/2" dia)	5	
		10 pretzel sticks (2-1/2" long x 1/8" dia)	5	
		10 bite-size pretzels	12	
		1 single serving bag	28	
		1 cup	40	
		1 cup, thin sticks	45	
		1 cup, rings	40	
		1 cup, crushed	60	
Pretzels, baby	544-0810	1 pretzel	6	
Pretzels, chocolate-coated	544-0820	1 pretzel	11	
Pretzels, cheese-filled	544-0830	10 combos	30	
(Include Combos)		1 cup	96	
Wheat sticks, 100% whole wheat	544-1211	1 cup, sticks	55	
(Include with sesame seeds)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Multigrain mixture, pretzels, chex cereal, nuts (Include Chex Party Mix)	544-2001	1 cup	45	28
Yogurt chips	544-3001	1 oz	28	28
Pancakes, plain (Include pancakes, NFS)	551-0100	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2" dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	
Pancakes, with fruit (Include blueberry pancakes)	551-0300	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2" dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pancakes, buckwheat	551-0500	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2" dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	
Pancakes, cornmeal	551-0510	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2"dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pancakes, whole wheat	551-0520	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2"dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	
Pancakes, sour dough	551-0530	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	9	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2"dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pancakes, rye	552-0540	1 pancake (1" dia)	1	42
		1 pancake (1-1/2" dia)	2	
		1 pancake (2" dia)	4	
		1 pancake (2-1/2" dia)	6	
		1 pancake (3" dia)	13	
		1 pancake (3-1/2" dia)	17	
		1 pancake (4" dia)	21	
		1 pancake (4-1/2"dia)	29	
		1 pancake (5" dia)	40	
		1 pancake (5-1/2" dia)	49	
		1 pancake (6" dia)	55	
		1 pancake (6-1/2" dia)	66	
		1 pancake (7" dia)	80	
		1 pancake (7-1/2" dia)	89	
		1 pancake (8" dia)	103	
		1 pancake (8-1/2" dia)	122	
		1 pancake (9" dia)	140	
		1 pancake (9-1/2" dia)	149	
		1 pancake (10" dia)	162	
		1 cup raw batter yields	226	
		1 surface inch	1.9	
Waffles, plain (Include waffles, NFS)	552-0100	1 round waffle (4" dia) (include frozen)	39	74
		1 round waffle (7" dia)	75	
		1 square waffle (4" square) (include frozen)	37	
		1 square waffle (9" square)	200	
		1 round waffle (10" dia)	193	
		1 cup	50	
		1 surface inch	2.5	
Waffles, wheat, bran, or mixed grain (Include Roman Meal; Nutri-Grain Raisin and Bran)	552-0200	1 round waffle (4" dia) (include frozen)	39	74
		1 round waffle (7" dia)	75	
		1 square waffle (4" square) (include frozen)	37	
		1 square waffle (9" square)	200	
		1 surface inch	2.5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Waffles, fruit (Include blueberry)	552-0300	1 round waffle (4" dia) (include frozen)	39	74
		1 round waffle (7" dia)	75	
		1 square waffle (4" square) (include frozen)	37	
		1 square waffle (9" square)	200	
		1 surface inch	2.5	
Waffles, cornmeal	552-0400	1 round waffle (4" dia) (include frozen)	39	74
		1 round waffle (7" dia)	75	
		1 square waffle (4" square) (include frozen)	37	
		1 square waffle (9" square)	200	
		1 surface inch	2.5	
Waffles, 100% whole wheat or 100% whole grain	552-0500	1 round waffle (4" dia) (include frozen)	39	74
		1 round waffle (7" dia)	75	
		1 square waffle (4" square) (include frozen)	37	
		1 square waffle (9" square)	200	
		1 surface inch	2.4	
French toast, plain (Include Roman Meal)	553-0100	1 regular slice	65	65
		1 frozen slice	43	
		1 very thin slice	37	
		1 thin slice	59	
		1 thick slice	73	
Bread fritters, Puerto Rican style (Torrejas, Galician fritters)	553-1010	2 fritters with syrup (4" x 2-1/2" x 3-1/4")	110	110
Crepe, plain (Include French pancake)	554-0100	1 crepe (7" dia)	50	50
		1 crepe (8" dia)	65	
		1 crepe (9" dia)	83	
		1 crepe (10" dia)	102	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flour and water patty (Include Chinese pancake)	555-0100	1 pancake	28	
Flour and milk patty	556-0100	1 pancake	28	
Rice paste (Mochi)	557-0100	1 oz	28	
Pancakes made with rice flour and dried peas (Include Indian pancakes)	557-0200	1 pancake	29	
Funnel cake	558-0100	1 cake (6" dia)	90	90
Macaroni, cooked, NS as to fat added in cooking (Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci, bows, twirls, spirals)	561-0100	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked 1 jumbo shell, cooked	140 355 78 55 23	140
Macaroni, cooked, fat not added in cooking (Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci bows, twirls, spirals)	561-0101	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked 1 jumbo shell, cooked	140 355 78 55 23	140
Macaroni, cooked, fat added in cooking (Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci, bows, twirls, spirals)	561-0103	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked 1 jumbo shell, cooked	145 368 81 57 24	145
Macaroni, whole wheat, cooked, NS as to fat added in cooking (Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci, bows, twirls, spirals)	561-0200	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked	140 355 78 55	140

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Macaroni, whole wheat, cooked, fat not added in cooking	561-0201	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked	140 355 78 55	140
(Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci, bows, twirls, spirals)				
Macaroni, whole wheat, cooked, fat added in cooking	561-0202	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 lasagna noodle, cooked	145 368 81 55	145
(Include lasagna noodles, orzo, ziti, rotini, shells, wagon wheels, cart wheels, manicotti, rigatoni, mostaccioli, cavatoni ricci, bows, twirls, spirals)				
Macaroni, cooked, spinach, NS as to fat added in cooking	561-0300	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	140 355 78	140
Macaroni, cooked, spinach, fat not added in cooking	561-0301	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	140 355 78	140
Macaroni, cooked, spinach, fat added in cooking	561-0302	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	145 368 81	145
Noodles, cooked, NS as to fat added in cooking	561-1200	1 cup, cooked 1 oz, dry, yields 1 cup, dry, yields	160 74 110	160
(Include pastina, egg noodles)				
Noodles, cooked, fat not added in cooking	561-1201	1 cup, cooked 1 oz, dry, yields 1 cup, dry, yields	160 74 110	160
(Include pastina, egg noodles)				
Noodles, cooked, fat added in cooking	561-1203	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields 1 Mug-O-Lunch	165 113 76 198	165
(Include pastina, egg noodles, fried noodles, Noodle Roni, Mug-O-Lunch)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Noodles, cooked, whole wheat (assume no fat added in cooking)	561-1301	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	160 110 74	160
Noodles, cooked, spinach (assume no fat added in cooking)	561-1400	1 cup, cooked 1 oz, dry, yields 1 cup, dry, yields	160 74 110	160
Noodles, chow mein (Include Chinese noodles)	561-1600	1 cup	45	45
Rice noodles, cooked (assume no fat added in cooking)	561-1700	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	160 110 74	160
Chow fun rice noodles, cooked (assume no fat added in cooking)	561-1710	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	152 77 97	152
Spaghetti, cooked, NS as to fat added in cooking (Include fides, linguini, vermicelli)	561-3000	1 cup, cooked 1 oz, dry, yields	140 80	140
Spaghetti, cooked, fat not added in cooking (Include fides, linguini, vermicelli)	561-3001	1 cup, cooked 1 oz, dry, yields	140 80	140
Spaghetti, cooked, fat added in cooking (Include fides, linguini, vermicelli)	561-3100	1 cup, cooked 1 oz, dry, yields	145 83	145
Spaghetti, cooked, high protein type (assume no fat added)	561-3200	1 cup, cooked 1 oz, dry, yields	140 80	140
Spaghetti, cooked, whole wheat, NS as to fat added in cooking	561-3299	1 cup, cooked 1 oz, dry, yields	140 80	140

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Spaghetti, cooked, whole wheat, fat not added in cooking	561-3300	1 cup, cooked 1 oz, dry, yields	140 80	140
Spaghetti, cooked, whole wheat, fat added in cooking	561-3301	1 cup, cooked 1 oz, dry, yields	145 83	145
Pasta, cooked, corn-based (assume no fat added in cooking) (Include macaroni, noodles, spaghetti)	561-4000	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	119 320 70	
Cereal, cooked, NFS	562-0030	1 cup, cooked	240	
Cereal, cooked, instant, NS as to grain	562-0035	1 cup, cooked 1 cup, dry, yields 1 packet, dry, yields 1 oz, dry, yields	234 501 177 177	157
Barley, cooked (assume no fat added in cooking) (Include egg barley)	562-0040	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	162 738 177	109
Buckwheat groats, cooked (assume no fat added in cooking) (Include kasha)	562-0050	1 cup, cooked 1 oz, dry, yields 1 cup, dry, yields	168 83 503	113
Grits, cooked, corn or hominy, NS as to regular, quick, or instant (assume no fat added in cooking)	562-0100	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	242 1,025 186	162
Grits, cooked, corn or hominy, regular, fat not added in cooking	562-0101	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	242 1,025 186	162

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grits, cooked, corn or hominy, regular, fat added in cooking	562-0102	1 cup, cooked	247	165
		1 cup, dry, yields	1,046	
		1 oz, dry, yields	190	
Grits, cooked, corn or hominy, regular, NS as to fat added in cooking	562-0103	1 cup, cooked	242	162
		1 cup, dry, yields	1,025	
		1 oz, dry, yields	186	
Grits, cooked, corn or hominy, NS as to regular, quick, or instant, fat added in cooking	562-0104	1 cup, cooked	247	165
		1 cup, dry, yields	1,046	
		1 oz, dry, yields	190	
Grits, cooked, corn or hominy, quick, fat not added in cooking	562-0111	1 cup, cooked	242	162
		1 cup, dry, yields	941	
		1 oz, dry, yields	171	
Grits, cooked, corn or hominy, quick, fat added in cooking	562-0112	1 cup, cooked	247	165
		1 cup, dry, yields	960	
Grits, cooked, corn or hominy, quick, NS as to fat added in cooking	562-0113	1 cup, cooked	242	162
		1 cup, dry, yields	941	
		1 oz, dry, yields	171	
Grits, cooked, corn or hominy, instant, fat not added in cooking	562-0121	1 cup, cooked	242	162
		1 cup, dry, yields	482	
		1 packet, dry, yields	137	
		1 oz, dry, yields	171	
Grits, cooked, corn or hominy, instant, fat added in cooking	562-0122	1 cup, cooked	247	165
		1 cup, dry, yields	492	
		1 packet, dry, yields	140	
		1 oz, dry, yields	175	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grits, cooked, corn or hominy, instant, NS as to fat added in cooking	562-0123	1 cup, cooked	247	
		1 packet, dry, yields	140	
		1 oz, dry, yields	175	
		1 cup, dry, yields	492	
Grits, cooked, corn or hominy, made with milk (Include regular, quick, or instant)	562-0130	1 cup, cooked	242	162
		1 cup, dry, yields	1,025	
		1 packet (.8 oz), dry, yields	137	
Hominy, cooked or canned (See 752-1750)				
Cornmeal mush, made with water (Include cornmeal mush, NS as to made with water or milk; mush, NFS; Polenta)	562-0151	1 cup, cooked	240	160
		1 cup, dry, yields	932	
		1 strip or slice	51	
		1 oz, dry, yields	183	
Cornmeal mush, fried (Include made with water, made with milk)	562-0152	1 strip or slice	51	51
Cornmeal mush, made with milk	562-0153	1 cup, cooked	240	160
		1 cup, dry, yields	932	
		1 oz, dry, yields	183	
Cornmeal, made with milk and sugar, Puerto Rican style (Harina de maiz con leche)	562-0154	1 cup, cooked	227	152
Cornmeal dumpling (Include boiled cornbread)	562-0155	1 cup, cooked	240	160
		1 dumpling	80	
Cornmeal sticks, boiled (Include guanimes)	562-0156	1 cup, cooked	211	140
		1 stick	70	
Cornmeal, lime-treated, cooked (Masa harina) (Include Fu Fu)	562-0160	1 cup, cooked	240	160
Cornstarch with milk, eaten as a cereal (2 tbsp cornstarch in 2-1/2 cups milk)	562-0170	1 cup	250	167

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cornstarch, dry	562-0175	1 cup	128	
Millet, cooked (assume no fat added in cooking)	562-0200	1 cup, cooked	131	88
		1 cup, dry, yields	575	
		1 oz, dry, yields	85	
Oatmeal, cooked, NS as to regular, quick or instant (assume no fat added in cooking)	562-0300	1 cup, cooked	234	157
		1 cup, dry, yields	468	
		1 oz, dry, yields	164	
Oatmeal, cooked, regular (assume no fat added in cooking)	562-0301	1 cup, cooked	234	157
		1 cup, dry, yields	468	
		1 oz, dry, yields	164	
Oatmeal, cooked, quick (1 or 3 minutes) (assume no fat added in cooking)	562-0302	1 cup, cooked	234	157
		1 cup, dry, yields	489	
		1 oz, dry, yields	171	
Oatmeal, cooked, instant, fat not added in cooking	562-0303	1 cup, cooked	234	157
(Include with spice, fruit)		1 cup, dry, yields	501	
		1 packet, dry, yields	177	
		1 packet (fruit), dry, yields	156	
		1 oz, dry, yields	107	
Oatmeal, cooked, NS as to regular, quick, or instant, fat added in cooking	562-0304	1 cup, cooked	239	160
		1 cup, dry, yields	478	
		1 oz, dry, yields	168	
Oatmeal, cooked, regular, fat added in cooking	562-0305	1 cup, cooked	239	160
		1 cup, dry, yields	478	
		1 oz, dry, yields	168	
Oatmeal, cooked, quick (1 or 3 minutes), fat added in cooking	562-0306	1 cup, cooked	239	160
		1 cup, dry, yields	499	
		1 oz, dry, yields	175	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Oatmeal, cooked, instant, fat added in cooking	562-0307	1 cup, cooked 1 cup, dry, yields 1 packet, dry, yields 1 oz, dry, yields	239 512 181 181	160
Oatmeal, cooked, instant, NS as to fat added in cooking	562-0308	1 cup, cooked 1 cup, dry, yields 1 packet, dry, yields 1 oz, dry, yields	234 501 177 177	157
Oatmeal with maple flavor, cooked (Include Maypo)	562-0311	1 cup, cooked 1 packet, dry, yields 1 oz, dry, yields	240 155 103	160
Oatmeal with fruit, cooked (Include oatmeal with fruit, NS as to type of oatmeal)	562-0320	1 cup, cooked 1 packet, dry, yields	234 158	157
Oatmeal, made with milk, fat not added in cooking (Include regular, quick, or instant)	562-0321	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	234 409 171	157
Oatmeal, made with milk, fat added in cooking	562-0322	1 cup, cooked 1 cup, dry, yields	239 499	160
Oatmeal, made with milk, NS as to fat added in cooking	562-0323	1 cup, cooked 1 cup, dry, yields	234 489	157
Oatmeal, made with evaporated milk and sugar, Puerto Rican style (Avena con leche)	562-0354	1 cup, cooked	210	141
Rice, cooked, NS as to type (assume white) (Include yellow rice)	562-0500	1 cup, cooked, hot 1 cup, cooked, cold 1 cup, dry, yields 1 oz, dry, yields	205 145 570 67	137

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice, white, cooked, regular (assume no fat added in cooking)	562-0501	1 cup, cooked, hot 1 cup, cooked, cold 1 cup, dry, yields 1 oz, dry, yields	205 145 570 87	137
Rice, white, cooked, instant (assume no fat added in cooking) (Include Minute Rice, yellow rice)	562-0503	1 cup, cooked, hot 1 cup, cooked, cold 1 cup, dry, yields 1 oz, dry, yields	165 130 332 99	111
Rice, white, cooked, converted (assume no fat added in cooking) (Include Uncle Ben's)	562-0504	1 cup, cooked, hot 1 cup, cooked, cold 1 cup, dry, yields 1 oz, dry, yields	175 145 662 102	117
Rice, cream of, cooked, fat not added in cooking	562-0505	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	244 1,239 203	163
Rice, cooked, with milk	562-0506	1 cup, cooked	200	134
Rice, sweet	562-0507	1 cup, cooked	175	117
Rice, cream of, made with milk and sugar, Puerto Rican style	562-0508	1 cup, cooked	245	164
Rice, cream of, cooked, fat added in cooking	562-0509	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	249 1,264 207	167
Rice, brown, cooked (assume no fat added in cooking)	562-0511	1 cup, cooked, hot 1 cup, cooked, cold 1 cup, dry, yields 1 oz, dry, yields	195 145 620 95	131
Rice, wild, cooked (assume no fat added in cooking)	562-0521	1 cup, cooked	130	87

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice, white and wild, cooked, fat not added in cooking	562-0530	1 cup, cooked	151	101
		1 cup, dry, yields	564	
		1 oz, dry, yields	90	
Rice, brown and wild, cooked, fat not added in cooking	562-0531	1 cup, cooked	151	101
		1 cup, dry, yields	564	
		1 oz, dry, yields	90	
Rice, white and wild, fat added in cooking	562-0532	1 cup, cooked	155	104
		1 cup, dry, yields	583	
		1 oz, dry, yields	93	
Rice, white and wild, NS as to fat added in cooking	562-0533	1 cup, cooked	150	101
		1 cup, dry, yields	564	
		1 oz, dry, yields	90	
Rice, brown and wild, fat added in cooking	562-0534	1 cup, cooked	155	104
		1 cup, dry, yields	583	
		1 oz, dry, yields	93	
Rice, brown and wild, NS as to fat added in cooking	562-0535	1 cup, cooked	150	101
		1 cup, dry, yields	564	
		1 oz, dry, yields	90	
Rice, cooked, NS as to type, fat added in cooking	562-0540	1 cup, cooked	206	138
		1 cup, dry, yields	572	
		1 oz, dry, yields	87	
Rice, cooked with oil, Puerto Rican style (Arroz blanco)	562-0541	1 cup, cooked	155	104
		1 cup, dry, yields	624	
		1 oz, dry, yields	95	
Rice, white, cooked, regular, fat added in cooking	562-0542	1 cup, cooked	206	138
		1 cup, dry, yields	572	
		1 oz, dry, yields	87	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice, white, cooked, instant, fat added in cooking	562-0543	1 cup, cooked	166	111
		1 cup, dry, yields	333	
		1 oz, dry, yields	100	
Rice, white, cooked, converted, fat added in cooking (Include Uncle Ben's)	562-0544	1 cup, cooked	176	118
		1 cup, dry, yields	665	
		1 oz, dry, yields	102	
Brown rice, cooked, fat added in cooking	562-0551	1 cup, cooked	196	131
		1 cup, dry, yields	622	
		1 oz, dry, yields	95	
Rice, long (assume no fat added in cooking) (Include transparent noodles)	562-0601	1 cup, cooked	153	103
Wheat, cream of, cooked, NS as to regular, quick, or instant (assume no fat added in cooking) (Include farina)	562-0700	1 cup, cooked	251	168
		1 cup, dry, yields	1,199	
		1 oz, dry, yields	196	
Wheat, cream of, cooked, regular (assume no fat added in cooking) (Include farina)	562-0701	1 cup, cooked	251	168
		1 cup, dry, yields	1,199	
		1 oz, dry, yields	196	
Wheat, cream of, cooked, quick (assume no fat added in cooking) (Include farina)	562-0702	1 cup, cooked	239	160
		1 cup, dry, yields	1,174	
		1 oz, dry, yields	190	
Wheat, cream of, cooked, instant, fat not added in cooking (Include farina with fruit, spices)	562-0703	1 cup	241	161
		1 packet (1 oz), dry, yields	142	
		1 cup, dry, yields	1,024	
Wheat, cream of, made with milk	562-0704	1 cup, cooked	243	163
		1 cup, dry, yields	1,174	
		1 oz, dry, yields	190	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Wheat, cream of, made with milk and sugar, Puerto Rican style	562-0705	1 cup, cooked 1 oz, dry, yields	245 143	164
Wheat, cream of, cooked, instant, fat added in cooking	562-0706	1 cup 1 packet (1 oz), dry, yields 1 cup, dry, yields	246 145 1,045	
Wheat, cream of, cooked, instant, NS as to fat added in cooking	562-0707	1 cup 1 packet (1 oz), dry, yields 1 cup, dry, yields	246 145 1,045	
Wheat, rolled, cooked (assume no fat added in cooking)	562-0710	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	242 556 168	163
Bulgur, cooked or canned, fat not added in cooking (Include wheat pilaf)	562-0711	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	135 687 115	90
Bulgur, cooked or canned, fat added in cooking (Include wheat pilaf)	562-0712	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	136 689 115	90
Bulgur, cooked or canned, NS as to fat added in cooking	562-0713	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	135 687 115	90
Whole wheat cereal, cooked, (assume no fat added in cooking) (Include Wheatena, Ralston, Zoom, Roman Meal, Branola, home ground cereal, Roman Meal with oats)	562-0720	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	246 755 181	164
Wheat, cream of, cooked, regular, fat added in cooking (Include farina)	562-0722	1 cup, cooked 1 cup, dry, yields	251 770	168

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Whole wheat cereal, wheat and barley, cooked, fat not added in cooking (Include Maltex, Malt-O-Meal)	562-0730	1 cup, cooked 1 cup, dry, yields	249 864	167
Wheat hearts, cooked (assume no fat added in cooking)	562-0731	1 cup, cooked	245	164
Whole wheat cereal, chocolate flavored, cooked (assume no fat added in cooking) (Include cocoa wheat cereal, Chocolate Malt-O-Meal) CODE DISCONTINUED 6/18/87	562-0732	1 cup, cooked 1 cup, dry, yields	246 944	164
Whole wheat cereal, wheat and barley, cooked, fat added in cooking	562-0733	1 cup, cooked 1 cup, dry, yields	254 881	
Whole wheat cereal, wheat and barley, cooked, NS as to fat added in cooking	562-0734	1 cup, cooked 1 cup, dry, yields	254 881	
Wheat cereal, chocolate flavored, made with milk (Include cocoa wheat cereal, Chocolate Malt-O-Meal)	562-0735	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	246 944 162	
Wheat cereal, chocolate flavored, cooked (assume no fat added in cooking) (Include cocoa wheat cereal, Chocolate Malt-O-Meal)	562-0736	1 cup, cooked 1 cup, dry, yields 1 oz, dry, yields	246 944 162	
Multi-grain cereal, cooked, fat not added in cooking (Include seven-grain cereals)	562-0800	1 cup, cooked 1 cup, dry, yields	246 755	164
Multi-grain cereal, cooked, fat added in cooking (Include seven-grain cereals)	562-0801	1 cup, cooked 1 cup, dry, yields	251 770	168
Multi-grain cereal, cooked, NS as to fat added in cooking (Include seven-grain cereals)	562-0802	1 cup, cooked 1 cup, dry, yields	251 770	168

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rye, cream of	562-0900	1 cup, cooked 1 cup, dry, yields	251 1,199	168
Nestum, Puerto Rican cereal	562-1000	1 cup, cooked	245	164
Cereal, ready-to-eat, NFS	571-0010	1 cup	25	25
All-Bran	571-0100	1 cup 1 single serving box (1.25 oz)	61 35	41
All-Bran Fruit and Almonds	571-0110	1 cup	55	
Almond Delight	571-0150	1 cup	39	38
Alpen	571-0200	1 cup	113	57
Alpha-Bits	571-0300	1 cup	34	34
Apple Jacks	571-0400	1 cup 1 single serving box (.75 oz)	28 21	28
Apple Raisin Crisp	571-0500	1 cup	56	37
Banana-Flavored Frosted Flakes	571-0600	1 cup	38	38
Booberry	571-0700	1 cup	33	33
Body Buddies, brown sugar and honey (Include Body Buddies, NFS)	571-0800	1 cup	33	33
Body Buddies, natural fruit flavor	571-0900	1 cup	33	33
Bran, 100% - See 100% Bran				
Bran Buds	571-1000	1 cup	84	56
Bran Chex	571-1100	1 cup	49	49
Bran Muffin Crisp	571-1150	1 cup	60	40
Bran flakes, 40% - See 40% Bran Flakes				
Branola	571-1200	1 cup	110	55

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Brown Sugar-Cinnamon Frosted Mini Wheats - See Frosted Mini Wheats				
Buc Wheats	571-1300	1 cup	39	39
C-3PO's	571-1400	1 cup	33	33
C.W. Post, plain	571-1500	1 cup	97	65
C.W. Post, with raisins	571-1600	1 cup	103	69
Cabbage Patch	571-1610	1 cup	25	25
Cap'n Crunch	571-1700	1 cup	37	37
Cap'n Crunch's Choco Crunch	571-1800	1 cup	37	37
Cap'n Crunch's Crunch Berries	571-1900	1 cup	35	35
Cap'n Crunch's Peanut Butter Crunch	571-2000	1 cup	35	35
Cheerios	571-2300	1 cup 1 single serving box (.75 oz)	28 21	28
Chex cereal, NFS	571-2400	1 cup	39	39
Cinnamon Frosted Mini Wheats - See Frosted Mini-Wheats				
Cinnamon Toast Crunch	571-2500	1 cup	38	38
Circus Fun	571-2580	1 cup	28	28
Cocoa Krispies	571-2600	1 cup 1 single serving box (1 oz)	36 28	36
Cocoa Pebbles	571-2700	1 cup	32	32
Cocoa Puffs	571-2800	1 cup	30	30
Cookie-Crisp (Include all flavors)	571-3000	1 cup	30	30
Corn Bran	571-3100	1 cup	36	36

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn Chex	571-3200	1 cup	29	29
Corn flakes, NFS (Include store brands) (See also Toasties)	571-3400	1 cup	25	25
Corn flakes, low sodium	571-3409	1 cup	25	25
Corn flakes, Kellogg	571-3500	1 cup 1 single serving box (.75 oz)	25 21	25
Corn flakes, Ralston Purina	571-3600	1 cup	25	25
Corn Puffs	571-3700	1 cup	19	19
Corn Total	571-3800	1 cup	33	33
Count Chocula	571-3900	1 cup	33	33
Cracker Jack Cereal	571-4100	1 cup	28	28
Cracklin' Bran	571-4200	1 cup	60	40
Cracklin' Oat Bran	571-4300	1 cup	60	40
Crispix	571-4800	1 cup	31	31
Crispy Oatmeal and Raisin Chex	571-5000	1 cup	39	39
Crispy Rice	571-5100	1 cup	28	28
Crispy Wheats'n Raisins	571-5200	1 cup	43	43
Dairy Crisp	572-0110	1 cup	120	60
Dairy Crisp with Strawberry Bits	572-0120	1 cup	119	60
Donkey Kong	572-0210	1 cup	32	32
Donkey Kong Junior	572-0310	1 cup	33	33
Donuts Cereal, powdered	572-0410	1 cup	33	33
Donuts Cereal, chocolate flavored	572-0510	1 cup	33	33

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Double Chex	572-0525	1 cup	43	43
E.T.	572-0530	1 cup	38	38
Familia	572-0600	1 cup	122	61
Fiber One	572-0670	1 cup	57	38
40% Bran Flakes, NFS (Include store brands)	572-0700	1 cup	45	45
40% Bran Flakes, Kellogg	572-0800	1 cup 1 single serving box (1 oz)	39 28	39
40% Bran Flakes, Post	572-0900	1 cup	47	47
40% Bran Flakes, Ralston Purina	572-1000	1 cup	49	49
Frankenberry	572-1100	1 cup	34	34
Froot Loops	572-1300	1 cup 1 single serving box (.75 oz)	28 21	28
Frosted Mini-Wheats (Include all flavors)	572-1400	1 cup 10 pieces	60 78	40
Frosty O's	572-1500	1 cup	34	34
Frosted rice, NFS	572-1600	1 cup	45	45
Frosted Rice Krinkles	572-1700	1 cup	45	45
Frosted Rice Krispies	572-1800	1 cup 1 single serving box (.875 oz)	45 25	45
Fruit'N Fiber, NFS	572-1900	1 cup	57	38
Fruit'N Fiber, with apples and cinnamon	572-2000	1 cup	57	38
Fruit'N Fiber, with dates, raisins, and walnuts	572-2100	1 cup	55	37
Fruit'N Fiber Harvest Medley	572-2125	1 cup	57	38

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit'N Fiber, with tropical fruit (pineapple, bananas, and coconut)	572-2150	1 cup	59	40
Fruit'N Fiber Mountain Trail	572-2155	1 cup	57	38
Fruitful Bran	572-2200	1 cup	110	55
Fruity Pebbles	572-2300	1 cup	32	32
Ghost Busters	572-2350	1 cup	28	28
G-I Joe Action Stars	572-2380	1 cup	28	28
Golden Grahams	572-2400	1 cup	39	39
Golden Harvest Proteinola	572-2500	1 cup	84	56
Graham Crackos	572-2600	1 cup	30	30
Granola, NFS (Include store brands) (See also Heartland Natural Cereal; Nature Valley Granola; 100% Natural Cereal; Country Morning)	572-2700	1 cup	111	55
Granola, homemade	572-2800	1 cup	122	61
Grape-Nuts	572-3000	1 cup	109	55
Grape-Nut Flakes	572-3100	1 cup	39	39
Gremlins	572-3150	1 cup	28	28
Halfsies	572-3200	1 cup	33	33
Heartland Natural Cereal, plain	572-3300	1 cup	115	58
Heartland Natural Cereal, with raisins	572-3400	1 cup	110	55
Heartland Natural Cereal, with coconut	572-3500	1 cup	105	53
Honey Bran	572-3700	1 cup	35	35
Honeycomb, plain	572-3800	1 cup	22	22

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Honeycomb, strawberry	572-3900	1 cup	22	22
Honey Nut Cheerios	572-4100	1 cup 1 single serving box	33 21	33
Honey and Nut Corn Flakes	572-4200	1 cup	38	38
Honey Smacks	572-4300	1 cup 1 single serving box (.875 oz)	38 25	38
Horizon	572-4350	1 cup	85	57
Ice Cream Cones Cereal (Include all flavors)	572-4380	1 cup	38	38
Just Right	572-4400	1 cup	43	43
Just Right with raisins, dates, and nuts	572-4500	1 cup	55	37
Kaboom	573-0110	1 cup	34	34
King Vitamin	573-0210	1 cup	21	21
Kix	573-0310	1 cup	19	19
Life (plain and cinnamon)	573-0410	1 cup	44	44
Lucky Charms	573-0510	1 cup	32	32
Malt-O-Meal Crisp Rice	573-0520	1 cup	28	28
Malt-O-Meal Honey and Nut Toasty O's	573-0550	1 cup	38	38
Malt-O-Meal Puffed Rice	573-0610	1 cup	14	14
Malt-O-Meal Puffed Wheat	573-0612	1 cup	12	12
Malt-O-Meal Sugar Puffs	573-0650	1 cup	32	32
Malt-O-Meal Toasted Oat Cereal	573-0670	1 cup	22	22
Marshmallow Krispies	573-0710	1 cup	33	33
Most	573-0810	1 cup	52	35
Mr. T	573-0825	1 cup	28	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Nature Valley Granola, with fruit and nuts (Include Nature Valley Granola, NFS)	573-0910	1 cup	113	56
Nature Valley Granola, with cinnamon and raisins	573-1000	1 cup	113	56
Nature Valley Granola, toasted oat mixture	573-1100	1 cup	113	56
Nerds Cereal, all flavors	573-1150	1 cup	28	
Nut and Honey Crunch	573-1180	1 cup	43	43
Nutri-Grain Barley	573-1200	1 cup	41	41
Nutri-Grain Corn	573-1300	1 cup	49	49
Nutri-Grain Rye	573-1400	1 cup	40	40
Nutri-Grain Wheat (Include Nutri-Grain, NFS)	573-1500	1 cup	40	40
Nutri-Grain Wheat and Raisins	573-1600	1 cup	53	53
Nutri-Grain Almond Raisin	573-1610	1 cup	51	34
Oh's, Crunchy Nut (Include Oh's, NFS)	573-1670	1 cup	28	28
Oh's, Honey Graham	573-1671	1 cup	28	
O.J.'s	573-1680	1 cup	28	28
Oat flakes, fortified	573-1700	1 cup	48	48
100% Bran	573-1800	1 cup	66	44
100% Natural Cereal, plain	573-1900	1 cup	104	52
100% Natural Cereal, with apples and cinnamon	573-2000	1 cup	104	52
100% Natural Cereal, with raisins and dates	573-2100	1 cup	110	55
Pac Man	573-2200	1 cup	33	33

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Popeye	573-2300	1 cup	14	14
Product 19	573-2500	1 cup	33	33
		1 single serving box (.75 oz)	21	
Quisp	573-2800	1 cup	30	30
Rainbow Brite	573-2850	1 cup	28	28
Raisin bran, NFS (Include store brands)	573-2900	1 cup	56	38
Raisin Bran, Kellogg	573-3000	1 cup	56	38
		1 single serving box (1.25 oz)	35	
Raisin Bran, Post	573-3100	1 cup	56	38
Raisin Bran, Ralston Purina	573-3200	1 cup	56	38
Raisin Nut Bran	573-3210	1 cup	57	38
Raisin Grapenuts	573-3300	1 cup	118	59
Raisin Life	573-3400	1 cup	56	38
Raisin, Rice, and Rye	573-3500	1 cup	46	46
Raisin Squares	573-3550	1 cup	28	28
Rice Chex	573-3600	1 cup	33	33
Rice Flakes, NFS (Include store brand) (See also Crispy Rice)	573-3700	1 cup	27	27
Rice Krispies	573-3900	1 cup	27	27
		1 single serving box (.625 oz)	18	
Rice, puffed	573-4000	1 cup	14	14
Rocky Road	573-4050	1 cup	43	43
Shredded Wheat'N Bran	573-4100	1 cup	43	43
Shredded Wheat Toasted Wheat and Raisins	573-4110	1 cup	73	49

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
S'mores Crunch	573-4250	1 cup	38	38
Smurfberry Crunch	573-4300	1 cup	33	33
Special K	573-4400	1 cup	23	33
		1 single serving box (.625 oz)	18	
Strawberry Krispies	573-4500	1 cup	45	45
Strawberry Shortcake	573-4600	1 cup	28	28
Corn Pops	573-4700	1 cup	31	31
		1 single serving box (.75 oz)	21	
Frosted corn flakes, NFS (Include store brand)	573-4800	1 cup	36	36
Frosted Flakes, Kellogg	573-4900	1 cup	35	35
		1 single serving box (1 oz)	28	
Frosted Flakes, Ralston Purina	573-5000	1 cup	38	38
Sugar-Sparkled Flakes	573-5200	1 cup	38	38
Sugar-Sparkled Rice Krinkles	573-5300	1 cup	28	28
Sun Flakes (Include Corn and Rice Sun Flakes; Wheat and Rice Sun Flakes; Sun Flakes, NFS)	573-5400	1 cup	28	28
Super Golden Crisp	573-5500	1 cup	33	33
Tastease	574-0110	1 cup	24	24
Team	574-0200	1 cup	42	42
Toasties	574-0310	1 cup	23	23
Toasty O's	574-0410	1 cup	28	28
Toasted Wheat'n Raisins	574-0510	1 cup	56	28
Total	574-0610	1 cup	33	33

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Trix	574-0710	1 cup	28	28
Uncle Sam's Hi Fiber Cereal	574-0810	1 cup	110	55
Wheat Chex	574-1100	1 cup	46	46
Wheat flakes - See Total, Wheaties				
Wheat germ, plain	574-1200	1 cup	113	56
Wheat germ, with sugar and honey	574-1300	1 cup	113	56
Wheat'n Raisin Chex	574-1500	1 cup	54	36
Wheat, puffed, plain	574-1600	1 cup	12	12
Wheat, puffed, presweetened with sugar (Include store brands)	574-1601	1 cup	38	
Shredded Wheat, 100%	574-1700	1 rectangular biscuit 1 round biscuit 1 cup spoon size biscuits 1 cup, crushed 1 cup, NFS	24 19 50 58 50	24
Wheaties	574-1800	1 cup	29	29
Bran, unprocessed	576-0110	1 cup	58	
Oats, raw	576-0210	1 cup	81	
Rice polishings	576-0310	1 cup	105	
Whole wheat, cracked (Include home ground)	576-0410	1 cup	120	
Barley cereal, baby food, dry, instant	578-0100	1 tbsp	2.5	15
High protein cereal, baby food, dry, instant	578-0200	1 tbsp	2.5	15
High protein cereal with apple and orange, baby food, dry, instant	578-0210	1 tbsp	2.5	15

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mixed cereal, baby food, dry, instant (Include baby cereal, NFS)	578-0300	1 tbsp	2.5	15
Oatmeal cereal, baby food, dry, instant	578-0400	1 tbsp	2.5	15
Rice cereal, baby food, dry, instant	578-0500	1 tbsp	2.5	15
Rice cereal with bananas, baby food, dry, instant	578-0510	1 tbsp	2.5	15
Mixed cereal with bananas, baby food, dry, instant	578-0600	1 tbsp	2.5	15
Oatmeal with bananas, baby food, dry, instant	578-0610	1 tbsp	2.5	15
Cereal, baby food, jarred, NFS	578-2000	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Rice cereal, baby food, jarred, NFS	578-2010	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Mixed cereal with applesauce and bananas, baby food, jarred (Include cereal with fruit, NFS; mixed cereal with fruit)	578-2200	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Oatmeal with applesauce and bananas, baby food, jarred	578-2300	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice cereal with applesauce and bananas, baby food, jarred	578-2400	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Cereal and egg yolk, baby food, jarred	578-2500	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Cereal with egg yolk and bacon, baby food, jarred	578-2512	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Cereal, Toasted Oat Rings, baby food	578-3000	1 box (14 servings, 7 oz) 1 serving 1 cup	198 14.2 28	14.2
Burrito with beef, no beans	581-0010	1 burrito	110	110
Burrito with beef and beans (Include burrito, NFS)	581-0011	1 burrito 1 cup	110 148	110
Burrito with beef, beans, and cheese	581-0012	1 burrito	132	132
Burrito with beef and cheese, no beans	581-0013	1 burrito	132	132
Burrito with beef, beans, cheese, and sour cream (Include Taco Bell Burrito Supreme)	581-0014	1 burrito 1 cup	234 164	234
Burrito with pork and beans	581-0018	1 burrito	110	110
Burrito with chicken and beans	581-0021	1 burrito	106	106

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Burrito with chicken, beans, and cheese	581-0022	1 burrito	134	134
Burrito with chicken and cheese	581-0023	1 burrito	130	130
Burrito with beans, meatless	581-0031	1 burrito	72	72
Burrito with beans and cheese, meatless	581-0032	1 burrito	99	99
Burrito with eggs, no beans (Include breakfast burrito)	581-0035	1 burrito	188	188
Enchilada with beef, no beans	581-0040	1 enchilada	114	114
Enchilada with beef and beans (Include enchilada, NFS)	581-0051	1 enchilada 1 cup	116 214	116
Enchilada with beef, beans, and cheese (Include Taco Bell enchirito)	581-0052	1 enchilada or enchirito	129	129
Enchilada with beef and cheese, no beans	581-0053	1 enchilada	105	105
Enchilada with ham and cheese, no beans	581-0056	1 enchilada	105	105
Enchilada with chicken	581-0060	1 enchilada 1 cup	126 214	126
Enchilada with chicken and beans	581-0061	1 enchilada	113	113
Enchilada with chicken, beans, and cheese	581-0062	1 enchilada	126	126
Enchilada with chicken and cheese, no beans	581-0063	1 enchilada 1 cup	126 214	126
Enchilada with beans, meatless	581-0071	1 enchilada	118	118

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Enchilada with beans and cheese, meatless	581-0072	1 enchilada	131	131
Enchilada with cheese, meatless, no beans	581-0080	1 enchilada	102	102
Enchilada with seafood	581-0090	1 enchilada	126	126
Taco or tostada with beef	581-0131	1 taco or tostada 1 cup	76 122	76
Taco or tostada with beef and cheese (Include taco or tostada, NFS; Taco Bell Grande)	581-0132	1 taco or tostada 1 cup 1 miniature taco	83 122 15	83
Taco or tostada with chicken	581-0151	1 taco or tostada	72	72
Taco or tostada with chicken and cheese	581-0152	1 taco or tostada	79	79
Taco or tostada with beans, meatless	581-0171	1 taco or tostada	80	80
Taco or tostada with beans and cheese, meatless	581-0172	1 taco or tostada	88	88
Taco or tostada with beans, cheese, and meat (Include beef or chicken taco, beef or chicken tostada, Taco Bell Frizzaz pizza)	581-0173	1 taco or tostada	83	83
Ground beef with tomato sauce and taco seasonings on a cornbread crust (Include Hamburger Helper Taco Bake)	581-0180	1 cup 1 cubic inch 1 pan (13" x 9" x 2") 1 piece (1/6 of whole pan)	179 10.7 1,093 182	182
Taco salad	581-0191	1 cup 1 salad	122 232	122
Tostada salad, meatless	581-0194	1 salad 1 cup	232 122	
Tamale with meat (Include tamale, NFS)	581-0311	1 tamale	70	70

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tamale, meatless	581-0321	1 tamale	72	72
Tamale casserole with meat	581-0331	1 cup	244	244
Nachos with cheese and sour cream	581-0409	1 nacho	7	28
		1 cup	58	
		1 order	195	
Nachos with cheese, meatless, no beans	581-0410	1 nacho	7	28
		1 cup	58	
Nachos with beans, no cheese	581-0411	1 nacho	13	52
		1 cup	38	
Nachos with beans and cheese	581-0412	1 nacho	17	68
		1 cup	90	
		1 order	269	
Nachos with beef, beans, and cheese	581-0413	1 nacho	7	28
		1 cup	132	
		1 order	286	
Nachos with beef and cheese	581-0414	1 nacho	12	48
		1 cup	87	
Nachos with chili	581-0416	1 order	206	28
		1 nacho	7	
		1 cup	132	
Nachos with chicken and cheese	581-0425	1 nacho	12	48
		1 cup	87	
		1 order	188	
Chalupas with chicken and cheese	581-0431	1 chalupa	150	150
Chimichanga with beef and beans	581-0450	1 chimichanga	118	118
Chimichanga with beef and cheese	581-0451	1 chimichanga	118	118
Chimichanga with beans and cheese, meatless	581-0452	1 chimichanga	118	118
Chimichanga with chicken and sour cream, no cheese	581-0455	1 chimichanga	118	118

