

Chapter 6

Manual of Food Codes: Individual Intakes

FOOD GROUP LIST

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

2 * MEAT, POULTRY, FISH AND MIXTURES * 2

- 20 _ _ _ _ _ MEAT, NS AS TO TYPE
- 200 Meat, NS as to type
- 21 _ _ _ _ _ BEEF
- 210 Beef, NFS
- 211 Beef steaks
- 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 _ _ _ _ _ VEGETABLES 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.....	245	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 SPECIFIED	SERVING NOT IN GRAMS 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	128 (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 9 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.....	114-3200	1 8 oz container.....	227	227
(Include custard style)		1 cup (8 fl oz).....	245	
Yogurt, fruit variety, nonfat milk.....	114-3300	1 8 oz container.....	227	227
		1 cup (8 fl oz).....	245	
Yogurt, fruit and nuts, lowfat milk.....	114-4500	1 8 oz container.....	227	
		1 cup.....	245	
Yogurt, frozen, flavors other than chocolate.....	114-6000	1 8 oz container.....	227	227
		1 cup (8 fl oz).....	193	
Yogurt, frozen, chocolate.....	114-6010	1 8 oz container.....	227	227
		1 cup (8 fl oz).....	193	
Yogurt, frozen, chocolate- coated.....	114-6100	1 bar.....	41	41
Yogurt, frozen, carob- coated.....	114-6110	1 bar.....	41	41
Yogurt, frozen, sandwich.....	114-6120	1 sandwich.....	85	85
Milk, chocolate, NFS.....	115-1100	1 cup.....	250	250
(Include chocolate milk, NS as to milk or drink)				
Milk, chocolate, whole milk- based.....	115-1110	1 cup.....	250	250
Milk, chocolate, lowfat milk- based.....	115-1120	1 cup.....	250	250
(Include chocolate milk drink)				
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
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
Spanish-style hot chocolate drink, Puerto Rican style (chocolate español).....	115-1250	1 cup.....	240	240
(Include chocolate milk beverage made with evaporated milk)				
Cocoa and sugar mixture, milk added, NS as to type of milk.....	115-1300	1 cup.....	250	250
(Include Nestle's Quik, Hershey's Instant)				
Cocoa and sugar mixture, whole milk added.....	115-1310	1 cup.....	250	250
(Include Nestle's Quik, Hershey's Instant)				
Cocoa and sugar mixture, lowfat milk added.....	115-1320	1 cup.....	250	250
(Include Nestle's Quik, Hershey's Instant)				
Cocoa and sugar mixture, skim milk added.....	115-1330	1 cup.....	250	250
(Include Nestle's Quik, Hershey's Instant)				
Cocoa, sugar, and dry milk mixture, water added.....	115-1410	1 oz packet with 6 fl oz water.....	206	206
(Include cocoa mix, NFS; Swiss Miss Hot Chocolate; Hershey's Hot Chocolate; Nestle's Hot Chocolate; Carnation Hot Chocolate; mint-flavored)		1 cup.....	250	
Cocoa with nonfat dry milk and low calorie sweetener, mixture, water added.....	115-1430	1 packet dry mix with 6 fl oz water.....	197	197
(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)		1 cup.....	250	