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Quesadilla	581-0471	1 quesadilla	54	54
Taquitoes	581-0481	1 taquito	72	72
Fajeta with chicken	581-0500	1 tortilla 1 cup	223 230	
Pizza, cheese, NS as to type of crust (Include pizza, NS as to topping and crust)	581-0621	1 small pizza (8" dia) 1 pizza (9" dia) 1 pizza (10" dia) 1 pizza (12" dia) 1 medium pizza (13" dia) 1 large pizza (15" dia) 1 pizza (16" dia) 1 piece (1/8 of 12" dia) 1 surface inch	184 233 371 503 590 786 894 63 4.3	63
Pizza, cheese, thin crust (Include pizza, thin crust, NS as to topping; Weight Watcher's)	581-0622	1 small pizza (8" dia) 1 pizza (9" dia) 1 pizza (10" dia) 1 pizza (12" dia) 1 medium pizza (13" dia) 1 large pizza (15" dia) 1 pizza (16" dia) 1 piece (1/8 of 12" dia) 1 surface inch 1 Weight Watcher's pizza	184 233 371 503 590 786 894 63 4.3 170	63
Pizza, cheese, thick crust (Include English muffin; pizza, thick crust, NS as to topping)	581-0623	1 small pizza (8" dia) 1 pizza (9" dia) 1 pizza (10" dia) 1 pizza (12" dia) 1 medium pizza (13" dia) 1 large pizza (15" dia) 1 pizza (16" dia) 1 piece (1/8 of 12" dia) 1/2 English muffin 1 French bread 1 surface inch	248 314 435 567 666 887 1,009 71 47 147 5.1	71

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pizza, cheese, with vegetables, NS as to type of crust	581-0631	1 small pizza (8" dia)	212	70
		1 pizza (9" dia)	268	
		1 pizza (10" dia)	399	
		1 pizza (12" dia)	560	
		1 medium pizza (13" dia)	657	
		1 large pizza (15" dia)	874	
		1 pizza (16" dia)	995	
		1 piece (1/8 of 12" dia)	70	
		1 surface inch	4.8	
Pizza, cheese, with vegetables, thin crust	581-0632	1 small pizza (8" dia)	212	70
		1 pizza (9" dia)	268	
		1 pizza (10" dia)	399	
		1 pizza (12" dia)	560	
		1 medium pizza (13" dia)	657	
		1 large pizza (15" dia)	874	
		1 pizza (16" dia)	995	
		1 piece (1/8 of 12" dia)	70	
		1 surface inch	4.8	
Pizza, cheese, with vegetables, thick crust	581-0633	1 small pizza (8" dia)	276	78
		1 pizza (9" dia)	349	
		1 pizza (10" dia)	463	
		1 pizza (12" dia)	624	
		1 medium pizza (13" dia)	732	
		1 large pizza (15" dia)	975	
		1 pizza (16" dia)	1,109	
		1 piece (1/8 of 12" dia)	78	
		1 French bread	175	
		1 surface inch	5.6	
Pizza with meat, NS as to type of crust (Include sausage, ground beef, pepperoni, ham, bacon, salami)	581-0651	1 small pizza (8" dia)	191	71
		1 pizza (9" dia)	242	
		1 pizza (10" dia)	377	
		1 pizza (12" dia)	567	
		1 medium pizza (13" dia)	666	
		1 large pizza (15" dia)	887	
		1 pizza (16" dia)	1,009	
		1 piece (1/8 of 12" dia)	71	
		1 surface inch	4.5	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pizza with meat, thin crust (Include sausage, ground beef, pepperoni, ham, bacon, salami)	581-0652	1 small pizza (8" dia)	191	71
		1 pizza (9" dia)	242	
		1 pizza (10" dia)	377	
		1 pizza (12" dia)	567	
		1 medium pizza (13" dia)	666	
		1 large pizza (15" dia)	867	
		1 pizza (16" dia)	1,009	
		1 piece (1/8 of 12" dia)	71	
		1 surface inch	4.5	
Pizza with meat, thick crust (Include sausage, ground beef, pepperoni, ham, bacon, salami)	581-0653	1 small pizza (8" dia)	255	79
		1 pizza (9" dia)	323	
		1 pizza (10" dia)	441	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	740	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	79	
		1 French bread	159	
		1 surface inch	5.4	
Pizza with meat and vegetables, NS as to type of crust	581-0671	1 small pizza (8" dia)	234	79
		1 pizza (9" dia)	296	
		1 pizza (10" dia)	391	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	740	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	79	
		1 surface inch	5.1	
Pizza with meat and vegetables, thin crust	581-0672	1 small pizza (8" dia)	234	79
		1 pizza (9" dia)	296	
		1 pizza (10" dia)	391	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	740	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	79	
		1 surface inch	5.1	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pizza with meat and vegetables, thick crust	581-0673	1 small pizza (8" dia)	298	87
		1 pizza (9" dia)	377	
		1 pizza (10" dia)	455	
		1 pizza (12" dia)	695	
		1 medium pizza (13" dia)	816	
		1 large pizza (15" dia)	1,086	
		1 pizza (16" dia)	1,236	
		1 piece (1/8 of 12" dia)	87	
		1 French bread	175	
		1 surface inch	5.9	
Pizza with meat and fruit, NS as to type of crust (Include ham and pineapple, Canadian bacon and pineapple)	581-0674	1 small pizza (8" dia)	234	71
		1 pizza (9" dia)	296	
		1 pizza (10" dia)	377	
		1 pizza (12" dia)	567	
		1 medium pizza (13" dia)	740	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	71	
		1 surface inch	4.5	
Pizza with meat and fruit, thin crust (Include ham and pineapple, Canadian bacon and pineapple)	581-0675	1 small pizza (8" dia)	234	71
		1 pizza (9" dia)	296	
		1 pizza (10" dia)	377	
		1 pizza (12" dia)	567	
		1 medium pizza (13" dia)	740	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	71	
		1 surface inch	4.5	
Pizza with meat and fruit, thick crust (Include ham and pineapple, Canadian bacon and pineapple)	581-0676	1 small pizza (8" dia)	298	79
		1 pizza (9" dia)	377	
		1 pizza (10" dia)	441	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	816	
		1 large pizza (15" dia)	1,086	
		1 pizza (16" dia)	1,236	
		1 piece (1/8 of 12" dia)	79	
		1 surface inch	5.4	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pizza with beans and vegetables, NS as to type of crust	581-0681	1 small pizza (8" dia)	234	79
(Include Pizza Hut taco pizza)		1 pizza (9" dia)	296	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	740	
		1 pizza (14" dia)	862	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	79	
		1 surface inch	5.1	
Pizza with beans and vegetables, thin crust	581-0682	1 small pizza (8" dia)	234	79
(Include Pizza Hut taco pizza)		1 pizza (9" dia)	296	
		1 pizza (12" dia)	631	
		1 medium pizza (13" dia)	740	
		1 pizza (14" dia)	862	
		1 large pizza (15" dia)	986	
		1 pizza (16" dia)	1,121	
		1 piece (1/8 of 12" dia)	79	
		1 surface inch	5.1	
Pizza with beans and vegetables, thick crust	581-0683	1 pizza (9" dia)	377	87
(Include Pizza Hut taco pizza)		1 small pizza (8" dia)	298	
		1 pizza (12" dia)	695	
		1 medium pizza (13" dia)	816	
		1 pizza (14" dia)	939	
		1 large pizza (15" dia)	1,086	
		1 pizza (16" dia)	1,236	
		1 piece (1/8 of 12" dia)	87	
		1 surface inch	5.9	
Ground beef with tomato sauce on a pizza crust	581-0700	1 cup	142	
(Include Pizzabake)		1 pan (13" x 9" x 2")	878	
		1 piece (1/6 of whole pan)	146	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pizza, no cheese, thin crust	581-0705	1 small pizza (8" dia)	184	63
(Include tomato pie)		1 pizza (9" dia)	233	
		1 pizza (10" dia)	371	
		1 pizza (12" dia)	503	
		1 medium pizza (13" dia)	590	
		1 large pizza (15" dia)	786	
		1 pizza (16" dia)	894	
		1 piece (1/8 of 12" dia)	63	
		1 surface inch	4.3	
Pizza, no cheese, thick crust	581-0710	1 small pizza (8" dia)	248	71
(Include tomato pie)		1 pizza (9" dia)	314	
		1 pizza (10" dia)	435	
		1 pizza (12" dia)	567	
		1 medium pizza (13" dia)	666	
		1 large pizza (15" dia)	887	
		1 pizza (16" dia)	1,009	
		1 piece (1/8 of 12" dia)	71	
		1 French bread	147	
		1 surface inch	5.1	
Calzone, with cheese, meatless	581-0800	1 calzone or stromboli	424	212
(Include stromboli, Pizza Hut Calizza)		1 Calizza	202	
Calzone, with meat and cheese	581-0801	1 calzone or stromboli	424	212
(Include stromboli, Pizza Hut Calizza)		1 Calizza	217	
Pizza rolls	581-0805	1 miniature roll	14	
(Include Pizza Bites)				
Italian pie, meatless	581-0900	1 small (8" dia)	652	163
(Include Pizza Hut Priazzo Florentine)		1 medium (11-1/2" dia)	1,304	
		1 large (14" dia)	2,041	
		1 piece (1/8 of 11-1/2" dia)	163	
		1 surface inch	13	
Italian pie with meat	581-0901	1 small (8" dia)	780	191
(Include Priazzo, NFS; Pizza Hut Priazzo Roma, Priazzo Milano, Priazzo Portofino, Priazzo Verona)		1 medium (11-1/2" dia)	1,531	
		1 large (14" dia)	2,197	
		1 piece (1/8 of 11-1/2" dia)	191	
		1 surface inch	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Egg roll, meatless	581-1011	1 egg roll	64	64
		1 miniature egg roll	13	
Egg roll, with shrimp	581-1012	1 egg roll	64	64
		1 miniature egg roll	13	
		1 cup	125	
Egg roll, with meat (Include Chinese rolls; spring rolls; egg rolls, NFS; lumpia)	581-1013	1 egg roll	64	64
		1 miniature egg roll	13	
Wonton, fried, meat filled	581-1111	1 wonton	19	76
		1 cup	67	
Dim sums, meat filled (assume egg roll-type) (Include shrimp, pork, ham)	581-1211	1 dim sum	28	84
Dumplings, steamed, filled with meat, poultry, or seafood (Include shui-mai)	581-1251	1 dumpling	37	
Dumplings, fried, pork	581-1311	1 dumpling	100	100
Tamale casserole, Puerto Rican style (Tamales en cazuela)	581-1511	1 cup	237	237
Tamal in a leaf, Puerto Rican style (Tamales en hoja)	581-1515	1 tamal (6" x 2" x 1/2")	41	41
Tacos with crab meat, Puerto Rican style (Tacos de jueyes)	581-1521	1 taco (4-1/2" dia)	121	121
Meat turnovers, Puerto Rican style (Pastelillos de carne; Empanadillas)	581-1611	1 turnover	28	28
Meat pie, Puerto Rican style (Pastelon de carne)	581-1621	1 pie (9" dia)	1,110	139
		1 piece (1/8 of pie)	139	
Cheese turnovers, Puerto Rican style (Pastelillos de queso; Empandillas)	581-1631	1 turnover	21	42

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Dumplings, fried, Puerto Rican style	581-1641	1 small dumpling	16	32
		1 medium dumpling	32	
		1 large dumpling	48	
Cornmeal fritters, Puerto Rican style (Arepa; P.R. arepitas)	581-1711	1 fritter (2-1/2" x 2-1/2" x 1/4")	40	80
Cornmeal sticks, Puerto Rican style (Surullos)	581-1721	1 stick (3" x 3/4")	20	60
Kibby, Puerto Rican style (beef and bulgar) (Plato Arabe)	581-1731	1 fritter (3" x 3" x 1/2")	55	110
Codfish fritters, Puerto Rican style (Bacalaitos)	581-1741	1 fritter (3-1/2" x 3-1/2")	34	34
Hallacas, Puerto Rican style (hominy, pork or ham, vegetables)	581-1751	1 hallaca (5-3/4" x 2-1/2" x 1/2")	95	95
Cornstarch coconut dessert, Puerto Rican style (Tembleque)	581-1811	1 cup	250	125
Cornmeal coconut dessert, Puerto Rican style (Harina de maiz con coco)	581-1821	1 cup	262	131
Crepes, filled with meat, fish, or poultry	581-2011	1 crepe with filling, no sauce	123	154
		1 crepe with filling, with sauce	154	
Dumplings, plain	581-2141	1 small	18	32
		1 medium	32	
		1 large	52	
		1 cup	79	
Dumplings, meat-filled (Include pierogi, piroshki, kreplach)	581-2151	1 dumpling	97	97
		1 pierogi	46	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Dumplings, potato- or cheese-filled (Include pierogi)	581-2161	1 dumpling 1 pierogi	57 38	
Gnocchi, cheese	581-2221	1 cup	70	70
Knish, potato	581-2231	1 knish	61	61
Knish, cheese	581-2232	1 knish	60	60
Knish, meat	581-2233	1 knish	50	50
Manapua, filled with meat	581-2311	1 manapua	93	93
Manapua, filled with bean paste, meatless	581-2312	1 manapua	103	103
Matzo balls	581-2411	1 matzo ball	35	35
Pastry, cheese-filled	581-2421	1 pastry	28	28
Spanakopitta (Include Greek spinach-cheese pie)	581-2425	1 cubic inch 1 cup	12 162	
Quiche with meat, poultry or fish (Include Quiche Lorraine; quiche, NFS)	581-2511	1 quiche (8" dia) 1 quiche (9" dia) 1 quiche (10" dia) 1 piece (1/8 of 9" dia) 1 individual quiche 1 cup 1 cubic inch	1,212 1,536 1,896 192 113 160 11	192
Spinach quiche, meatless (Include broccoli quiche)	581-2512	1 quiche (9" dia) 1 piece (1/8 of 9" dia) 1 individual quiche 1 cup 1 quiche (8" dia) 1 quiche (10" dia) 1 cubic inch	1,142 143 113 160 901 1,410 11	143
Turnover, meat-filled, no gravy	581-2611	1 turnover	88	88
Turnover, meat-filled, with gravy	581-2612	1 turnover	152	152

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turnover, meat and cheese filled, no gravy	581-2613	1 turnover	96	96
Turnover, chicken, with gravy	581-2631	1 turnover	112	112
Vegetables in pastry (Include Pepperidge Farm, all varieties)	581-2711	1 pastry	103	103
Croissant, filled with broccoli and cheese (Include Sara Lee Le Sanwich with broccoli and cheese)	581-2720	1 croissant	113	113
Croissant, filled with ham and cheese (Include Sara Lee Le Sanwich with ham and cheese)	581-2721	1 croissant	113	113
Croissant, filled with chicken and broccoli (Include Sara Lee Le Sanwich with chicken and broccoli)	581-2722	1 croissant	128	128
Chicken cornbread	581-2811	1 piece (2-1/2" x 2-1/2" x 1-1/2")	67	67
		1 cup	92	
		1 cubic inch	7.6	
Dressing with oysters	581-2821	1 cup	161	121
Dressing with chicken and vegetables	581-2822	1 cup	161	121
Lasagna with meat (Include baked ziti)	581-3001	1 lasagna (8" square)	1,235	206
		1 lasagna (7" x 12")	1,860	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	206	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	232	
		1 cup	250	
		1 cubic inch	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lasagna with meat and spinach	581-3002	1 lasagna (8" square)	1,235	206
		1 lasagna (7" x 12")	1,860	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	206	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	232	
		1 cup	250	
		1 cubic inch	11	
Lasagna, meatless	581-3031	1 lasagna (8" square)	1,360	227
		1 lasagna (7" x 12")	2,048	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	227	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	256	
		1 cubic inch	11	
		1 cup	250	
Lasagna, meatless, with spinach	581-3032	1 lasagna (8" square)	1,360	227
		1 lasagna (7" x 12")	2,048	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	227	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	256	
		1 cup	250	
		1 cubic inch	11	
Lasagna with meat, whole wheat noodles	581-3061	1 lasagna (8" square)	1,235	206
		1 lasagna (7" x 12")	1,860	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	206	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	232	
		1 cup	250	
		1 cubic inch	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lasagna, meatless, whole wheat noodles	581-3081	1 lasagna (8" square)	1,360	227
		1 lasagna (7" x 12")	2,048	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	227	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	256	
		1 cubic inch	11	
		1 cup	250	
Lasagna with meat, spinach noodles	581-3091	1 lasagna (8" square)	1,235	206
		1 lasagna (7" x 12")	1,860	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	206	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	232	
		1 cup	250	
		1 cubic inch	11	
Lasagna, meatless, spinach noodles	581-3095	1 lasagna (8" square)	1,360	227
		1 lasagna (7" x 12")	2,048	
		1 piece (1/6 of 8" square, approx 2-1/2" x 4")	227	
		1 piece (1/8 of 7" x 12", approx 3-1/2" x 4")	256	
		1 cup	250	
		1 cubic inch	11	
Ravioli, NS as to filling	581-3111	1 cup	250	250
		1 piece	38	
Ravioli, meat-filled, no sauce	581-3131	1 cup	240	240
		1 piece	19	
Ravioli, meat-filled, with tomato sauce or meat sauce	581-3132	1 cup	250	250
		1 piece	35	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ravioli, cheese-filled, no sauce	581-3151	1 cup	240	240
		1 piece	22	
Ravioli, cheese-filled, with tomato sauce	581-3152	1 cup	250	250
		1 piece	38	
Ravioli, cheese-filled, with meat sauce	581-3153	1 cup	250	250
		1 piece	35	
Spaghetti with tomato sauce, meatless (Include spaghetti with marinara sauce; spaghetti with tomato sauce, meatless, with cheese, canned)	581-3211	1 cup	248	248
Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce or spaghetti with meat sauce and meatballs (Include spaghetti, NFS, when reported as a main dish)	581-3231	1 cup	248	248
Spaghetti with tomato sauce, meatless, whole wheat noodles	581-3235	1 cup	248	248
Spaghetti with tomato sauce and meatballs, whole wheat noodles or spaghetti with meat sauce, whole wheat noodles or spaghetti with meat sauce and meatballs, whole wheat noodles	581-3236	1 cup	248	248
Spaghetti with tomato sauce, meatless, made with spinach noodles	581-3245	1 cup	248	248
Spaghetti with tomato sauce and meatballs made with spinach noodles, or spaghetti with meat sauce made with spinach noodles, or spaghetti with meat sauce and meatballs made with spinach noodles	581-3246	1 cup	248	248

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Spaghetti with tomato sauce and frankfurters	581-3271	1 cup	248	248
Spaghetti with clam sauce, NS as to red or white	581-3280	1 cup	248	248
Spaghetti with red clam sauce	581-3281	1 cup	248	248
Spaghetti with white clam sauce	581-3282	1 cup	248	248
Spaghetti with tomato sauce and chicken or turkey	581-3291	1 cup	248	248
Manicotti, cheese-filled, no sauce	581-3311	1 manicotti	127	127
Manicotti, cheese-filled, with tomato sauce, meatless	581-3312	1 manicotti	143	143
Manicotti, cheese-filled, with meat sauce (Include manicotti, NFS)	581-3313	1 manicotti	143	143
Manicotti, vegetable- and cheese-filled, with tomato sauce, meatless	581-3314	1 manicotti	143	143
Stuffed shells, cheese-filled, no sauce	581-3411	1 shell (jumbo)	60	60
Stuffed shells, cheese-filled, with tomato sauce, meatless	581-3412	1 shell (jumbo)	85	85
Stuffed shells, cheese-filled, with meat sauce	581-3413	1 shell (jumbo)	85	85
Stuffed shells, with chicken	581-3421	1 shell (jumbo)	83	83
Stuffed shells, with fish and/or shellfish	581-3431	1 shell (jumbo)	83	83
Tortellini, meat-filled, with tomato sauce	581-3461	1 cup	210	210
Tortellini, cheese-filled, meatless, with tomato sauce	581-3462	1 cup	250	250

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tortellini, meat-filled, no sauce	581-3465	1 cup	190	190
Tortellini, spinach-filled, with tomato sauce	581-3471	1 cup	200	200
Tortellini, spinach-filled, no sauce	581-3472	1 cup	122	122
Chow fun noodles with meat and vegetables	581-3511	1 cup	152	152
Chow fun noodles with vegetables, meatless	581-3512	1 cup	152	152
Lo mein with meat	581-3611	1 cup	200	200
Lo mein, meatless	581-3612	1 cup	200	200
Spaghetti with corned beef, Puerto Rican stylo	581-4011	1 cup	215	215
Macaroni with tuna, Puerto Rican stylo (Macarrones con atun)	581-4031	1 cup	225	225
Macaroni or noodles with cheese (Include macaroni casserole, NFS)	581-4511	1 cup 1 package (7.25 oz), prepared, yields 1 cubic inch	243 729 17	182
Macaroni or noodles with cheese and tuna (Include Tuna Helper Cheesy Noodles 'n' Tuna, Tuna Helper Tuna Au gratin)	581-4512	1 cup	243	243
Macaroni or noodles with cheese and beef (Include Hamburger Helper Cheeseburger Macaroni)	581-4513	1 cup	243	243
Macaroni or noodles with cheese and tomato	581-4514	1 cup	243	243
Macaroni or noodles with cheese and frankfurters	581-4516	1 cup	243	243
Macaroni and cheese with egg	581-4517	1 cup	243	243

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pasta with tomato sauce, meatless	581-4610	1 cup	248	248
Pasta with meat sauce (Include American chop suey; made with whole wheat or spinach pasta)	581-4611	1 cup	255	255
Pasta with cheese and meat sauce (Include Cannelloni)	581-4612	1 cup	242	242
Pasta with carbonara sauce	581-4613	1 cup	201	201
Pasta with cheese and tomato sauce, meatless	581-4615	1 cup	242	242
Pasta meat-filled with gravy (Include Chef Boy-ar-dee Mini Chicken Ravioli)	581-4620	1 cup	250	250
Pasta, whole wheat, with meat sauce	581-4630	1 cup	255	255
Pasta, whole wheat, with tomato sauce, meatless	581-4631	1 cup	248	248
Pasta with pesto sauce	581-4710	1 cup	122	
Macaroni or noodles with beans or lentils and tomato sauce	581-4711	1 cup	227	170
Macaroni, creamed (Include fettucine alfredo, macaroni cooked in milk, Noodles Romanoff)	581-4731	1 cup	200	150
Flavored pasta (Include Lipton Beef Flavor, Lipton Chicken Flavor)	581-4751	1 cup	185	139

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Macaroni salad (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish; Betty Crocker Suddenly Salad)	581-4811	1 cup	177	133
Macaroni salad with egg (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish)	581-4812	1 cup	177	133
Macaroni salad with tuna (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish)	581-4813	1 cup	177	133
Macaroni salad with crabmeat (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish)	581-4814	1 cup	177	133
Macaroni salad with shrimp (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish)	581-4815	1 cup	177	133
Macaroni salad with tuna and egg (Include made with celery, cucumber, lettuce, mushroom, olives, onion, peas, green or red pepper, pickles, radish, or relish)	581-4816	1 cup	177	133
Pasta salad (macaroni or noodles, vegetables, dressing)	581-4850	1 cup	177	133

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pasta salad with meat (macaroni or noodles, vegetables, meat, dressing)	581-4855	1 cup	177	133
Noodle pudding (Include kugel)	581-4911	1 cup 1 cubic inch	144 10	
Somen salad	581-4921	1 cup	160	160
Rice, fried, meatless	581-5011	1 cup	166	123
Rice, fried, with meat (Include pork, chicken; fried rice, NFS; Chinese rice)	581-5031	1 cup	198	149
Rice, fried, with shrimp	581-5051	1 cup	198	149
Sushi, no vegetables, no fish	581-5111	1 cup	145	109
Sushi, with vegetables, no fish	581-5112	1 cup	166	125
Sushi, with vegetables and fish	581-5113	1 cup	166	125
Sushi, with vegetables, rolled in seaweed	581-5114	1 cup	166	125
Rice with chicken, Puerto Rican style (Arroz con Pollo)	581-5511	1 cup, with bone (yield after bone removed) 1 cup, boneless	157 163	163
Stuffed rice with chicken, Dominican style (Arroz relleno Dominicano)	581-5521	1 cup	200	200
Paella, Valenciana style (Paella Valenciana)	581-5531	1 cup, with bone (yield after bone removed) 1 cup, boneless	137 183	183
Seafood paella, Puerto Rican style (Paella a la marinera)	581-5532	1 cup	230	230

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soupy rice with chicken, Puerto Rican style (Asopao de pollo)	581-5541	1 cup, with bone (yield after bone removed) 1 cup, boneless	215 263	263
Soupy rice mixture with chicken and potatoes, Puerto Rican style	581-5551	1 cup	240	240
Rice meal fritters, Puerto Rican style (almojabanas)	581-5561	1 crueller (3" x 2" x 1/2")	30	
Rice stewed with annatto, Puerto Rican style (Include red rice) CODE DISCONTINUED 4/7/87	581-5571	1 cup	170	170
Stewed rice, Puerto Rican style (arroz guisado) (Include red rice)	581-5581	1 cup	170	170
Rice with squid, Puerto Rican style (arroz con calamares)	581-5591	1 cup	160	160
Fried rice, Puerto Rican style (arroz frito)	581-5611	1 cup	173	173
Rice with vienna sausage, Puerto Rican style (arroz con salchichas)	581-5621	1 cup	180	180
Rice with spanish sausage, Puerto Rican style	581-5631	1 cup	180	180
Rice with onions, Puerto Rican style (arroz con cebollas)	581-5641	1 cup	165	165
Soupy rice from Puerto Rican style Asopao de Pollo (chicken parts reported separately)	581-5651	1 cup	240	240
Pigeon pea asopao (Asopaode grandules)	581-5661	1 cup	178	178

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rice with stewed beans, Puerto Rican style	581-5671	1 cup	188	188
Spicy rice pudding, Puerto Rican style (arroz con dulce, arroz con especia)	581-5711	1 cup	240	
Rice pudding made with coconut milk, Puerto Rican style	581-5721	1 cup	256	
Rice with beans	581-6011	1 cup	239	179
Rice with beans and tomatoes	581-6012	1 cup	239	179
Rice with beans and chicken	581-6013	1 cup	239	239
Rice with beans and pork	581-6014	1 cup	239	239
Rice casserole with cheese (Include risotto)	581-6111	1 cup	204	153
White rice with tomato sauce (Include rice, NFS, with tomato sauce)	581-6130	1 cup	243	182
Rice, brown, with tomato sauce	581-6131	1 cup	243	182
Grape leaves stuffed with rice	581-6151	1 roll	56	56
Rice patty or croquette	581-6171	1 patty (3-1/4" dia x 5/8" thick)	85	85
Stuffed peppers, with rice and meat	581-6211	1/2 pepper with filling	149	149
Stuffed peppers, with rice, meatless	581-6212	1/2 pepper with filling 1 cup	149 198	149
Rice pilaf	581-6231	1 cup	206	155
Rice with gravy	581-6311	1 cup	237	178
Rice, creamed	581-6321	1 cup	204	153

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Flavored rice mixture (Include ricaroni, all flavors; Liptons rice and sauce, Uncle Ben's Rice Oriental)	581-6331	1 cup 1 package (6 oz) yields	218 486	164
Flavored rice mixture with cheese (Include rice au gratin)	581-6333	1 cup	230	173
Flavored rice, white and wild	581-6335	1 cup	192	136
Flavored rice, brown and wild	581-6336	1 cup	217	163
Spanish rice	581-6341	1 cup	243	182
Spanish rice with ground beef	581-6345	1 cup	230	173
Rice dressing (Include combined with bread)	581-6351	1 cup	167	125
Rice-vegetable medley (Include Italian-style rice)	581-6361	1 cup	206	155
Rice with raisins	581-6411	1 cup	185	139
Rice dessert or salad with fruit (Include glorified rice)	581-6421	1 cup	155	
Coconut-rice pudding DISCONTINUED 2/12/86	581-6431	1 cup	204	
Tabbouleh (Include Tabbuli)	581-7511	1 cup	160	
Lasagna with cheese, tomato sauce, vegetable, dessert (frozen meal)	583-0101	1 meal (13 oz)	369	369
Lasagna with cheese and sauce (diet frozen meal) (Include Weight Watcher's Italian Cheese Lasagna)	583-0102	1 meal (12 oz)	340	340

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lasagna with cheese and meat sauce (diet frozen meal) (Include Weight Watcher's Lasagna with meat, tomato sauce, and cheese, The Budget Gourmet Lasagna with Meat Sauce)	583-0105	1 Weight Watcher's meal (12 oz)	340	340
		1 The Budget Gourmet meal (10 oz)	284	
Vegetable lasagna (frozen meal) (Include Le Menu Vegetable Lasagna)	583-0111	1 meal (11 oz)	312	312
Tuna lasagna (diet frozen meal) (Include Lean Cuisine Tuna Lasagna with Spinach Noodles and Vegetables)	583-0113	1 meal (9.75 oz)	276	276
Zucchini lasagna (diet frozen meal) (Include Lean Cuisine Zucchini Lasagna, Light and Elegant Lasagna Florentine)	583-0115	1 Lean Cuisine meal (11 oz)	312	312
		1 Light and Elegant meal (11.25 oz)	319	
Macaroni and cheese with apples, vegetable (frozen meal) (Include Swanson Macaroni and Cheese Dinner)	583-0201	1 meal (12.25 oz)	347	347
Macaroni with veal, cheese, and sauce (diet frozen meal)	583-0203	1 meal (13 oz)	369	369
Beef and noodles with meat sauce and cheese (diet frozen meal) (Include Weight Watcher's Ziti Macaroni)	583-0205	1 meal (11.25 oz)	319	319
Spaghetti and meatballs dinner, NFS (frozen meal)	583-0401	1 meal (12.5 oz)	354	354
Spaghetti and meatballs with tomato sauce, sliced apples, bread (frozen meal) (Include Morton Spaghetti and Meatballs Dinner)	583-0402	1 meal (11.5 oz)	326	326
Spaghetti and meatballs with vegetable, dessert (frozen meal)	583-0403	1 meal (12.5 oz)	354	354

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Spaghetti with meat and mushroom sauce (diet frozen meal) (Include Lean Cuisine Spaghetti with Beef and Mushroom Sauce)	583-0405	1 meal (11.5 oz)	326	326
Spaghetti with meat sauce (diet frozen meal) (Include Weight Watcher's Spaghetti with meat sauce)	583-0406	1 meal (10.5 oz)	298	298
Ravioli, cheese-filled, with tomato sauce (diet frozen meal) (Include Weight Watcher's Baked Cheese Ravioli)	583-0420	1 meal (8.063 oz)	229	229
Manicotti, cheese-filled, with tomato sauce (diet frozen meal) (Include Weight Watcher's Cheese Manicotti)	583-0425	1 meal (9.25 oz)	262	262
Cannelloni, cheese-filled, with tomato sauce (diet frozen meal) (Include Lean Cuisine Cheese Cannelloni with Tomato Sauce)	583-0430	1 meal (9.125 oz)	259	259
Linguini with vegetables and seafood in white wine sauce (diet frozen meal) (Include Budget Gourmet Linguini with Scallops and Clams)	583-0440	1 meal (9.5 oz)	269	269
Mosticolli with meatballs, sauce, bread (frozen meal)	583-0501	1 meal (11 oz)	312	312
Beef enchilada dinner, NFS (frozen meal)	583-0601	1 meal (15 oz)	425	425
Beef enchilada, chili gravy, rice, refried beans (frozen meal) (Include frozen Mexican meal)	583-0602	1 meal (15 oz)	425	425
Cheese enchilada with beans and rice (frozen meal)	583-0605	1 meal (12 oz)	340	340

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cheese enchilada (frozen meal) (Include Old El Paso Cheese Enchiladas with Sauce)	583-0607	1 meal (10 oz)	284	284
Chicken enchilada (diet frozen meal) (Include Weight Watchers Chicken Enchilada)	583-0610	1 meal (8.5 oz)	241	241
Beef and pork cannelloni (diet frozen meal) (Include Lean Cuisine Beef and Pork Cannelloni)	583-0701	1 meal (9.625 oz)	273	273
Frozen breakfast, NFS (frozen meal)	583-1011	1 meal (4.5 oz)	128	128
Sausage and french toast (frozen meal) (Include Swanson French Toast and Sausage)	583-1021	1 meal (6.5 oz)	184	184
Sausage and pancakes (frozen meal) (Include Swanson Pancakes and Sausage)	583-1031	1 meal (6 oz)	170	170
Noodle soup, NFS	584-0010	1 cup	241	241
Rice soup, NFS	584-0020	1 cup	241	
Barley soup (Include beef barley, chicken barley, mushroom barley soup)	584-0101	1 cup 1 can (10.75 oz), prepared	244 593	244
Beef noodle soup, canned, undiluted	584-0200	1 cup 1 can (10.75 oz), undiluted	251 305	
Beef noodle soup	584-0201	1 cup 1 can (10.75 oz), prepared	244 593	244
Beef dumpling soup	584-0202	1 cup 1 can (10.75 oz), prepared	241 586	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef rice soup	584-0203	1 cup	241	
		1 can (10.5 oz), prepared	586	
Chicken noodle soup (Include chicken and stars soup)	584-0301	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Chicken noodle soup, canned, undiluted	584-0302	1 cup	246	
		1 can (10.75 oz), undiluted	298	
Chicken noodle soup, canned, low sodium, ready-to-serve	584-0303	1 cup	246	
		1 can (10.75 oz)	305	
Chicken noodle soup, with carrots	584-0304	1 cup	241	241
Noodle and potato soup, Puerto Rican style	584-0310	1 cup	245	245
Chicken rice soup	584-0401	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Chicken and rice soup, canned, undiluted	584-0402	1 cup	246	
		1 can (10.5 oz), undiluted	298	
Rice and potato soup, Puerto Rican style	584-0410	1 cup	245	245
Matzo ball soup	584-0450	1 cup	241	241
Chicken soup with dumplings and potatoes	584-0451	1 cup	251	251
Chicken soup with dumplings	584-0452	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Turkey noodle soup	584-0601	1 cup	244	244
		1 can (10.75 oz), prepared	593	
Instant soup, NFS	584-0700	1 cup	240	240

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Instant soup, noodle	584-0701	1 cup	240	240
(Include meat and/or vegetable flavors)		1 packet, prepared	188	
Instant soup, cream of	584-0702	1 cup	254	254
		1 packet, prepared	196	
Soup, mostly noodles	584-0703	1 cup	244	244
(Include spaghetti soup, Top Ramen, Oriental Noodle Soup, meat flavors, saimin soup)		1 package (3 oz), prepared	559	
Instant soup, rice	584-0704	1 cup	240	240
(Include meat or chicken flavor)		1 packet, prepared	190	
Instant soup, noodle with egg, shrimp or chicken	584-0705	1 cup	240	240
		1 packet, prepared	188	
Instant soup, cream of, low sodium	584-0707	1 cup	254	254
		1 packet, prepared	196	
Won-Ton soup	584-0801	1 cup	241	241
Rice soup, made with tea	584-1010	1 cup	241	241
Noodle soup, made with milk	584-5030	1 cup	248	248
Macaroni, tomatoes, and beef, baby food, NS as to strained or junior	585-0300	1 tbsp	16	108
(Include macaroni, beef, and vegetables, baby food, NFS)				
Macaroni, tomatoes, and beef, baby food, strained	585-0301	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Macaroni, tomatoes, and beef, baby food, junior	585-0302	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Macaroni with beef and tomato sauce, vegetables, baby food, toddler (Include Gerber Macaroni Alphabets with Beef and Tomato Sauce)	585-0305	1 tbsp 1 jar (6.25 oz)	16 177	
Macaroni and cheese, baby food	585-0800	1 tbsp 1 jar (4.5 oz - 4.75 oz) 1 jar (7.5 oz - 7.75 oz)	16 131 216	108
Spaghetti, tomato sauce, and beef, baby food	585-0902	1 tbsp 1 jar (6.25 oz) 1 jar (7.5 oz - 7.75 oz)	16 177 216	108
Grapefruit, raw (Include grapefruit, NS as to raw, canned, or frozen; chironja)	611-0101	1/2 small (approx 3-1/2" dia) 1/2 medium (approx 4" dia) 1/2 large (approx 4-1/2" dia) 1 cup 1 section 1 oz yields Chironja: 1 small 1 medium 1 large	100 128 166 230 15 14 145 207 310	128
Grapefruit, canned or frozen, NS as to added sweetener	611-0120	1 cup	244	122
Grapefruit, canned or frozen, unsweetened, water pack	611-0122	1 cup	244	122
Grapefruit, canned or frozen, in light syrup	611-0123	1 cup	254	127
Grapefruit and orange sections, raw	611-0401	1 cup	217	109
Grapefruit and orange sections, cooked, canned, or frozen, NS as to added sweetener	611-0420	1 cup	254	127

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grapefruit and orange sections, cooked, canned, or frozen, unsweetened, water pack	611-0422	1 cup	244	122
Grapefruit and orange sections, cooked, canned, or frozen, in light syrup	611-0423	1 cup	254	127
Kumquat, raw	611-1001	1 kumquat	19	
		1 oz yields	26	
Kumquat, cooked or canned, in syrup	611-1023	1 kumquat	14	
Lemon, raw	611-1301	1 fruit (2-1/8" dia)	58	7
		1 fruit (2-3/8" dia)	84	
		1 wedge or slice (1/8 of one 2-1/8" dia lemon)	7	
		1 cup, sections	212	
		1 oz yields	15	
Lemon pie filling	611-1350	1 cup	266	
Lime, raw	611-1601	1 fruit (2" dia)	67	8
		1 wedge (1/8 of one 2" dia lime)	8	
		1 oz yields	24	
Orange, raw	611-1901	1 small (2-3/8" dia)	96	131
		1 medium (2-5/8" dia)	131	
		1 large (3-1/16" dia)	184	
		1 cup, sections	204	
		1 section or slice	17	
		1 oz yields	21	
Orange, sections, canned, juice pack	611-1902	1 cup	204	102
Orange peel	611-1910	1 tbsp	6	
Orange, mandarin, canned or frozen, NS as to added sweetener	611-2230	1 cup	252	126
Orange, mandarin, canned or frozen, juice pack	611-2232	1 cup	249	125
Orange, mandarin, canned or frozen, in light syrup	611-2233	1 cup	252	126

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Orange, mandarin, canned or frozen, drained	611-2235	1 cup	189	94
Tangelo, raw	611-2500	1 small (2-1/4" dia) 1 medium (2-1/2" dia) 1 large (2-3/4" dia) 1 cup, sections 1 section 1 oz yields	68 95 114 245 6.4 23	95
Tangerine, raw (Include mandarin orange, fresh; satsuma)	611-2501	1 small (2-1/4" dia) 1 medium (2-3/8" dia) 1 large (2-1/2" dia) 1 cup, sections 1 oz yields 1 section	70 84 98 153 20 8	84
Juice, NFS (Include fresh, frozen, or canned) CODE DISCONTINUED 2/20/87	612-0010	1 cup 1 fl oz	249 31.1	187
Acerola juice	612-0050	1 cup 1 fl oz	249 31.1	
Grapefruit juice, NFS (Include canned or frozen, NS as to added sweetener; with sugar, NS as to form)	612-0100	1 cup 1 fl oz	247 30.9	185
Grapefruit juice, fresh	612-0101	1 cup Juice of 1 grapefruit 1 fl oz	247 196 30.9	185
Grapefruit juice, unsweetened, NS as to form	612-0102	1 cup 1 fl oz	247 30.9	185
Grapefruit juice, canned, unsweetened	612-0122	1 cup 1 fl oz	247 30.9	185
Grapefruit juice, canned, with sugar	612-0123	1 cup 1 fl oz	250 31.2	188

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grapefruit juice, frozen, unsweetened (reconstituted with water)	612-0162	1 cup 1 fl oz	247 30.9	185
Grapefruit juice, frozen, with sugar (reconstituted with water)	612-0163	1 cup 1 fl oz	248 31.0	186
Lemon juice, NS as to form	612-0400	1 cup 1 fl oz	244 30.5	5
Lemon juice, fresh	612-0401	1 cup Juice of 1 lemon (2-1/8" dia) 1 fl oz Juice of 1 wedge or slice	244 47 30.5 5.9	5.9
Lemon juice, canned or bottled	612-0420	1 cup 1 fl oz 1 individual packet	244 30.5 5	5
Lemon juice, frozen	612-0460	1 cup 1 fl oz	244 30.5	5
Lime juice, NS as to form	612-0700	1 cup 1 fl oz	246 30.8	
Lime juice, fresh	612-0701	1 cup Juice of 1 lime (2" dia) 1 fl oz Juice of 1 wedge or slice	246 38 30.8 5	5
Lime juice, canned or bottled	612-0720	1 cup 1 fl oz	246 30.8	
Lime juice, frozen	612-0760	1 cup 1 fl oz	240 30.8	
Orange juice, NFS (Include canned or frozen, NS as to added sweetener; with sugar, NS as to form)	612-1000	1 cup 1 fl oz	249 31.1	187

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Orange juice, fresh	612-1001	1 cup Juice of 1 orange (2-5/8" dia) 1 fl oz	248 86 21.0	186
Orange juice, canned, unsweetened	612-1022	1 cup 1 fl oz	249 31.1	187
Orange juice, canned, with sugar	612-1023	1 cup 1 fl oz	250 31.2	188
Orange juice, frozen, unsweetened (reconstituted with water) (Include reduced acid)	612-1062	1 cup 1 fl oz	249 31.1	187
Orange juice, frozen, with sugar (reconstituted with water)	612-1063	1 cup 1 fl oz	250 31.2	188
Orange juice, frozen, unsweetened, not reconstituted	612-1072	1 cup 1 fl oz	284 35.5	
Orange juice, frozen, with sugar, not reconstituted	612-1073	1 cup 1 fl oz	284 35.5	
Tangerine juice, NFS	612-1300	1 cup 1 fl oz	249 31.1	187
Tangerine juice, canned, unsweetened	612-1322	1 cup 1 fl oz	247 30.9	185
Tangerine juice, canned, with sugar	612-1323	1 cup 1 fl oz	249 31.1	187
Tangerine juice, frozen, unsweetened (reconstituted with water)	612-1362	1 cup 1 fl oz	248 31.0	186

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grapefruit and orange juice, NFS (Include canned or frozen, NS as to added sweetener; with sugar, NS as to form)	612-1600	1 cup 1 fl oz	247 30.9	185
Grapefruit and orange juice, fresh	612-1601	1 cup 1 fl oz	247 30.9	185
Grapefruit and orange juice, canned, unsweetened	612-1622	1 cup 1 fl oz	247 30.9	185
Grapefruit and orange juice, canned, with sugar	612-1623	1 cup 1 fl oz	249 31.1	187
Grapefruit and orange juice, frozen, unsweetened (reconstituted with water)	612-1662	1 cup 1 fl oz	247 30.9	185
Grapefruit and orange juice, frozen, with sugar (reconstituted with water)	612-1663	1 cup 1 fl oz	248 31.0	186
Orange and banana juice	612-1900	1 cup 1 fl oz	250 31.2	188
Apricot-orange juice	612-1965	1 cup 1 fl oz	250 31.2	188
Pineapple-grapefruit juice, NFS	612-2200	1 cup 1 fl oz	250 31.2	188
Pineapple-grapefruit juice, canned, NS as to added sweetener	612-2220	1 cup 1 fl oz	250 31.2	188
Pineapple-grapefruit juice, canned, unsweetened	612-2222	1 cup 1 fl oz	250 31.2	188
Pineapple-grapefruit juice, canned, with sugar	612-2223	1 cup 1 fl oz	250 31.2	188

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pineapple-grapefruit juice, frozen (reconstituted with wator)	612-2260	1 cup 1 fl oz	250 31.2	188
Pineapple-orange juice, NFS	612-2500	1 cup 1 fl oz	250 31.2	188
Pineapple-orange juice, canned, NS as to added sweetener	612-2520	1 cup 1 fl oz	250 31.2	188
Pineapple-orange juice, canned, unsweetened	612-2522	1 cup 1 fl oz	250 31.2	188
Pineapple-orange juice, canned, with sugar	612-2523	1 cup 1 fl oz	250 31.2	188
Pineapple-orange juice, frozen (reconstituted with water)	612-2560	1 cup 1 fl oz	250 31.2	188
Fruit, dried, NFS (assume uncooked)	621-0100	1 cup	136	34
Fruit mixture, dried (mixture includes three or more of the following: apples, apricots, dates, papaya, peaches, pears, pineapples, prunes, raisins)	621-0105	1 cup	136	34
Apple, dried, uncooked (Include dried diet snack, plain or flavored)	621-0110	1 ring 1 cup	6.4 85	21
Apple, dried, uncooked, low sodium	621-0115	1 ring 1 cup	6.4 85	21
Apple, dried, cooked, NS as to added sweetener	621-0120	1 cup	255	128
Apple, dried, cooked, unsweetened	621-0122	1 cup	255	128

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apple, dried, cooked, with sugar	621-0123	1 c	280	140
Apricot, dried, uncooked	621-0410	1 half	3.5	33
(Include dried apricot, NS as to cooked or uncooked)		1 cup	130	
Apricot, dried, cooked, NS as to added sweetener	621-0420	1 cup	250	125
Apricot, dried, cooked, unsweetened	621-0422	1 cup	250	125
Apricot, dried, cooked, with sugar	621-0423	1 cup	270	135
Banana flakes, dehydrated	621-0710	1 cup	100	
Banana chips	621-0720	1 cup	92	23
Currants, dried	621-0810	1 cup	144	36
Date	621-1010	1 date	8.3	45
		1 cup, pitted, chopped	178	
		1 oz, with pits, yields	26	
Fig, dried, uncooked	621-1310	1 fig	19	50
		1 cup	199	
Fig, dried, cooked, NS as to added sweetener	621-1320	1 cup	259	130
Fig, dried, cooked, unsweetened	621-1322	1 cup	259	130
Fig, dried, cooked, with sugar	621-1323	1 cup	270	135
Lychee, dried (lychee nuts)	621-1400	1 nut	2.5	
Papaya, dried	621-1411	1 strip	23	
Peach, dried, uncooked	621-1610	1 half	13	40
		1 cup	160	
Peach, dried, cooked, NS as to added sweetener	621-1620	1 cup	258	129

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peach, dried, cooked, unsweetened	621-1622	1 cup	258	129
Peach, dried, cooked, with sugar	621-1623	1 cup	270	135
Pear, dried, uncooked	621-1910	1 half 1 cup	18 180	45
Pear, dried, cooked, NS as to added sweetener	621-1920	1 cup	255	128
Pear, dried, cooked, unsweetened	621-1922	1 cup	255	128
Pear, dried, cooked, with sugar	621-1923	1 cup	280	140
Pineapple, dehydrated	621-2010	1 piece	28	
Plum, rock salt, dried (Include plum seed, rock salt seed, dried Japanese plum)	621-2110	1 plum 1 cup 1 oz yields	3 123 20	
Prune, dried, uncooked	621-2210	1 prune 1 cup, with pits, yields 1 cup, pitted 1 oz, with pits, yields	7 131 170 25	33
Prune, dried, cooked, NS as to added sweetener (Include prune, NS as to cooked or uncooked; prune compote)	621-2220	1 prune 1 cup, with pits, yields 1 cup, pitted 1 oz, with pits, yields	9 241 248 24	121
Prune, dried, cooked, unsweetened	621-2222	1 prune 1 cup, with pits, yields 1 cup, pitted 1 oz, with pits, yields	9 241 248 24	121

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE & WEIGHT	EDIBLE PORTION IN GRAMS	SPRVING NOT SPECIFIED
Prune, dried, cooked, with sugar (Include Cirucias)	621-2223	1 prune	9	119
		1 cup, with pits, yields	238	
		1 oz, with pits, yields	34	
Raisins (Include [illegible]-coated raisins)	621-2510	1 cup	145	36
		1 small box (1.5 oz)	43	
		1 miniature box (.5 oz)	14	
		50 raisins	26	
Raisin [illegible] oked	621-2511	1 cup	295	148
Apple, raw	631-0100	1 small (2-1/2" dia) (approx 4 per lb)	106	138
		1 medium (2-3/4" dia) (approx 3 per lb)	138	
		1 large (3-1/4" dia) (approx 2 per lb)	212	
		1 crabapple	35	
		1 cup, NFS	125	
		1 cup, sliced	110	
		1 cup, quartered or chopped	125	
		1 slice	7	
		1 oz, with skin, yields	26	
Applesauce, stewed apples, NS as to added sweetener	631-0111	1 cup, sauce	255	128
		1 small apple yields	117	
		1 medium apple yields	152	
		1 large apple yields	233	
Applesauce, stewed apples, unsweetened	631-0112	1 cup, sauce	244	122
		1 cup, sliced	171	
		1 small apple yields	112	
		1 medium apple yields	146	
		1 large apple yields	225	
Applesauce, stewed apples, with sugar (Include apple pie filling)	631-0113	1 cup, sauce	255	128
		1 cup, sliced	204	
		1 small apple yields	117	
		1 medium apple yields	152	
		1 large apple yields	233	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Applesauce, stewed apples, sweetened with low calorie sweetener	631-0114	1 cup	244	122
Apple, cooked or canned, with syrup	631-0121	1 cup, slices 1 slice with syrup	204 20	102
Apple, baked, NS as to added sweetener	631-0131	1 apple with liquid 1 cup	171 190	171
Apple, baked, unsweetened	631-0132	1 apple with liquid 1 cup	161 187	161
Apple, baked, with sugar (Include scalloped apples)	631-0133	1 apple with liquid 1 cup	171 190	171
Apple rings, fried	631-0141	1 ring	19	
Apple, pickled (Include spiced)	631-0142	1 apple 1 slice 1 cup, whole 1 cup, sliced	29 19 142 154	
Apple, fried	631-0150	1 cup 1 small apple yields 1 medium apple yields 1 large apple yields	179 90 117 180	117
Jobo, raw	631-0160	1 fruit	75	75
Mamey (mamea apple), raw	631-0165	1 fruit 1 oz yields	846 17	
Wi-apple, raw	631-0200	1 cup	125	
Apricot, raw	631-0301	1 apricot 1 cup, halves 1 cup, sliced 1 oz yields	35 155 165 26	35

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apricot, cooked or canned, NS as to added sweetener (Include apricot, NS as to raw, cooked, canned, or dried)	631-0311	1 apricot half with liquid 1 whole apricot with liquid 1 cup, NFS 1 cup, halves 1 cup, whole	40 53 253 253 240	123
Apricot, cooked or canned, unsweetened, water pack	631-0312	1 apricot half with liquid 1 whole apricot with liquid 1 cup, NFS 1 cup, halves 1 cup, whole	36 45 243 243 227	118
Apricot, cooked or canned, in heavy syrup (Include home canned)	631-0313	1 apricot half with liquid 1 whole apricot with liquid 1 cup, NFS 1 cup, halves 1 cup, whole	40 53 253 253 240	123
Apricot, cooked or canned, in light syrup	631-0314	1 apricot half with liquid 1 whole apricot with liquid 1 cup, NFS 1 cup, halves 1 cup, whole	40 53 253 253 240	123
Apricot, cooked or canned, drained solids	631-0315	1 apricot half 1 whole apricot 1 cup, NFS 1 cup, halves 1 cup, whole	18 38 219 219 182	100

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apricot, cooked or canned, juice pack	631-0317	1 apricot half with liquid	36	118
		1 whole apricot with liquid	45	
		1 cup, NFS	244	
		1 cup, halves	244	
		1 cup, whole	227	
Avocado, raw	631-0501	1 avocado, California (black skin)	173	100
		1 avocado, Florida (green skin)	304	
		1 avocado, NS as to Florida or California	201	
		1 cup, NFS	146	
		1 cup, sliced	146	
		1 cup, cubed	150	
		1 cup, pureed or mashed	230	
		1 slice	10	
		1 oz yields	21	
Banana, raw (Include bluefield)	631-0701	1 small (7-3/4" long)	91	114
		1 medium (8-3/4" long)	114	
		1 large (9-3/4" long)	130	
		1 cup, NFS	150	
		1 cup, sliced	150	
		1 cup, mashed	225	
		1" of banana	13	
		1 oz yields	18	
		1 slice	3	
		Bluefield:		
		1 small (5-3/8" long)	79	
		1 medium (6-1/2" long)	117	
		1 large (8-1/4" long)	145	
Banana, white, ripe (guineo blanco maduro)	631-0705	1 fruit	119	119
		1 oz yields	19	
Banana, apple, raw	631-0706	1 fruit	73	73
Banana, Chinese, raw (Include Cavendish, dwarf, finger)	631-0707	1 small (4-3/4" long)	50	63
		1 medium (5-1/4" long)	63	
		1 large (7" long)	80	
Banana, red, ripe (guineo morado)	631-0708	1 fruit (7-1/4" long)	104	104
		1 cup, sliced	150	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Banana, red, fried	631-0709	1 fruit (7-1/4" long)	94	94
Banana, baked	631-0711	1 banana (7-1/4" long)	128	128
Banana, ripe, fried	631-0721	1 small	73	91
		1 medium	91	
		1 large	104	
Banana, ripe, boiled	631-0731	1 small	73	91
		1 medium	91	
		1 large	104	
Cantaloupe (muskmelon), raw (Include melon, NFS)	631-0901	1 small melon (4-1/4" dia)	552	85
		1 medium melon	676	
		1 large melon (5" dia)	800	
		1 small wedge (1/8 of small melon)	69	
		1 medium wedge (1/8 of medium melon)	84	
		1 large wedge (1/8 of large melon)	100	
		10 cantaloupe balls	138	
		1 cup, balls	177	
		1 cup, diced	156	
		1 cubic inch	18	
		1 oz yields	14	
Cantaloupe, frozen (balls)	631-0961	1 cup	173	87
		10 cantaloupe balls	135	
Carambola (starfruit), cooked, with sugar	631-0975	1 cup	205	
Casaba melon, raw (Include crenshaw melon)	631-1001	1 melon	1,640	
		1 cup	170	
		1 oz yields	17	
Cherries, maraschino	631-1101	1 cherry	4.3	4
		1 cup	161	
Acerola, raw	631-1200	1 fruit	5	
		1 cup	98	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cherries, sour, red, raw	631-1301	1 cup, NFS	103	
		1 cup, with pits, yields	103	
		1 cup, pitted	155	
		1 oz, with pits, yields	26	
Cherry pie filling	631-1303	1 cup	264	
Cherry pie filling, low calorie	631-1305	1 cup	264	
Cherries, sour, red, cooked, unsweetened (Include cherries, cooked, NFS)	631-1311	1 cup, pitted	244	122
Cherries, sweet, raw (Queen Anne, Bing) (Include cherries, raw, NFS)	631-1501	1 cherry	6.8	59
		1 cup, NFS	117	
		1 cup, with pits, yields	117	
		1 cup, pitted	145	
		1 oz yields	26	
Cherries, sweet, cooked or canned, NS as to added sweetener	631-1511	1 cherry, with pit, with liquid	12	120
		1 cherry, without pit, with liquid	9	
		1 cup, with pits, yields	240	
		1 cup, pitted	253	
Cherries, sweet, cooked, unsweetened, water pack	631-1512	1 cherry, with pit, with liquid	12	120
		1 cherry, without pit, with liquid	9	
		1 cup, with pits, yields	240	
		1 cup, pitted	248	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cherries, sweet, cooked or canned, in heavy syrup (Include home canned)	631-1513	1 cherry, with pit, with liquid	12	120
		1 cherry, without pit, with liquid	9	
		1 cup, with pits, yields	240	
		1 cup, pitted	253	
Cherries, sweet, cooked or canned, in light syrup	631-1514	1 cherry, with pit, with liquid	12	120
		1 cherry, without pit, with liquid	9	
		1 cup, with pits, yields	240	
		1 cup, pitted	252	
Cherries, sweet, cooked or canned, drained solids	631-1515	1 cherry, with pit	9	92
		1 cherry, without pit	6	
		1 cup, with pits, yields	184	
		1 cup, pitted	179	
Cherries, sweet, cooked or canned, juice pack	631-1517	1 cherry, with pit, with liquid	12	120
		1 cherry, without pit, with liquid	9	
		1 cup, with pits, yields	240	
		1 cup, pitted	250	
Cherries, frozen	631-1520	1 cup	155	78
		10 cherries	51	
Currants, raw	631-1701	1 cup	112	
		1 oz yields	28	
Fig, raw	631-1901	1 small (1-1/2" dia)	40	50
		1 medium (2-1/4" dia)	50	
		1 large (2-1/2" dia)	64	
		1 oz yields	28	
Fig, cooked or canned, NS as to added sweetener	631-1911	1 fig with liquid	28	130
		1 cup	259	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fig, cooked or canned, unsweetened, water pack	631-1912	1 fig with liquid 1 cup	27 248	124
Fig, cooked or canned, in heavy syrup (Include home canned)	631-1913	1 fig with liquid 1 cup	28 259	130
Genip, raw	631-2101	1 small	5	
Grapes, raw, NS as to type	631-2300	1 grape, seedless 1 grape, with seeds, yields 1 cup, seedless 1 cup, with seeds, yields 1 oz, seeded, yields 1 cup, NFS 1 grape, NFS	5.0 5.8 160 154 27 160 5.0	80
Grapes, European type, adherent skin, raw (Include tokay, emperor, thompson, red flame grapes)	631-2301	1 grape, seedless 1 grape, with seeds, yields 1 cup, seedless 1 cup, with seeds, yields 1 oz, with seeds, yields 1 cup, NFS 1 grape, NFS	5.0 5.8 160 154 25 160 5.0	80
Grapes, American type, slip skin, raw (Include concord)	631-2302	1 grape 1 cup 1 oz yields	2.4 92 16	46
Grapes, seedless, cooked or canned, NS as to added sweetener	631-2311	1 cup	256	128
Grapes, seedless, cooked or canned, unsweetened, water pack	631-2312	1 cup	245	123
Grapes, seedless, cooked or canned, in heavy syrup (Include home canned)	631-2313	1 cup	256	128

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Guava, raw	631-2501	1 guava, common	90	
		1 guava, strawberry	6	
		1 cup, common	165	
		1 cup, strawberry	244	
		1 oz, common, yields	23	
		1 oz, strawberry, yields	24	
Guava shell (assume canned in heavy syrup)	631-2510	1 cup	310	
Juneberry, raw	631-2601	1 cup	165	
		1 oz yields	26	
Kiwi fruit, raw	631-2650	1 fruit	76	76
		1 cup	177	
		1 slice	7	
Lychee, raw (Include frozen)	631-2651	1 lychee	10	10
		1 cup	190	
Lychee, cooked or canned, in sugar or syrup	631-2660	1 lychee with liquid	21	126
		1 cup	251	
Honeydew melon, raw	631-2701	1 melon (5-1/4" dia)	1,000	125
		1 melon (6" - 7" dia)	1,280	
		1 wedge (1/8 of 5-1/4" dia melon)	125	
		1 wedge (1/8 of 6" to 7" dia melon)	160	
		10 honeydew balls	138	
		1 cup, balls	177	
		1 cup, diced (approx 20 pieces per cup)	170	
		1 cubic inch	17	
		1 oz yields	13	
		1 cup, NFS	170	
Honeydew, frozen (balls)	631-2761	1 cup	230	115
		10 honeydew balls	135	
Mango, raw	631-2901	1 mango	207	103
		1 cup, sliced	165	
		1 oz yields	20	
Mango, pickled	631-2902	1 slice	28	
		1 tbsp	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mango, cooked	631-2903	1 oz	28	
Nectarine, raw	631-3101	1 fruit (2-1/2" dia)	136	136
		1 cup, sliced	138	
		1 oz yields	26	
Nectarine, cooked	631-3111	1 cup	262	131
Papaya, raw	631-3301	1 small (4-5/8" long x 3-1/2" dia)	194	76
		1 medium (5" long x 4" dia)	288	
		1 large (5-5/8" long x 4-3/8" dia)	404	
		1 cup, cubed	140	
		1 cup, mashed	230	
		1 oz yields	19	
		1 cubic inch	18	
Papaya, green, cooked	631-3305	1 cup	132	
Papaya, cooked or canned, in sugar or syrup	631-3310	1 cup	132	
Passion fruit, raw	631-3401	1 fruit	18	18
Peach, raw	631-3501	1 small (2" dia) (approx 5 per lb)	79	98
		1 medium (2-1/2" dia) (approx 4 per lb)	98	
		1 large (2-3/4" dia) (approx 2-1/2 per lb)	157	
		1 cup, NFS	170	
		1 cup, diced	185	
		1 cup, sliced	170	
		1 oz yields	22	
Peach, cooked or canned, NS as to added sweetener (Include peach, NS as to raw, cooked, canned, frozen, or dried)	631-3511	1 half with liquid	98	131
		1 slice with liquid	16	
		1 cup	262	
Peach, cooked or canned, unsweetened, water pack	631-3512	1 half with liquid	98	122
		1 slice with liquid	16	
		1 cup	244	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peach, cooked or canned, in heavy syrup (Include home canned)	631-3513	1 half with liquid	98	131
		1 slice with liquid	16	
		1 cup	252	
Peach, cooked or canned, in light or medium syrup	631-3514	1 half with liquid	98	125
		1 slice with liquid	16	
		1 cup	251	
Peach, cooked or canned, drained solids	631-3515	1 half	73	111
		1 slice	12.7	
		1 cup	222	
Peach, cooked or canned, juice pack	631-3517	1 half with liquid	98	124
		1 slice with liquid	16	
		1 cup	250	
Peach, frozen, NS as to added sweetener	631-3561	1 cup, sliced	250	125
		10 slices	155	
Peach, frozen, unsweetened	631-3562	1 cup, sliced	250	125
		10 slices	155	
Peach, frozen, with sugar	631-3563	1 cup, sliced	250	125
		10 slices	155	
Peach, pickled	631-3565	1 fruit	88	
		1 cup, whole	242	
		1 oz yields	27	
Peach, spiced	631-3566	1 cup	248	
		1 peach half	30	
Pear, raw	631-3701	1 small pear (approx 3 per lb)	139	166
		1 medium pear (approx 2-1/2 per lb)	166	
		1 large pear (approx 2 per lb)	209	
		1 cup, sliced or cubed	165	
		1 oz yields	26	
Pear, Japanese, raw	631-3705	1 fruit	307	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pear, cooked or canned, NS as to added sweetener (Include pear, NS as to raw, cooked, canned, or dried)	631-3711	1 half with liquid 1 cup	76 266	133
Pear, cooked or canned, unsweetened, water pack	631-3712	1 half with liquid 1 cup	76 244	122
Pear, cooked or canned, in heavy syrup (Include home canned)	631-3713	1 half with liquid 1 cup	76 266	133
Pear, cooked or canned, in light syrup	631-3714	1 half with liquid 1 cup	76 249	125
Pear, cooked or canned, drained solids	631-3715	1 half 1 cup	48 201	100
Pear, spiced, drained solids	631-3716	1 pear 1 cup	45 227	
Pear, cooked or canned, juice pack	631-3717	1 half with liquid 1 cup	76 244	122
Persimmon, raw	631-3901	1 persimmon (2-1/2" dia x 3-1/2" high) 1 oz yields	168 24	
Pineapple, raw	631-4101	1 fruit 1 cup, diced 1 slice (3-1/2" dia x 3/4" thick) 1 oz yields 1 cubic inch	472 155 84 15 12	
Pineapple, cooked or canned, NS as to added sweetener (Include pineapple, NS as to raw, cooked, canned, or dried)	631-4111	1 slice (3" dia) with liquid 1 chunk with liquid 1 cup, crushed, sliced, or chunks	47 9.4 249	125

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pineapple, cooked or canned, unsweetened, waterpack	631-4112	1 slice (3" dia) with liquid 1 chunk with liquid 1 cup, crushed, sliced, or chunks	47 9.4 246	123
Pineapple, cooked or canned, in heavy syrup (Include home canned)	631-4113	1 slice (3" dia) with liquid 1 chunk with liquid 1 cup, crushed, sliced, or chunks	49 9.4 254	127
Pineapple, cooked or canned, in light syrup	631-4114	1 slice (3" dia) with liquid 1 chunk with liquid 1 cup, crushed, sliced, or chunks	48 9.4 252	126
Pineapple, cooked or canned, drained solids	631-4115	1 slice (3" dia) 1 chunk 1 cup, crushed 1 cup, sliced 1 cup, chunks	35 6.8 195 162 181	81
Pineapple, cooked or canned, juice pack	631-4117	1 slice (3" dia) with liquid 1 chunk with liquid 1 cup, crushed, sliced, or chunks	47 9.4 249	125
Plantains (see Vegetable Subgroup Code 719)				
Plum, raw	631-4301	1 plum (2-1/2" dia) 1 cup, sliced 1 oz yields	66 165 27	66
Plum, cooked or canned, NS as to added sweetener (Include plum sauce; plum, NS as to raw, cooked, or canned)	631-4311	1 plum with liquid 1 cup, pitted 1 cup, with pits, yields	46 258 244	129

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Plum, cooked or canned, unsweetened, water pack	631-4312	1 plum with liquid 1 cup, pitted 1 cup, with pits, yields	46 249 237	125
Plum, cooked or canned, in heavy syrup (Include home canned)	631-4313	1 plum with liquid 1 cup, pitted 1 cup, with pits, yields	46 258 244	129
Plum, cooked or canned, in light syrup	631-4314	1 plum with liquid 1 cup, pitted 1 cup, with pits, yields	46 252 239	126
Plum, cooked or canned, drained solids	631-4315	1 plum 1 cup, with pits, yields	31 183	92
Plum, cooked or canned, juice pack	631-4317	1 plum with liquid 1 cup, pitted 1 cup, with pits, yields	46 252 239	126
Plum, pickled (Include Japanese)	631-4365	1 plum	28	
Pomegranate, raw	631-4501	1 pomegranate (3-3/8" dia)	154	154
Rhubarb, raw	631-4701	1 cup, diced 1 stalk 1 oz yields	122 51 21	51
Rhubarb, cooked or canned, NS as to added sweetener (Include rhubarb, NS as to raw, cooked, canned, or frozen)	631-4711	1 cup	240	120
Rhubarb, cooked or canned, unsweetened	631-4712	1 cup	240	120

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rhubarb, cooked or canned, in heavy syrup (Include rhubarb sauce; rhubarb, home canned)	631-4713	1 cup	240	120
Rhubarb, cooked or canned, in light syrup	631-4714	1 cup	240	120
Rhubarb, cooked or canned, drained solids	631-4715	1 cup	240	120
Rhubarb, frozen, NS as to added sweetener	631-4760	1 cup	240	120
Rhubarb, frozen, with sugar (Include home frozen)	631-4762	1 cup	240	120
Sapodilla, raw	631-4790	1 sapodilla	170	
Sugar apple, sweetsop (anon), raw	631-4801	1 fruit (2-7/8" dia) 1 cup, pulp	155 250	155
Soursop (annona muricata), raw	631-4850	1 fruit (7" x 5-1/4" dia) 1 cup, pulp 1 oz yields	625 225 19	
Tamarind, raw	631-4875	1 tamarind	2	
Watermelon, raw	631-4901	1 long melon (15" long x 7-1/2" dia) 1 round melon (9-1/2" dia) 1 slice (1" thick, 7-1/2" - 9-1/2" long, 4" high in center) 1 wedge (approx 1/16 of melon) 1 cup, diced 1 cubic inch 1 oz yields 10 watermelon balls 1 cup, balls 1 cup, NFS	4,518 4,090 285 286 152 16 16 122 154 152	285

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Watermelon, pickled	631-4902	1 square or cube	10	
Berries, raw, NFS	632-0010	1 cup	144	72
		1 oz yields	27	
Blackberries, raw (Include dewberries, youngberries, marionberries)	632-0101	1 cup	144	72
		1 oz yields	27	
Blackberries, cooked or canned, NS as to added sweetener (Include dewberries; youngberries; marionberries; blackberries, NS as to raw, cooked, canned, or frozen)	632-0111	1 cup	256	128
Blackberries, cooked or canned, in heavy syrup (Include dewberries, youngberries, marionberries; home canned blackberries, dewberries, youngberries, marionberries)	632-0113	1 cup	256	128
Blackberries, frozen	632-0160	1 cup	143	72
Blueberries, raw	632-0301	1 cup	145	73
		1 pint, as purchased, yields	402	
		1 oz yields	28	
		50 berries	68	
Blueberries, cooked or canned, NS as to added sweetener (Include blueberries, NS as to raw, cooked, canned, or frozen)	632-0311	1 cup	256	128
Blueberries, cooked or canned, unsweetened, water pack	632-0312	1 cup	244	122
Blackberries, cooked or canned, in heavy syrup (Include home canned)	632-0313	1 cup	256	128
Blueberries, frozen	632-0360	1 cup	230	115
Boysenberries, raw	632-0501	1 cup	144	72
		1 oz yields	27	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Boysenberries, cooked or canned	632-0511	1 cup	256	128
Boysenberries, frozen	632-0560	1 cup	143	72
Cranberries, NS as to raw, cooked, or canned	632-0700	1 cup	277	
Cranberries, raw	632-0701	1 cup, chopped	110	
		1 cup, whole	95	
		1 oz yields	27	
Cranberries, cooked or canned (Include cranberry sauce)	632-0711	1 cup, sauce	277	57
		1 slice (1/2" thick, approx 8 slices per can)	57	
		1 cubic inch	19	
Elderberries, raw	632-1101	1 cup	145	73
		1 oz yields	28	
Elderberries, cooked or canned	632-1111	1 cup	256	128
Gooseberries, raw	632-1301	1 cup	150	75
		1 oz yields	28	
Gooseberries, cooked or canned	632-1311	1 cup	252	126
Loganberries, raw	632-1501	1 cup	144	72
		1 oz yields	27	
Loganberries, cooked or canned	632-1511	1 cup	256	128
Loganberries, frozen	632-1560	1 cup	147	74
Mulberries, raw	632-1701	1 cup	140	70
		1 oz yields	28	
Raspberries, raw, NS as to color	632-1900	1 cup	123	62
		1 pint, as purchased, yields	312	
		1 oz yields	27	
		10 raspberries	19	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Raspberries, black, raw (Include black caps)	632-1901	1 cup 1 oz yields 10 raspberries	134 27 19	67
Raspberries, red, raw	632-1902	1 cup 1 pint, as purchased, yields 1 oz yields 10 raspberries	123 312 27 19	62
Raspberries, cooked or canned, NS as to added sweetener (Include red or black raspberries, NS as to raw, cooked, canned, or frozen; raspberries, NS as to color, NS as to raw, cooked, canned, or frozen)	632-1911	1 cup	256	128
Raspberries, cooked or canned, unsweetened, water pack	632-1912	1 cup 10 raspberries with liquid	243 29	122
Raspberries, cooked or canned, in heavy syrup (Include home canned)	632-1913	1 cup	256	128
Raspberries, frozen, NS as to added sweetener (Include home frozen)	632-1960	1 cup 1 package (10 oz) yields	250 284	125
Raspberries, frozen unsweetened	632-1961	1 cup	250	125
Raspberries, frozen, with sugar	632-1962	1 cup 1 package (10 oz) yields	250 284	125

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Strawberries, raw	632-2302	1 small (1" dia)	20.4	72
		1 medium (1-1/4" dia)	32.0	
		1 large (1-1/2" dia)	52.2	
		1 cup, whole	144	
		1 pint, as purchased, yields	347	
		1 oz yields	27	
		1 cup, NFS	152	
		1 cup, halves	152	
		1 cup, sliced	166	
		1 cup, pureed	232	
Strawberries, cooked or canned, NS as to added sweetener (Include strawberries, NS as to raw, cooked, canned, or frozen)	632-2311	1 cup	254	127
Strawberries, cooked or canned, unsweetened, water pack	632-2312	1 cup	242	121
Strawberries, cooked or canned, in syrup	632-2313	1 cup	254	127
Strawberries, frozen, NS as to added sweetener (Include home frozen)	632-2360	1 cup	255	128
Strawberries, frozen, unsweetened	632-2361	1 berry	10.6	110
		1 cup	221	
Strawberries, frozen, with sugar	632-2362	1 cup	255	128
Ambrosia	633-0101	1 cup	193	97
Cranberry-orange relish, uncooked	633-0701	1 cup	275	34
Fruit cocktail or mix (excluding citrus fruits), raw	633-1100	1 cup	175	88
Fruit cocktail or mix (including citrus fruits), raw	633-1105	1 cup	175	88

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit cocktail, cooked or canned, NS as to added sweetener (Include tropical fruit; fruit compote; fruit salad, NFS; canned fruit, NFS; fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1111	1 cup	248	124
Fruit cocktail, cooked or canned, unsweetened, water pack (Include fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1112	1 cup	245	123
Fruit cocktail, cooked or canned, in heavy syrup (Include fruit cocktail, cooked or canned, with syrup, NS as to light or heavy syrup; fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1113	1 cup	248	124
Fruit cocktail, cooked or canned, in light syrup (Include fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1114	1 cup	242	121
Fruit cocktail, cooked or canned, drained solids (Include fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1115	1 cup	214	107
Fruit cocktail, cooked or canned, juice pack (Include fruit cocktail, mix, or salad made from a combination of cooked, canned, and raw fruits)	633-1117	1 cup	237	119
Fruit salad, Puerto Rican style (Mixture includes bananas, papayas, oranges, grapefruit, etc.) (Ensalada de frutas tropicales)	633-2010	1 cup	247	123
Apple salad with dressing (Include Waldorf salad)	634-0101	1 cup	137	69

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apple and cabbage salad with dressing	634-0102	1 cup	161	80
Apple and fruit salad with dressing	634-0103	1 cup	188	94
Apple, candied (Include caramel apples)	634-0106	1 small apple 1 medium apple 1 large apple	141 184 281	184
Banana whip	634-0201	1 cup	130	65
Prune whip	634-0203	1 cup	130	65
Fried dwarf banana with cheese, Puerto Rican style (guineos nifios con queso)	634-0205	1 banana (4" x 1-1/2" x 1-1/2")	40	120
Fruit salad (excluding citrus fruits) with salad dressing or mayonnaise	634-0295	1 cup	188	94
Fruit salad (excluding citrus fruits) with cream	634-0296	1 cup	182	91
Fruit salad (excluding citrus fruits) with cream substitute	634-0297	1 cup	175	88
Fruit salad (excluding citrus fruits) with marshmallows	634-0298	1 cup	171	86
Fruit salad (including citrus fruits) with pudding	634-0299	1 cup	182	91
Fruit salad (excluding citrus fruits) with pudding	634-0300	1 cup	182	91
Fruit salad (including citrus fruits) with salad dressing or mayonnaise	634-0301	1 cup	188	94
Fruit salad (including citrus fruit) with cream	634-0302	1 cup	182	91
Fruit salad (including citrus fruits) with cream substitute	634-0303	1 cup	175	88

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit salad (including citrus fruits) with marshmallows	634-0304	1 cup	171	86
Fruit dessert, NFS	634-0305	1 cup	175	88
Fruit dessert with cream and/or pudding and nuts	634-0310	1 cup 1 cubic inch	178 12	89
Lime souffle (Include other citrus fruits)	634-0315	1 cup	120	60
Guacamole (Include avocado dip)	634-0901	1 cup	233	29
Chutney	634-0902	1 tbsp	17	34
Cranberry salad	634-1101	1 cup	253	63
Pear salad with dressing	634-1201	1 serving (lettuce, 1/2 pear, dressing)	112	112
Pineapple salad with dressing	634-1301	1 serving (lettuce, 1 cup diced pineapple, dressing)	184	184
Pineapple salad with cream cheese	634-1302	1 serving (lettuce, 1 slice of pineapple, cream cheese)	66	66
Soup, sour cherry	634-1500	1 cup	242	121
Soup, fruit	634-1510	1 cup	242	121
Fruit juice bar, frozen, orange flavor (Include Dole Fruit 'N Juice Bar)	634-2010	1 bar (2.5 fl oz)	74	74
Fruit juice bar, frozen, flavor other than orange (Include Dole Fruit 'N Juice Bar)	634-2011	1 bar (2.5 fl oz)	74	74
Sorbet, fruit, noncitrus flavor	634-3010	1 cup	200	100

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sorbet, fruit, citrus flavor	634-3011	1 cup	200	100
Fruit juice bar with cream, frozen (Include Dole Fruit and Cream Bars)	634-3050	1 bar (2.25 fl oz)	65	
Fruit juice, NFS (Include juice, NFS)	641-0010	1 cup 1 fl oz	250 31.2	188
Fruit juice blend, 100% juice, all flavors (Include Juicy Juice, Hi-C 100)	641-0011	1 cup 1 fl oz	250 31.2	
Apple cider (Include cider, NFS; sparkling cider)	641-0101	1 cup 1 fl oz	248 31.0	186
Apple juice	641-0401	1 cup 1 fl oz	248 31.0	186
Apple juice, with added vitamin C	641-0405	1 cup 1 fl oz	248 31.0	186
Apple-cherry juice	641-0415	1 cup 1 fl oz	250 31.3	188
Apple-grape juice	641-0450	1 cup 1 fl oz	244 30.5	183
Apple-grape-raspberry juice	641-0455	1 cup 1 fl oz	250 31.2	188
Cranberry juice, unsweetened	641-0540	1 cup 1 fl oz	253 31.6	190
Cranberry-white grape juice mixture, unsweetened (Include Knudsen Cranberry Nectar)	641-0550	1 cup 1 fl oz	253 31.6	190
Grape juice, NS as to added sweetener	641-1601	1 cup 1 fl oz	250 31.2	188
Grape juice, unsweetened	641-1602	1 cup 1 fl oz	250 31.2	188

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Grape juice, with sugar	641-1603	1 cup	250	188
		1 fl oz	31.2	
Grape juice, low-calorie sweetener	641-1604	1 cup	250	188
		1 fl oz	31.2	
Grape juice, NS as to added sweetener, with added vitamin C	641-1605	1 cup	250	188
		1 fl oz	31.2	
Grape juice, unsweetened, with added vitamin C	641-1610	1 cup	250	188
		1 fl oz	31.2	
Grape juice, with sugar, with added vitamin C	641-1615	1 cup	250	188
		1 fl oz	31.2	
Papaya juice	641-2001	1 cup	247	185
		1 fl oz	30.9	
Passion fruit juice (Include yellow, Lilikoi)	641-2100	1 cup	247	185
		1 fl oz	30.9	
Pineapple juice, NS as to added sweetener	641-2401	1 cup	250	188
		1 fl oz	31.2	
Pineapple juice, unsweetened	641-2402	1 cup	250	188
		1 fl oz	31.2	
Pineapple juice, with sugar	641-2403	1 cup	252	189
		1 fl oz	31.5	
Prune juice, NS as to added sweetener	641-3201	1 cup	256	128
		1 fl oz	32.0	
Prune juice, unsweetened	641-3202	1 cup	256	128
		1 fl oz	32.0	
Prune juice, with sugar	641-3203	1 cup	258	129
		1 fl oz	32.2	
Strawberry juice	641-3250	1 cup	237	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Watermelon juice	641-3310	1 cup 1 fl oz	238 29.8	119
Fruit nectar, NFS	642-0010	1 cup 1 fl oz	251 31.4	126
Apricot nectar	642-0101	1 cup 1 fl oz	251 31.4	126
Banana nectar	642-0150	1 cup 1 fl oz	250 31.2	125
Cantaloupe nectar	642-0201	1 cup 1 fl oz	250 31.2	125
Guava nectar	642-0302	1 cup 1 fl oz	250 31.2	125
Mango nectar	642-0401	1 cup 1 fl oz	250 31.2	125
Peach nectar	642-0501	1 cup 1 fl oz	249 31.1	125
Papaya nectar	642-1001	1 cup 1 fl oz	250 31.2	125
Passion fruit nectar	642-1301	1 cup 1 fl oz	250 31.2	125
Pear nectar	642-1501	1 cup 1 fl oz	250 31.2	125
Soursop (Guanabana) nectar	642-2101	1 cup 1 fl oz	250 31.2	125
Vinegar	644-0100	1 cup	240	15
Fruit, baby food, NFS (Include junior, NFS)	671-0010	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Apple-raspberry, baby food, NS as to strained or junior (Include apple-blueberry)	671-0100	1 tbsp	16	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apple-raspberry, baby food, strained (Include apple-blueberry)	671-0101	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Apple-raspberry, baby food, junior (Include apple-blueberry)	671-0102	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Applesauce, baby food, NS as to strained or junior	671-0200	1 tbsp	16	108
Applesauce, baby food, strained	671-0201	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Applesauce, baby food, junior	671-0202	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Applesauce and pineapple, baby food, NS as to strained or junior	671-0300	1 tbsp	16	108
Applesauce and pineapple, baby food, strained	671-0301	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66
Applesauce and pineapple, baby food, junior	671-0302	1 tbsp 1 jar (7.5 oz - 7.75 oz)	16 216	108
Applesauce and apricots, baby food, NS as to strained or junior	671-0400	1 tbsp	16	108
Applesauce and apricots, baby food, strained	671-0401	1 tbsp 1 jar (4.5 oz - 4.75 oz)	16 131	66