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.....	115-1450	1 cup.....	249	249
(Include Ovaltine Sugar-Free Hot Cocoa)				
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.....	115-1540	1 packet dry mix made according to directions yields 6 fl oz.....	197	
(Include Alba High Calcium Cocoa)		1 cup.....	239	
Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added.....	115-1600	1 cup.....	250	250
(Include Sugar-free Nestle's Quik, Swiss Miss Sugar-Free Chocolate Milk Maker)				
Milk beverage with nonfat dry milk and low calorie sweetener, water added, chocolate.....	115-1800	1 cup.....	276	276
(Include Alba)				
Milk beverage with nonfat dry milk and low calorie sweetener, water added, flavors other than chocolate.....	115-1805	1 cup.....	276	276
(Include Alba)				
Milk beverage with nonfat dry milk and low calorie sweetener, high calcium, water added, chocolate.....	115-1810	1 packet dry mix made according to directions yields 12 fl oz.....	210	
(Include Alba '77 High Calcium Shake)		1 cup.....	132	
		1 fl oz.....	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, choco- late, 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, NES)	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
Flavored milk drink, whey- and milk-based, flavors other than chocolate.....	115-6002	1 bottle (9 fl oz).....	274	244
(Include Yoo-hoo)		1 cup.....	244	
		1 fl oz.....	30.5	
Cafe con leche.....	115-6101	1 coffee cup (6 fl oz)...	190	190
		1 fl oz.....	31.7	
Instant breakfast, fluid, canned.....	116-1100	1 cup.....	250	313
		1 can (10 fl oz).....	313	
Instant breakfast, powder, milk added.....	116-1200	1 cup.....	247	279
(Include instant breakfast, NS as to canned or powdered; Carnation Instant Breakfast; Lucerne)		1 packet (35.1 g) in 8 fl oz milk.....	279	
Diet beverage, liquid, canned....	116-2100	1 cup.....	247	313
(Include Metrecal, Sego Lite, Slender)		1 can (10 fl oz).....	313	
Diet beverage, powder, reconstituted.....	116-2200	1 cup.....	247	212
(Include Lookfit, Metrecal, Shape, Slender)		1 packet (28 g) in 6 fl oz skim milk.....	212	
High calorie beverage, canned or powdered, reconstituted.....	116-3100	1 cup.....	250	250
(Include Nutrament, Sego)		1 can (2.5 fl oz).....	71	
		1 can (12.5 fl oz).....	399	
Meal supplement or replacement, milk-based, high protein, liquid.....	116-4100	1 cup.....	256	256
(Include Sustacal Powder, reconstituted)				
Meal replacement formula, Cambridge diet, reconsti- tuted, all flavors.....	116-5101	1 cup.....	272	
		1 serving (1 scoop in 8.5 fl oz water).....	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	
Nursory.....	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.....	118-3010	1 envelope (1 oz).....	28	28
(Include cocoa mix, NFS; Swiss Miss Hot Chocolate; Hershey's Hot Chocolate; Nestle's Hot Chocolate)		1 tbsp.....	8	
Cocoa powder with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted.....	118-3011	1 envelope Alba (.675 oz).....	19	17
(Include Swiss Miss Sugar-Free Hot Cocoa Mix, Alba Sugar-Free Hot Cocoa Mix)		1 envelope Swiss Miss (.53 oz).....	15	
		1 tbsp.....	7	
Cocoa, whey, and low calorie sweetener, fortified, dry mix, not reconstituted.....	118-3012	1 envelope, mint flavor (.41 oz).....	11.6	11.6
(Include Ovaltine Sugar-Free Hot Cocoa)				
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.....	118-3016	1 tbsp.....	8.4	28
(Include Hershey's Instant, Nestle's Quik)				
Cocoa, whey, and low-calorie sweetener mixture, not reconstituted.....	118-3017	1 envelope..... 1 tbsp, dry.....	5.2 7	
(Include Sugar-Free Nestle's Quik, Swiss Miss Sugar-Free Chocolate Milk Maker)				
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	1 tbsp.....	8	28
Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate.....	118-3021	1 tbsp.....	8	28
(Include Ovaltine)				
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.....	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.....	118-3040	1 tbsp.....	8	28
(Include strawberry Nestle's Quik)				