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Applesauce and apricots, baby food, junior	671-0402	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	
Applesauce with other fruits, baby food (Include cherries)	671-0405	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Peaches, baby food, NS as to strained or junior	671-0800	1 tbsp	16	108
Peaches, baby food, strained	671-0801	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Peaches, baby food, junior	671-0802	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	
Pears, baby food, NS as to strained or junior	671-0900	1 tbsp	16	108
Pears, baby food, strained	671-0901	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Pears, baby food, junior	671-0902	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	
Apples and pears, baby food, NS as to strained or junior	671-1300	1 tbsp	16	108
Apples and pears, baby food, strained	671-1301	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Apples and pears, baby food, junior	671-1302	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pears and pineapple, baby food, NS as to strained or junior	671-1400	1 tbsp	16	108
Pears and pineapple, baby food, strained	671-1401	1 tbsp	16	66
		1 jar (4.5 oz - 4.75 oz)	131	
Pears and pineapple, baby food, junior	671-1402	1 tbsp	16	108
		1 jar (7.5 oz - 7.75 oz)	216	
Apple juice, baby food	672-0200	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Apple with other fruit juice, baby food	672-0300	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Apple-grape juice, baby food	672-0350	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Apple-prune juice, baby food	672-0370	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Mixed fruit juice, not citrus, baby food (Include baby juice, NFS)	672-0400	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Orange juice, baby food	672-0500	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Orange-apricot juice, baby food	672-0600	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Orange-pineapple juice, baby food	672-0700	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Orange-apple-banana juice, baby food	672-1100	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Pear juice, baby food	672-1200	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Pineapple juice, baby food	672-1300	1 fl oz	31	130
		1 can or bottle (4.2 fl oz)	130	
Apples and cranberries with tapioca, baby food	673-0100	1 tbsp	15	108
Plums with tapioca, baby food, NS as to strained or junior	673-0400	1 tbsp	15	108
Plums with tapioca, baby food, strained	673-0401	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Plums with tapioca, baby food, junior	673-0402	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Prunes with tapioca, baby food, NS as to strained or junior	673-0500	1 tbsp	15	108
Prunes with tapioca, baby food, strained	673-0501	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Prunes with tapioca, baby food, junior	673-0502	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ciruelas with tapioca, baby food	673-0600	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Apricots with tapioca, baby food, NS as to strained or junior	673-0700	1 tbsp	15	108
Apricots with tapioca, baby food, strained	673-0701	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Apricots with tapioca, baby food, junior	673-0702	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Bananas with tapioca, baby food, NS as to strained or junior	673-0800	1 tbsp	15	108
Bananas with tapioca, baby food, strained	673-0801	1 tbsp	15	66
		1 jar	131	
Bananas with tapioca, baby food, junior	673-0802	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Bananas and pineapple with tapioca, baby food, NS as to strained or junior	673-0900	1 tbsp	15	108
Bananas and pineapple with tapioca, baby food, strained	673-0901	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Bananas and pineapple with tapioca, baby food, junior	673-0902	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Fruit dessert with tapioca, baby food, NS as to strained or junior	674-0400	1 tbsp	15	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit dessert with tapioca, baby food, strained	674-0401	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Fruit dessert with tapioca, baby food, junior	674-0402	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Peach cobbler, baby food, NS as to strained or junior	674-0500	1 tbsp	15	108
Peach cobbler, baby food, strained	674-0501	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Peach cobbler, baby food, junior	674-0502	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Banana pudding, baby food, NS as to strained or junior	674-0800	1 tbsp	15	108
Banana pudding, baby food, strained	674-0801	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Banana pudding, baby food, junior	674-0802	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Cherry vanilla pudding, baby food	674-1000	1 tbsp	15	108
		1 jar (4.5 oz - 4.75 oz)	131	
		1 jar (7.5 oz - 7.75 oz)	216	
Dutch apple dessert, baby food, NS as to strained or junior	674-1200	1 tbsp	15	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Dutch apple dessert, baby food, strained	674-1201	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Dutch apple dessert, baby food, junior	674-1202	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Orange pudding, baby food	674-1300	1 tbsp	15	68
		1 jar (4.75 oz)	135	
Pineapple dessert, baby food, NS as to strained or junior (Include Hawaiian Delight)	674-1400	1 tbsp	15	108
Pineapple dessert, baby food, strained	674-1401	1 tbsp	15	66
		1 jar (4.5 oz - 4.75 oz)	131	
Pineapple dessert, baby food, junior	674-1402	1 tbsp	15	108
		1 jar (7.5 oz - 7.75 oz)	216	
Pineapple-orange dessert, baby food, strained	674-1406	1 tbsp	15	64
		1 jar (4.5 oz)	128	
Mango dessert with vitamin C, baby food	674-1410	1 tbsp	15	108
		1 jar (4.75 oz)	135	
Tutti-frutti pudding, baby food, NS as to strained or junior	674-1500	1 tbsp	15	110
		1 jar (4.5 oz)	128	
		1 jar (7.75 oz)	220	
Tutti-frutti pudding, baby food, strained	674-1501	1 tbsp	15	64
		1 jar (4.5 oz)	128	
Tutti-frutti pudding, baby food, junior	674-1502	1 tbsp	15	110
		1 jar (7.75 oz)	220	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, NFS	710-0010	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 long type (2-1/3" dia, 4-3/4" long, raw)	207	
		1 cup	161	
White potato, raw (assume peel not eaten)	710-0100	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 long type (2-1/3" dia, 4-3/4" long, raw)	202	
White potato, dry, powdered, not reconstituted	710-5000	1 cup, flakes, dry	55	
		1 cup, granules, dry	201	
White potato, baked, peel not eaten, NS as to fat added before serving (Include NS as to peel eaten)	711-0100	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 long type (2-1/3" dia, 4-3/4" long, raw)	161	
		1 cup	127	
		1 oz, raw, yields	18	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, baked, peel not eaten, fat not added before serving (Include NS as to peel eaten)	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 long type (2-1/3" dia, 4-3/4" long, raw)	156	
		1 cup	122	
		1 oz, raw, yields	17	
White potato, baked, peel not eaten, fat added before serving (Include NS as to peel eaten)	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 long type (2-1/3" dia, 4-3/4" long, raw)	161	
		1 cup	127	
		1 oz, raw, yields	18	
White potato, baked, peel eaten, NS as to fat added before serving	711-0110	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 long type (2-1/3" dia, 4-3/4" long, raw)	207	
		1 cup	127	
		1 oz, raw, yields	24	

FOOD DESCRIPTION	FOOD CODE	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, baked, peel eaten, fat not added before serving	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 long type (2-1/3" dia, 4-3/4" long, raw)	202	
		1 cup	122	
		1 oz, raw, yields	23	
White potato, baked, peel eaten, fat added before serving	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 long type (2-1/3" dia, 4-3/4" long, raw)	207	
		1 cup	127	
		1 oz, raw, yields	24	
White potato skins, with adhering flesh, baked	711-0115	Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	22	29
		Skin from 1 medium (2-1/4" to 3" dia, raw)	29	
		Skin from 1 large (3" to 4-1/4" dia, raw)	44	
		Skin from 1 long type (2-1/3" dia, 4-3/4" long, raw)	46	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, boiled, without peel, NS as to fat added in cooking (Include NS as to with or without peel)	711-0300	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 long type (2-1/3" dia, 4-3/4" long, raw)	207	
		1 cup	161	
		1 oz, raw, yields	24	
		1 canned potato (approx 1" dia)	36	
White potato, boiled, without peel, fat not added in cooking (Include NS as to with or without peel; mashed, no fat or milk added)	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 long type (2-1/3" dia, 4-3/4" long, raw)	202	
		1 cup	156	
		1 cup, mashed	227	
		1 oz, raw, yields	23	
		1 canned potato (approx 1" dia)	35	
White potato, boiled, without peel, fat added in cooking (Include NS as to with or without peel)	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 long type (2-1/3" dia, 4-3/4" long, raw)	207	
		1 cup	161	
		1 oz, raw, yields	24	
		1 canned potato (approx 1" dia)	36	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, boiled, with peel, NS as to fat added in cooking	711-0310	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 long type (2-1/3" dia, 4-3/4" long, raw)	240	
		1 cup	161	
		1 oz, raw, yields	27	
White potato, boiled, with peel, fat not added in cooking	711-0311	1 small (1-3/4" to 2-1/4" dia, raw)	107	142
		1 medium (2-1/4" to 3" dia, raw)	142	
		1 large (3" to 4-1/4" dia, raw)	213	
		1 long type (2-1/3" dia, 4-3/4" long, raw)	235	
		1 cup	156	
		1 oz, raw, yields	27	
White potato, boiled, with peel, fat added in cooking	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 long type (2-1/3" dia, 4-3/4" long, raw)	240	
		1 cup	161	
		1 oz, raw, yields	27	
White potato, boiled, without peel, canned, low sodium, NS as to fat added in cooking	711-0320	1 canned potato (approx 1" dia)	35	
White potato, boiled, without peel, canned, low sodium, fat not added in cooking	711-0321	1 canned potato (approx 1" dia)	35	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, boiled, without peel, canned, low sodium, fat added in cooking	711-0322	1 canned potato (approx 1" dia)	95	
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 long type (2-1/3" dia, 4-3/4" long, raw)	156	
		1 cup	122	
		1 oz, raw, yields	17	
Stewed potatoes, Puerto Rican style (Papas guisadas)	711-0600	1 small	123	163
		1 medium	163	
		1 large	247	
		1 cup	240	
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 cup	184	
Potato from Puerto-Rican style stuffed pot roast (assume with gravy)	711-0602	1 small	103	50
		1 medium	137	
		1 large	206	
		1 cup	200	
Potato from Puerto Rican beef stew (assume with gravy)	711-0605	1 small	122	58
		1 medium	160	
		1 large	238	
		1 cup	232	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Potato from Puerto Rican chicken fricassee (assume with sauce)	711-0607	1 small	123	60
		1 medium	163	
		1 large	247	
		1 cup	240	
White potato, chips (Include flavored potato chips except barbecued)	712-0101	1 chip	2	28
		1 chip, thick cut, regular	2	
		1 chip, thick cut, rippled	3	
		1 cup, regular	20	
		1 cup, crinkle cut (ruffled)	27	
		1 cup, thick cut, regular	25	
		1 cup, thick cut, rippled	39	
		1 cup, crushed	56	
		1 single serving bag	28	
White potato, chips, restructured (Include Pringles, Hearty Potato Krunch Twists, Pringles Light)	712-0110	1 chip	2	28
		1 Krunch Twist	1	
		1 cup, NFS	26	
		1 cup, loose (approx 13 chips)	26	
		1 cup, stacked (approx 20 chips)	43	
		1 cup, Krunch Twists, loose	40	
		1 cup, crushed	56	
		1 cup, Krunch Twists, crushed	70	
		1 1-inch stack (approx *14 chips*)	*28*	
White potato, chips, restructured, low fat and sodium	712-0120	1 chip	2	28
		1 cup, loose (approx 13 chips)	26	
		1 cup, stacked (approx 20 chips)	43	
		1 cup, crushed	56	
		1 1-inch stack (approx 14 chips)	28	
		1 cup, NFS	26	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, chips, unsalted	712-0200	1 chip	2	28
(Include barbecued, unsalted)		1 cup	20	
		1 cup, crushed	56	
		1 single serving bag	28	
White potato, chips, barbecued	712-0300	1 chip	1.3	28
		1 cup	25	
		1 cup, crushed	56	
		1 single serving bag	28	
Potato puffs, cheese-filled	712-0400	1 cup	70	
		1 oz (18 puffs)	28	
		1 puff	1.5	
White potato, sticks	712-0500	10 sticks	3	28
(Include french fry shaped)		1 cup	38	
		1 single serving bag	28	
White potato skins, chips	712-1100	1 chip	2	28
(Include Tato Skins baked potato, sour cream n' chives, and cheese n' bacon flavor)		1 cup, NFS	26	
		1 cup, loose	26	
		1 cup, stacked	43	
		1 1-inch stack	28	
		1 cup, crushed	91	
White potato, cooked, with sauce, NS as to sauce	713-0100	1 cup	226	113
White potato, cooked, with cheese	713-0102	1 cup	244	122
(Include au gratin)		1 5-1/2 oz package, dry, yields	822	
White potato, scalloped	713-0501	1 cup	226	113
(Include white potato, creamed)		1 5-1/2 oz package, dry, yields	822	
White potato, scalloped, with ham	713-0511	1 cup	232	116
(Include with cheese)				
White potato, french fried, NS as to from fresh or frozen	714-0100	10 strips (1" to 2")	35	57
		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		1 cup	57	
		1 oz, raw, yields	13	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, french fried, from fresh, deep fried (Include fried with skins)	714-0101	10 strips (1" to 2")	35	57
		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		1 small (1-3/4" to 2-1/4" dia, raw) yields	51	
		1 medium (2-1/4" to 3" dia, raw) yields	67	
		1 large (3" to 4-1/4" dia, raw) yields	101	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	111	
		1 cup	57	
		1 oz, raw, yields	13	
White potato, french fried, from frozen, oven baked	714-0102	10 strips (1" to 2")	35	57
		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		1 cup	57	
		1 oz, raw, yields	13	
		10 shoestring	19	
		10 straight cut	42	
		10 crinkle cut	53	
		10 steak cut/dinner fries	88	
		10 wedges	88	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, french fried, from frozen, deep fried	714-0103	10 strips (1" to 2")	35	57
(Include french fried, from frozen, NS as to deep fried or oven baked; fast food orders)		10 strips (2" to 3-1/2")	50	
		10 strips (3-1/2" to 4")	78	
		10 shoestring	19	
		10 straight cut	42	
		10 crinkle cut	53	
		1 cup	57	
		1 fast food order	85	
		1 oz, raw, yields	13	
		1 large fast food order	113	
		10 steak cut/dinner fries	88	
		10 wedges	88	
White potato, home fries	714-0300	1 small (1-3/4" to 2-1/4" dia, raw) yields	52	97
(Include fried, NFS; fried raw; cottage style; German fried; potatoes O'Brien)		1 medium (2-1/4" to 3" dia, raw) yields	70	
		1 large (3" to 4-1/4" dia, raw) yields	105	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	115	
		1 cup	194	
		1 slice	16	
		1 oz, raw, yields	13	
White potato, hash brown, NS as to from fresh, frozen, or dry mix	714-0500	1 cup	156	78
		1 patty	56	
		1 oz, raw, yields	17	
White potato, hash brown, from fresh	714-0501	1 small (1-3/4" to 2-1/4" dia, raw) yields	87	78
		1 medium (2-1/4" to 3" dia, raw) yields	116	
		1 large (3" to 4-1/4" dia, raw) yields	175	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	192	
		1 cup	156	
		1 oz, raw, yields	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, hash brown, from frozen	714-0502	1 cup	145	73
		1 oz, raw, yields	17	
		1 patty, NFS	66	
		1 oval patty (approx 4-1/2" x 2-1/4" x 1/2")	66	
		1 rectangular patty (approx 5-1/2" x 3-3/4" x 1/2")	160	
		1 oval patty (approx 3" x 1-1/2" x 1/2")	29	
		1 rectangular patty (approx 3" x 1-1/2" x 1/2")	35	
White potato, hash brown, from dry mix	714-0503	1 cup	156	78
		1 oz, dry, yields	92	
White potato, hash brown, with cheese (Include Ore Ida Cheddar Browns)	714-0510	1 cup	145	73
		1 patty	51	
White potato skins, with adhering flesh, fried	714-1000	Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	26	34
		Skin from 1 medium (2-1/4" to 3" dia, raw)	34	
		Skin from 1 large (3" to 4-1/4" dia, raw)	48	
		Skin from 1 long type (2-1/3" dia, 4-3/4" long)	53	
		1 cup	111	
		1 order (10 halves)	311	

White potato skins, with adhering flesh, fried, with cheese.....714-1050		Skin from 1 small (1-3/4" to 2-1/4" dia, raw).... 21 Skin from 1 medium (2-1/4" to 3" dia, raw)..... 28 Skin from 1 large (3" to 4-1/4" dia, raw)..... 42 Skin from 1 long type (2-1/3" dia, 4-3/4" long).....47 1 order (10 halves).....317		
White potato, mashed, NS as to made with milk only or with milk and fat.....715-0100		1 small (1-3/4" to 2-1/4" dia, raw) yields.....110 1 medium (2-1/4" to 3" dia, raw) yields.....147 1 large (3" to 4-1/4" dia, raw) yields.....220 1 long type (2-1/3" dia, 4-3/4" long, raw) yields.....243 1 cup.....210		105
White potato, mashed, made with milk.....715-0101		1 small (1-3/4" to 2-1/4" dia, raw) yields.....110 1 medium (2-1/4" to 3" dia, raw) yields.....147 1 large (3" to 4-1/4" dia, raw) yields.....220 1 long type (2-1/3" dia, 4-3/4" long, raw) yields.....243 1 cup.....210		105

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, mashed, made with milk and fat	715-0102	1 small (1-3/4" to 2-1/4" dia, raw) yields	110	105
		1 medium (2-1/4" to 3" dia, raw) yields	147	
		1 large (3" to 4-1/4" dia, raw) yields	220	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	243	
		1 cup	210	
White potato, mashed, made with fat	715-0103	1 small (1-3/4" to 2-1/4" dia, raw) yields	110	105
		1 medium (2-1/4" to 3" dia, raw) yields	147	
		1 large (3" to 4-1/4" dia, raw) yields	220	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	243	
		1 cup	210	
White potato, mashed, made from dry	715-0104	1 cup	210	105
		1 oz, dry, yields	178	
		1 cup, dry, yields	436	
White potato, mashed, made with milk, fat, and cheese	715-0105	1 small (1-3/4" to 2-1/4" dia, raw) yields	120	105
		1 medium (2-1/4" to 3" dia, raw) yields	161	
		1 large (3" to 4-1/4" dia, raw) yields	241	
		1 long type (2-1/3" dia, 4-3/4" long, raw) yields	266	
		1 cup	210	
White potato, mashed, made from dry with fat, egg, and milk (Include Pillsbury and Betty Crocker twice baked potatoes)	715-0106	1 cup	235	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, patty (Include potato croquettes)	715-0301	1 cup 1 patty (3" to 3-1/2" dia)	196 69	138
White potato, puffs (Include Ore Ida Crispy Crowns)	715-0500	1 cup 10 puffs 10 Crispy Crowns	128 79 60	128
White potato, stuffed, baked, peel not eaten, NS as to topping (Include NS as to peel eaten)	715-0700	1 long type (2-1/3" dia, 4-3/4" long, raw)	236	236
White potato, stuffed, baked, peel not eaten, stuffed with sour cream (Include NS as to peel eaten)	715-0701	1 long type (2-1/3" dia, 4-3/4" long, raw) 1 cup	236 190	236
White potato, stuffed, baked, peel not eaten, stuffed with cheese (Include NS as to peel eaten)	715-0702	1 long type (2-1/3" dia, 4-3/4" long, raw) 1 cup	206 190	206
White potato, stuffed, baked, peel not eaten, stuffed with chili (Include NS as to peel eaten)	715-0703	1 long type (2-1/3" dia, 4-3/4" long, raw) 1 cup	295 190	295
White potato, stuffed, baked, peel not eaten, stuffed with broccoli and cheese sauce (Include NS as to peel eaten)	715-0704	1 long type (2-1/3" dia, 4-3/4" long, raw) 1 cup	241 190	241
White potato, stuffed, baked, peel not eaten, stuffed with meat in cream sauce (Include NS as to peel eaten)	715-0705	1 long type (2-1/3" dia, 4-3/4" long, raw) 1 cup	225 190	225
White potato, stuffed, baked, peel eaten, NS as to topping	715-0800	1 long type (2-1/3" dia, 4-3/4" long, raw)	284	284

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, stuffed, baked, peel eaten, stuffed with sour cream	715-0801	1 long type (2-1/3" dia, 4-3/4" long, raw)	284	284
White potato, stuffed, baked, peel eaten, stuffed with cheese	715-0802	1 long type (2-1/3" dia, 4-3/4" long, raw)	254	254
White potato, stuffed, baked, peel eaten, stuffed with chili	715-0803	1 long type (2-1/3" dia, 4-3/4" long, raw)	350	350
White potato, stuffed, baked, peel eaten, stuffed with broccoli and cheese sauce	715-0804	1 long type (2-1/3" dia, 4-3/4" long, raw)	290	290
White potato, stuffed, baked, peel eaten, stuffed with meat in cream sauce	715-0805	1 long type (2-1/3" dia, 4-3/4" long, raw)	274	274
White potato, stuffed, baked, peel eaten, stuffed with bacon and cheese (Include NS as to peel eaten)	715-0806	1 long type (2-1/3" dia, 4-3/4" long, raw)	264	264
Potato salad with egg	716-0101	1 cup	193	97
Potato salad, German style	716-0201	1 cup	175	88
Potato salad	716-0301	1 cup	193	97
Potato pancake	717-0100	1 pancake (2-3/4" dia, 1/8" thick) 1 pancake (3-1/4" x 3-5/8" x 5/8" thick) 1 pancake (frozen) 1 cup	22 37 43 183	74
Potato pudding	717-0200	1 cup	228	114
Potato soup, NS as to made with milk or water	718-0100	1 cup	244	244

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Potato soup, prepared with milk	718-0101	1 cup	248	248
		1 can (10-3/4 oz), prepared	602	
Potato soup, prepared with water	718-0102	1 cup	244	244
		1 can (10-3/4 oz), prepared	593	
Macaroni and potato soup	718-0201	1 cup	244	244
Potato chowder (Include corn chowder)	718-0301	1 cup	248	248
Vichyssoise soup	718-0501	1 cup	248	248
		1 can (13 oz), ready-to eat	369	
Plantain soup, Puerto Rican style (Sopa de platano)	718-5101	1 cup	245	245
Plantain, boiled, NS as to green or ripe (Include plantain, NFS)	719-0010	1 cup	190	95
		1 medium	236	
Plantain, fried, NS as to green or ripe	719-0020	1 cup	169	85
		1 slice	40	
		1 small	152	
		1 medium	223	
		1 large	256	
Green plantains, boiled	719-0101	1 small	152	223
		1 medium	223	
		1 large	256	
		1 cup	160	
		1 cup, mashed	200	
Fried green plantain, Puerto Rican style (Tostones)	719-0111	1 small tostone	20	79
		1 medium tostone (4" x 2-1/2" x 1/4")	40	
		1 large tostone	60	
		1 plantain	158	
		1 slice	40	
		1 cup	111	
Ripe plantain, raw	719-0500	1 medium	203	203
Ripe plantain, raw	719-0500	1 medium	203	203

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ripe plantain, boiled..... (Include baked ripe plantain)	719-0501	1 small..... 1 medium..... 1 large..... 1 cup..... 1 cup, mashed.....	208 240 310 200 200	240
Fried ripe plantain, Puerto Rican style (Platano maduro frito).....	719-0511	1/2 plantain (2 slices, 4" x 3/4")..... 2" piece..... 1 small ..... 1 medium..... 1 large..... 1 cup.....	76 19 171 198 255 169	76
Plantain, ripe, rolled in flour, fried.....	719-0512	1 piece (2-1/2" long)....	45	45
Candied ripe plantain, Puerto Rican style (Platano en almibar).....	719-0521	1 serving (1/2 plantain with syrup).....	140	140
Plantain chips.....	719-0541	1 oz.....	28	
Green banana, cooked (in salt water).....	719-1011	1 small ..... 1 medium..... 1 large..... 1 cup, diced.....	54 89 109 150	89
Green banana, fried.....	719-1021	1 slice..... 1 banana..... 1 cup.....	23 90 191	90
Pickled green bananas, Puerto Rican style (Guineos verdes en escabeche).....	719-1031	1 cup.....	150	150
Cassava (yuca blanca), cooked, NS as to fat added in cooking....	719-3009	1 piece..... 1 cup, diced.....	20 137	137
Cassava (yuca blanca), cooked, fat not added in cooking.....	719-3010	1 piece..... 1 cup, diced..... 1 cup, diced.....	20 132 132	132

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cassava (yuca blanca), cooked, fat not added in cooking	719-3011	1 piece	20	
CODE DISCONTINUED 5/15/87		1 cup, diced	132	
Cassava (yuca blanca), cooked, fat added in cooking	719-3012	1 piece	20	137
		1 cup, diced	137	
Casabe, cassava bread	719-3020	1 piece (6" dia)	100	
Cassava with creole sauce, Puerto Rican style (Yuca al mojo)	719-3101	1 serving (2 pieces with sauce)	230	230
Sweetpotatoes, Puerto Rican, fried	719-4111	1 small	227	227
Swootpotatoes, Puerto Rican, boiled	719-4112	1 cup, diced	140	70
		1 small	261	
		1 medium	869	
Sweetpotatoes, Puerto Rican, roasted or baked	719-4113	1 cup	200	100
Yam, Puerto Rican (Name), cooked	719-4501	1 cup	140	70
Yam buns, Puerto Rican style (Bunuelos de name)	719-4502	1 cup	153	44
		1 medium	44	
Tannier, cooked (Include yautia)	719-5001	1 cup	190	95
		1 cup, mashed or pureed	255	
		1 small	65	
		1 medium (2" dia x 5" long)	119	
		1 large	185	
Celeriac, cooked (Include Puerto Rican apio)	719-6101	1 cup, pieces	155	78
Dasheen, boiled (Include malanga)	719-6201	1 cup, pieces	190	95
		1 cup, mashed	224	
		1 slice	40	
Taro, baked	719-6204	1 cup	132	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Starchy vegetables, Puerto Rican style, NFS (viandas)	719-7011	1 cup	195	98
Starchy vegetables, Puerto Rican style, including green or ripe plantains, tannier, yam, white sweet potato (viandas)	719-7012	1 cup	195	98
Starchy vegetables, Puerto Rican style, including yam, white sweet potato, tannier, no plantain (viandas)	719-7013	1 cup	190	95
Poi	719-8010	1 cup	240	240
Taro chips	719-8020	10 chips	23	
Beet greens, raw	721-0110	1 cup 1 leaf	38 32	19
Beet greens, cooked, NS as to fat added in cooking (Include beet greens, NFS)	721-0120	1 cup	149	75
Beet greens, cooked, fat not added in cooking	721-0121	1 cup	144	72
Beet greens, cooked, fat added in cooking	721-0122	1 cup	149	75
Chard, raw	721-0410	1 cup	36	18
Chard, cooked, NS as to fat added in cooking (Include chard, NFS)	721-0420	1 cup, stalk and leaves 1 cup, leaves only 1 cup, NFS	150 180 150	75
Chard, cooked, fat not added in cooking	721-0421	1 cup, stalk and leaves 1 cup, leaves only 1 cup, NFS	145 175 145	73

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chard, cooked, fat added in cooking	721-0422	1 cup, stalk and leaves	150	75
		1 cup, leaves only	180	
		1 cup, NFS	150	
Collards, raw	721-0710	1 cup	186	93
Collards, cooked, NS as to fat added in cooking (Include collards, NFS)	721-0720	1 cup, NS as to from fresh, frozen, or canned	175	88
		1 cup, fresh	195	
		1 cup, frozen	175	
		1 cup, canned	167	
		1 10 oz frozen package yields	257	
Collards, cooked, fat not added in cooking	721-0721	1 cup, NS as to from fresh, frozen, or canned	170	85
		1 cup, fresh	190	
		1 cup, frozen	170	
		1 cup, canned	162	
		1 10 oz frozen package yields	250	
Collards, cooked, fat added in cooking	721-0722	1 cup, NS as to from fresh, frozen, or canned	175	88
		1 cup, fresh	195	
		1 cup, frozen	175	
		1 cup, canned	167	
		1 10 oz frozen package yields	257	
Cress, raw	721-1010	1 cup	50	6
		1 sprig	1	
Cress, cooked, NS as to fat added in cooking (Include cress, NFS)	721-1020	1 cup	140	70
Cress, cooked, fat not added in cooking)	721-1021	1 cup	135	68

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cress, cooked, fat added in cooking	721-1022	1 cup	140	70
Dandelion greens, raw	721-1310	1 cup	55	28
Dandelion greens, cooked, NS as to fat added in cooking	721-1320	1 cup, chopped	110	55
Dandelion greens, cooked, fat not added in cooking	721-1321	1 cup, chopped	105	53
Dandelion greens, cooked, fat added in cooking	721-1322	1 cup, chopped	110	55
Endive, chicory, escarole, or romaine, raw	721-1600	1 cup, mixed greens	40	40
		1 cup, chicory	29	
		1 cup, romaine	30	
		1 cup, ondive	29	
		1 cup, escarole	28	
		1 leaf, romaine	13	
		1 leaf, escarole	10	
		1 leaf, endive	9	
		1 small head, romaine	303	
		1 medium head, romaine	376	
		1 large head, romaine	496	
Caesar salad (with romaine)	721-1614	1 cup	108	108
Escarole, cooked, NS as to fat added in cooking (Include escarole, NFS; endive, NFS; endive, cooked, NS as to fat added in cooking)	721-1620	1 cup	135	68
Escarole, cooked, fat not added in cooking (Include endive)	721-1621	1 cup	130	65
Escarole, cooked, fat added in cooking (Include endive)	721-1622	1 cup	135	68
Escarole, creamed	721-1623	1 cup	200	100
Greens, cooked, NS as to fat added in cooking (Include greens, NFS)	721-1820	1 cup	171	86

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Greens, cooked, fat not added in cooking	721-1821	1 cup	166	83
Greens, cooked, fat added in cooking	721-1822	1 cup	171	86
Kale, cooked, NS as to fat added in cooking (Include kale, NFS)	721-1920	1 cup, NS as to from fresh, frozen, or canned	135	68
		1 cup, fresh	135	
		1 cup, frozen	135	
		1 cup, canned	168	
		1 10 oz frozen package yields	265	
Kale, cooked, fat not added in cooking	721-1921	1 cup, NS as to from fresh, frozen, or canned	130	65
		1 cup, fresh	130	
		1 cup, frozen	130	
		1 cup, canned	163	
		1 10 oz frozen package yields	255	
Kale, cooked, fat added in cooking	721-1922	1 cup, NS as to from fresh, frozen, or canned	135	68
		1 cup, fresh	135	
		1 cup, frozen	135	
		1 cup, canned	168	
		1 10 oz frozen package yields	265	
Lambsquarter, cooked, NS as to fat added in cooking	721-2020	1 cup	185	93
Lambsquarter, cooked, fat not added in cooking	721-2021	1 cup	180	90
Lambsquarter, cooked, fat added in cooking	721-2022	1 cup	185	93
Mustard cabbage, cooked (assume no fat added in cooking)	721-2121	1 cup	170	85

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mustard greens, raw	721-2210	1 cup, NFS	56	28
		1 cup, chopped	56	
Mustard greens, cooked, NS as to fat added in cooking (Include mustard greens, NFS)	721-2220	1 cup, NS as to from fresh, frozen, or canned	155	78
		1 cup, fresh	145	
		1 cup, frozen	155	
		1 cup, canned	158	
		1 10 oz frozen package yields	219	
Mustard greens, cooked, fat not added in cooking	721-2221	1 cup, NS as to from fresh, frozen, or canned	150	75
		1 cup, fresh	140	
		1 cup, frozen	150	
		1 cup, canned	153	
		1 10 oz frozen package yields	212	
Mustard greens, cooked, fat added in cooking	721-2222	1 cup, NS as to from fresh, frozen, or canned	155	78
		1 cup, fresh	145	
		1 cup, frozen	155	
		1 cup, canned	158	
		1 10 oz frozen package yields	219	
Poke greens, cooked, NS as to fat added in cooking (Include poke greens, NFS)	721-2300	1 cup	160	80
Poke greens, cooked, fat not added in cooking	721-2301	1 cup	155	78
Poke greens, cooked, fat added in cooking	721-2302	1 cup	160	80
Spinach, raw	721-2510	1 cup	30	30
		1 leaf	10	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Spinach, cooked, NS as to fat added in cooking (Include spinach, NFS)	721-2520	1 cup, NS as to from fresh, frozen, or canned	195	98
		1 cup, fresh	185	
		1 cup, frozen, leaf	195	
		1 cup, frozen, chopped	210	
		1 cup, canned	219	
		1 10 oz frozen package yields	226	
		1 cup, frozen, NS as to leaf or chopped	210	
Spinach, cooked, fat not added in cooking	721-2521	1 cup, NS as to from fresh, frozen, or canned	190	95
		1 cup, fresh	180	
		1 cup, frozen, leaf	190	
		1 cup, frozen, chopped	205	
		1 cup, canned	214	
		1 10 oz frozen package yields	220	
		1 cup, frozen, NS as to leaf or chopped	205	
Spinach, cooked, fat added in cooking	721-2522	1 cup, NS as to from fresh, frozen, or canned	195	98
		1 cup, fresh	185	
		1 cup, frozen, leaf	195	
		1 cup, frozen, chopped	210	
		1 cup, canned	219	
		1 10 oz frozen package yields	226	
		1 cup, frozen, NS as to leaf or chopped	210	
Spinach, creamed	721-2523	1 cup	200	100
Spinach souffle	721-2524	1 cup	100	50
Spinach with cheese sauce	721-2525	1 cup	200	100
Spinach and cheese casserole (Include spinach casserole, NFS)	721-2526	1 cup	200	100

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Taro leaves, cooked (assume no fat added in cooking)	721-2600	1 cup	145	73
Thistle leaves, cooked (assume no fat added in cooking)	721-2700	1 cup	180	90
Turnip greens, cooked, NS as to fat added in cooking [Include turnip greens, NFS; turnip salad]	721-2820	1 cup, NS as to from fresh, frozen, or canned	170	85
		1 cup, fresh	149	
		1 cup, frozen, chopped	170	
		1 cup, canned	164	
		1 10 oz frozen package yields	227	
Turnip greens, cooked, fat not added in cooking	721-2821	1 cup, NS as to from fresh, frozen, or canned	165	83
		1 cup, fresh	144	
		1 cup, frozen	165	
		1 cup, canned	159	
		1 10 oz frozen package yields	220	
Turnip greens, cooked, fat added in cooking	721-2822	1 cup, NS as to from fresh, frozen, or canned	170	85
		1 cup, fresh	149	
		1 cup, frozen	170	
		1 cup, canned	164	
		1 10 oz frozen package yields	227	
Turnip greens with roots, cooked, NS as to fat added in cooking	721-2840	1 cup	168	84
Turnip greens with roots, cooked, fat not added in cooking	721-2841	1 cup	163	81
Turnip greens with roots, cooked, fat added in cooking	721-2842	1 cup	168	84

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turnip greens, canned, low sodium, cooked, NS as to fat added in cooking	721-2850	1 cup	164	82
Turnip greens, canned, low sodium, cooked, fat not added in cooking	721-2851	1 cup	159	78
Turnip greens, canned, low sodium, cooked, fat added in cooking	721-2852	1 cup	164	82
Watercress, raw	721-3010	1 cup, chopped 10 sprigs	34 25	17
Watercress, cooked (assume no fat added in cooking)	721-3020	1 cup	137	69
Bittermelon leaves, horseradish leaves, jute leaves, or radish leaves, cooked (assume no fat added in cooking)	721-3220	1 cup	123	62
Sweetpotato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked (assume no fat added in cooking)	721-3320	1 cup, sweetpotato leaves 1 cup, pumpkin leaves	64 71	32
Broccoli, raw	722-0110	1 cup, chopped 1 cup, flowerets 1 floweret 1 bunch 1 spear (5" long) 1 cup, NFS	88 71 11 608 31 80	44

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Broccoli, cooked, NS as to fat added in cooking (Include broccoli, NFS)	722-0120	1 cup, NS as to fresh or frozen	189	95
		1 cup, fresh, cut stalks	161	
		1 cup, frozen, chopped	189	
		1 cup, flowerets	102	
		1 spear (5" long)	38	
		1 floweret	10	
		1 10 oz frozen package yields	257	
		1 cup, frozen, spears	189	
Broccoli, cooked, fat not added in cooking	722-0121	1 cup, NS as to fresh or frozen	184	92
		1 cup, fresh, cut stalks	156	
		1 cup, frozen, chopped	184	
		1 cup, flowerets	97	
		1 spear (5" long)	37	
		1 floweret	10	
		1 10 oz frozen package yields	250	
		1 cup, frozen, spears	184	
Broccoli, cooked, fat added in cooking	722-0122	1 cup, NS as to fresh or frozen	189	95
		1 cup, fresh, cut stalks	161	
		1 cup, frozen, chopped	189	
		1 cup, flowerets	102	
		1 spear (5" long)	38	
		1 floweret	10	
		1 10 oz frozen package yields	257	
		1 cup, frozen, spears	189	
Broccoli, cooked, with cheese sauce	722-0123	1 cup	228	114
		1 stalk	48	
Broccoli, cooked, with mushroom sauce	722-0124	1 cup	228	114
		1 stalk	48	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Broccoli, cooked, with cream sauce	722-0125	1 cup	228	114
		1 stalk	48	
Broccoli casserole (broccoli, noodles, and cream sauce)	722-0201	1 cup	228	114
Broccoli casserole (broccoli, rice, cheese, and mushroom sauce)	722-0202	1 cup	228	114
Broccoli, batter-dipped and fried	722-0203	1 cup	85	43
Broccoli soup (Include cream of broccoli soup)	723-0200	1 cup	237	237
Escarole soup	723-0500	1 cup	245	245
Watercress soup	723-0600	1 cup	245	245
Spinach soup	723-0700	1 cup	245	245
Carrots, raw	731-0101	1 thin strip	2	28
		1 medium strip	4	
		1 large strip (3" long)	7	
		1 small (5-1/2" long)	50	
		1 medium	61	
		1 large (7-1/2" long)	72	
		1 cup, grated	110	
		1 cup, strips or slices	122	
		1 oz, raw, yields	25	
		1 cup, NFS	110	
		1 slice	3	
		1 cup, chopped	128	
Carrots, raw, salad (Include carrot-raisin salad)	731-0111	1 cup	175	88
Carrots, raw, salad with apples	731-0121	1 cup	171	86

Carrots, cooked, NS as to fat added in cooking	731-0220	1 cup, NS as to from fresh, frozen, or canned	151	76
(Include carrots, NS as to raw or cooked)		1 cup, fresh, sliced	161	
		1 cup, frozen, sliced	151	
		1 cup, canned, sliced	151	
		1 cup, mashed	233	
		1 small (5-1/2" - 6" long)	48	
		1 medium	58	
		1 large (7-1/2" long)	68	
		1 slice	2.8	
Carrots, cooked, fat not added in cooking	731-0221	1 cup, NS as to from fresh, frozen, or canned	146	73
		1 cup, fresh, sliced	156	
		1 cup, frozen, sliced	146	
		1 cup, canned, sliced	146	
		1 cup, mashed	228	
		1 small (5-1/2" - 6" long)	46	
		1 medium	56	
		1 large (7-1/2" long)	66	
		1 cup, fresh, diced	145	
		1 slice	2.8	
Carrots, cooked, fat added in cooking	731-0222	1 cup, NS as to from fresh, frozen, or canned	151	76
		1 cup, fresh, sliced	161	
		1 cup, frozen, sliced	151	
		1 cup, canned, sliced	151	
		1 cup, mashed	233	
		1 small (5-1/2" - 6" long)	48	
		1 medium	58	
		1 large (7-1/2" long)	68	
		1 slice	2.8	
Carrots, cooked, creamed	731-0223	1 cup	228	114
Carrots, cooked, glazed	731-0224	1 cup	161	80
Carrots, cooked, with cheese sauce	731-0225	1 cup	228	114

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Carrots, canned, low sodium, NS as to fat added in cooking	731-0300	1 cup, sliced 1 cup, mashed	151 233	76
Carrots, canned, low sodium, fat not added in cooking	731-0301	1 cup, sliced 1 cup, mashed	146 228	73
Carrots, canned, low sodium, fat added in cooking	731-0302	1 cup, sliced 1 cup, mashed	151 233	76
Carrot juice	731-0501	1 cup	236	118
Peas and carrots, creamed	731-1103	1 cup	244	122
Peas and carrots, cooked, NS as to fat added in cooking	731-1120	1 cup	165	83
Peas and carrots, cooked, fat not added in cooking	731-1121	1 cup	160	80
Peas and carrots, cooked, fat added in cooking	731-1122	1 cup	165	83
Peas and carrots, canned, low sodium, NS as to fat added in cooking	731-1125	1 cup	165	83
Peas and carrots, canned, low sodium, fat added in cooking	731-1126	1 cup	165	83
Peas and carrots, canned, low sodium, fat not added in cooking	731-1127	1 cup	160	80
Carrots in tomato sauce	731-1140	1 cup	176	88
Carrot chips, dried	731-1200	1 chip 1 cup	1 74	
Pumpkin, cooked, NS as to fat added in cooking	732-0100	1 cup, mashed	250	125
Pumpkin, cooked, fat not added in cooking	732-0101	1 cup	245	123
Pumpkin, cooked, fat added in cooking	732-0102	1 cup, mashed	250	125

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pumpkin fritters, Puerto Rican style	732-1011	1 fritter (2" dia)	35	70
Sweetpotato and pumpkin casserole, Puerto Rican style	732-1111	1 cup	266	133
Squash, winter type, mashed, NS as to fat or sugar added in cooking (Include squash, winter type, NFS; acorn; butternut; hubbard)	733-0100	1 cup, NS as to variety 1 cup, acorn 1 cup, butternut 1 cup, hubbard	257 262 257 253	129
Squash, winter type, mashed, no fat or sugar added in cooking (Include acorn, butternut, hubbard)	733-0101	1 cup, NS as to variety 1 cup, acorn 1 cup, butternut 1 cup, hubbard	240 245 240 236	120 120
Squash, winter type, mashed, fat added in cooking, no sugar added in cooking (Include NS as to added sugar, acorn, butternut, hubbard)	733-0102	1 cup, NS as to variety 1 cup, acorn 1 cup, butternut 1 cup, hubbard	245 250 245 241	123
Squash, winter type, mashed, fat and sugar added in cooking (Include acorn, butternut, hubbard)	733-0103	1 cup, NS as to variety 1 cup, acorn 1 cup, butternut 1 cup, hubbard	257 262 257 253	129
Squash, winter type, raw (Include pumpkin, acorn, butternut, hubbard)	733-0201	1 cup, acorn, cubed 1 cup, butternut, cubed 1 cup, hubbard, cubed 1 cup, pumpkin, cubed	140 140 116 116	
Squash, winter type, baked, NS as to fat or sugar added in cooking (Include acorn, butternut, hubbard)	733-0300	1 cup, cubes, all varieties 1/2 acorn squash 1 oz, raw, yields	210 161 14	105

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Squash, winter type, baked, no fat or sugar added in cooking (Include acorn, butternut, hubbard)	733-0301	1 cup, cubes, all varieties 1/2 acorn squash 1 oz, raw, yields	205 156 13	103
Squash, winter type, baked, fat added in cooking, no sugar added in cooking (Include NS as to added sugar, acorn, butternut, hubbard)	733-0302	1 cup, cubes, all varieties 1/2 acorn squash 1 oz, raw, yields	210 161 14	105
Squash, winter type, baked, fat and sugar added in cooking (Include acorn, butternut, hubbard)	733-0303	1 cup, cubes, all varieties 1/2 acorn squash 1 oz, raw, yields	214 165 14	107
Squash fritter or cake	733-0401	1 fritter	24	24
Squash, winter, baked with cheese	733-0501	1 cup	224	112
Squash, winter, souffle	733-0502	1 cup	157	79
Sweetpotato, NFS	734-0100	1 small (less than 1-3/4" dia, raw) 1 medium (2" dia, 5" long, raw) 1 large (larger than 2-1/4" dia, raw) 1 cup, mashed	65 119 185 205	119
Sweetpotato, baked, peel eaten, NS as to fat added before serving	734-0200	1 small 1 medium (2" dia x 5" long, raw) 1 large 1 cup 1 oz, raw, yields	82 151 236 205 24	151

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sweetpotato, baked, peel eaten, fat not added before serving	734-0201	1 small	77	146
		1 medium (2" dia x 5" long, raw)	146	
		1 large	231	
		1 cup	200	
		1 oz, raw, yields	23	
Sweetpotato, baked, peel eaten, fat added before serving	734-0202	1 small	82	151
		1 medium (2" dia x 5" long, raw)	151	
		1 large	236	
		1 cup	205	
		1 oz, raw, yields	24	
Sweetpotato, baked, peel not eaten, NS as to fat added before serving (Include NS as to peel eaten)	734-0300	1 small	65	119
		1 medium (2" dia, 5" long, raw)	119	
		1 large	185	
		1 cup, mashed	205	
		1 oz, raw, yields	20	
Sweetpotato, baked, peel not eaten, fat not added before serving (Include NS as to peel eaten)	734-0301	1 small	60	114
		1 medium (2" dia, 5" long, raw)	114	
		1 large	180	
		1 cup	200	
		1 oz, raw, yields	18	
Sweetpotato, baked, peel not eaten, fat added before serving (Include NS as to peel eaten)	734-0302	1 small	65	119
		1 medium (2" dia, 5" long, raw)	119	
		1 large	185	
		1 cup	205	
		1 oz, raw, yields	20	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sweetpotato, boiled, without peel, NS as to fat added in cooking (Include NS as to with or without peel)	734-0500	1 small	81	156
		1 medium (2" dia, 5" long, raw)	156	
		1 large	181	
		1 cup	205	
		1 oz, raw, yields	27	
Sweetpotato, boiled, without peel, fat not added in cooking (Include NS as to with or without peel)	734-0501	1 small	76	151
		1 medium (2" dia, 5" long, raw)	151	
		1 large	176	
		1 cup	200	
		1 oz, raw, yields	26	
Sweetpotato, boiled, without peel, fat added in cooking (Include NS as to with or without peel)	734-0502	1 small	81	156
		1 medium (2" dia, 5" long, raw)	156	
		1 large	181	
		1 cup	205	
		1 oz, raw, yields	27	
Sweetpotato, candied	734-0600	1 piece (1/4 medium potato)	52	98
		1 cup	196	
Sweetpotato, canned, NS as to syrup	734-0700	1 cup, pieces	196	98
		1 cup, mashed	255	
		1 cup, NFS	196	
Sweetpotato, canned without syrup	734-0701	1 cup, pieces	200	100
		1 cup, mashed	255	
		1 cup, NFS	200	
Sweetpotato, canned in syrup	734-0702	1 cup, pieces	196	98
		1 cup, mashed	255	
		1 cup, NFS	196	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sweetpotato, canned in syrup, with fat added in cooking	734-0703	1 cup, pieces	201	100
		1 cup, mashed	260	
		1 cup, NFS	201	
Sweetpotato, casserole or mashed (Include sweetpotato pudding,	734-0900	1 cup	247	124
Sweetpotato, casserole or mashed, from dried flakes	734-0901	1 cup	255	128
		1 oz, dry, yields	89	
Sweetpotato, fried	734-1011	1 cup	205	103
		1 oz, raw, yields	14	
		1 small	48	
		1 medium	92	
		1 large	146	
Sweetpotato, yellow, Puerto Rican, cooked	734-2100	1 cup	140	70
Carrot soup with rice and milk	735-0101	1 cup	245	245
Tomatoes, raw (Include plum and Italian tomatoes)	741-0100	1 small (2-2/5" dia)	91	123
		1 medium (2-3/5" dia)	123	
		1 large (3" dia)	182	
		1 cherry	17	
		1 cup, chopped or sliced	180	
		1 cup, cherry	149	
		1 thick slice (1/2" thick)	27	
		1 medium slice (1/4" thick)	20	
		1 thin slice	15	
		1 wedge (1/4 of medium tomato)	31	
		1 Italian tomato	62	
		1 plum tomato	62	
		1 oz, raw, yields	26	
Tomatoes, green, raw	741-0200	1 small	91	123
		1 medium	123	
		1 large	182	
		1 cup	180	
		1 slice or wedge	44	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tomatoes, cooked, NS as to method	742-0100	1 cup	240	120
		1 small	82	
		1 medium	111	
		1 large	164	
Tomatoes, broiled	742-0201	1 cup	240	120
		1 medium	123	
		1 large	155	
		1 slice	42	
		1 oz, raw, yields	22	
		1 small	77	
		1 cherry	14	
Tomatoes, red, fried	742-0205	1 cup	180	90
		1 small	75	
		1 medium	101	
		1 large	149	
		1 slice	36	
		1 oz, raw, yields	23	
Tomatoes, scalloped	742-0301	1 cup	235	118
Tomatoes, stewed	742-0401	1 cup	255	128
		1 tomato	114	
Tomatoes, canned, low sodium	742-0450	1 cup	240	
Tomatoes, green, cooked (Include fried)	742-0501	1 cup	180	90
		1 small	75	
		1 medium	144	
		1 large	149	
		1 slice	36	
		1 oz, raw, yields	23	
Tomato, green, pickled	742-0502	1 tomato (2-3/8" dia)	74	
		1 cup	142	
Tomato juice	743-0110	1 cup	243	182
Tomato juice, low sodium	743-0115	1 cup	243	182
Tomato juice cocktail	743-0200	1 cup	243	182
Tomato and vegetable juice, mostly tomato (Include V-8)	743-0300	1 cup	242	182

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tomato and vegetable juice, mostly tomato, low sodium	743-0310	1 cup	242	182
Tomato juice with clam or beef juice	743-0400	1 cup	242	182
Tomato catsup	744-0101	1 cup 1 packet	273 6	17
Tomato catsup, low sodium (Include low calorie and low sodium catsup)	744-0111	1 cup 1 packet	273 6	17
Tomato chili sauce (Include taco sauce, creole sauce, picante sauce, salsa)	744-0201	1 cup 1 packet	273 6	17
Tomato sauce	744-0301	1 cup	244	61
Tomato sauce, low sodium	744-0305	1 cup	244	61
Tomato paste	744-0311	1 cup	262	66
Tomato puree	744-0312	1 cup	250	63
Spaghetti sauce (Include Marinara sauce, cacciatore sauce, pizza sauce, spaghetti sauce with mushrooms)	744-0401	1 cup	250	63
Spaghetti sauce with meat, canned, no extra meat added	744-0403	1 cup	250	
Spaghetti sauce, low sodium (Include Marinara sauce, cacciatore sauce, pizza sauce, spaghetti sauce with mushrooms)	744-0405	1 cup	250	63
Tomato relish (Include tomato preserves)	744-0501	1 cup	320	20
Barbecue sauce (Include Szechuan sauce)	744-0601	1 cup	250	16
Barbecue sauce, low sodium	744-0605	1 cup	250	16
Steak sauce, tomato-base (Include A1)	744-0610	1 cup	250	16

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cocktail sauce	744-0650	1 cup	273	17
Sofrito, Puerto Rican seasoning	744-1011	1 cup	240	15
Tomato and sofrito stewing sauce, Puerto Rican style	744-1511	1 cup	240	15
Puerto Rican ground seasoning	744-2011	1 cup	240	15
Tomato aspic	745-0101	1 cup	227	114
Tomato and lima beans, cooked (assume no fat added)	745-0201	1 cup	242	121
Tomato and corn, cooked (assume no fat added)	745-0301	1 cup	242	121
Tomato and okra, cooked, NS as to fat added in cooking	745-0400	1 cup	222	111
Tomato and okra, cooked, fat not added in cooking	745-0401	1 cup	217	109
Tomato and okra, cooked, fat added in cooking	745-0402	1 cup	222	111
Tomato and onion, cooked (assume no fat added)	745-0411	1 cup	237	119
Tomato and celery, cooked (assume no fat added)	745-0415	1 cup	244	122
Tomato with corn and okra, cooked, NS as to fat added in cooking	745-0500	1 cup	217	109
Tomato with corn and okra, cooked, fat not added in cooking	745-0501	1 cup	212	106
Tomato with corn and okra, cooked, fat added in cooking	745-0502	1 cup	217	109
Tomato soup, NFS	746-0100	1 cup 1 can (10-3/4 oz), prepared	244 593	244

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tomato soup, cream of	746-0101	1 cup	248	248
(Include tomato bisque, canned tomato soup prepared with milk)		1 can (10-3/4 oz), prepared	602	
Tomato soup, prepared with water	746-0201	1 cup	244	244
		1 can (10-3/4 oz), prepared	593	
Tomato soup, canned, undiluted	746-0203	1 cup	251	
		1 can (10-3/4 oz)	305	
Tomato soup, instant type, prepared with water	746-0205	1 cup	265	265
		1 packet, prepared	199	
Tomato soup, canned, low sodium, ready-to-serve	746-0210	1 can (10.5 oz), ready-to-serve	298	244
(Include condensed prepared with water)		1 cup	244	
Tomato beef soup, prepared with water	746-0301	1 cup	244	244
Tomato beef noodle soup, prepared with water	746-0401	1 cup	244	244
		1 can (10-3/4 oz), prepared	593	
Tomato beef rice soup, prepared with water	746-0410	1 cup	244	244
		1 can (11 oz), prepared	593	
Tomato noodle soup, prepared with water	746-0450	1 cup	244	244
(Include tomato macaroni soup)				
Tomato rice soup, canned, undiluted	746-0500	1 can (11 oz), undiluted	312	
Tomato rice soup, prepared with water	746-0501	1 cup	247	247
(Include Spanish rice soup)		1 can (11 oz), prepared	600	
Tomato vegetable soup, prepared with water	746-0601	1 cup	241	241

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tomato vegetable soup with noodles, prepared with water	746-0602	1 cup	241	241
Tomato sandwich (LS)	747-0100	1 sandwich	134	134
Alfalfa sprouts, raw	751-0050	1 cup	33	17
Artichoke, Jerusalem, raw (Include sunchoke)	751-0075	1 cup	150	75
Asparagus, raw	751-0080	1 cup	134	
		1 small spear	11	
		1 medium spear	16	
		1 large spear	27	
		1 spear tip	4	
Bean sprouts, raw (soybean or mung)	751-0100	1 cup, mung	104	52
		1 cup, soybean	70	
		1 cup, NFS	104	
Beans, string, green, raw	751-0180	1 cup	110	55
		10 beans (4" long)	55	
Beans, lima, raw	751-0200	1 cup	156	78
Beets, raw	751-0250	1 cup	136	68
		1 beet (2" dia)	82	
		1 oz, raw, yields	19	
Brussels sprouts, raw	751-0275	1 cup	88	44
		1 sprout	19	
		1 oz, raw, yields	26	
Cabbage, raw	751-0300	1 cup, chopped	89	45
		1 cup, shredded	70	
		1 small head	726	
		1 medium head (5-3/4" dia)	908	
		1 small leaf	15	
		1 medium leaf	23	
		1 large leaf	33	
		1 oz, raw, yields	23	
		1 cup, NFS	89	
Cabbage, Chinese, raw	751-0400	1 cup	76	38
		1 oz, raw, yields	26	
		1 leaf	14	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cabbage, red, raw	751-0500	1 cup, chopped	89	45
		1 cup, shredded	70	
		1 small head	726	
		1 medium head	908	
		1 leaf	23	
		1 oz, raw, yields	23	
		1 cup, NFS	89	
Cactus, raw	751-0550	1 cup	118	
		1 oz	28	
		1 pad	35	
Cauliflower, raw	751-0700	1 cup	100	50
		1 floweret	13	
		1 small head (4" dia)	265	
		1 medium head (5-6" dia)	575	
		1 large head (6-7" dia)	840	
		1 oz, raw, yields	11	
Celery, raw (Include celery, NFS)	751-0900	1 small stalk (5" long)	17	40
		1 medium stalk (7-1/2" to 8" long)	40	
		1 large stalk (11" to 12" long)	64	
		1 cup, NFS	120	
		1 cup, diced	120	
		1 cup, strips	124	
		1 strip, 4" long	4	
		1 oz, raw, yields	25	
Chives, raw (Include chives, NFS)	751-0950	1 tbsp	3	3
Corn, raw	751-0960	1 cup	154	
		1 small ear (3" long)	73	
		1 medium ear (5" long)	90	
		1 large ear (8" long)	143	
		1 extra long ear (12" long)	209	
Cucumber, raw (Include cucumber, NFS)	751-1100	1 small (6-3/8" long)	158	60
		1 medium	201	
		1 large (8-1/4" long)	280	
		1 cup, sliced	119	
		1 slice	7	
		1 stick, 4" long	9	
		1 oz, raw, yields	24	
		1 cup, unpared, chopped	142	
		1 cup, pared, chopped	133	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Eggplant, raw	751-1120	1 eggplant, peeled (yield from 1.25 lb)	458	41
		1 eggplant, unpeeled (approx 1.25 lbs)	548	
		1 cup, cubes	82	
		1 oz, raw, yields	23	
Garlic, raw	751-1150	1 clove	3	3
		1 cup	136	
Jicama, raw (Include yambean)	751-1180	1 cup	130	65
		1 slice	6	
Kohlrabi, raw	751-1200	1 cup	135	68
		1 slice	16	
Lettuce, raw (Include lettuce, NFS)	751-1300	1 cup, shredded or chopped	55	55
		1 small leaf	5	
		1 medium leaf	8	
		1 large leaf	15	
		1 small head	324	
		1 medium head (6" dia)	539	
		1 large head	755	
		1 oz, raw, yields	27	
Lettuce, Boston (Include deer tongue lettuce, native lettuce, red leaf lettuce)	751-1306	1 cup, shredded or chopped	55	55
		1 small leaf	5	
		1 medium leaf	8	
		1 large leaf	15	
		1 head (5" dia)	163	
		1 oz, raw, yields	21	
Lettuce, manoa	751-1307	1 cup	50	50
		1 small leaf	7	
		1 medium leaf	10	
		1 large leaf	15	
Mushrooms, raw	751-1500	1 cup, pieces	70	35
		1 small	10	
		1 medium	18	
		1 large	23	
		1 oz, raw, yields	27	
		1 cup, whole	96	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Onions, young green, raw	751-1701	1 cup, chopped	100	15
		1 small (3" long)	5	
		1 medium (4-1/8" long)	15	
		1 large	30	
		1 oz, raw, yields	27	
Onions, mature, raw (Include red onions; onions, NFS)	751-1702	1 cup, chopped	160	14
		1 cup, sliced	115	
		1 thin slice	9	
		1 medium slice (1/8" thick)	14	
		1 large slice (1/4" thick)	38	
		1 small	70	
		1 medium (2-1/2" dia)	110	
		1 large	150	
		1 oz, raw, yields	26	
		1 cup, NFS	160	
Parsley, raw	751-1900	1 cup	60	4
		10 sprigs	10	
Peas, green, raw	751-2000	1 cup	146	73
Pepper, hot chili, raw (Include Jalapeno)	751-2100	1 pepper	45	45
		1 cup, chopped	150	
		1 oz, raw, yields	21	
		1 slice	11	
Pepper, raw, NFS (Include sweet pepper, raw, NS as to color)	751-2200	1 ring	10	3
		1 small	74	
		1 medium	119	
		1 large	164	
		1 cup, chopped	149	
		1 cup, strips	73	
		1 cup, NFS	149	
		1 cup, sliced	92	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pepper, sweet, green, raw	751-2210	1 small (5 per pound)	74	75
		1 medium (approx 2-3/4" long, 2-1/2" dia)	119	
		1 large (2.25 per pound, approx 3-3/4" long, 3" dia)	164	
		1 ring (3" dia, 1/4" thick)	10	
		10 strips	27	
		1 cup, chopped	149	
		1 cup, sliced	92	
		1 cup, NFS	149	
		1 oz, raw, yields	23	
Pepper, sweet, red, raw	751-2220	1 small (5 per pound)	74	75
		1 medium (approx 2-3/4" long, 2-1/2" dia)	119	
		1 large (2.25 per pound, approx 3-3/4" long, 3" dia)	164	
		1 ring (3" dia, 1/4" thick)	10	
		1 cup, chopped	149	
		1 cup, sliced	92	
		1 cup, NFS	149	
		1 oz, raw, yields	23	
Radish, raw	751-2500	1 small	2	58
		1 medium (3/4" to 1" dia)	4.5	
		1 large (1" to 1-1/4" dia)	9	
		1 cup, slices	116	
		1 slice	1	
		1 oz, raw, yields	26	
Rutabaga, raw	751-2700	1 small	192	70
		1 medium	386	
		1 large	772	
		1 cup	140	
		1 oz, raw, yields	24	
Seaweed, raw (Include blanched)	751-2750	1 cup	80	40
Snow peas, raw	751-2775	1 cup	145	73
		10 snowpeas	29	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Squash, summer, yellow, raw (Include squash, summer, raw, NS as to color)	751-2800	1 cup, sliced	113	57
		1 small	118	
		1 medium	196	
		1 large	323	
		1 slice	9.9	
		1 oz, raw, yields	27	
Squash, summer, green, raw (Include zucchini)	751-2801	1 cup, sliced	113	57
		1 small	118	
		1 medium	196	
		1 large	323	
		1 slice	9.9	
		1 oz, raw, yields	27	
		1 cup, chopped	124	
Turnip, raw	751-2900	1 cup	130	65
		1 slice	15	
		1 small	61	
		1 medium	122	
		1 large	193	
		1 oz, raw, yields	23	
Mixed vegetable juice (vegetables other than tomato)	751-3200	1 cup	246	123
Celery juice	751-3210	1 cup	236	118
Cabbage salad or coleslaw, with dressing	751-4100	1 cup	184	92
Cabbage salad or coleslaw with apples and/or raisins, with dressing	751-4110	1 cup	132	68
Cabbage salad or coleslaw with pineapple, with dressing	751-4120	1 cup	132	68
Cabbage, Chinese, salad, with dressing	751-4130	1 cup	76	32
Celery, stuffed with cheese	751-4150	1 small stalk (5" long)	32	
		1 medium stalk (7-1/2" - 8" long)	59	
		1 large stalk (11" - 12" long)	81	
		1 cup	134	
Cucumber and vegetable namasu	751-4200	1 cup	155	78

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cucumber salad with dressing (Include cucumbers with sour cream or mayonnaise)	751-4250	1 cup	133	67
Cucumber salad made with cucumber, oil, and vinegar (Include with onions)	751-4255	1 cup	159	80
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing (Include lettuce salad, NFS)	751-4300	1 cup	73	73
Lettuce, salad with assorted vegetables excluding tomatoes and carrots, no dressing	751-4305	1 cup	74	74
Lettuce, salad with avocado, tomato, and/or carrots, with or without other vegetables, *no dressing*	*751-4310*	*1 cup*	*87*	*87*
Lettuce, salad with cheese, tomato and/or carrots, with or without other vegetables, no dressing	751-4320	1 cup	77	77
Lettuce, salad with egg, tomato, and/or carrots, with or without other vegetables, no dressing	751-4330	1 cup	88	88
Lettuce salad with egg, cheese, tomato, and/or carrots, with or without other vegetables, no dressing	751-4335	1 garden salad 1 side salad 1 cup	236 168 79	
Lettuce, wilted, with bacon dressing	751-4410	1 cup	125	63
Seven-layer salad (lettuce salad made with a combination of onion, celery, green pepper, peas, mayonnaise, cheese, eggs, and/or bacon)	751-4500	1 cup	119	119

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetables, NS as to type, cooked, NS as to fat added in cooking	752-0010	1 cup	182	91
Vegetables, NS as to type, cooked, fat not added in cooking	752-0011	1 cup	177	88
Vegetables, NS as to type, cooked, fat added in cooking	752-0012	1 cup	182	91
Algae, dried (Include spirulina)	752-0060	1 cup	128	
Aloe vera juice	752-0070	1 cup	251	126
Artichoke, globe (French), cooked, NS as to fat added in cooking	752-0100	1 small globe 1 medium globe 1 large globe 1 cup, hearts 1 heart	103 125 157 173 28	125
Artichoke, globe (French), cooked, fat not added in cooking	752-0101	1 small globe 1 medium globe 1 large globe 1 cup, hearts 1 heart 1 leaf	100 120 152 168 27 2	120
Artichoke, globe (French), cooked, fat added in cooking	752-0102	1 small globe 1 medium globe 1 large globe 1 cup, hearts 1 heart	103 125 157 173 28	125
Artichoke salad in oil	752-0103	1 cup 1 heart	130 28	65

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Asparagus, cooked, NS as to fat added in cooking	752-0200	1 cup, NS as to from fresh, frozen, or canned	185	93
		1 cup, fresh or frozen	185	
		1 cup, canned	247	
		1 small spear	11	
		1 medium spear	16	
		1 large spear	26	
		1 spear tip	5	
		1 10 oz frozen package yields	301	
Asparagus, cooked, fat not added in cooking	752-0201	1 cup, NS as to from fresh, frozen, or canned	180	90
		1 cup, fresh or frozen	180	
		1 cup, canned	242	
		1 small spear	10	
		1 medium spear	15	
		1 large spear	25	
		1 spear tip	4	
		1 10 oz frozen package yields	293	
Asparagus, cooked, fat added in cooking	752-0202	1 cup, NS as to from fresh, frozen, or canned	185	93
		1 cup, fresh or frozen	185	
		1 cup, canned	247	
		1 small spear	11	
		1 medium spear	16	
		1 large spear	26	
		1 spear tip	5	
		1 10 oz frozen package yields	301	
Bamboo shoots, cooked (assume no fat added in cooking)	752-0300	1 cup, slices	120	30
		1 cup, canned	131	
		1 shoot, cooked	144	
Bamboo shoots, fried	752-0302	1 cup	156	39

FOOD DESCRIPTION	FOOD CODE AUGUST 1997	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, lima, immature, cooked, NS as to fat added in cooking	752-0400	1 cup, NS as to from fresh, frozen, or canned	185	93
		1 cup, fresh	175	
		1 cup, frozen	185	
		1 cup, canned	179	
		1 10 oz frozen package yields	320	
Beans, lima, immature, fat not added in cooking	752-0401	1 cup, NS as to from fresh, frozen, or canned	180	90
		1 cup, fresh	170	
		1 cup, frozen	180	
		1 cup, canned	174	
		1 10 oz frozen package yields	311	
Beans, lima, immature, cooked, fat added in cooking	752-0402	1 cup, NS as to from fresh, frozen, or canned	185	93
		1 cup, fresh	175	
		1 cup, frozen	185	
		1 cup, canned	179	
		1 10 oz frozen package yields	320	
Beans, string, cooked, NS as to color, fat added in cooking	752-0498	1 cup	140	70
Beans, string, cooked, NS as to color, fat not added in cooking	752-0499	1 cup	135	68
Beans, string, cooked, NS as to color or added fat	752-0500	1 cup	140	70
Beans, string, green, cooked, NS as to fat added in cooking (Include pole beans, Italian beans, snap beans, french cut beans)	752-0501	1 cup, NS as to from fresh, frozen, or canned	140	70
		1 cup, fresh	130	
		1 cup, frozen or canned	140	
		1 can (15.5 oz) yields	272	
		10 beans	64	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, string, green, cooked, fat not added in cooking (Include pole beans, Italian beans, snap beans, french cut beans)	752-0502	1 cup, NS as to from fresh, frozen, or canned	135	68
		1 cup, fresh	125	
		1 cup, frozen or canned	135	
		1 can (15.5 oz) yields	262	
		10 beans	62	
Beans, string, green, cooked, fat added in cooking (Include pole beans, Italian beans, snap beans, french cut beans)	752-0503	1 cup, NS as to from fresh, frozen, or canned	140	70
		1 cup, fresh	130	
		1 cup, frozen or canned	140	
		1 can (15.5 oz) yields	272	
		10 beans	64	
Beans, string, green, canned, low sodium, NS as to fat added in cooking (Include pole beans, Italian beans, snap beans, french cut beans)	752-0511	1 cup	140	70
Beans, string, green, canned, low sodium, fat not added in cooking (Include pole beans; Italian beans; snap beans; french cut beans; green beans, canned, no salt added)	752-0512	1 cup	135	68
Beans, string, green, canned, low sodium, fat added in cooking (Include pole beans, Italian beans, snap beans, french cut beans)	752-0513	1 cup	140	70
Beans, string, yellow, cooked, NS as to fat added in cooking (Include wax beans)	752-0600	1 cup, NS as to from fresh, frozen, or canned	140	70
		1 cup, fresh	130	
		1 cup, frozen or canned	140	
		1 can (15.5 oz) yields	272	
		10 beans	64	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, string, yellow, cooked, fat not added in cooking (Include wax beans)	752-0601	1 cup, NS as to from fresh, frozen, or canned	135	68
		1 cup, fresh	125	
		1 cup, frozen or canned	135	
		1 can (15.5 oz) yields	262	
		10 beans	62	
Beans, string, yellow, cooked, fat added in cooking (Include wax beans)	752-0602	1 cup, NS as to from fresh, frozen, or canned	140	70
		1 cup, fresh	130	
		1 cup, frozen or canned	140	
		1 can (15.5 oz) yields	272	
		10 beans	64	
Bean sprouts, cooked, NS as to fat added in cooking	752-0700	1 cup	129	65
Bean sprouts, cooked, fat not added in cooking	752-0701	1 cup	124	63
Bean sprouts, cooked, fat added in cooking	752-0702	1 cup	129	65
Beets, cooked, NS as to fat added in cooking	752-0800	1 cup, whole	160	88
		1 whole, fresh (2" dia)	53	
		1 whole, canned	27	
		1 slice	9	
		1 cup, NFS	175	
		1 cup, shredded	200	
		1 cup, diced	162	
		1 cup, slices	175	
Beets, cooked, fat not added in cooking	752-0801	1 cup, slices	170	85
		1 cup, whole	163	
		1 whole, fresh (2" dia)	80	
		1 whole, canned	24	
		1 slice	8	
		1 cup, NFS	170	
		1 cup, sliced	157	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beets, cooked, fat added in cooking	752-0802	1 cup, slices	175	88
		1 cup, whole	168	
		1 whole, fresh (2" dia)	53	
		1 whole, canned	27	
		1 slice	9	
		1 cup, NFS	175	
		1 cup, diced	162	
Beets, canned, low sodium, NS as to fat added in cooking	752-0810	1 cup, NFS	175	88
		1 cup, slices	175	
		1 cup, whole	168	
		1 cup, diced	175	
		1 slice	9	
Beets, canned, low sodium, fat not added in cooking	752-0811	1 cup, NFS	170	85
		1 cup, slices	170	
		1 cup, whole	163	
		1 cup, diced	170	
		1 slice	0	
Beets, canned, low sodium, fat added in cooking	752-0812	1 cup, NFS	175	88
		1 cup, slices	175	
		1 cup, whole	168	
		1 cup, diced	175	
		1 slice	9	
Bitter melon, cooked, NS as to fat added in cooking (Include Balsam pear)	752-0829	1 cup	129	65
Bitter melon, cooked, fat not added in cooking (Include Balsam pear)	752-0830	1 cup	124	62
Bitter melon, cooked, fat added in cooking (Include Balsam pear)	752-0831	1 cup	129	65
Breadfruit, cooked (assume no fat added in cooking) (Include pana)	752-0850	1 cup	252	126
		1 piece	32	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Breadfruit, fried (tostones)	752-0852	1 cup	170	95
		1 tostone	30	
Brussels sprouts, cooked, NS as to fat added in cooking	752-0900	1 cup	161	80
		1 sprout	22	
Brussels sprouts, cooked, fat not added in cooking	752-0901	1 cup	156	78
		1 sprout	21	
Brussels sprouts, cooked, fat added in cooking	752-0902	1 cup	161	80
		1 sprout	22	
Burdock, cooked (assume no fat added in cooking) (Include gobo)	752-0950	1 cup	125	63
		1 root	166	
Cabbage, Chinese, cooked, NS as to fat added in cooking (Include bok choy)	752-1000	1 cup	175	89
		1 leaf	15	
Cabbage, Chinese, cooked, fat not added in cooking (Include bok choy)	752-1001	1 cup	170	85
		1 leaf	14	
Cabbage, Chinese, cooked, fat added in cooking (Include bok choy)	752-1002	1 cup	175	88
		1 leaf	15	
Cabbage, green, cooked, NS as to fat added in cooking (Include cabbage, NFS)	752-1101	1 cup	155	78
		1 small head	721	
		1 medium head	901	
		1 large head	1,262	
		1 small leaf	14	
		1 medium leaf	22	
		1 large leaf	32	
Cabbage, green, cooked, fat not added in cooking	752-1102	1 cup	150	75
		1 small head	697	
		1 medium head	872	
		1 large head	1,220	
		1 small leaf	13	
		1 medium leaf	21	
		1 large leaf	31	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cabbage, green, cooked, fat added in cooking	752-1103	1 cup	155	78
		1 small head	721	
		1 medium head	901	
		1 large head	1,262	
		1 small leaf	14	
		1 medium leaf	22	
		1 large leaf	32	
Cabbage, red, cooked, NS as to fat added in cooking	752-1200	1 cup	155	78
		1 small head	721	
		1 medium head	901	
		1 large head	1,262	
		1 leaf	22	
Cabbage, red, cooked, fat not added in cooking	752-1201	1 cup	150	75
		1 small head	697	
		1 medium head	872	
		1 large head	1,220	
		1 leaf	21	
Cabbage, red, cooked, fat added in cooking	752-1202	1 cup	155	78
		1 small head	721	
		1 medium head	901	
		1 large head	1,262	
		1 leaf	22	
Cabbage, savoy, cooked, NS as to fat added in cooking	752-1300	1 cup	150	75
Cabbage, savoy, cooked, fat not added in cooking	752-1301	1 cup	145	73
Cabbage, savoy, cooked, fat added in cooking	752-1302	1 cup	150	75
Cactus, cooked, NS as to fat added in cooking	752-1310	1 cup	154	77
		1 pad	30	
		1 oz, raw, peeled (yield after cooking)	25	
		1 oz, raw, with peel (yield after cooking, peel removed)	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cactus, cooked, fat not added in cooking	752-1311	1 cup	149	75
		1 pad	29	
		1 oz, raw, peeled (yield after cooking)	24	
		1 oz, raw, with peel (yield after cooking, peel removed)	14	
Cactus, cooked, fat added in cooking	752-1312	1 cup	154	77
		1 pad	30	
		1 oz, raw, peeled (yield after cooking)	25	
		1 oz, raw, with peel (yield after cooking, peel removed)	15	
Cassava, cooked (assume no fat added in cooking)	752-1362	1 cup	200	103
CODE DISCONTINUED 2/20/87				
Cauliflower, cooked, NS as to fat added in cooking	752-1400	1 cup, NS as to from fresh or frozen	185	93
		1 cup, fresh	129	
		1 cup, frozen	185	
		1 cup, flowerets	149	
		1 small head (4" dia)	267	
		1 medium head (5-6" dia)	580	
		1 large head (6-7" dia)	848	
		1 floweret	23	
Cauliflower, cooked, fat not added in cooking	752-1401	1 cup, NS as to from fresh or frozen	180	90
		1 cup, fresh	124	
		1 cup, frozen	180	
		1 cup, mashed	169	
		1 cup, flowerets	144	
		1 small head (4" dia)	257	
		1 medium head (5-6" dia)	558	
		1 large head (6-7" dia)	815	
		1 floweret	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cauliflower, cooked, fat added in cooking	752-1402	1 cup, NS as to from fresh or frozen	185	93
		1 cup, fresh	129	
		1 cup, frozen	185	
		1 cup, flowerets	149	
		1 small head (4" dia)	267	
		1 medium head (5-6" dia)	580	
		1 large head (6-7" dia)	648	
		1 floweret	23	
Celery, cooked, NS as to fat added in cooking	752-1500	1 cup, diced	155	78
		1 small stalk (5" long)	16	
		1 medium (7 1/2"-8" long)	38	
		1 large stalk (11"-12" long)	60	
Celery, cooked, fat not added in cooking	752-1501	1 cup, diced	150	75
		1 small stalk (5" long)	15	
		1 medium stalk (7 1/2"-8" long)	36	
		1 large stalk (11"-12 long)	58	
Celery, cooked, fat added in cooking	752-1502	1 cup, diced	155	78
		1 small stalk (5" long)	16	
		1 medium stalk (7 1/2"-8" long)	38	
		1 large stalk (11"-12" long)	60	
Chives, dried or dehydrated	752-1550	1 cup	15	1
Christophine, cooked (assume no fat added in cooking) (Include chayote)	752-1551	1 cup	160	80
		1 small	113	
		1 medium	226	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn, cooked, NS as to color or fat added in cooking	752-1600	1 cup	169	85
		10 oz frozen package yields	283	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, cooked, NS as to color, fat not added in cooking	752-1601	1 cup	164	82
		10 oz frozen package yields	275	
		1 small ear (3" long)	63	
		1 medium ear (5" long)	77	
		1 large ear (8" long)	123	
		1 extra-large ear (12" long)	180	
Corn, cooked, NS as to color, fat added in cooking	752-1602	1 cup	169	85
		10 oz frozen package yields	283	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, NS as to color, cream style	752-1605	1 cup	256	128
Corn, dried, cooked	752-1607	1 oz	28	
		1 cup, cooked	162	
		1 cup, dry, yields	406	
		1 oz, dry, yields	91	
Corn, yellow, cooked, NS as to fat added in cooking	752-1610	1 cup	169	85
		10 oz frozen package yields	281	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn, yellow, cooked, fat not added in cooking	752-1611	1 cup	164	82
		10 oz frozen package yields	273	
		1 small ear (3" long)	63	
		1 medium ear (5" long)	77	
		1 large ear (8" long)	123	
		1 extra-large ear (12" long)	180	
Corn, yellow, cooked, fat added in cooking	752-1612	1 cup	169	85
		10 oz frozen package yields	281	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, yellow, cream style	752-1615	1 cup	256	128
Corn, yellow and white, cooked, NS as to fat added in cooking	752-1616	1 cup	169	85
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, yellow and white, cooked, fat not added in cooking	752-1617	1 cup	164	82
		1 small ear (3" long)	63	
		1 medium ear (5" long)	77	
		1 large ear (8" long)	123	
		1 extra-large ear (12" long)	180	
Corn, yellow and white, cooked, fat added in cooking	752-1618	1 cup	169	85
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, yellow, cream style, fat added in cooking	752-1619	1 cup	261	130

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn, white, cooked, NS as to fat added in cooking	752-1620	1 cup	169	85
		10 oz frozen package yields	281	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, white, cooked, fat not added in cooking	752-1621	1 cup	164	82
		10 oz frozen package yields	273	
		1 small ear (3" long)	63	
		1 medium ear (5" long)	77	
		1 large ear (8" long)	123	
		1 extra-large ear (12" long)	180	
Corn, white, cooked, fat added in cooking	752-1622	1 cup	169	85
		10 oz frozen package yields	281	
		1 small ear (3" long)	65	
		1 medium ear (5" long)	79	
		1 large ear (8" long)	127	
		1 extra-large ear (12" long)	186	
Corn, white, cream style	752-1625	1 cup	256	128
Corn, yellow, canned, low sodium, NS as to fat added in cooking (Include corn, canned, no salt added)	752-1630	1 cup	169	85
Corn, yellow, canned, low sodium, fat not added in cooking (Include corn, canned, no salt added)	752-1631	1 cup	164	82
Corn, yellow, canned, low sodium, fat added in cooking (Include corn, canned, no salt added)	752-1632	1 cup	169	85

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cucumber, cooked, NS as to fat added in cooking	752-1670	1 cup	185	93
Cucumber, cooked, fat not added in cooking	752-1671	1 cup	190	90
Cucumber, cooked, fat added in cooking	752-1672	1 cup 1 slice	185 4	93
Eggplant, cooked, NS as to fat added in cooking	752-1700	1 cup, cubes 1 cup, diced 1 slice 1 cup, NFS	101 205 55 101	50
Eggplant, cooked, fat not added in cooking	752-1701	1 cup, cubes 1 cup, diced 1 slice 1 cup, NFS	96 200 54 96	48
Eggplant, cooked, fat added in cooking	752-1702	1 cup, cubes 1 cup, diced 1 slice 1 cup, NFS	101 205 55 101	50
Fern shoots, cooked, NS as to fat added in cooking (Include fiddle heads)	752-1719	1 cup	147	74
Fern shoots, cooked, fat not added in cooking (Include fiddle heads)	752-1720	1 cup	142	71
Fern shoots, cooked, fat added in cooking (Include fiddle heads)	752-1721	1 cup	147	74
Flowers or blossoms of sesbania, squash, or lily (assume no fat added in cooking)	752-1730	1 cup	104	52
Garlic, cooked	752-1740	1 clove	2	
Hominy, cooked, NS as to fat added in cooking	752-1749	1 cup	170	85

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Hominy, cooked, fat not added in cooking	752-1750	1 cup	165	83
Hominy, cooked, fat not added in cooking CODE DISCONTINUED 6/11/87	752-1751	1 cup	165	
Hominy, cooked, fat added in cooking	752-1752	1 cup	170	
Horseradish (marong-gay), pods, cooked (assume no fat added in cooking)	752-1771	1 cup	118	59
Kohlrabi, cooked (assume no fat added in cooking)	752-1801	1 cup	165	83
Lotus root, cooked (assume no fat added in cooking)	752-1850	1 cup 10 slices	120 89	60
Mushrooms, cooked, NS as to fat added in cooking	752-1900	1 cup 1 small 1 medium 1 large 8 caps	161 7 13 18 48	80
Mushrooms, cooked, fat not added in cooking	752-1901	1 cup 1 small 1 medium 1 large 8 caps	156 7 12 16 47	78
Mushrooms, cooked, fat added in cooking	752-1902	1 cup 1 small 1 medium 1 large 8 caps	161 7 13 18 48	80
Mushroom, Oriental, dried (Include shiitake)	752-1910	1 cup	145	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Okra, cooked, NS as to fat added in cooking	752-2000	1 cup, NS as to from fresh, frozen, or canned	189	95
		1 cup, fresh	165	
		1 cup, frozen	189	
		1 cup, canned	172	
		1 10 oz frozen package yields	262	
		1 pod	12	
Okra, cooked, fat not added in cooking	752-2001	1 cup, NS as to from fresh, frozen, or canned	184	92
		1 cup, fresh	160	
		1 cup, frozen	184	
		1 cup, canned	167	
		1 10 oz frozen package yields	255	
		1 pod	10.6	
Okra, cooked, fat added in cooking	752-2002	1 cup, NS as to from fresh, frozen, or canned	189	95
		1 cup, fresh	165	
		1 cup, frozen	189	
		1 cup, canned	172	
		1 10 oz frozen package yields	262	
		1 pod	12	
Lettuce, cooked (assume no fat added in cooking)	752-2005	1 cup	81	
Luffa (Chinese okra), cooked (assume no fat added in cooking)	752-2010	1 cup	178	89
		1 small	96	
		1 medium	153	
		1 large	199	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Onions, mature, cooked, NS as to fat added in cooking (Include onions, NS as to mature, pearl, or young)	752-2100	1 cup	215	108
		1 small	61	
		1 medium	96	
		1 large	130	
		1 thin slice	8	
		1 medium slice (1/8" thick)	12	
		1 large slice (1/4" thick)	33	
Onions, mature, cooked, fat not added in cooking (Include onions, NS as to mature, pearl, or young)	752-2101	1 cup	210	105
		1 small	60	
		1 medium	94	
		1 large	128	
		1 thin slice	8	
		1 medium slice (1/8" thick)	12	
		1 large slice (1/4" thick)	32	
Onions, mature, cooked or sauteed, fat added in cooking (Include onions, NS as to mature, pearl, or young)	752-2102	1 cup	215	108
		1 small	61	
		1 medium	96	
		1 large	130	
		1 thin slice	8	
		1 medium slice (1/8" thick)	12	
		1 large slice (1/4" thick)	33	
Onions, pearl, cooked (Include pickled or cocktail onions)	752-2103	1 cup	185	93
		1 pearl onion	15	
Onion, young green, cooked, NS as to fat added in cooking	752-2104	1 cup	224	30
		1 small (3" long)	5	
		1 medium (4-1/8" long)	15	
		1 large	29	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Onions, young green, cooked, fat not added in cooking	752-2105	1 cup	219	28
		1 small (3" long)	5	
		1 medium (4-1/8" long)	14	
		1 large	28	
Onion, young green, cooked, fat added in cooking	752-2106	1 cup	224	30
		1 small (3" long)	5	
		1 medium (4-1/8" long)	15	
		1 large	29	
Onion, dehydrated	752-2110	1 cup	56	4
Palm hearts, cooked (assume fat not added in cooking)	752-2116	1 cup	146	
		1 heart (3-1/4" long)	38	
Parsley, cooked (assume fat not added in cooking)	752-2121	10 sprigs	12	
		1 cup	86	
Parsnips, cooked, NS as to fat added in cooking	752-2200	1 cup, pieces	161	80
		1 cup, mashed	215	
		1 small (6" long)	36	
		1 medium	101	
		1 large (9" long)	165	
		1 cup, NFS	161	
Parsnips, cooked, fat not added in cooking	752-2201	1 cup, pieces	156	78
		1 cup, mashed	210	
		1 small (6" long)	35	
		1 medium	98	
		1 large (9" long)	160	
		1 cup, NFS	156	
Parsnips, cooked, fat added in cooking	752-2202	1 cup, pieces	161	80
		1 cup, mashed	215	
		1 small (6" long)	36	
		1 medium	101	
		1 large (9" long)	165	
		1 cup, NFS	161	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, NS as to fat added in cooking	752-2300	1 cup, NS as to from fresh or frozen	175	88
(Include crowder peas, pink-eyed peas, purple hull peas)		1 cup, fresh	170	
		1 cup, frozen	175	
		1 cup, canned	185	
Peas, cowpeas, field peas, or blackeye peas (not dried) cooked, fat not added in cooking	752-2301	1 cup, NS as to from fresh or frozen	170	85
(Include crowder peas, pink-eyed peas, purple hull peas)		1 cup, fresh	165	
		1 cup, frozen	170	
		1 cup, canned	160	
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, fat added in cooking	752-2302	1 cup, NS as to from fresh or frozen	175	88
(Include crowder peas, pink-eyed peas, purple hull peas)		1 cup, fresh	170	
		1 cup, frozen	175	
		1 cup, canned	185	
Peas, green, cooked, NS as to fat added in cooking	752-2401	1 cup, NS as to from fresh, frozen, or canned	165	83
		1 cup, fresh or frozen	165	
		1 cup, canned	175	
		1 10 oz frozen package yields	261	
Peas, green, cooked, fat not added in cooking	752-2402	1 cup, NS as to from fresh, frozen, or canned	160	80
		1 cup, fresh or frozen	160	
		1 cup, canned	170	
		1 10 oz frozen package yields	253	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peas, green, cooked, fat added in cooking	752-2403	1 cup, NS as to from fresh, frozen, or canned	165	83
		1 cup, fresh or frozen	165	
		1 cup, canned	175	
		1 10 oz frozen package yields	261	
Peas, green, canned, low sodium, NS as to fat added in cooking	752-2411	1 cup	175	88
Peas, green, canned, low sodium, fat not added in cooking	752-2412	1 cup	170	85
Peas, green, canned, low sodium, fat added in cooking	752-2413	1 cup	175	88
Pigeonpeas, cooked (assume no fat added in cooking)	752-2501	1 cup	153	77
Peppers, green, cooked, NS as to fat added in cooking (Include peppers, NS as to color)	752-2600	1 cup	141	71
		1 cherry pepper	16	
		1 small pepper	74	
		1 medium pepper (2-3/4" long, 2-1/2" dia)	118	
		1 large pepper (3-3/4" long, 3" dia)	163	
Peppers, green, cooked, fat not added in cooking (Include peppers, NS as to color)	752-2601	1 cup	136	69
		1 cherry pepper	15	
		1 small pepper	71	
		1 medium pepper (2-3/4" long, 2-1/2" dia)	114	
		1 large pepper (3-3/4" long, 3" dia)	157	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peppers, green, cooked, fat added in cooking (Include peppers, NS as to color)	752-2602	1 cup	141	71
		1 cherry pepper	16	
		1 small pepper	74	
		1 medium pepper (2-3/4" long, 2-1/2" dia)	118	
		1 large pepper (3-3/4" long, 3" dia)	163	
		10 strips	55	
Peppers, red, cooked, fat not added in cooking	752-2605	1 cup	136	68
		1 small pepper	71	
		1 medium pepper (2-3/4" long, 2-1/2" dia)	114	
		1 large pepper (3-3/4" long, 3" dia)	157	
Peppers, red, cooked, fat added in cooking	752-2606	1 cup	141	71
		1 small pepper	74	
		1 medium pepper (2-3/4" long, 2-1/2" dia)	118	
		1 large pepper (3-3/4" long, 3" dia)	163	
		10 strips	55	
Peppers, hot, cooked, NS as to fat added in cooking (Include Tuscan peppers, Jalapeno, chili peppers)	752-2609	1 cup, chopped	141	9
		1 pepper	76	
Peppers, hot, cooked, fat not added in cooking (Include Tuscan peppers, Jalapeno, chili peppers)	752-2610	1 cup, chopped	136	9
		1 pepper	43	
Peppers, hot, cooked, fat added in cooking (Include Tuscan peppers, Jalapeno, chili peppers)	752-2611	1 cup, chopped	141	9
		1 pepper	45	
Pimientos, cooked (assume no fat added in cooking)	752-2670	1 cup	184	12
		1 pimiento	40	
Radish, Japanese (daikon), cooked (assume no fat added in cooking)	752-2710	1 cup	147	74

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Rutabaga, cooked, NS as to fat added in cooking	752-2800	1 cup, pieces	175	88
		1 cup, mashed	245	
		1 small	184	
		1 medium	370	
		1 large	739	
		1 cup, NFS	175	
Rutabaga, cooked, fat not added in cooking	752-2801	1 cup, pieces	170	85
		1 cup, mashed	240	
		1 small	179	
		1 medium	359	
		1 large	718	
		1 cup, NFS	170	
Rutabaga, cooked, fat added in cooking	752-2802	1 cup, pieces	175	88
		1 cup, mashed	245	
		1 small	184	
		1 medium	370	
		1 large	739	
		1 cup, NFS	176	
Salsify (vegetable oyster), cooked (assume no fat added in cooking)	752-2901	1 cup	135	68
Sauerkraut, cooked, NS as to fat added in cooking	752-3000	1 cup	142	71
Sauerkraut, cooked, fat not added in cooking	752-3001	1 cup	142	71
Sauerkraut, cooked, fat added in cooking	752-3002	1 cup	147	74
Sauerkraut, canned, low sodium	752-3010	1 cup	142	71
Snowpeas (pea pods), cooked, NS as to fat added in cooking	752-3100	1 cup	165	53
		1 10 oz frozen package yields	261	
		10 snowpeas	27	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Snowpeas (pea pods), cooked, fat not added in cooking	752-3101	1 cup	160	80
		1 10 oz frozen package yields	253	
		10 snowpeas	26	
Snowpeas (pea pods), cooked, fat added in cooking	752-3102	1 cup	165	83
		1 10 oz frozen package yields	261	
		10 snowpeas	27	
Seaweed, dried (Include sea moss, kelp)	752-3200	1 cup	15	1
		1 strip	0.5	
Seaweed, prepared with soy sauce	752-3205	1 cup	96	48
Squash, summer, cooked, NS as to fat added in cooking (Include yellow squash; zucchini; squash, NS as to summer or winter)	752-3300	1 cup, slices	185	93
		1 cup, diced	215	
		1 cup, mashed	245	
		1 small	189	
		1 medium	352	
		1 large	529	
		1 cup, NFS	185	
		1 slice	8	
Squash, summer, cooked, fat not added in cooking (Include yellow squash; zucchini; squash, NS as to summer or winter)	752-3301	1 cup, NFS	180	90
		1 cup, slices	180	
		1 cup, diced	210	
		1 cup, mashed	240	
		1 small	184	
		1 medium	342	
		1 large	514	
		1 slice	8	
Squash, summer, cooked, fat added in cooking (Include yellow squash; zucchini; squash, NS as to summer or winter)	752-3302	1 cup, slices	185	93
		1 cup, diced	215	
		1 cup, mashed	245	
		1 small	189	
		1 medium	352	
		1 large	529	
		1 cup, NFS	185	
		1 slice	12	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sequin (Portuguese squash), cooked (assume no fat added in cooking)	752-3351	1 cup	180	90
Turnip, cooked, NS as to fat added in cooking	752-3400	1 cup, pieces	161	80
		1 cup, mashed	235	
		1 small	60	
		1 medium	120	
		1 large	180	
		1 cup, NFS	161	
Turnip, cooked, fat not added in cooking	752-3401	1 cup, pieces	156	78
		1 cup, mashed	230	
		1 small	58	
		1 medium	116	
		1 large	174	
		1 cup, NFS	156	
Turnip, cooked, fat added in cooking	752-3402	1 cup, pieces	161	80
		1 cup, mashed	235	
		1 small	60	
		1 medium	120	
		1 large	180	
		1 cup, NFS	161	
Water chestnut	752-3500	1 cup	158	20
		1 medium	10	
Winter melon, cooked (Include Chinese melon, Togan)	752-3575	1 cup	175	88
Yeast (Include brewers yeast)	752-3600	1 tbsp, dry	8	8
Yeast extract spread (Include Vegemite, Marmite, Promite)	752-3650	1 tsp	6	
Beans, lima and corn (succotash), cooked (assume no fat added in cooking)	753-0111	1 cup	192	96

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, green string, with tomatoes, cooked (assume no fat added in cooking) (Include beans, green string, with tomato-based sauce)	753-0201	1 cup	148	74
Beans, green string, with onions, cooked, fat not added in cooking	753-0202	1 cup	146	73
Beans, green string, with chickpeas, cooked (assume no fat added in cooking)	753-0203	1 cup	134	67
Beans, green string, with almonds, cooked (assume no fat added in cooking)	753-0204	1 cup	122	61
Beans, green, and potatoes, cooked, fat not added in cooking	753-0205	1 cup	138	69
Beans, green, with pinto beans, cooked (assume no fat added in cooking) (Include with Shellie beans)	753-0206	1 cup	136	68
Beans, green, with spaetzel, cooked (assume no fat added in cooking)	753-0207	1 cup	147	74
Bean salad, yellow and/or green string beans (Include three bean salad)	753-0208	1 cup	150	75
Beans, green string, with onions, NS as to fat added in cooking	753-0220	1 cup	151	76
Beans, green string, with onions, fat added in cooking	753-0221	1 cup	151	76
Beans, green, and potatoes, cooked, NS as to fat added in cooking	753-0250	1 cup	143	72
Beans, green, and potatoes, cooked, fat added in cooking	753-0251	1 cup	143	72

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn with peppers, red or green, cooked (assume no fat added in cooking) (Include Mexican style corn)	753-0301	1 cup	178	89
Eggplant in tomato sauce, cooked (assume no fat added in cooking)	753-0601	1 cup	231	116
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, NS as to fat added in cooking	753-1100	1 cup 1 10 oz frozen package yields	187 283	94
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat not added in cooking	753-1101	1 cup 1 10 oz frozen package yields	182 275	91
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat added in cooking	753-1102	1 cup 1 10 oz frozen package yields	187 283	94
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium NS as to fat added in cooking	753-1110	1 cup	187	94
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium, fat not added in cooking	753-1111	1 cup	182	91
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium, fat added in cooking	753-1112	1 cup	187	94
Peas and corn, cooked, NS as to fat added in cooking	753-1500	1 cup	167	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peas and corn, cooked, fat not added in cooking	753-1501	1 cup	162	81
Peas and corn, cooked, fat added in cooking	753-1502	1 cup	167	
Peas and corn, cooked, fat added in cooking CODE DISCONTINUED 5/11/87	753-1503	1 cup	167	
Peas and onions, cooked, NS as to fat added in cooking	753-1510	1 cup	185	
Peas and onions, cooked, fat not added in cooking	753-1511	1 cup	180	90
Peas and onions, cooked, fat added in cooking	753-1512	1 cup	185	93
Peas with mushrooms, cooked (assume no fat added in cooking)	753-1521	1 cup	159	80
Cowpeas with snap beans, cooked (assume no fat added in cooking)	753-1525	1 cup	138	69
Peas and potatoes, cooked (assume no fat added in cooking)	753-1530	1 cup	158	79
Squash, summer, and onions, cooked (assume no fat added in cooking)	753-1600	1 cup	185	93
Zucchini with tomato sauce, cooked (assume no fat added in cooking) (Include summer squash with tomato sauce or tomatoes, zucchini with tomatoes)	753-1601	1 cup	233	117
Squash, summer, and onions, cooked, fat added in cooking	753-1602	1 cup	190	95
Ratatouille	753-1605	1 cup	214	107

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegatable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, NS as to fat added in cooking	753-4010	1 cup	146	73
Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat not added in cooking	753-4011	1 cup	141	70
Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat added in cooking	753-4012	1 cup	146	73
Jai, Monk's Food (mushrooms, lily roots, bean curd, water chestnuts)	753-4020	1 cup	168	94
Pinacbet (eggplant with tomatoes, bitter melon, etc.)	753-4030	1 cup	214	107
Vegetable mixture, dried (Include Salad Crunchies)	753-6500	1 tbsp	6	
Artichokes, stuffed	754-0050	1 stuffed globe 10 stuffed leaves yields 1 cup yields	251 42 59	251
Asparagus, creamed or with cheese sauce	754-0101	1 cup	235	118
Beans, lima, immature, creamed or with cheese sauce	754-0201	1 cup	228	114
Beans, lima, immature, with mushroom sauce	754-0202	1 cup	228	114
Beans, string, green, creamed or with cheese sauce (Include string beans in sauce, NFS)	754-0301	1 cup	228	114
Beans, string, green, with mushroom sauce (Include green bean casserole, NFS)	754-0302	1 cup	228	114

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, string, yellow, creamed or with cheese sauce	754-0401	1 cup	228	114
Beets with Harvard sauce	754-0501	1 cup	246	123
Brussels sprouts, creamed	754-0601	1 cup	228	114
		1 sprout	23	
Cabbage, creamed	754-0701	1 cup	200	100
Cauliflower, creamed (Include with cheese sauce)	754-0901	1 cup	228	114
		1 floweret	32	
Cauliflower, batter-dipped, fried (Include breaded, fried)	754-0902	1 cup	85	43
Celery, creamed	754-1001	1 cup	228	114
Chiles rellenos	754-1050	1 chili	143	143
		1 cup	176	
Corn, scalloped or pudding (Include corn souffle)	754-1101	1 cup	214	107
Corn fritter	754-1102	1 cup	107	35
		1 fritter	35	
Corn with cream sauce	754-1103	1 cup	228	114
Eggplant, batter-dipped, fried	754-1201	1 cup	220	110
		1 slice (3" dia, 1/2" thick)	50	
		1 eggplant, yields	340	
		1 cubic inch	6.3	
Eggplant parmesan casserole, regular	754-1206	1 cup	198	99
		1 slice (3" dia, 1/2" thick)	44	
		1 cubic inch	10	
Eggplant parmesan casserole, low-calorie	754-1207	1 cup	198	99
Kohlrabi, creamed	754-1301	1 cup	187	94
Mushrooms, creamed	754-1401	1 cup	217	109

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mushrooms, stuffed	754-1402	1 stuffed cap	24	24
		1 cup	190	
Mushrooms, batter-dipped, fried	754-1403	1 small	8	
		1 medium	14	
		1 large	18	
		1 cup	134	
Okra, batter-dipped, fried (Include cornmeal-dipped, fried)	754-1450	1 cup	92	46
		10 pieces	75	
Onions, creamed	754-1501	1 cup	228	114
Onion rings, batter-dipped, fried	754-1502	10 small rings (1" - 2" dia)	48	60
		10 medium rings (2" - 3" dia)	60	
		10 large rings (3" - 4" dia)	71	
		1 cup	48	
		1 fast food order	86	
Parsnips, creamed	754-1601	1 cup	228	114
Peas, creamed	754-1701	1 cup	244	122
Peas with mushroom sauce	754-1702	1 cup	244	122
Squash, summer, yellow or green, breaded or battered, fried (Include zucchini pancakes)	754-1801	1 cup	220	110
		1 slice	14	
		1 stick (3" long)	9	
Squash, summer, casserole with tomato and cheese	754-1802	1 cup	217	109
Squash, summer, casserole, with rice and tomato sauce	754-1803	1 cup	233	117
Squash, summer, casserole, with cheese sauce	754-1804	1 cup	217	109
Squash, summer, creamed (Include squash, NFS, creamed)	754-1805	1 cup	217	109
Squash, summer, souffle	754-1806	1 cup	136	68

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Turnips, creamed	754-1810	1 cup	235	118
Creamed christophine, Puerto Rican style (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 without meat	754-3901	1 cup	239	239
Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with soy-based sauce (Include stir-fry vegetables)	754-4010	1 cup	185	93
Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with soy-based sauce	754-4011	1 cup	185	93
Vegetable tempura	754-4020	1 cup 1 piece 1 fritter	63 7 30	63
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with cheese sauce	754-4050	1 cup	228	114
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with cheese sauce	754-4051	1 cup	228	114
Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with cream sauce	754-5050	1 cup	228	114
Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with cream sauce	754-5051	1 cup	228	114

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with pasta	754-6070	1 cup	137	66
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with pasta	754-6071	1 cup	137	68
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with sauce and pasta (Include Birdseye New England Style Mixed Vegetables)	754-6080	1 cup	197	86
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with sauce and pasta	754-6081	1 cup	197	86
Beans, string, green, pickled	755-0011	1 cup	135	68
Beets, pickled (Include pickled beets with onions, beet salad)	755-0021	1 cup, sliced 1 small 1 medium 1 large 10 slices	169 17 50 75 63	85
Celery, pickled	755-0051	1 cup	150	
Corn relish	755-0101	1 cup	245	15
Cauliflower, pickled	755-0201	1 cup 1 floweret	125 27	27
Cabbage, fresh, pickled, Japanese style	755-0250	1 cup	150	38
Cabbage, red, pickled (Include sweet and sour red cabbage)	755-0251	1 cup	150	38
Cabbage, mustard, salted	755-0255	1 cup	128	31

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cucumber pickles, dill (Include pickles, NFS)	755-0301	1 small	37	39
		1 medium (3-3/4" long)	65	
		1 large (4" long)	135	
		1 spear	30	
		1 slice	6	
		1 cup (about 23 slices)	155	
		1 cup, chopped or diced	143	
Cucumber pickles, relish (Include Indian sweet relish)	755-0302	1 cup	245	15
		1 packet (2/3 tbsp)	10	
Cucumber pickles, sour	755-0303	1 small	37	39
		1 medium (3-3/4" long)	65	
		1 large (4" long)	135	
		1 spear	30	
		1 slice	7	
		1 cup	155	
Cucumber pickles, sweet (Include candied dill spears, semi-sweet)	755-0304	1 midget, Gherkin (2-1/8" long)	6	30
		1 small, Gherkin (2-1/2" long)	15	
		1 large, Gherkin (3" long)	35	
		1 spear, Gherkin	20	
		1 slice	6	
		1 cup, NFS	170	
		1 cup, chopped	160	
		1 cup, sliced	170	
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	38
Eggplant, pickled	755-0308	1 cup	136	34
Horseradish	755-0309	1 tbsp	15	15
Mustard pickles (Include chow chow, hotdog relish)	755-0310	1 cup	245	15

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cucumber pickles, dill, reduced salt (Include Vlasic Half the Salt Kosher Crunchy Dill Spears; Vlasic Half the Salt Hamburger Dill Chips; reduced salt pickles, NFS	755-0311	1 small	37	
		1 medium (3-3/4" long)	65	
		1 large (4" long)	135	
		1 spear	30	
		1 slice	6	
		1 cup (about 23 slices)	155	
		1 cup, chopped or diced	143	
Cucumber pickles, sweet, reduced salt (Include Vlasic Half the Salt Sweet Butter Chips)	755-0314	1 slice	6	
		1 cup, NFS	170	
		1 cup, chopped or diced	160	
		1 cup, sliced	170	
Mushrooms, pickled	755-0500	1 cup	156	
		1 small	7	
		1 medium	12	
		1 large	16	
		8 caps	47	
Mustard (Include horseradish mustard, Chinese mustard)	755-0601	1 tsp	5	15
		1 cup	250	5 (if sandwich)
		1 packet	5	
Mustard sauce	755-0610	1 cup	160	10
Okra, pickled	755-0700	1 pod	11	11
Olives, NFS	755-1000	1 cup, whole	147	23
		1 cup, sliced or chopped	133	
		10 small	34	
		10 large	46	
		10 giant	78	
		1 cup, NFS	133	
Olives, green	755-1001	1 cup, NFS	133	23
		1 cup, whole	147	
		1 cup, sliced or chopped	133	
		10 small	34	
		10 large	46	
		10 giant	78	
		10 medium	40	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Olives, ripe	755-1002	10 small	34	23
		10 medium	40	
		10 large	46	
		10 extra large	55	
		1 cup, sliced	135	
		1 cup, NFS	135	
		1 cup, whole	147	
Olives, green, stuffed	755-1003	1 cup	147	38
		10 small	34	
		10 medium	40	
		10 large	46	
Peppers, hot, sauce (Include Tabasco sauce)	755-1101	1 cup	240	15
Peppers, pickled	755-1102	1 cup	135	34
		1 medium	20	
Pickles, NS as to vegetable	755-1110	1 cup	155	39
		1 small	35	
		1 medium	65	
		1 large	135	
		1 spear	30	
		1 slice	6	
Pickles, mixed	755-1120	1 cup	155	39
Radishes, pickled, Hawaiian style	755-1201	1 cup	150	38
Recaito (Puerto Rican little coriander) (Include Recaito congelado)	755-1251	1 cup	240	15
Seaweed, pickled	755-1301	1 cup	150	38
Vegetables, pickled, Hawaiian style	755-1500	1 cup	150	38
Vegetable relish	755-1501	1 cup	140	9
Vegetables, pickled (Include giardiniera)	755-1510	1 cup	163	
Turnip, pickled	755-3403	1 cup	155	39
		1 slice	7	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tsukemono, Japanese pickles (Include nara zuke, takuan zuke, wasabe zuke)	755-3450	1 cup	135	34
Zucchini, pickled	755-3500	1 cup	170	43
Soup, NFS	756-0010	1 cup	244	244
Soup, cream of, NFS	756-0015	1 cup	244	244
Asparagus soup, cream of, NS as to made with milk or water	756-0100	1 cup	248	
Asparagus soup, cream of, prepared with milk	756-0101	1 cup 1 can (10.75 oz), prepared	248 602	248
Asparagus soup, cream of, prepared with water	756-0102	1 cup 1 can (10.75 oz), prepared	244 593	244
Beet soup (borscht)	756-0110	1 cup	245	245
Cabbage soup	756-0120	1 cup	245	245
Cauliflower soup, cream of, prepared with milk	756-0201	1 cup	248	248
Celery soup, cream of, prepared with milk	756-0301	1 cup 1 can (10.75 oz), prepared	248 602	248
Celery soup, cream of, prepared with water	756-0302	1 cup 1 can (10.75 oz), prepared	244 593	244
Celery soup, canned, undiluted	756-0303	1 cup 1 can (10.75 oz), undiluted	251 305	
Corn soup, cream of, prepared with milk	756-0401	1 cup	248	248

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Corn soup, cream of, prepared with water	756-0402	1 cup	244	
		1 can (10.75 oz), prepared	593	
Cucumber soup, cream of, prepared with milk	756-0451	1 cup	248	248
Gazpacho	756-0460	1 cup	244	244
Gazpacho, canned, undiluted	756-0461	1 can (10.5 oz), undiluted	298	
Leek soup, cream of, prepared with milk	756-0501	1 cup	248	248
Leek soup, made from dry mix	756-0503	1 cup	254	254
Mushroom soup, NFS	756-0700	1 cup	244	244
Mushroom soup, cream of, prepared with milk	756-0701	1 cup	248	248
		1 can (10.75 oz), prepared	602	
Mushroom soup, cream of, prepared with water	756-0702	1 cup	244	244
		1 can (10.75 oz), prepared	593	
Mushroom soup, canned, undiluted	756-0703	1 cup	251	
		1 can (10.75 oz), undiluted	305	
Mushroom soup, with meat broth, prepared with water (Include Campbell's Beefy Mushroom)	756-0704	1 cup	244	244
		1 can (10.75 oz), prepared	305	
Mushroom soup, cream of, prepared with water, low sodium	756-0705	1 cup	244	
		1 can (10.75 oz), prepared	593	
Mushroom soup, made from dry mix	756-0713	1 cup	253	253

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Onion soup, cream of, prepared with milk	756-0801	1 cup	248	248
		1 can (10.75 oz), prepared	602	
Onion soup, cream of, canned, undiluted	756-0803	1 cup	251	
		1 can (10.75 oz), undiluted	305	
Onion soup, French	756-0810	1 cup	241	241
Onion soup, made from dry mix	756-0820	1 cup	246	246
Onion soup, dry mix, not reconstituted	756-0830	1 pkg (1.5 oz)	39	
Pea soup, NFS	756-0900	1 cup	250	250
Pea soup, prepared with milk	756-0901	1 cup	254	254
Pea soup, prepared with water	756-0902	1 cup	250	250
Pea soup, canned, prepared with water, low sodium	756-0905	1 cup	250	250
(See also legumes (416-) for pea soups)				
Vegetable soup, cream of, prepared with milk	756-1101	1 cup	248	248
Zucchini soup, cream of	756-1201	1 cup	248	248
Shav soup	756-4601	1 cup	240	240
Vegetable soup, prepared with water	756-4901	1 cup	241	241
		1 can (10.5 oz), prepared	586	
Vegetable soup, canned, undiluted	756-4902	1 cup	246	
		1 can (10.5 oz), undiluted	298	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetable soup, canned, low sodium, prepared with water or ready-to-serve	756-4903	1 cup 1 can (7.25 oz), ready-to-serve	241 206	
Vegetable soup, made from dry mix	756-4905	1 cup	253	253
Vegetable soup, dry mix, not reconstituted	756-4906	1 tbsp 1 packet 1 cup	1.2 38.5 10.5	
Vegetable bean soup, prepared with water (Include minestrone)	756-5101	1 cup	241	241
Vegetable beef soup, prepared with water (Include vegetable with meat soups)	756-5102	1 cup 1 can (10.75 oz), prepared	244 593	244
Vegetable noodle soup, prepared with water (Include vegetable with dumplings, alphabet vegetable soup)	756-5104	1 cup 1 can (10.75 oz), prepared	241 593	241
Vegetable chicken or turkey soup, prepared with water	756-5105	1 cup	241	241
Vegetable chicken or turkey soup, canned, undiluted	756-5106	1 cup	246	
Vegetable rice soup, prepared with water	756-5107	1 cup	241	241
Vegetable chicken soup, canned, prepared with water, low sodium	756-5109	1 cup	241	241
Vegetable beef soup, canned, undiluted	756-5202	1 can	305	
Vegetarian vegetable soup, prepared with water	756-5401	1 cup	241	241

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetarian vegetable soup, undiluted	756-5402	1 cup	246	
		1 can (10.5 oz), undiluted	298	
Vegetable soup, Spanish style, stew type	756-5601	1 cup	227	227
Vegetable soup, chunky style	756-5602	1 cup	240	240
Vegetable soup, with pasta, chunky style (Include Campbell's Chunky Mediterranean Vegetable)	756-5604	1 cup	240	
		1 can (19 oz)	539	
Vegetable broth, bouillon (Include onion broth, pot liquor)	756-5700	1 cup	240	240
Spinach, creamed, baby food, NS as to strained or junior	761-0200	1 tbsp	15	108
		1 cup	240	
Spinach, creamed, baby food, strained	761-0201	1 tbsp	15	66
		1 cup	240	
		1 jar (4.5 oz - 4.75 oz)	131	
Spinach, creamed, baby food, junior	761-0202	1 tbsp	15	108
		1 cup	240	
		1 jar (7.5 oz - 7.75 oz)	216	
Carrots, baby food, NS as to strained or junior	762-0100	1 tbsp	14	108
		1 cup	224	
Carrots, baby food, strained	762-0101	1 tbsp	14	66
		1 cup	224	
		1 jar (4.5 oz - 4.75 oz)	131	
Carrots, baby food, junior	762-0102	1 tbsp	14	108
		1 cup	224	
		1 jar (7.5 oz - 7.75 oz)	216	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Carrots and peas, baby food	762-0200	1 tbsp	14	108
		1 cup	224	
Squash, baby food, NS as to strained or junior	762-0500	1 tbsp	14	108
		1 cup	224	
Squash, baby food, strained	762-0501	1 tbsp	14	66
		1 cup	224	
		1 jar (4.5 oz - 4.75 oz)	131	
Squash, baby food, junior	762-0502	1 tbsp	14	108
		1 cup	224	
		1 jar (7.5 oz - 7.75 oz)	216	
Sweetpotatoes, baby food, NS as to strained or junior	762-0900	1 tbsp	14	108
		1 cup	224	
Sweetpotatoes, baby food, strained	762-0901	1 tbsp	14	66
		1 cup	224	
		1 jar (4.5 oz - 4.75 oz)	131	
Sweetpotatoes, baby food, junior	762-0902	1 tbsp	14	108
		1 cup	224	
		1 jar (7.5 oz - 7.75 oz)	216	
Beans, green string, baby food, NS as to strained or junior	764-0100	1 tbsp	15	108
		1 cup	240	
Beans, green string, baby food, strained	764-0101	1 tbsp	15	66
		1 cup	240	
		1 jar (4.5 oz - 4.75 oz)	131	
Beans, green string, baby food, junior	764-0102	1 tbsp	15	108
		1 cup	240	
		1 jar (7.5 oz - 7.75 oz)	216	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beans, green string, creamed, baby food, junior	764-0103	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	15 240 216	108
Beets, baby food, NS as to strained or junior	764-0300	1 tbsp	14	108
Beets, baby food, strained	764-0301	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	14 224 131	66
Beets, baby food, junior	764-0302	1 tbsp 1 jar (7.5 oz - 7.75 oz)	14 216	108
Corn, creamed, baby food, NS as to strained or junior	764-0500	1 tbsp 1 cup	15 240	108
Corn, creamed, baby food, strained	764-0501	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	15 240 131	66
Corn, creamed, baby food, junior	764-0502	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	15 240 216	108
Mixed vegetables, garden vegetables, baby food, NS as to strained or junior	764-0700	1 tbsp 1 cup	15 240	108
Mixed vegetables, garden vegetables, baby food, strained	764-0701	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	15 240 131	66

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mixed vegetables, garden vegetables, baby food, junior	764-0702	1 tbsp	15	108
		1 cup	240	
		1 jar (7.5 oz - 7.75 oz)	216	
Peas, baby food, NS as to strained or junior	764-0900	1 tbsp	15	108
		1 cup	240	
Peas, baby food, strained	764-0901	1 tbsp	15	66
		1 cup	240	
		1 jar (4.5 oz - 4.75 oz)	131	
Peas, baby food, junior	764-0902	1 tbsp	15	108
		1 cup	240	
		1 jar (7.5 oz - 7.75 oz)	216	
Peas, creamed, baby food NS as to strained or junior	764-1100	1 tbsp	15	108
		1 cup	240	
Peas, creamed, baby food, strained	764-1101	1 tbsp	15	66
		1 cup	240	
		1 jar (4.5 oz - 4.75 oz)	131	
Peas, creamed, baby food, junior	764-1102	1 tbsp	15	108
		1 cup	240	
		1 jar (7.5 oz - 7.75 oz)	216	
Vegetable and bacon, baby food, NS as to strained or junior	766-0100	1 tbsp	16	108
		1 cup	256	
Vegetable and bacon, baby food, strained	766-0101	1 tbsp	16	66
		1 cup	256	
		1 jar (4.5 oz - 4.75 oz)	131	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetable and bacon, baby food, junior	766-0102	1 tbsp	16	108
		1 cup	256	
		1 jar (7.5 oz - 7.75 oz)	216	
Vegetable and beef, baby food, NS as to strained or junior	766-0300	1 tbsp	16	108
		1 cup	256	
Vegetable and beef, baby food, strained	766-0301	1 tbsp	16	66
		1 cup	256	
		1 jar (4.5 oz - 4.75 oz)	131	
Vegetable and beef, baby food, junior	766-0302	1 tbsp	16	108
		1 cup	256	
		1 jar (7.5 oz - 7.75 oz)	216	
Vegetable and chicken, baby food, NS as to strained or junior	766-0500	1 tbsp	16	108
		1 cup	256	
Vegetable and chicken, baby food, strained	766-0501	1 tbsp	16	66
		1 cup	256	
		1 jar (4.5 oz - 4.75 oz)	131	
Vegetable and chicken, baby food, junior	766-0502	1 tbsp	16	108
		1 cup	256	
		1 jar (7.5 oz - 7.75 oz)	216	
Vegetable and ham, baby food, NS as to strained or junior	766-0700	1 tbsp	16	108
		1 cup	256	
Vegetable and ham, baby food, strained	766-0701	1 tbsp	16	66
		1 cup	256	
		1 jar (4.5 oz - 4.75 oz)	131	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetable and ham, baby food, junior	766-0702	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	16 256 216	108
Vegetable and ham, baby food, toddler	766-0705	1 tbsp 1 cup 1 jar (6.25 oz)	14 227 177	
Vegetable and lamb, baby food, NS as to strained or junior	766-0900	1 tbsp 1 cup	16 256	108
Vegetable and lamb, baby food, strained	766-0901	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	16 256 131	66
Vegetable and lamb, baby food, junior	766-0902	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	16 256 216	108
Vegetable and turkey, baby food, NS as to strained or junior	766-1100	1 tbsp 1 cup	16 256	108
Vegetable and turkey, baby food, strained	766-1101	1 tbsp 1 cup 1 jar (4.5 oz - 4.75 oz)	16 256 131	66
Vegetable and turkey, baby food, junior	766-1102	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	16 256 216	108
Vegetable and liver, baby food, NS as to strained or junior	767-0100	1 tbsp 1 cup	16 256	108

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Vegetable and liver, baby food, strained	767-0101	1 tbsp 1 cup 1 jar (1.5 oz - 4.75 oz)	16 256 131	66
Vegetable and liver, baby food, junior	767-0102	1 tbsp 1 cup 1 jar (7.5 oz - 7.75 oz)	16 256 216	108
Fried stuffed potatoes, Puerto Rican style (Rellenos de papas)	771-2101	1 fritter (4" x 2-1/4" x 3/4")	95	95
Potato and ham fritters, Puerto Rican style (Frituras de papa y jamon)	771-2111	1 fritter (2-3/4" x 2-1/2" x 1")	70	70
Potato chicken pie, Puerto Rican style (Pastelon de pollo)	771-4101	1/4 of 9" dia pie	230	230
Green plantain with cracklings, Puerto Rican style (Mofongo)	772-0121	1 ball (3" dia) 1 cup	64 200	100
Ripe plantain fritters, Puerto Rican style (Pionono)	772-0511	1 pionono (2"x 2-1/2" x 3/4")	58	58
Ripe plantain meat pie, Puerto Rican style (Pinon)	772-0561	1 piece (4" x 2" x 2")	190	190
Cassava Pasteles, Puerto Rican style (Pasteles de yuca)	772-3021	1 pastel (6" x 2" x 1/2")	145	145
Cassava pie stuffed with crabmeat, Puerto Rican style (Empanada de jueyes)	772-3051	1 empanada (5" x 2-1/2" x 1/2")	126	126

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Stuffed tannier fritters, Puerto Rican style (Alcapurrias)	772-5011	1 small (4" x 1" x 1/2")	24	120
		1 medium (4" x 2-1/2" x 1/2")	60	
		1 large	90	
Tannier fritters, Puerto Rican style (Frituras de yautia)	772-5071	1 fritter (2-1/2" x 1-1/2"x 1/2")	20	60
Puerto Rican pasteles (Pasteles de masa)	772-7201	1 pastel (5-1/2" x 2-1/4" x 1/4")	149	149
Stuffed cabbage, Puerto Rican style (Repollo relleno)	773-1601	1 cup	234	150
		1 stuffed cabbage leaf (2" x 3" x 1")	75	
Stuffed cabbage, Syrian dish, Puerto Rican style (Repollo relleno Arabe Mihsy Melful)	773-1651	1 cabbage roll	110	220
Spanish stew, Puerto Rican style (Cocido Espanol)	775-1301	1 cup	242	242
Puerto Rican stew (Sancocho)	775-6301	1 cup, with bone (yield after bones removed)	214	245
		1 cup, boneless	245	
Table fat, NFS	811-0000	1 cup	227	7
		1 tbsp	14.2	
		1 pat (1" sq, 1/3" high)	5	
Butter, regular, salted (Include butter, regular, NS as to salt; butter, regular, seasoned, e.g., garlic butter)	811-0100	1 cup	227	7
		1 stick	113	
		1 tbsp	14.2	
		1 pat (1" sq, 1/3" high)	5	
Butter, whipped, salted (Include butter, whipped, NS as to salt)	811-0101	1 cup	151	5
		1 tbsp	9.4	
		1 packet/pat	6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Butter, regular, unsalted	811-0110	1 cup	227	7
		1 stick	113	
		1 tbsp	14.2	
		1 pat (1" sq, 1/3" high)	5	
Butter, whipped, unsalted	811-0111	1 cup	151	5
		1 tbsp	9.4	
Margarine, salted or unsalted, NS as to stick, tub, liquid, or diet	811-0200	1 cup	227	7
		1 tbsp	14.2	
Margarine, regular, hard, stick, salted (Include margarine, regular, hard, stick, NS as to salt)	811-0201	1 cup	227	7
		1 stick	113	
		1 tbsp	14.2	
		1 pat (1" sq, 1/3" high)	5	
Margarine, regular, soft, tub, salted (Include margarine, regular, soft, tub, NS as to salt)	811-0202	1 cup	227	7
		1 tbsp	14.2	
Margarine, liquid, salted (Include margarine, liquid, NS as to salt)	811-0203	1 cup	227	7
		1 tbsp	14.2	
		1 packet	5	
Margarine, low sodium, stick or tub	811-0210	1 cup	227	7
		1 tbsp	14	
Margarine, diet, salted or unsalted	811-0301	1 cup	232	7
		1 stick	113	
		1 tbsp	14.5	
		1 pat (1" sq, 1/3" high)	5	
Margarine, whipped, salted (Include margarine, whipped, NS as to salt)	811-0302	1 cup	151	5
		1 tbsp	9.4	
		1 packet/pat	6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Margarine, unsalted, stick, tub, liquid, or whipped	811-0303	1 cup	227	7
		1 stick	113	
		1 tbsp	14.2	
		1 pat	5	
Margarine-like spread, stick, or tub	811-0304	1 cup	229	7
		1 tbsp	14.3	
Margarine, imitation (Include Shedd's Spread)	811-0401	1 cup	232	7
		1 tbsp	14.5	
		1 pat	5	
Butter-margarine blend	811-0501	1 cup	227	7
		1 tbsp	14.2	
		1 pat	5	
Butter replacement, fat-free powder (Include Butter Buds)	811-0601	1 cup	80	3
		1 tbsp	5.0	
Bacon grease or meat drippings (Include ham, sausage, lamb, chicken)	812-0100	1 cup	205	
		1 tbsp	12.8	
Lard	812-0200	1 cup	205	
		1 tbsp	12.8	
Shortening, NS as to vegetable or animal	812-0300	1 cup	205	
		1 tbsp	12.8	
Shortening, vegetable (Include Crisco, Fluffo, Frymax)	812-0310	1 cup	205	
		1 tbsp	12.8	
Shortening, animal (Include Spry)	812-0320	1 cup	205	
		1 tbsp	12.8	
Ghee, clarified butter (Include butter oil)	812-0400	1 cup	205	
		1 tbsp	12.8	
Lemon-butter sauce	813-0102	1 cup	228	28
		1 tbsp	14.2	
Hollandaise sauce (Include butter sauce)	813-0201	1 cup	257	32
		1 tbsp	16.1	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bernaise sauce	813-0202	1 cup	255	32
		1 tbsp	15.9	
Orange sauce (for duck)	813-0203	1 cup	235	29
		1 tbsp	14.7	
Sandwich spread	813-0204	1 cup	245	15
		1 tbsp	15.3	
Tartar sauce, regular	813-0205	1 cup	230	29
		1 tbsp	14.4	
Horseradish sauce	813-0206	1 cup	224	
		1 tbsp	14	
		1 container (from fast food restaurant)	12	
Tartar sauce, low calorie	813-1200	1 cup	224	28
		1 tbsp	14.0	
Honey butter	813-2200	1 cup	288	18
		1 tbsp	18.0	
Lecithin	813-2400	1 cup	128	
		1 tbsp	8.0	
Lard with annatto, Puerto Rican (Manteca con achiote)	813-3011	1 cup	240	
		1 tbsp	15.0	
Adobo fresco (Include adobo criollo, creole seasoning)	813-3021	1 cup	288.0	
		1 tbsp	18.0	
Vegetable oil, NFS (Include oil, NFS)	821-0100	1 cup	218	13.6
		1 tbsp	13.6	
Almond oil (Include apricot oil)	821-0130	1 cup	218	13.6
		1 tbsp	13.6	
Coconut oil	821-0150	1 cup	218	13.6
		1 tbsp	13.6	
Corn oil	821-0200	1 cup	218	13.6
		1 tbsp	13.6	
Cottonseed oil	821-0300	1 cup	218	13.6
		1 tbsp	13.6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Olive oil	821-0400	1 cup	216	13.5
		1 tbsp	13.5	
Peanut oil	821-0500	1 cup	216	13.5
		1 tbsp	13.5	
Rapeseed oil (Include canola oil; Puritan)	821-0550	1 cup	218	13.6
		1 tbsp	13.6	
Safflower oil	821-0600	1 cup	218	13.6
		1 tbsp	13.6	
Sesame oil	821-0700	1 cup	218	13.6
		1 tbsp	13.6	
Soybean oil (Include Crisco, Wesson)	821-0800	1 cup	218	13.6
		1 tbsp	13.6	
Soybean and sunflower oil	821-0825	1 cup	218	13.6
		1 tbsp	13.6	
Sunflower oil (Include Wesson Sunlite)	821-0850	1 cup	218	13.6
		1 tbsp	13.6	
Walnut oil	821-0870	1 cup	218	13.6
		1 tbsp	13.6	
Wheat germ oil	821-0900	1 cup	218	13.6
		1 tbsp	13.6	
Salad dressing, NFS	831-0010	1 cup	250	31
		1 tbsp	15.6	
Blue or roquefort cheese dressing	831-0100	1 cup	245	31
		1 tbsp	15.3	
Bacon dressing (hot)	831-0150	1 cup	235	29
		1 tbsp	14.7	
Bacon and tomato dressing	831-0160	1 cup	240	30
		1 tbsp	15	
Caesar dressing	831-0200	1 cup	235	29
		1 tbsp	14.7	
Coleslaw dressing	831-0300	1 cup	250	31
		1 tbsp	15.6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
French dressing (Include Catalina, Ranch Style other than Hidden Valley, Sweet 'n Saucy, Holsum's 1867, Richelieu's Western dressing)	831-0400	1 cup 1 tbsp 1 individual packet	250 15.6 12.3	31
Fruit dressing, made with cream	831-0500	1 cup 1 tbsp	240 15.0	30
Fruit dressing, made with honey, oil, and water (Include with herbs, lemon juice)	831-0510	1 cup 1 tbsp	235 14.7	29
Italian dressing, made with vinegar, oil, and garlic (Include Christie's Greek dressing, California Onion dressing, Green Onion dressing, Kraft Presto dressing, vinegarette dressing)	831-0600	1 cup 1 tbsp	235 14.7	29
Mayonnaise, regular	831-0700	1 cup 1 tbsp 1 packet	220 13.8 10	14 (if sandwich) 28 (if salad)
Mayonnaise, made with yogurt (Include Yogannaise)	831-0710	1 cup 1 tbsp	220 13.8	28
Mayonnaise, imitation	831-0800	1 cup 1 tbsp	240 15.0	30
Mayonnaise, imitation, no cholesterol	831-0810	1 cup 1 tbsp	240 15.0	30
Russian dressing	831-0900	1 cup 1 tbsp	245 15.3	31
Mayonnaise-type salad dressing (Include Miracle Whip)	831-1000	1 cup 1 tbsp	235 14.7	15 (if sandwich) 30 (if salad)

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Boiled, cooked-type dressing	831-1100	1 cup	255	32
		1 tbsp	15.9	
Green Goddess dressing	831-1200	1 cup	245	31
		1 tbsp	15.3	
Creamy dressing, made with sour cream and oil (Include French made with sour cream, Creamy Cucumber, Seven Seas Southern with Bacon, Wishbone Creamy Bacon, Creamy Italian)	831-1250	1 cup	235	29
		1 tbsp	14.7	
Cream cheese dressing (Include Philadelphia brand)	831-1260	1 cup	245	31
		1 tbsp	15.3	
Buttermilk dressing (Include Hidden Valley Ranch, Seven Seas Creamy Parmesan)	831-1270	1 cup	235	29
		1 tbsp	14.7	
Milk, vinegar, and sugar dressing	831-1290	1 cup	263	33
		1 tbsp	16.4	
Sweet and sour dressing	831-1300	1 cup	250	31
		1 tbsp	15.6	
Thousand Island dressing (Include McDonald's Big Mac sauce)	831-1400	1 cup	250	31
		1 tbsp	15.6	
Yogurt dressing	831-1500	1 cup	246	31
		1 tbsp	15.4	
Salad dressing, low-calorie, NFS	832-0010	1 cup	260	32
		1 tbsp	16.2	
Bacon and tomato dressing, low calorie	832-0050	1 cup	260	32
		1 tbsp	16.2	
Blue or roquefort cheese dressing, low-calorie	832-0100	1 cup	245	31
		1 tbsp	15.3	
French dressing, low-calorie	832-0200	1 cup	260	32
		1 tbsp	16.2	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Caesar dressing, low-calorie	832-0300	1 cup	240	30
		1 tbsp	15.0	
Mayonnaise, low-calorie or diet	832-0400	1 cup	250	31
		1 tbsp	15.6	
Mayonnaise, low-calorie or diet, low sodium	832-0401	1 cup	224	28
		1 tbsp	14	
Mayonnaise-type salad dressing, low-calorie or diet (Include Miracle Whip Light)	832-0405	1 cup	232	28
		1 tbsp	14	
Italian dressing, low-calorie (Include Wishbone Lite Dijon Vinegarette)	832-0500	1 cup	240	30
		1 tbsp	15.0	
Russian dressing, low-calorie	832-0600	1 cup	260	32
		1 tbsp	16.2	
Thousand Island dressing, low-calorie	832-0700	1 cup	245	31
		1 tbsp	15.3	
Vinegar, sugar, and water dressing	832-0800	1 cup	257	32
		1 tbsp	16.1	
Milk, vinegar, and artificial sweetener dressing	832-0900	1 cup	246	31
		1 tbsp	15.4	
Creamy dressing, made with sour cream and oil, low or reduced calorie (Include Creamy Cucumber)	832-1000	1 cup	245	30
		1 tbsp	15	
Buttermilk dressing, "lite" type	832-1270	1 cup	235	29
		1 tbsp	14.7	
Salad dressing, low calorie, oil-free	832-2000	1 cup	240	
		1 tbsp	15	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sugar, NFS	911-0100	1 cup	200	8
		1 tsp	4.2	
		1 lump, 2 cubes	5	
		1 individual packet	6	
Sugar, white, granulated or lump	911-0101	1 cup	200	8
(Include sugar, white, NS as to granulated or confectioner's; rock sugar; rock candy)		1 tsp	4.2	
		1 lump, 2 cubes	5	
		1 individual packet	6	
Sugar, white, confectioner's, powdered	911-0102	1 cup	120	
		1 tsp	2.5	
Sugar, brown	911-0201	1 cup, NFS	220	9
		1 tsp, NFS	4.6	
		1 cup, packed	220	
		1 tsp, packed	4.6	
		1 cup, unpacked	145	
		1 tsp, unpacked	3.0	
		1 tsp, brownulated	3.2	
Sugar, maple	911-0301	1 tsp	3.0	
		1 piece (1-3/4" x 1-1/4" x 1/2")	28	
Sugar, cinnamon	911-0410	1 cup	200	8
		1 tsp	4.2	
Sugar, raw	911-0420	1 cup	195	
		1 tsp	4.1	4
		1 individual packet	5	
Fructose sweetener	911-0501	1 individual packet	3	
Sugar replacement or substitute, low-calorie, powdered, NFS	912-0000	1 individual packet	0.8	0.8
		1 tsp	4.0	
Sprinkle Sweet	912-0001	1 tsp	0.5	
Sugar Twin	912-0002	1 individual packet	0.8	0.8
		1 tsp	0.4	
Sugar Twin, brown	912-0003	1 tsp	0.4	0.4

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sweet'ner, Sweet n' Low	912-0004	1 individual packet	1.0	1.0
		1 tsp	3.3	
Wee Cal	912-0005	1 individual packet	0.5	0.5
Saccharin (Include Necta Sweet)	912-0006	1 tablet (1/2 grain)	0.02	0.02
		1 grain	0.05	
Sugar replacement or substitute, saccharin-based, liquid (Include Fasweet, Sweet n'Low, Sweet 10)	912-0011	1 tsp	5	5
		1 drop	0.1	
Aspartame sweetener (Include Equal)	912-0101	1 individual packet	1.0	1.0
		1 tablet	0.09	
		1 tsp	3	
Syrup, NFS	913-0001	1 cup	328	41
		1 tbsp	20.5	
Cane syrup	913-0101	1 cup	328	41
		1 tbsp	20.5	
Cane and corn syrup	913-0102	1 cup	328	41
		1 tbsp	20.5	
Corn syrup (Include Karo brand, light or dark)	913-0103	1 cup	328	41
		1 tbsp	20.5	
Buttered blends syrup (Include Mrs. Butterworth, Log Cabin with butter)	913-0104	1 cup	315	39
		1 tbsp	19.7	
Fruit syrup	913-0105	1 cup	315	39
		1 tbsp	19.7	
Maple syrup (100% maple) (Include Maple Cream)	913-0106	1 cup	315	39
		1 tbsp	19.7	
		1 individual packet	59	
Cane and maple syrup	913-0107	1 cup	315	39
		1 tbsp	19.7	
Chocolate syrup, thin type	913-0108	1 cup	300	38
		1 tbsp	18.8	
Sorghum syrup	913-0109	1 cup	330	41
		1 tbsp	20.6	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sugar (white) and water syrup (Include simple syrup)	913-0110	1 cup 1 tbsp	242 15.1	30
Sugar, carmelized	913-0112	1 cup 1 tbsp	240 15.0	30
Sugar (brown) and water syrup	913-0120	1 cup 1 tbsp	242 15.1	30
Cane, corn, and maple syrup	913-0124	1 cup 1 tbsp	315 19.7	39
Corn and maple syrup (2% maple) (Include pancake syrup, Log Cabin Brand)	913-0125	1 cup 1 tbsp 1 individual packet	315 19.7 59	39
Syrup, reduced calorie	913-0151	1 cup 1 tbsp	240 15.0	30
Honey (Include pear honey, raw honey)	913-0201	1 cup 1 tbsp 1 individual packet	339 21.2 14	42
Molasses	913-0300	1 cup 1 tbsp	328 20.5	41
Sugar, brown, liquid	913-0350	1 cup 1 tbsp	335 20.9	42
Chocolate gravy	913-0375	1 cup 1 tbsp	284 17	34
Topping, butterscotch or caramel	913-0401	1 cup 1 tbsp	340 21.2	42
Topping, chocolate, thick, fudge type	913-0402	1 cup 1 tbsp	340 21.2	42
Topping, fruit	913-0403	1 cup 1 tbsp	340 21.2	42
Topping, marshmallow	913-0404	1 cup 1 tbsp	304 19.0	38

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Hard sauce	913-0405	1 cup 1 tbsp	168 10.5	21
Topping, nut (wet)	913-0406	1 cup 1 tbsp	340 21.2	42
Topping, peanut butter, thick, fudge type	913-0407	1 cup 1 tbsp	340 21.2	42
Topping, fruit, unsweetened (Include Sorrell Ridge Brand)	913-0408	1 cup 1 tbsp	320 20.0	40
Icing, chocolate	913-0501	1 cup 1 tbsp	275 17.2	34
Icing, white (Include creme filling; icing, NFS; icing with added flavors, e.g., lemon icing, etc.)	913-0502	1 cup 1 tbsp	319 19.9	40
Syrup, grenadine	913-0601	1 cup 1 tbsp	320 20.0	
Syrup, dietetic	913-5101	1 cup 1 tbsp	240 15.0	30
Topping, dietetic	913-5102	1 cup 1 tbsp	227 14.2	28
Sweet and sour sauce (Include Vietnamese sauce)	913-6101	1 cup 1 tbsp 1 container from fast food restaurant	240 15.0 33	30
Fruit sauce (Include all fruits)	913-6102	1 cup 1 tbsp	340 21.2	42
Raisin sauce	913-6103	1 cup 1 tbsp	251 15.7	31
Plain dessert sauce (Include vanilla, rum sauce)	913-6104	1 cup 1 tbsp	264 16.5	33
Duck sauce (Include chaisni sauce)	913-6105	1 cup 1 tbsp	240 15.0	30

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Jellies, all flavors	914-0100	1 cup	300	5
		1 tbsp	18.8	
		1 individual packet	14	
Jam, preserves, all flavors	914-0200	1 cup	320	10
		1 tbsp	20.0	
		1 individual packet	14	
Green papaya preserve, Puerto Rican style (Dulce de lechoza)	914-0231	1 cup	150	
		5 slices (6" x 1/4" x 3/4" with syrup)	125	
Fruit butter, all flavors (Include apple butter)	914-0300	1 cup	282	9
		1 tbsp	17.6	
Marmalade, all flavors	914-0400	1 cup	320	10
		1 tbsp	20.0	
		1 individual packet	14	
Jellies, dietetic, all flavors, sweetened with artificial sweetener	914-0500	1 cup	300	9
		1 tbsp	18.8	
Jellies, reduced sugar, all flavors	914-0550	1 cup	300	9
		1 tbsp	18.8	
Jams, preserves, marmalades, dietetic, all flavors, sweetened with artificial sweetener	914-0600	1 cup	320	10
		1 tbsp	20.0	
Jams, preserves, marmalades, reduced sugar, all flavors	914-0650	1 cup	320	10
		1 tbsp	20	
Guava paste	914-0710	1 tbsp	19	32
		1 cubic inch	21	
		1 medium piece	32	
		1 small piece	16	
Sweetpotato paste	914-0712	1 cubic inch	22	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bean paste, sweetened (Include Japanese red beans)	914-0715	1 cup 1 tsp	320 6.7	
Chinese preserved sweet vegetable	914-0810	1 slice	12	12
Gelatin powder, sweetened, dry	915-0020	1 tbsp	12	
Gelatin dessert	915-0101	1 cup 1 cubic inch 1 package (3 oz) yields	240 17 540	120
Gelatin dessert with fruit (Include with nuts)	915-0102	1 cup 1 cubic inch	240 17	120
Gelatin dessert with whipped cream	915-0103	1 cup	227	114
Gelatin dessert with fruit and whipped cream	915-0104	1 cup	227	114
Gelatin dessert with cream cheese	915-0105	1 cup 1 cubic inch	239 17	120
Gelatin dessert with sour cream	915-0106	1 cup 1 cubic inch	227 17	114
Gelatin dessert with fruit and sour cream	915-0107	1 cup 1 cubic inch	249 14.5	124
Gelatin dessert with fruit and cream cheese	915-0108	1 cup 1 cubic inch	239 17	120
Gelatin dessert with fruit, vegetable, and nuts	915-0109	1 cup 1 cubic inch	240 17	120
Gelatin salad with vegetables	915-0110	1 cup 1 cubic inch	243 17	122
Gelatin dessert with fruit and whipped topping (Include with nuts)	915-0111	1 cup 1 cubic inch	227 15.7	114

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Gelatin powder, dietetic, sweetened with low calorie sweetener, dry	915-1010	1 tbsp	9	
Gelatin dessert, dietetic, sweetened with low calorie sweetener	915-1101	1 cup 1 cubic inch	240 17	120
Gelatin dessert, dietetic, with fruit, sweetened with low calorie sweetener (Include with nuts)	915-1102	1 cup 1 cubic inch	240 17	120
Gelatin dessert, dietetic, with whipped topping, sweetened with low calorie sweetener (Include with nuts)	915-1103	1 cup 1 cubic inch	227 15.7	114
Gelatin dessert, dietetic, with cream cheese, sweetened with low calorie sweetener (Include with nuts)	915-1105	1 cup 1 cubic inch	239 17	120
Gelatin dessert, dietetic, with sour cream, sweetened with low calorie sweetener (Include with nuts)	915-1106	1 cup 1 cubic inch	227 17	114
Gelatin dessert, dietetic, with fruit and sour cream, sweetened with low calorie sweetener (Include with nuts)	915-1107	1 cup 1 cubic inch	249 14.5	125
Gelatin dessert, dietetic, with fruit and cream cheese, sweetened with low calorie sweetener (Include with nuts)	915-1108	1 cup 1 cubic inch	239 17	120
Gelatin dessert, dietetic, with fruit and vegetable(s), sweetened with low calorie sweetener (Include with nuts)	915-1109	1 cup 1 cubic inch	240 17	120

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Gelatin salad, dietetic, with vegetables, sweetened with low calorie sweetener (Include with nuts)	915-1110	1 cup 1 cubic inch	243 17	122
Gelatin dessert, dietetic, with fruit and whipped topping, sweetened with low calorie sweetener (Include with nuts)	915-1111	1 cup 1 cubic inch	249 14.5	125
Danish dessert pudding	915-1201	1 cup	274	137
Yookan	915-2010	1 oz	28	
"Tastes good to me," Puerto Rican style (Bien me sabe)	915-5010	1 tbsp	15	60
Pineapple custard, Puerto Rican style (Flan de pina)	915-5030	1 cup 1 custard cup 1 piece (3-1/4" x 2" x 1")	260 120 120	120
Haupia (coconut pudding)	915-6010	1 cup 1 piece	213 23	107
Gelatin, frozen, whipped, on a stick (Include Jello Gelatin Pops)	915-8000	1 bar (pop)	53	53
Gelatin, plain drink - See Meat Subgroup Code 284				
Ices, fruit	916-0100	1 cup	193	97
Popsicle	916-1100	1 double stick 1 single stick 1 Kool Pop 1 fl oz 1 Life Savers Flavor Pops	128 88 33 32 56	88
Snow cone, slurps	916-2100	1 cup 1 snow cone 1 medium slurpie (16 oz cup)	193 190 312	97

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Candy, NFS	917-0001	1 piece	10	10
		1 bar	30	
		1/2 cup	85	
Almonds, chocolate covered	917-0101	1 almond	3	15
		1 cup	170	
Almonds, sugar-coated	917-0102	1 piece	3.5	14
		1 box (1.25 oz)	35	
		1 cup	195	
Jordon almonds	917-0102	1 piece	3.5	28
		1 cup	195	
Butterscotch morsels	917-0201	1 piece	.3	28
Caramel, chocolate-flavored roll	917-0301	1 piece	7	14
Tootsie Roll	917-0301	1 roll (1.25 oz)	35	35
		1 roll (2.25 oz)	63	
		1 midgee roll (.23 oz)	7	
Brach's Royal	917-0302	1 piece	7	28
Caramel, flavor other than chocolate	917-0302	1 piece	9	18
Caramel Creams	917-0302	1 piece	5	30
		1 package (2.125 oz)	60	
Sugar Babies	917-0302	1 piece	1.5	28
		1 package (1.875 oz)	53	
		1 cup	220	
Sugar Daddy	917-0302	1 sucker, junior size (.4 oz)	10	59
		1 sucker (2 oz)	59	
Caramel, with nuts	917-0303	1 piece	6	12

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Caramel, chocolate covered	917-0304	1 piece	9	18
Caramello	917-0304	1 bar (1.2 oz)	34	34
		1 bar (2 oz)	57	
		1 bar (5 oz)	142	
Chew-Its	917-0304	1 bar	45	45
Marathon Bar	917-0304	1 bar (1.38 oz)	39	39
Milk Duds	917-0304	1 box (1.25 oz)	35	35
		1 cup	101	
		1 piece	3	
Pom Poms	917-0304	1 piece	3	34
		1 box (1.2 oz)	34	
		1 cup	101	
Sugar Momma	917-0304	1 sucker (.8 oz)	23	23
Caramel with nuts and cereal, chocolate covered	917-0305	1 oz	28	28
Caramel with nuts, chocolate covered	917-0306	1 piece	14	28
Goo Goo Cluster	917-0306	1 bar (1.75)	50	50
Peanut Chews	917-0306	1 bar (2 oz)	56	56
Toffifay	917-0306	1 bar (1.16 oz)	33	33
Turtles	917-0306	1 turtle	19	38
Rolo	917-0307	1 piece	3	27
		1 roll (1.74 oz)	49	
SUMMIT Cookie Bars	917-0310	1 bar (1.37 oz)	39	39
		1 bar (1.5 oz)	43	
TWIX Cookie Bars	917-0320	1 package (1.89 oz, 2 bars)	54	54
		1 package (2.06 oz, 2 bars)	58	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
TWIX Peanut Butter Cookie Bars	917-0330	1 package (1.89 oz, 2 bars)	54	54
		1 package (2.06 oz, 2 bars)	58	
Whatchamacallit	917-0340	1 bar (1.4 oz)	40	40
Nuts, carob-coated (Include peanuts, cashews, walnuts, almonds)	917-0350	1 oz	28	28
		1 cup	170	
Applause	917-0405	1 oz	28	28
Choco-Lite	917-0500	1 bar (1.125 oz)	32	32
		1 large bar (21 squares, 6 oz)	170	
		1 miniature (.27 oz)	8	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chocolate coins	917-0501	1 piece	5	25
Chocolate, milk, plain (Include chocolate candy, NFS)	917-0501	1 piece	8	28
		1 miniature bar	7	
		1 cup, morsels	168	
		1 bar	41	
Easter eggs				
Easter egg, NFS	917-0501	1 egg	28	28
Easter eggs				
Milk chocolate	917-0501	1 solid egg (1" x 1/2")	28	28
		1 hollow egg (2" x 1")	14	
Hershey Bar	917-0501	1 bar (1.45 oz)	41	41
		1 miniature bar (.5 oz)	14	
		1 large bar (21 squares, 4 oz)	113	
		1 Big Block bar (2.2 oz)	62	
Hershey Kiss or Star	917-0501	1 piece	5	30
		1 bag (37 pieces, 6 oz)	170	
		1 cup	158	
Nestle Bar	917-0501	1 bar (1.125 oz)	32	41
		1 bar (1.45 oz)	41	
		1 Big Block bar (2.2 oz)	62	
		1 large bar (28 squares, 6 oz)	170	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chocolate, milk, with cereal	917-0502	1 piece	34	34
Krackel Bar	917-0502	1 bar (1.2 oz)	34	34
		1 miniature bar (.5 oz)	14	
		1 bar (1.45 oz)	41	
		1 large bar (21 squares, 4 oz)	113	
		1 extra large bar (32 squares, 8 oz)	227	
		1 Big Block bar (2.2 oz)	62	
Malted Milk Balls	917-0502	10 balls	29	29
		1 cup	92	
Nestle Crunch	917-0502	1 bar (1.313 oz)	37	37
		1 Big Block bar (2.2 oz)	62	
		1 large bar (28 squares, 6 oz)	170	
		1 miniature bar (.5 oz)	14	
Whoppers	917-0502	1 pack (2 oz)	57	57
		10 balls	29	
		1 cup	92	
Kit Kat	917-0503	1 bar (1.5 oz)	43	43
		1 miniature bar (.35 oz)	10	
Take Five	917-0503	1 bar (1.4 oz)	40	40
Bridge Mix (Include Brach's)	917-0504	1 piece	3	27
		1 cup	186	
Chocolate, milk, with nuts, not almond or peanuts	917-0504	1 piece	11	33
		1 bar	33	
Chunky with pecans	917-0504	1 individually wrapped piece (1.15 oz)	33	33
		1 large bar (24 squares, 6 oz)	170	
Hazelnut with chocolate (Cadbury)	917-0504	1 bar (2 oz)	57	57

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chocolate, milk, with fruit and nuts	917-0505	1 piece	11	41
		1 bar	33	
Chunky with fruit and nuts (Include Chunky, NFS; Chunky Original)	917-0505	1 individually wrapped piece (1.15 oz)	33	33
		1 large bar (24 squares, 6 oz)	170	
Fruit and Nut Bar (Cadbury)	917-0505	1 large bar (20 squares, 6 oz)	170	28
Chocolate, milk, with almonds	917-0506	1 piece	11	41
		1 bar	41	
Hershey with Almonds	917-0506	1 bar (1.45 oz)	41	41
		1 miniature bar (.5 oz)	14	
		1 large bar (21 squares, 4 oz)	113	
		1 extra large bar (32 squares, 8 oz)	227	
		1 Big Block bar (2.2 oz)	62	
Nestle chocolate bar with almonds	917-0506	1 bar (1.45 oz)	41	41
		1 large bar (28 squares, 6 oz)	170	
Chocolate, milk, with peanuts	917-0507	1 piece	11	43
		1 bar	43	
Chunky with peanuts	917-0507	1 individually wrapped piece (1.15 oz)	33	33
Mr. Goodbar	917-0507	1 bar (1.5 oz)	43	43
		1 bar (1.65 oz)	47	
		1 Big Block bar (2.2 oz)	62	
		1 large bar (21 squares, 4 oz)	113	
		1 miniature bar (.35 oz)	10	
		1 extra large bar (32 squares, 8 oz)	227	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chocolate, semi-sweet morsel	917-0520	1 morsel	0.3	28
		1/4 cup	42	
		1 cubic inch	22	
Toll House morsels	917-0520	1 piece	.3	28
		1 cup	173	
Special Dark	917-0521	1 bar (1.45 oz)	41	41
		1 bar (2.2 oz)	62	
		1 large bar (21 squares, 4 oz)	113	
		1 extra large bar (32 squares, 8 oz)	227	
Chocolate, sweet or dark	917-0530	1 bar (1.45 oz)	41	41
Andes Mint Wafers	917-0540	1 piece	5	5
Chocolate, white (Include summer coating)	917-0540	1 piece	5	25
Chocolate, white, with almonds	917-0541	1 bar (1.313 oz)	37	37
Nestle Alpine White with Almonds	917-0541	1 bar (1.313 oz)	37	37
Chocolate, white, with cereal	917-0542	1 bar (1.312 oz)	37	
Almond Joy	917-0600	1 bar (1.6 oz)	45	45
		1 miniature bar	14	
Bounty	917-0600	1 bar (1.75 oz)	50	50
Coconut candy, chocolate covered	917-0600	1 piece (.5 oz)	14	28
Easter eggs Chocolate covered coconut	917-0600	1 large (12 oz)	340	28
Mound	917-0600	1 bar (1.65 oz)	47	47
		1 miniature bar	11	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bon-bon (Include Russell Stover)	917-0610	1 bon-bon	14	14
Coconut candy, no chocolate covering (Include coconut candy, NFS)	917-0610	1 oz	28	28
Rainbow coconut	917-0610	1 bar (1.4 oz)	40	40
Coconut candy, Puerto Rican style	917-0640	1 cubic inch	17	28
		1 cup	240	
Candy corn	917-0700	1 piece	1	28
		1 box (.5 oz)	14	
		1 cup	200	
Fondant (Include homemade mints; mints, NFS)	917-0700	1 piece	11	22
Mints, NFS	917-0700	1 piece	2	28
		1 cup	110	
Mentos	917-0700	1 piece	2.9	
		1 cup	217	
Merri-Mints (Delson)	917-0700	1 mint	9	27
		1 cup	131	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Butter creams	917-0701	1 butter cream	20	20
Cherries, chocolate covered	917-0701	1 cherry	14	14
Chocolate Jots	917-0701	1/4 cup	50	
		1 piece	1	28
		1 package (2.25 oz)	64	
Easter eggs				
Chocolate covered creme	917-0701	1 egg	14	28
Fondant, chocolate covered (Include chocolate covered boxed candy; homemade mints, chocolate-covered)	917-0701	1 piece	11	22
Irish Cream Mints	917-0701	1 piece (.58 oz)	17	50
		1 package (1.75 oz)	50	
Mints (Brach's)	917-0701	1 piece	11	33
		1 box (18 pieces, 7 oz)	198	
Mint Jots	917-0701	1 piece	1.7	
		1 cup	201	
Peppermint Pattie	917-0701	1 bar (1.5 oz), Peter Paul (York)	43	43
		1 package (1.375 oz), Schrafft's	39	
Thin Mints	917-0701	1 oz	28	28
Junior Mints	917-0701	1 box (1.6 oz)	45	45
		1 piece	2	
		1 cup (84 pieces)	208	
Fruit peel, candied	917-0800	1 piece	3	9
Date candy	917-0801	1 oz	28	28
Fruit bar	917-0801	1 oz	28	
Fruit Nut Bar	917-0801	1 oz	28	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit leather	917-0803	1 oz	28	28
Fruit Roll-Up	917-0803	1 roll up	14	
Fruit Wrinkles	917-0803	1 cup	188	
		10 pieces	6	
Fun Fruits	917-0803	1 pouch (.9 oz)	25.5	25.5
		10 pieces	6	
		1/2 cup	100	
Fun Fruits Creme Supremes	917-0804	1 pouch (.9 oz)	26	
		10 pieces	11	
		1/2 cup	95	
Chocolate Jelly	917-0900	1 piece	14	14
Fruit, chocolate covered	917-0900	1 piece	14	28
Butter Fudge, Mary Sue	917-1301	1 piece	21	
Fudge, chocolate, chocolate-coated	917-1301	1 piece, 1 cubic inch	21	30
Fudge, chocolate, chocolate-coated, with nuts	917-1302	1 piece, 1 cubic inch	21	30
Fudge, chocolate (Include fudge, NFS; fudge, plain)	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 (Include chocolate fudge with peanut butter)	917-1305	1 piece, 1 cubic inch	21	30
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, 1 cubic inch	12	24
Fudge, brown sugar (penuche)	917-1310	1 piece, 1 cubic inch	21	30

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Butternut Bar	917-1500	1 bar (1.6 oz)	45	45
Fudge, caramel and nut, chocolate-coated	917-1500	1 piece	34	34
Oh Henry	917-1500	1 bar (1.25 oz)	35	35
		1 bar (1.5 oz)	43	
		1 bar (2 oz)	57	
Powerhouse	917-1500	1 bar (1.35 oz)	38	38
		1 bar (1.5 oz)	43	
		1 bar (2 oz)	57	
		1 miniature bar	11	
Sky Bar	917-1500	1 bar (1.06 oz)	30	30
SNICKERS Bar	917-1510	1 bar (2 oz)	57	57
		1 fun size	15	
		1 king size bar (4 oz)	113	
Baby Ruth	917-1520	1 bar (1.2 oz)	34	34
		1 bar (2.28 oz)	65	
		1 fun size bar	14	
$100,000 Bar	917-1530	1 bar (1.5 oz)	43	43
Halvah, plain	917-1601	1 bar (8 oz)	227	28
Halvah, chocolate covered	917-1611	1 bar (8 oz)	227	28
Chick-o-Stick	917-1800	1 stick (1.55 oz)	44	44
Honey-combed hard candy with peanut butter	917-1800	1 piece	6	30
Peanut butter log (Clark)	917-1800	1 log	6	24
Peanut Pillows	917-1800	1 piece	2	28
Zagnut	917-1800	1 bar (1.75 oz)	50	50

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Clark Bar	917-1805	1 bar (1.2 oz)	34	34
		1 bar (.7 oz)	20	
		1 bar (1.4 oz)	40	
		1 bar (1.65 oz)	47	
Fifth Avenue	917-1805	1 bar (1.125 oz)	32	32
		1 bar (1.93 oz)	54	
		1 miniature bar	11	
Honey-combed hard candy with peanut butter, chocolate covered	917-1805	1 piece	11	33
Butterfinger	917-1810	1 bar (1.6 oz)	45	45
		1 bar (2.16 oz)	61	
		1 bar (bite size)	7	
Chocolate-flavored sprinkles	917-1820	1 cup	176	
Jimmies	917-1820	1 cup	176	11
Good and Plenty	917-2100	1 box (1.8 oz)	51	51
		1 cup	221	
		1 piece	1.5	
Licorice	917-2100	1 stick	11	22
		10 bite size pieces	14	
		1 cup, bite size (Nibs)	182	
		1 piece, shoestring (43" long)	19	
Twizzlers	917-2100	1 stick	11	22
		1 package (2.5 oz)	71	
Circus Peanuts (Brachs)	917-2300	1 peanut	7	28
Marshmallow	917-2300	1 large, regular	7	14
		1 large, soft	6	
		10 miniatures	7	
		1 cup of miniatures	46	
Marshmallow, marshmallow creme	917-2300	1 piece	8	16
Marshmallow chicken	917-2300	1 chicken	8	8

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Easter eggs				
Chocolate covered marsh - mallow	917-2301	1 small egg	6	22
		1 medium egg	11	
Mallo Cup	917-2301	1 piece (1.2 oz)	34	34
		1 miniature piece	8	
Marshmallow, chocolate covered	917-2301	1 piece	11	22
Marshmallow rabbit, chocolate covered	917-2301	1 rabbit	14	14
Easter eggs				
Candy-coated marshmallow	917-2302	1 egg	14	28
Marshmallow, candy-coated	917-2302	1 piece	14	28
Italian nougat candy	917-2600	1 bar (.49 oz)	14	28
Nougat, plain (Include nougat, NFS)	917-2600	1 piece	14	28
Nougat, with caramel, chocolate covered	917-2611	1 bar (2 oz)	57	57
Zero	917-2611	1 bar (2 oz)	57	57
MILKYWAY Bar	917-2613	1 bar (1.9 oz)	54	54
		1 fun size bar	18	
		1 bar (2.1 oz)	60	
		1 bar (.8 oz)	23	
MARS Bar	917-2615	1 piece	19	50
		1 bar (1.76 oz)	50	
Charleston Chew	917-2641	1 bar (1.875 oz)	53	53
Nougat, chocolate covered	917-2641	1 bar (1.875 oz)	53	53
3 MUSKETEER Bar	917-2642	1 bar (.8 oz)	23	23
		1 bar (1.813 oz)	51	
		1 fun size bar	18	
Nuts, chocolate covered, not almonds or peanuts (Include nuts, chocolate covered, NFS)	917-2701	1 oz	28	28
		1 cup	170	
		10 nuts	29	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Nut roll, fudge or nougat, caramel and nuts	917-2800	1 roll	25	25
Payday	917-2800	1 bar (1.9 oz)	53	53
Chocolaty Payday	917-2800	1 bar (1.8 oz)	51	51
Pecan roll	917-2800	1 roll	25	25
		1 cubic inch	19.2	
Goobers	917-3100	1 piece	4	28
		1 cup	149	
Peanuts, chocolate covered	917-3100	1 piece	4	28
		1 cup	149	
Peanut Clusters	917-3100	1 peanut cluster	14	
		1 cup	129	
"M & M's" Peanut Chocolate Candies	917-3101	1 piece	2	28
		1 package (1.67 oz)	47	
		1 cup	170	
Boston Baked Beans	917-3110	1 box (1.75 oz)	50	50
		1 box (2.25 oz)	64	
		1 cup	191	
Peanuts, sugar-coated	917-3110	1 oz	28	28
		1 piece	1.2	
		1 cup	155	
Squirrel Nuts	917-3110	1 piece	6	30
		1 cup	148	
Peanuts, yogurt covered	917-3115	1 piece	2	28
		1 cup	170	
Peanut bar (Include peanut candy, NFS)	917-3200	1 oz	28	28
Peanut Munch	917-3200	1 bar (1.4 oz)	40	40
Planters Peanut Bar	917-3210	1 piece	16	16
Peanut brittle	917-3300	1 cubic inch	20	28
		1 cup	147	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Peanut Butter Boppers	917-3350	1 bar	30	30
Easter eggs Peanut butter	917-3400	1 egg (1.2 oz)	34	34
Peanut butter, chocolate covered (Include peanut butter treats, peanut butter candy)	917-3400	1 piece 1 cubic inch	34 20	34
Peanut butter egg	917-3400	1 egg (1.2 oz)	34	34
Peanut Butter Meltaway Bar (Brach's)	917-3400	1 bar (1.5 oz)	43	43
Peanut Butter Meltaway Crispy Bar (Brach's)	917-3400	1 bar (1.25 oz)	35	35
Reese's Peanut Butter Cup	917-3410	1 package (1.6 oz) 1 miniature cup	45 7	45
Reese's Pieces	917-3420	10 pieces 1 package (1.75 oz) 1/4 cup	7 50 52	28
Peanut butter morsels	917-3450	1 piece 1/4 cup	.3 42	28
Pralines	917-3500	1 cubic inch	21	30
Pineapple candy, Puerto Rican style	917-3600	1 cup	232	14
Raisins, chocolate covered	917-3901	1 raisin 1 cup	1 190	28
Raisinets	917-3901	1 box (1.25 oz) 1 cup	35 190	35
Raisin clusters	917-3901	1 cluster	22	22
Raisins, carob covered	917-3951	1 piece 1 cup	1 190	28
Raisins, yogurt covered	917-3960	1 piece 1 cup	1.2 191	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sesame Crunch (Sahadi)	917-4201	1 piece	2	10
		20 pieces (1.25 oz)	32	
Chuckles	917-4501	1 piece	11	57
		1 package (2 oz)	57	
Dots	917-4501	1 box (1.25 oz)	35	35
		1 cup	208	
Fruit slices, jellied	917-4501	1 slice	14	28
Good and Fruity	917-4501	1 box (1.5 oz)	43	43
		1 cup	220	
		1 piece	2	
Gumdrops (Include gummy bears, gummy worms, gummy fish)	917-4501	10 gumdrops	36	36
		10 gummy bears	22	
		10 gummy fish	50	
		10 gummy worms	74	
		1 cup, gumdrops	182	
		1 cup, gummy bears	170	
		1 cup, gummy worms	154	
Hot tamales	917-4501	1 piece	2	46
		1 box (1.625 oz)	46	
		1 cup	220	
Jelly beans	917-4501	10 pieces (1 oz)	28	28
		1 cup (75 pieces)	220	
Jujubes	917-4501	1 box (1.5 oz)	43	43
		10 pieces	7	
		1/2 cup	104	
Jujy Fruits	917-4501	1 box (1 oz)	28	28
		1 box (2.5 oz)	71	
		1 cup	110	
		10 pieces	28	
Mike and Ike	917-4501	1 piece	2	35
		1 box (1.25 oz)	35	
		1 box (2.12 oz)	60	
		1 cup	220	
Mint Leaves	917-4501	1 piece	6	28
Blow-Pop	917-4502	1 lollipop	21	21

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bottle Caps	917-4502	1 piece	1	20
		1 pkg (.69 oz)	20	
Breath mints	917-4502	1 pack	18	2
Breath Savers	917-4502	1 piece	2	2
Butterscotch disc	917-4502	1 piece	6	6
Candy cane	917-4502	1 candy cane	15	15
		1 miniature candy cane	2.8	
Candy hearts	917-4502	1 piece	6	30
Candy necklace	917-4502	1 necklace (.75 oz)	21	21
Certs	917-4502	1 cert (.7 oz roll)	2	2
Charm Pop	917-4502	1 pop	21	21
Christmas candy	917-4502	1 piece	6	6
Cinnamon Hearts	917-4502	1/2 cup	108	
		10 pieces	3	
Conversation hearts	917-4502	1 piece	6	28
		1 cup	160	
Cotton candy	917-4502	1 cone	21	21
		1 cup	7	
Cough drops	917-4502	1 piece	1	1
Funs and Dips	917-4502	1 package (1 oz)	28	28
Hard candy	917-4502	1 piece	6	18
		1 small piece	3	
		1/2 cup	99	
Jawbreakers	917-4502	1 piece	2	28
Just Juice	917-4502	1 piece	2	
Life Savers	917-4502	1 piece	2	2
		1 roll (.9 oz, 12 pieces)	26	
Lollipops	917-4502	1 lollipop (.5 oz)	14	14
		1 Lifesaver lollipop		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
		(.9 oz)	26	
Necco Wafer	917-4502	1 wafer	1.5	28
		1 package (1.91 oz)	54	
Nerds	917-4502	1 box (1.8 oz)	51	51
Pixy Stix	917-4502	1 stick	3	28
		1 giant stick (1 oz)	28	
Pop Rocks	917-4502	1 package	4.8	5
Raspberry-filled drops	917-4502	1 piece	6	18
		1 cup	203	
Red Hots	917-4502	1 ball	8	32
		1 package	67	
		1 cup	227	
Red Hot Dollars	917-4502	1 piece	.5	28
		1 box (1 oz)	28	
Root beer barrel	917-4502	1 barrel	9	27
Smarty	917-4502	1 oz	28	28
		1/2 cup	72	
Space Dust	917-4502	1 package	5	5
Spun Sugar	917-4502	1 cone	21	21
		1 oz	28	
Stick candy	917-4502	1 stick	15	30
Sucker	917-4502	1 sucker	21	21
Sweet Tarts	917-4502	1 package (.105 oz)	3	28
		1/2 cup	72	
		10 tarts	4	
Tic Tacs	917-4502	1 piece	.5	1
		1 box (.5 oz)	14	
Tootsie Pop Drops	917-4502	1 roll (1.33 oz)	38	38
		1 piece	5	
Tootsie Roll Pop	917-4502	1 pop (.6 oz)	17	34
Candy cigarettes	917-4502	1 box (.96 oz)	27	27
		1 cigarette	2	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Skittles	917-4510	1 bar (1.25 oz)	35	57
		1 cup	208	
		1 package (2 oz, 54 pieces)	57	
Nonpareils	917-4601	1 cup	133	28
		10 pieces	28	
Oompas	917-4602	1 package (1.375 oz)	39	39
		1 cup	207	
Sugar-coated chocolate discs	917-4601	3 pieces	2	28
		1/4 cup (66 pieces)	52	
ROYALS Mint Chocolate	917-4602	1 bar (1.5 oz)	43	43
		1 bar (2.11 oz)	60	
"M & M's" Plain Chocolate Candies	917-4610	10 pieces	7	42
		1 box (1.48 oz)	42	
		1 package (1.69 oz)	48	
		1/4 cup (66 pieces)	52	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bit-O-Honey	917-5000	1 bar (6 candy chews) (1.7 oz)	48	48
Bonkers	917-5000	1 pkg (8 pieces), (1.45 oz)	41	5.4
		1 piece	5.4	
		1 cup	176	
Kits	917-5000	1 package (4 pieces)	8	
Mary Jane	917-5000	1 piece (.25 oz)	7	28
Now and Later	917-5000	1 piece	6	30
		1 package (2.5 oz)	71	
Peanut Kisses	917-5000	1 piece	6	30
Salt water taffy	917-5000	1 piece	5	28
		1 package (1 oz)	28	
Starburst	917-5000	1 piece	5	30
		1 package (2.07 oz)	59	
Taffy, plain (Include Taffy, NFS; fruit flavored)	917-5000	1 piece	5	30
Tangy Taffy	917-5000	1 package (1.92 oz)	54	54
A-OK Space Energy Stix	917-5011	1 stick	10	10
Ayds	917-5011	1 individually wrapped piece	7	7
Food Stix, fortified (Include caramel, chewy, chocolate, peanut butter, space food)	917-5011	1 stick	10	10
Mint toffee	917-6000	1 piece	7	28
		1 box (3.5 oz)	100	
Toffee, plain (Include toffee, NFS)	917-6000	1 piece	7	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Heath Bar	917-6010	1 bar (1.125 oz)	32	32
		1 bar (.938 oz)	27	
		1 miniature bar	7	
Toffee, chocolate covered	917-6010	1 piece	7	28
Almond Roco	917-6020	1 piece	11	11
Toffee, chocolate-coated, with nuts	917-6020	1 piece	11	33
Truffles	917-6050	1 piece	13	13
Dietetic or low calorie candy, NFS	917-7000	1 piece	3	15
		1/2 cup	85	
Dietetic or low calorie gumdrops	917-7001	1 piece	5	15
		1 cup	182	
Dietetic or low calorie hard candies	917-7002			
Include: Hard Candies		1 piece	3	15
		1/2 cup	99	
Licorice		1 piece	10	
		1 cough drop	1	
Licorice, dietetic	917-7002	1 piece	10	20
Dietetic or low calorie candy, chocolate covered	917-7003			
Include: Dietetic Chocolate TV Mix		1 piece	3	28
		1 cup TV mix	136	
Dietetic Chocolate Wafers		1 section	5	
Dietetic Covered Raisins		1 raisin	1	
		1 cup raisins	190	
Dietetic Crunch Bar		1 section	6	
Dietetic Fruit and Nut Bar		1 section	7	
Dietetic Peanut Butter Cups		1 piece	6	
Dietetic Milk Almond Bar		1 section	7	
Dietetic Milk Chocolate Flavored Bar		1 section	7	
Dietetic or low calorie mints	917-7005	1 mint	1.5	
		1 cup	110	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Bubble gum	918-0100	1 piece	4	4
Chewing gum, sugared	918-0100	1 piece	4	4
		10 Chiclets	16	
		1 cup, Chiclets	191	
Chewing gum, uncoated, sugarless	918-0200	1 piece	2	2
Coffee, NS as to type	921-0000	1 fl oz	30	180
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Coffee, made from ground, regular (Include coffee, made from ground, NS as to regular or decaffeinated)	921-0100	1 fl oz	30	180
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Coffee, made from ground, equal parts regular and decaffeinated	921-0150	1 fl oz	30	180
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Coffee, turkish (Include Mexican coffee)	921-0160	1 fl oz	30	120
		1 turkish cup (4 fl oz)	120	
		1 mug (8 fl oz)	240	
Coffee, expresso (Include demi-tasse)	921-0161	1 fl oz	30	60
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		1 expresso cup (2 fl oz)	60	
Coffee, expresso, decaffeinated	921-0163	1 fl oz	30	60
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		1 expresso cup (2 fl oz)	60	
Coffee, made from ground, regular, flavored	921-0170	1 fl oz	30	180
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee, made from powdered instant (Include coffee, made from powdered instant, NS as to regular or decaffeinated)	921-0300	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, liquid concentrate	921-0500	1 tsp	5	5
Coffee, made from liquid concentrate	921-0501	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, acid neutralized, from powdered instant	921-0600	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, decaffeinated, NS as to ground or instant	921-1100	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, decaffeinated, made from ground	921-1101	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, decaffeinated, made from powdered instant	921-1400	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, made from powdered mix, with whitener and sugar, instant (Include Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese coffee mixes)	921-2100	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz) 4 tsp dry yields 6 fl oz	30 180 240 180	180
Coffee, made from powdered mix, presweetened, no whitener	921-2101	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz) 2.5 tsp dry yields 6 fl oz	30 180 240 180	180

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee and cocoa (mocha), made from powdered mix, with whitener, presweetened	921-2102	1 fl oz	30	180
(Include NS as to sweetener; Irish Mocha Mint, Suisse Mocha)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		4 tsp dry yields 6 fl oz	180	
Coffee and cocoa (mocha), made from powdered mix, with whitener and low calorie sweetener	921-2103	1 fl oz	30	180
(Include Sugar Free Irish Mocha Mint, Suisse Mocha)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Coffee, made from powdered mix, with whitener and low calorie sweetener, instant	921-2104	1 fl oz	30	180
(Include Sugar Free Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee mixes)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Coffee, presweetened with sugar, pre-lightened	921-3000	1 fl oz	30	180
(Include coffee, light, with sugar, from vending machine)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		1 vending machine cup	180	
Coffee, pre-lightened, no sugar	921-3001	1 fl oz	30	180
(Include from vending machine)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		1 vending machine cup	180	
Coffee, presweetened with sugar	921-3002	1 fl oz	30	180
(Include from vending machine)		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
		1 vending machine cup	180	
Coffee and chicory, NS as to ground or instant	921-5000	1 fl oz	30	180
		1 coffee cup (6 fl oz)	180	
		1 mug (8 fl oz)	240	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee and chicory, made from powdered instant (Include Luzianne)	921-5100	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz) 1 tsp dry yields 6 fl oz	30 180 240 180	180
Coffee, decaffeinated, and chicory, made from powdered instant	921-5110	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz) 1 tsp dry yields 6 fl oz	30 180 240 180	180
Coffee and chicory, made from ground	921-5200	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, regular, with cereal (Include with barley)	921-5300	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Coffee, decaffeinated, with cereal (Include with barley)	921-5310	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Cappuccino	921-6100	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	33 196 261	
Coffee, dry powder, NS as to regular or decaffeinated	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 (Include Kava)	921-9125	1 tsp, dry	1	1
Coffee and chicory, dry powder	921-9150	1 tsp, dry	1	1
Coffee, decaffeinated, and chicory, dry powder	921-9152	1 tsp, dry	1	1

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Coffee and cocoa (mocha) mix, dry powder with whitener, presweetened (Include Irish Mocha Mint, Suisse Mocha)	921-9200	1 tsp, dry	6	6
Coffee and cocoa (mocha) mix, dry powder with whitener and low calorie sweetener (Include Sugar Free Irish Mocha Mint and Suisse Mocha)	921-9203	1 tsp, dry	6	6
Coffee, dry powder, with whitener and sugar (Include Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee Mixes)	921-9300	1 tsp, dry	5	
Coffee, dry powder, with whitener and low calorie sweetener (Include Sugar Free Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee Mixes)	921-9302	1 tsp, dry	5	
Postum	922-0101	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Chicory	922-0201	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Cereal beverage (Include Pero, Break Away)	922-0300	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Cereal beverage with beet roots, from powdered instant (Include Kafix)	922-0311	1 fl oz 1 coffee cup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Cereal beverage with beet roots, powdered instant, dry (Include Kafix)	922-0320	1 tsp, dry	1	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mate, sweetened beverage made from dried green leaves (Include Paraguay tea)	922-0400	1 fl oz	30.7	
Rice beverage (Include rice tea)	922-0500	1 fl oz	30.7	
Postum, dry powder	922-9130	1 tsp, dry	1	
Tea, NS as to type (Include lemon- or other fruit-flavored, ready-to-drink)	923-0100	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, NS as to type, with lemon CODE DISCONTINUED 5/15/87	923-0101	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, NS as to type, presweetened with sugar (Include lemon- or other fruit-flavored, ready-to-drink)	923-0106	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	31 184 245	184
Tea, NS as to type, with lemon and sugar (Include ready-to-drink) CODE DISCONTINUED 5/15/87	923-0107	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, NS as to type, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored, ready-to-drink)	923-0108	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, NS as to type, decaffeinated (Include lemon- or other fruit-flavored)	923-0110	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, NS as to type, presweetened, NS as to sweetener (Include lemon- or other fruit-flavored, ready-to-drink)	923-0113	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	31 184 245	184
Tea, NS as to type, decaffeinated, presweetened with sugar (Include lemon- or other fruit-flavored)	923-0116	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tea, NS as to type, decaffeinated, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored)	923-0118	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, NS as to type, decaffeinated, presweetened, NS as to sweetener (Include lemon- or other fruit-flavored, ready-to-drink)	923-0119	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, leaf (Include tea bags, Japanese green tea, Chinese tea bags, mint tea bags, green tea bags, Ceylon breakfast tea, spiced and flavored teas, lemon- or other fruit-flavored tea)	923-0200	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, leaf, presweetened with sugar (Include lemon- or other fruit-flavored)	923-0220	1 fl oz	30	180
Tea, leaf, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored)	923-0230	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, leaf, presweetened, NS as to sweetener (Include lemon- or other fruit-flavored)	923-0240	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, leaf, decaffeinated (Include lemon- or other fruit-flavored, caffeine-reduced)	923-0250	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, leaf, decaffeinated, presweetened with sugar (Include lemon- or other fruit-flavored)	923-0260	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tea, leaf, decaffeinated, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored)	923-0270	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, leaf, decaffeinated, presweetened, NS as to sweetener (Include lemon- or other fruit-flavored)	923-0280	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, ready-to-drink, NS as to added sweetener (Include lemon- or other fruit-flavored)	923-0300	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, ready-to-drink, sweetened with sugar (Include lemon- or other fruit-flavored)	923-0320	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, ready-to-drink, sweetened with low calorie sweetener (Include lemon- or other fruit-flavored)	923-0330	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, made from frozen concentrate (Include lemon- or other fruit-flavored)	923-0400	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180
Tea, made from frozen concentrate, decaffeinated, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored)	923-0470	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30.7 184 245	184
Tea, made from powdered instant, presweetened, NS as to sweetener (Include lemon- or other fruit-flavored)	923-0500	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz)	30 180 240	180

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tea, made from powdered instant (Include lemon- or other fruit-flavored)	923-0501	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 1 tsp dry yields 8 fl oz	30 180 240 240	180
Tea, made from powdered instant, presweetened with sugar (Include lemon- or other fruit-flavored)	923-0504	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 3 tsp dry yields 8 fl oz	30.7 184 245 245	184
Tea, made from powdered instant, decaffeinated, presweetened with sugar (Include lemon- or other fruit-flavored)	923-0505	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 3 tsp dry yields 8 fl oz	30.7 184 245 245	184
Tea, made from powdered instant, lemon-flavored, presweetened with sugar CODE DISCONTINUED 5/15/87	923-0507	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 3 tsp dry yields 8 fl oz	30.7 184 245 245	184
Tea, made from plain powdered instant CODE DISCONTINUED 5/15/87	923-0508	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 1 tsp dry yields 8 fl oz	30 180 240 240	180
Tea, made from powdered instant, presweetened with low calorie sweetener (Include lemon- or other fruit-flavored, Nestea Ice Teasers)	923-0509	1 fl oz 1 teacup (6 fl oz) 1 mug (8 fl oz) 1 tsp dry yields 8 fl oz	30.7 184 245 245	184

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tea, made from powdered instant, presweetened with low calorie sweetener, lemon-flavored	923-0510	1 fl oz	30.7	184
CODE DISCONTINUED 12/12/86		1 teacup (6 fl oz)	184	
		1 mug (8 fl oz)	245	
		1 tsp dry yields 8 fl oz	245	
Tea, made from powdered instant, decaffeinated, presweetened with low calorie sweetener	923-0511	1 fl oz	30.7	184
(Include lemon-or other fruit-flavored; Lipton Fruit Tea; Crystal Light Fruit Tea)		1 teacup (6 fl oz)	184	
		1 mug (8 fl oz)	245	
		1 tsp dry yields 8 fl oz	245	
Tea, made from powdered instant, decaffeinated	923-0518	1 fl oz	30	180
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Tea, made from powdered instant, decaffeinated, presweetened, NS as to sweetener	923-0580	1 fl oz	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz)	184	
		1 mug (8 fl oz)	245	
		3 tsp dry yields 8 fl oz	245	
Tea, herb	923-0600	1 fl oz	30	180
		1 teacup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Tea, made from caraway seeds	923-0605	1 fl oz	30	180
		1 teacup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Tea, spiced, presweetened, made from dry mix	923-0650	1 fl oz	30.7	184
		1 teacup (6 fl oz)	184	
		1 mug (8 fl oz)	245	
Tea, Russian	923-0661	1 fl oz	30.7	184
		1 teacup (6 fl oz)	184	
		1 mug (8 fl oz)	245	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Tea, camomile	923-0670	1 fl oz	30	180
		1 teacup (6 fl oz)	180	
		1 mug (8 fl oz)	240	
Tea, powdered instant, unsweetened, dry (Include lemon- or other fruit-flavored)	923-0700	1 tsp, dry	1	
Tea, powdered instant, sweetened, NS as to sweetener, dry	923-0740	1 tsp, dry	1	
Soft drink, NFS	924-0000	1 fl oz	31	369
		1 can (12 fl oz)	369	
		1 bottle (16 fl oz)	492	
Soft drink, NFS, sugar-free	924-0010	1 fl oz	30	355
		1 can (12 fl oz)	355	
		1 bottle (16 fl oz)	473	
Carbonated water, sweetened (Include tonic, quinine water)	924-1011	1 fl oz	30	366
		1 can (12 fl oz)	366	
		1 bottle (16 fl oz)	488	
Carbonated water, unsweetened (Include flavored; club soda, Perrier, seltzer water)	924-1021	1 fl oz	30	355
		1 can (12 fl oz)	355	
		1 bottle (16 fl oz)	474	
Tonic water, sugar-free	924-1025	1 fl oz	30	355
		1 can (12 fl oz)	355	
		1 bottle (16 fl oz)	474	
Soft drink, cola-type	924-1031	1 fl oz	31	369
		1 can (12 fl oz)	369	
		1 bottle (16 fl oz)	492	
Soft drink, cola-type, sugar-free	924-1032	1 fl oz	30	355
		1 can (12 fl oz)	355	
		1 bottle (16 fl oz)	473	
Soft drink, cola-type, decaffeinated	924-1034	1 fl oz	31	369
		1 can (12 fl oz)	369	
		1 bottle (16 fl oz)	492	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soft drink, cola-type, decaffeinated, sugar-free	924-1035	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 473	355
Soft drink, pepper-type (Include Dr. Pepper, Mr. Pibb)	924-1036	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Soft drink, pepper-type, sugar-free	924-1037	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 473	355
Soft drink, pepper-type, decaffeinated	924-1039	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Soft drink, pepper-type, decaffeinated, sugar-free	924-1040	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 473	355
Cream soda (Includ Almond Smash)	924-1041	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 371 494	371
Cream soda, sugar-free	924-1042	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Soft drink, fruit-flavored, no caffeine added (Include orange, lemon, lime, cherry, grape, strawberry, Tom Collins mixer, 7-Up, Sprite)	924-1051	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 372 496	372
Soft drink, fruit flavored, sugar-free	924-1052	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Soft drink, fruit flavored, caffeine containing (Include Mellow Yellow, Mountain Dew, Big Red)	924-1055	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 372 496	372

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Soft drink, fruit flavored, caffeine containing, sugar-free (Include Diet Mountain Dew)	924-1056	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Ginger ale	924-1061	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 366 488	366
Ginger ale, sugar-free	924-1062	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Root beer	924-1071	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Root beer, sugar-free	924-1072	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Chocolate-flavored soda	924-1081	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Chocolate-flavored soda, sugar-free (Include Canfield's Diet Chocolate Fudge Soda)	924-1082	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Cola with fruit or vanilla flavor (Include cherry cola)	924-1151	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Cola with chocolate flavor	924-1152	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Cola with fruit or vanilla flavor, sweetened with low calorie sweetener	924-1161	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cola with chocolate flavor, sugar-free (Include caffeine-free)	924-1162	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 473	355
Soft drink, carbonated, malt (Include Malta India, Martita)	924-1401	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 360 480	360
Mavi drink	924-1601	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 369 492	369
Soft drink, ale type (Include Ale-8)	924-1701	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 360 480	360
Soft drink, fruit-flavored, with 10% fruit juice (Include Slice, Mandarin Orange Slice, Apple Slice, Cherry Cola Slice)	924-2100	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	31 372 496	372
Soft drink, fruit-flavored, with 10% fruit juice, sweetened with low calorie sweetener (Include Diet Slice, Diet Mandarin Orange Slice, Diet Apple Slice, Diet Cherry Cola Slice)	924-2110	1 fl oz 1 can (12 fl oz) 1 bottle (16 fl oz)	30 355 474	355
Soft drink, fruit-flavored, with 10% fruit juice, vitamin enriched (Include Minute Maid Orange Soda)	924-2120	1 fl oz 1 can (12 fl oz)	31 372	372
Apple drink	925-1011	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Apple-cherry drink (Include apple-grape, apple-raspberry, apple-pineapple)	925-1012	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Apricot-pineapple juice drink	925-1022	1 cup (8 fl oz) 1 fl oz	250 31.3	250

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Banana-orange drink	925-1031	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Black cherry drink	925-1041	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Fruit drink (Include fruit punches and fruit ades, Hawaiian Punch made from canned or frozen)	925-1061	1 cup (8 fl oz)	248	248
		1 fl oz	31.0	
Fruit juice drink, NFS	925-1063	1 cup (8 fl oz)	248	248
		1 fl oz	31.0	
Tamarind drink, Puerto Rican (Refresco de tamarindo)	925-1065	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Fruit punch, made with fruit juice and soda	925-1072	1 cup (8 fl oz)	245	245
		1 fl oz	30.6	
Fruit punch, made with soda, fruit juice, and sherbet or ice cream	925-1073	1 cup (8 fl oz)	256	256
		1 fl oz	32.0	
Grapeade and grape drink	925-1081	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Grape juice drink	925-1082	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Grapefruit juice drink	925-1091	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Guava drink	925-1095	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Lemonade, frozen concentrate, not reconstituted	925-1100	1 can (6 fl oz)	219	
Lemonade	925-1101	1 cup (8 fl oz)	248	248
		1 fl oz	31.0	
Lemon-limeade	925-1102	1 cup (8 fl oz)	248	248
		1 fl oz	31.0	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Limeade	925-1111	1 cup (8 fl oz) 1 fl oz	248 31.0	248
Orange drink (Include orange ade, Yabba Dabba Dew, Sunny Delight)	925-1122	1 cup (8 fl oz) 1 fl oz	249 31.1	249
Orange-apricot juice drink	925-1123	1 cup (8 fl oz) 1 fl oz	249 31.1	249
Orange-lemon drink	925-1124	1 cup (8 fl oz) 1 fl oz	249 31.1	249
Citrus fruit juice drink (60% fruit juice) (Include 5 Alive Citrus)	925-1125	1 cup (8 fl oz) 1 fl oz	247 30.9	247
Papaya juice drink	925-1129	1 cup (8 fl oz) 1 fl oz	248 31.0	248
Pineapple-grapefruit juice drink	925-1131	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Pineapple-orange juice drink	925-1134	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Raspberry-flavored drink	925-1140	1 fl oz	28	
Strawberry-flavored drink	925-1151	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Frozen daiquiri mix, frozen concentrate, not reconstituted	925-1204	1 fl oz	36	
Frozen daiquiri mix, from frozen concentrate, reconstituted	925-1205	1 fl oz	29	
Whiskey sour mix, nonalcoholic (Include Lemix)	925-1211	1 fl oz	31	
Fruit drink, low calorie	925-2041	1 cup (8 fl oz) 1 fl oz	240 30	240
Grape drink, low calorie	925-2081	1 cup (8 fl oz) 1 fl oz	240 30	240

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lemonade, low calorie	925-2091	1 cup (8 fl oz)	240	240
		1 fl oz	30	
Apple drink with vitamin C added	925-3011	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Black cherry drink with vitamin C added	925-3021	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Cherry drink with vitamin C added	925-3031	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Citrus drink with vitamin C added	925-3041	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Cranberry juice drink with vitamin C added (Include cocktail)	925-3051	1 cup (8 fl oz)	253	253
		1 fl oz	31.6	
Cranberry-apple juice drink with vitamin C added (Include cocktail, raspberry-cranberry juice drink, cranberry-apricot juice drink)	925-3052	1 cup (8 fl oz)	253	253
		1 fl oz	31.6	
Fruit punch, fruit drinks, or fruitades, with vitamin C added (Include Hi-C)	925-3061	1 cup (8 fl oz)	247	247
		1 fl oz	30.9	
Grape drink with vitamin C added	925-3071	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Grapefruit juice drink with vitamin C added	925-3081	1 cup (8 fl oz)	250	250
		1 fl oz	31.3	
Guava juice drink with vitamin C added (Include Ocean Spray Mauna Lai, Guava Passion Fruit Drink)	925-3084	1 cup (8 fl oz)	253	253
		1 fl oz	31.6	
Lemonade with vitamin C added	925-3091	1 cup (8 fl oz)	248	248
		1 fl oz	31.0	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Orange drink and orangeade with vitamin C added	925-3101	1 cup (8 fl oz) 1 fl oz	249 31.1	249
Orange breakfast drink, made from frozen concentrate (Include Orange Plus, Awake)	925-3102	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Pineapple-grapefruit juice drink with vitamin C added	925-3111	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Pineapple-orange juice drink with vitamin C added	925-3112	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Strawberry-flavored drink with vitamin C added	925-3121	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Fruit-flavored drink, made from powdered mix, with sugar and vitamin C added (Include Kool-Aid, Wylers, NS as to sweetener)	925-4101	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Lemonade-flavored drink, made from powdered mix, with sugar and vitamin C added (Include Country Time)	925-4102	1 cup (8 fl oz) 1 fl oz	250 31.3	250
Fruit-flavored drink, made from powdered mix, low calorie, with vitamin C added (Include Kool-Aid, Wylers) *DISCONTINUED CODE 9/26/86*	925-4103	1 cup (8 fl oz) 1 fl oz	240 30	240
Lemonade-flavored drink, made from powdered mix, low calorie, with vitamin C added (Include Sugar Free Country Time)	925-4104	1 cup (8 fl oz) 1 fl oz	240 30	240
Apple cider-flavored drink, made from powdered mix, with sugar and vitamin C added	925-4110	1 cup (8 fl oz) 1 fl oz	250 31.3	250

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Apple cider-flavored drink, made from powdered mix, low calorie, with vitamin C added	925-4112	1 cup (8 fl oz) 1 fl oz	240 30	240
Fruit-flavored drinks, made from powdered mix, mainly sugar, with high vitamin C added (Include Keen, Tang Instant Breakfast Juice Drink)	925-4200	1 cup (8 fl oz) 1 fl oz 1 tbsp dry yields 8 fl oz	240 30 240	240
Fruit-flavored drink, made from powdered mix with vitamin C added, no sugar or low calorie sweetener (Include Kool-Aid, Wyler's)	925-4400	1 cup (8 fl oz) 1 fl oz	240 30	240
Cranberry juice drink, low calorie, with vitamin C added (Include low-calorie cranberry juice cocktail)	925-5011	1 cup (8 fl oz) 1 fl oz	240 30	240
Cranberry-apple juice drink, low calorie, with vitamin C added (Include cocktail, low calorie raspberry-cranberry, cranberry-blueberry, and cranberry-apricot juice drinks)	925-5021	1 cup (8 fl oz) 1 fl oz	240 30	240
Fruit-flavored drinks, punches, ades, low calorie, with vitamin C added (Include low calorie Hi C, Kool-Aid, Wylers)	925-5061	1 cup (8 fl oz) 1 fl oz	240 30	240
Citrus juice drink, low calorie (Include TreeSweet Lite grapefruit, orange, citrus combo)	925-5160	1 cup (8 fl oz) 1 fl oz	240 30	240

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Fruit-flavored drink, made from powdered mix with high vitamin C added, low calorie..... (Include Sugar Free Tang)	925-5200	1 cup (8 fl oz) 1 fl oz	240 30	240
Fruit-flavored beverage, low sugar..... (Include Gatorade, Quick Kick)	925-6000	1 cup (8 fl oz) 1 fl oz	240 30	240
Fluid replacement, electrolyte solution..... (Include Pedialyte)	925-7010	1 cup (8 fl oz) 1 fl oz	240 30	240
Fruit-flavored drink, low calorie, calcium fortified..... (Include Supri drink mix)	925-8200	1 cup (8 fl oz) 1 fl oz	240 30	240
Horchata, Puerto Rican.....	926-1001	1 cup (8 fl oz) 1 fl oz	240 30	240
Coconut beverage, Puerto Rican.....	926-1011	1 cup (8 fl oz) 1 fl oz	240 30	240
Oatmeal beverage, Puerto Rican.....	926-1101	1 cup (8 fl oz) 1 fl oz	240 30	240
Rice beverage, Mexican.....	926-1151	1 cup (8 fl oz) 1 fl oz	240 30	240
Sugar cane beverage, Puerto Rican.....	926-1201	1 cup (8 fl oz) 1 fl oz	247 31	247
Fruit-flavored drink, non-carbonated, made from powdered mix, with sugar..... (Include Fla-vor-Aid)	927-3100	1 fl oz 1 can (12 fl oz) 1 cup (8 fl oz)	30 356 240	240
Fruit-flavored drink, non-carbonated, made from low calorie powdered mix..... (Include Sugar Free Crystal light)	927-4100	1 fl oz 1 cup (8 fl oz)	30 240	240

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Root beer, noncarbonated, made from powdered mix, with sugar	927-5100	1 cup (8 fl oz)	240	
		1 fl oz	30	
Wine, nonalcoholic	928-0100	1 fl oz	29	
Wine, light, nonalcoholic	928-0200	1 fl oz	31.4	
Tang, dry concentrate	929-0010	1 tbsp	13.6	
		1 cup	217	
Fruit-flavored concentrate, dry, with vitamin C added (Include Kool-Aid, Hawaiian Punch)	929-0011	1 tbsp	12.5	
		1 package	6.4	
Fruit-flavored beverage, dry concentrate, low calorie, not reconstituted (Include Crystal Light)	929-0020	1 tbsp	12.0	
		1 package	16	
Fruit-flavored beverage, dry concentrate, low sugar, not reconstituted (Include Gatorade)	929-0030	1 tbsp	12.5	
Beer (Include ale)	931-0100	1 fl oz	30	360
		1 can or bottle (12 fl oz)	360	
		1 small pitcher (32 fl oz)	960	
Beer, lite	931-0200	1 fl oz	30	360
		1 can or bottle (12 fl oz)	360	
		1 small pitcher (32 fl oz)	960	
Near beer	931-0400	1 fl oz	30	360
		1 can or bottle (12 fl oz)	360	
Beer cooler	931-0500	1 fl oz	30	360
		1 can or bottle (12 fl oz)	360	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cordial or liqueur	932-0100	1 cordial glass	20	20
(Includa amaretto, anisette, benedictine, chartreuse, cointreau, creme de menthe, curacao, drambuie, grenadine, kahlua, kirsh, kummel, sloe gin, tia maria, triple sec)		1 fl oz	30	
Cocktail, NFS	933-0100	1 cocktail	92	92
		1 fl oz (no ice)	31	
Alexander	933-0101	1 cocktail	74	74
		1 fl oz (no ice)	30	
Bacardi cocktail	933-0102	1 cocktail	63	63
		1 fl oz (no ice)	31	
Bloody Mary	933-0103	1 cocktail	148	148
		1 fl oz (no ice)	30	
Daiquiri	933-0104	1 cocktail	61	61
		1 fl oz (no ice)	30	
Gimlet	933-0105	1 cocktail	71	71
		1 fl oz (no ice)	29	
Gin and Tonic	933-0106	1 cocktail	225	225
		1 fl oz (no ice)	30	
Grasshopper	933-0107	1 cocktail	64	64
(Includa with cream or ice cream)		1 fl oz (no ice)	32	
High ball	933-0108	1 cocktail	160	160
		1 fl oz (no ice)	29	
Manhattan	933-0109	1 cocktail	57	57
		1 fl oz (no ice)	29	
Margarita	933-0110	1 cocktail	77	77
		1 fl oz (no ice)	31	
Martini	933-0111	1 cocktail	71	71
		1 fl oz (no ice)	29	
Mint julep	933-0112	1 cocktail	65	65
		1 fl oz (no ice)	28	
Old fashioned	933-0113	1 cocktail	60	60
		1 fl oz (no ice)	28	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Screwdriver (Include Harvey Wallbanger, Slo-Screw)	933-0114	1 cocktail 1 fl oz (no ice)	213 30	213
Tom Collins (Include Vodka Collins)	933-0115	1 cocktail 1 fl oz (no ice)	222 30	222
Whiskey sour (Include scotch sour, vodka sour, soda sour, apricot sour, brandy sour)	933-0116	1 cocktail 1 fl oz (no ice)	90 30	90
Bourbon and soda (Include scotch and soda, rum and soda)	933-0117	1 cocktail 1 fl oz (no ice)	116 29	116
Rum and cola	933-0119	1 cocktail 1 fl oz (no ice)	211 30	211
Pina Colada	933-0120	1 cocktail 1 fl oz (no ice)	133 30	133
Coquito, Puerto Rican (coconut, rum)	933-0122	1 small goblet (4 fl oz)	125	125
Sloe gin fizz	933-0123	1 cocktail 1 fl oz (no ice)	222 30	222
Black Russian	933-0124	1 cocktail 1 fl oz (no ice)	90 30	90
White Russian	933-0125	1 cocktail 1 fl oz (no ice)	100 30	100
Fruit punch, alcoholic (Include champagne, fruit punch, champagne punch)	933-0127	1 punch cup (4 fl oz) 1 fl oz (no ice)	116 29	116
Singapore Sling	933-0128	1 cocktail 1 fl oz (no ice)	225 30	225
Stinger	933-0129	1 cocktail 1 fl oz (no ice)	92 31	92
Gibson	933-0130	1 cocktail 1 fl oz (no ice)	71 28	71

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Mai Tai	933-0131	1 cocktail	126	126
		1 fl oz (no ice)	32	
Tequila Sunrise	933-0132	1 cocktail	172	172
		1 fl oz (no ice)	31	
Gin Rickey	933-0133	1 cocktail	205	205
		1 fl oz (no ice)	29	
Gold Cadillac	933-0134	1 cocktail	125	
		1 fl oz (no ice)	29	
Long Island iced tea	933-0136	1 drink (5 fl oz)	150	150
		1 fl oz	30	
Fuzzy Navel	933-0137	1 cocktail	213	
		1 fl oz (no ice)	30	
Irish Coffee (Include Coffee Royale)	933-0140	1 fl oz	26.4	
Frozen daiquiri	933-0150	1 drink	231	231
		1 fl oz	29	
Rum, hot buttered	933-0200	1 drink	251	251
		1 fl oz	29	
Wine, table, dry (Include burgundy; claret; chianti; sauterne; rhine; champagne; red wine, NFS; white wine, NFS; homemade wine; dry sherry)	934-0100	1 wine glass (3.5 fl oz)	100	100
		1 fl oz (no ice)	29	
		1/2 bottle	370	
		1 carafe	492	
Wine, Chinese	934-0120	1 wine glass (3.5 fl oz)	100	100
		1 fl oz (no ice)	29	
Wine, cooking (assume cooked)	934-0130	1 fl oz	29	
Wine, dessert, sweet (Include marsala, port, tokay, madeira, muscatel, angelica, sherry, sweet vermouth)	934-0200	1 wine glass (3.5 fl oz)	100	100
		1 fl oz (no ice)	30	
Wine, light	934-0300	1 wine glass (3.5 fl oz)	102	102
		1 fl oz	29	
Wine cooler	934-0400	1 drink (7 fl oz)	210	210
		1 fl oz (no ice)	30	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Sangria	934-0450	1 drink	228	228
		1 fl oz (no ice)	29	
Sangria, Puerto Rican style	934-0460	1 drink	180	180
		1 fl oz	29	
Wine spritzer	934-0500	1 drink	146	146
		1 fl oz (no ice)	29	
Glug (Include glogg, gluhwein)	934-0600	1 drink (4 fl oz)	116	116
		1 fl oz (no ice)	29	
Brandy (Include applejack, cognac, tequila)	935-0100	1 fl oz (no ice)	28	28
Whiskey (Include bourbon, scotch, rye)	935-0200	1 jigger	42	42
		1 fl oz (no ice)	28	
Gin	935-0300	1 jigger	42	42
		1 fl oz (no ice)	28	
Rum	935-0400	1 jigger	42	42
		1 fl oz (no ice)	28	
Vodka	935-0500	1 jigger	42	42
		1 fl oz (no ice)	28	
Grain alcohol	935-1200	1 fl oz (no ice)	28	

1/9/86

APPENDIX: Coding Guidelines used for CSFII 1985

GENERAL GUIDELINES

1. NS (not specified) portions should be used if, after a callback has been made, measurements of portions remain an unlikely size, or too few dimensions are given (e.g., rectangle 1" x 3").

2. When NS sizes are applied, the following modifications may be used:

   a. "small serving" = 1/2 NS
   b. "medium serving" = NS
   c. "large serving" = 1-1/2 NS

3. One cube of meat, cheese, watermelon, and other foods served in approximately 1-inch cubes should be assigned weight for 1 cubic inch.

4. Final weight in grams is the amount eaten. It does not include refuse such as bones, shells, pits, rinds, etc., which may be included in the weight as purchased. If weight with bone, rind, shells, etc., is given, refer to converted weight in code book (e.g., "yield after cooking, bone removed").

   If raw weight is given for an item which was eaten cooked, refer to conversion in code book (1 oz raw, yield after cooking).

5. If contradictory measures are reported for the same food (e.g., 1 medium pork chop, 8 oz cooked, with bone), refer to supervisor.

6. For school lunch servings, if no quantities are provided, use NS weights.

7. For foods or beverages described as consumed over a period of time with one time of eating reported and one quantity reported, code as reported but code Q. 19 (What called) as 9. This code "9" will designate extended consumption.

GUIDELINES FOR FOOD GROUPS

MILK AND MILK PRODUCTS

1. "Raw" or "fresh" milk--code as whole milk.

2. If amount of milk used on cereal is unknown, and a guideline is not already listed in the manual for that type of milk, use 1/2 cup milk per 1 cup cereal.

3. Ice cream with a chocolate base (i.e., all of the ice cream is chocolate), even though it includes other ingredients such as nuts, cookies, marshmallows, etc., should be coded as chocolate.

Ice cream which is only partly chocolate base (e.g., Neopolitan)--code as flavors other than chocolate.

MEAT, POULTRY, FISH

1. When a cooking method reported by the respondent is not listed in the manual for that food item, and more than one cooked code is available, refer item to supervisor.

2. If weight is reported for a meat which is usually purchased raw, with bone (pork chop, chicken drumstick) then the weight must be specified cooked or raw and with or without bone. If not specified, a callback is necessary.

3. For luncheon meats, use the same weight even if the meat is cooked further (e.g., 1 thin slice bologna, whether fried or not fried = 14 g).

4. "Barbecued" meat--use weight for "broiled" unless a sauce is mentioned. If sauce is mentioned in description, use code from subgroup 27.

5. When one unit is reported (1 pork chop, 1 chicken drumstick) but not relative size (small/medium/large), use weight for medium.

6. Meat mixtures

   a. Code by mixture name, i.e., goulash, when several choices are available based on ingredients.

   b. In deciding whether a mixture should be included in subgroups 271 or 272 which do not include vegetables or in subgroups 273 or 274 which do include vegetables, base the choice on vegetables other than onions.

   c. If mixture contains tomatoes, it should be coded as a tomato-base sauce item.

   d. Sandwiches--See guidelines for fast food sandwiches, breakfast sandwiches, and sandwich ingredients.

EGGS

1. When 1 whole egg is reported but not its size, use weight for large egg.

2. Fat is included in recipe for fried and scrambled eggs and omelets. Therefore, if fat is reported separately (egg fried in 1 T. butter) do not code as a separate line item.

GRAIN PRODUCTS

1. If a piece of pie or cake is described as a proportion of the whole (i.e., 1/8) and the diameter of whole is unknown, assume 9".

FRUITS

1. When one unit is reported (1 apple) but not relative size (small/ medium/large), use weight for the medium.

VEGETABLES

1. Cooked vegetables include canned and cooked from fresh or frozen.

2. Vegetables cooked with meat but reported as individual items (e.g., 1/4 cup sliced carrots from beef stew)--code as vegetables, cooked, fat added in cooking.

3. When one unit is reported (1 tomato) but not relative size (small/ medium/large) use weight for medium.

4. Yams--American-type yams are included in sweetpotato codes (subgroup 734). Puerto Rican or South American yams are coded in Puerto Rican starchy vegetables (subgroup 719).

5. Vegetable mixtures that are not included in the code book and are not separately proportioned--code each vegetable as an equal proportion of the whole.

   (Note: Commercial vegetable mixtures, particularly those containing sauces or numerous vegetables, may require market checking and new codes.)

6. Salads--See salad guidelines.

BEVERAGES

1. Freeze-dried coffee--code as powdered instant.

SALAD GUIDELINES

Salad Coding Guidelines are to be used when salad ingredients are listed but no amounts or proportions are reported. When possible, existing codes in the coding manual should be used. If an existing code is used, only the total amount of the salad is needed; do not proportion ingredients for those salads.

SALADS

Salads are to be classified as one of two types for coding purposes. TYPE I salads have greens as their base; TYPE II salads do not.

TYPE I: Salads with greens as their base

The following section, Salad Ingredients, contains guidelines for quantifying salad ingredients. The items are grouped according to their "typical" predominance in salads.

For each cup of salad reported, the total volume of items added to the greens base, that is, from Groups A and B combined, must not exceed 8 T (8 tablespoons)*. The amount of greens reported should equal the total volume of salad reported minus the volume of added ingredients (e.g., 1 cup total - 8 T added items = 1/2 cup greens).

Salad Ingredients

A: Items generally used in small quantities

Bacon bits	Mushrooms (chopped, sliced)	Seeds
Bamboo shoots	Nuts	Sprouts
Cheese, dry, grated	Olives	
Chopped egg	Onions	
Croutons	Radishes	
	Raisins	

1. Allow 1 T per cup of salad for each ingredient if 1 to 4 ingredients from this group are included (4 T maximum). (e.g., bacon bits, croutons, and chopped egg are reported; 1-1/2 cups of salad eaten; record 1-1/2 T per item)

2. If 5 or more ingredients from this group are reported, proportion equally for a total of 4 T (the maximum allowed for GROUP A items). (e.g., parmesan cheese, garbanzo beans, sunflower seeds, onions, radishes, and nuts are reported; 1 C of salad eaten; record 2 tsp. per item)

B: Items generally used in larger quantities

Avocado	Egg wedges	Pea pods
Broccoli	Fruit	Pickled beets
Carrots	Garbanzo beans	Tomatoes
Cauliflower	Green pepper	Zucchini
Celery	Meat, fish	
Cheese, excl. dry,grated	Potato salad	
Cucumber	Cole slaw	
	Macaroni salad	

1. Allow 2 T per cup of salad for each ingredient in this group, if 1 to 4 ingredients from this group are included (8 T maximum).

2. If 5 or more ingredients from Group B are included, proportion equally for a total of 8 T.

* For combinations of salad items which exceed the 8 T maximum, use the following chart:

CASE	GROUP A TOTAL	GROUP B TOTAL	TOTAL
1) 4 or more Group B items and 4 or more Group A items	2 tbsp	6 tbsp	8 tbsp
2) 3 Group B items and:			
a) 3 Group A items or	2 1/2 tbsp	5 1/2 tbsp	8 tbsp
b) 4 Group A items	3 tbsp	5 tbsp	8 tbsp
3) 4 Group B items and:			
a) 1 Group A item or	1/2 tbsp	7 1/2 tbsp	8 tbsp
b) 2 Group A items or	1 tbsp	7 tbsp	8 tbsp
c) 3 Group A items	1 1/2 tbsp	6 1/2 tbsp	8 tbsp

TYPE II: Salads which do not have greens as their base

Proportion ingredients equally by volume (e.g., if 8 items are reported in 1-1/2 C (24 T) of salad, allow 3 T per item).

SALAD DRESSINGS

Salad dressings, if used, are not included in the total volume. Dressings are to be reported and quantified separately.

FAST FOOD SANDWICH GUIDELINES

Fast food sandwiches should be coded as indicated below when the respondent has stated that the sandwich was ordered without adding any "unusual" ingredients.

Fast Food Establishment	Sandwich Name	Code
Arby's	Roast Beef	275-1301
Burger [illegible]	Big Chef	275-1030
	Double Cheeseburger	275-1039
	Hamburger	275-1051
Burger [illegible]	Whopper Jr. w/Cheese	275-1023
	Double Beef Whopper w/Cheese	275-1033
	Whopper Jr.	275-1052
	Whopper	275-1056
Hardee's	1/4 Pound Cheeseburger	275-1024
	Big Deluxe	275-1025
	Hamburger	275-1051
	Roast Beef	275-1301
Jack-in-the-Box	Cheeseburger	275-1022
	Cheeseburger Deluxe	275-1023
	Bonus-Jack Hamburger	275-1028
	Jumbo-Jack Hamb. w/Cheese	275-1035
	Hamburger Deluxe	275-1050
	Jumbo Jack Hamburger	275-1056
McDonald's	Big Mac	275-1030
	Cheeseburger	275-1031
	1/4 Pounder w/Cheese	275-1032
	Double Cheeseburger	275-1033
	Hamburger	275-1051
	1/4-Pounder	275-1062
RAX	Roast Beef	275-1301
Roy Rogers	Cheeseburger	275-1024
	Hamburger	275-1053
	Roast Beef	275-1301
Wendy's	Cheeseburger	275-1035
	Chili, Cheese, and Beef	275-1042
	Double Hamburger	275-1055
	Single Hamburger	275-1056

FAST FOOD BREAKFAST SANDWICH GUIDELINES

Each component of a fast food breakfast sandwich which is mentioned in the sandwich description should be coded separately using the code and weight information on this sheet. For instance, Arby's sausage and egg croissant would be coded as 511-6600 (56g), 311-0500 (46g), and 252-2140 (27g). Use the appropriate partition code for "part of a sandwich".

Sandwich component	Code	Weight
Biscuit	521-0100	37 g
Croissant	511-6600	56 g
English muffin	511-8602	50 g
Bread, White (Include bread, NFS)	511-0101	17 g
Bread, Whole Wheat	512-0102	21 g
Egg	311-0500	46 g
Cheese	144-1020	21 g
Ham	223-1100	21 g
Bacon	226-0100	16 g
Sausage	252-2140	27 g
Canadian bacon	225-0101	23 g
Steak	214-2010	22 g

SANDWICH INGREDIENT GUIDELINES

INGREDIENT	* REGULAR-SIZE SANDWICH		** LARGE-SIZE SANDWICH	
	Amount	Gram Wt	Amount	Gram Wt
Alfalfa Sprouts	1/4 C	8	1/2 C	16
Bean Sprouts	2 T	13	1/4 C	26
Carrot, raw, grated	2 T	14	3 T	21
Cheese	1 oz	28	1-1/2 oz	42
Lettuce, leaf	1 med leaf	8	2 med leaves	16
Lettuce, shredded	2 T	7	1/4 C	14
Meat	2 oz	56	3 oz	85
Mushrooms, cooked	2 T	20	1/4 C	40
Mushrooms, raw	2 T	9	3 T	13
Onions, cooked	2 T	27	1/4 C	54
Onions, raw	1 med slice	14	2 med slices	28
Peppers, cooked	2 T	18	1/4 C	36
Peppers, raw, sliced	1 ring	10	2 rings	20
Pickles	2 slices	12	4 slices	24
Tomato	2 thin slices from medium	30	3 thin slices from medium	45

NOTE: For regular-size sandwiches, use the NS amount for the following condiments as it appears in the coding manual: catsup, mayonnaise, mustard, oil and vinegar, relish, and salad dressing; use 2 times the amount for large-size sandwiches.

---

* (e.g., sliced bread, croissant, medium size roll or 6" pita)
** (e.g., hoagie, submarine, 9" pita)