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	58
(Include Slim-Fast, Joe Weider's Firmaloss 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 recon- stituted.....	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)	121-1020	1 cup..... 1 packet.....	120 2.8	
CODE DISCONTINUED 5/11/87				
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.....	242	15
		1 individual container (.5 fl oz).....	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.....	133	66
		1 small dip.....	44	
		1 medium dip or slice....	66	
		1 large dip.....	89	
		1 dixie cup (3.5 fl oz) ..	60	
		1 cubic inch.....	9.2	
Ice cream, chocolate.....	131-1011	1 cup.....	133	66
		1 small dip.....	44	
		1 medium dip or slice....	66	
		1 large dip.....	89	
		1 dixie cup (3.5 fl oz) ..	60	
		1 cubic inch.....	9.2	
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).....	131-1040	1 cup.....	133	67
(Include Mellorine)		1 dixie cup (3.5 fl oz) ..	60	
Ice cream, imitation,				
chocolate (with vegetable				
fat).....	131-1045	1 cup.....	133	67
(Include Mellorine)		1 dixie cup (3.5 fl oz) ..	60	
Ice cream bar or stick, not				
chocolate or cake covered.....	131-2005	1 bar (3 fl oz).....	56	56
		1 cup.....	133	
Ice cream bar or stick,				
chocolate covered.....	131-2010	1 bar (3 fl oz).....	56	56
(Include ice cream bar, NFS; ice		1 Heath bar.....	64	
cream nugget)		1 ice cream nugget.....	8	
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.....	131-2055	1 sandwich.....	59	59
(Include Ghipwich)				

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.....	78	78
		1 cup.....	133	
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate..... (Include Nutty Buddy)	131-2071	1 cone and single dip....	78	78
		1 cone and double dip....	143	
Ice cream cone, chocolate covered or dipped, flavors other than chocolate.....	131-2072	1 cone and single dip....	78	78
		1 cone and double dip....	143	
Ice cream cone, no topping, flavors other than chocolate.....	131-2073	1 cone and single dip (or 1 small cone).....	78	78
		1 cone and double dip (or 1 large cone).....	143	
		1 cone.....	78	
Ice cream cone with nuts, chocolate ice cream.....	131-2075	1 cone.....	78	78
		1 cone.....	78	
Ice cream cone, chocolate covered or dipped, chocolate ice cream.....	131-2076	1 cone.....	78	78
		1 cone.....	78	
Ice cream cone, no topping, chocolate ice cream.....	131-2077	1 cone and single dip (or 1 small cone).....	78	78
		1 cone and double dip (or 1 large cone).....	143	
		1 cone.....	78	
Ice cream cone, chocolate covered, with nuts, chocolate ice cream.....	131-2078	1 cone.....	78	78
		1 cone.....	78	
Ice cream soda, flavors other than chocolate.....	131-2080	1 soda (10 fl oz).....	240	240
		1 soda (10 fl oz).....	240	
Ice cream soda, chocolate.....	131-2081	1 soda (10 fl oz).....	240	240
		1 soda (10 fl oz).....	240	
Ice cream sundae, NS as to topping (assume with whipped cream)..... (Include with nuts)	131-2100	1 sundae.....	165	165
		1 cup.....	142	

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).....	131-2110	1 sundae.....	165	165
(Include banana split, fruit parfait, with nuts)		1 banana split.....	425	
		1 cup.....	142	
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).....	131-2130	1 sundae.....	165	165
(Include with nuts)		1 cup.....	142	
Ice cream sundae, not fruit or chocolate topping (assume with whipped cream).....	131-2140	1 sundae.....	165	165
(Include peanut butter parfait, butterscotch topping, with nuts)		1 cup.....	142	
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).....	794	133
		1 cup.....	142	
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.....	131-3060	1 cup.....	175	88
(Include frozen custard, Tastee Freeze, Dairy Queen, Dairy Queen Blizzard)		1 blizzard (12.68 fl oz).....	372	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Ice milk, soft serve, chocolate.....	131-3061	1 cup.....	175	88
(Include frozen custard, Tastee Freeze, Dairy Queen, Dairy Queen Blizzard)		1 Blizzard (12.68 fl oz).....	372	
Ice milk sandwich.....	131-3500	1 sandwich.....	60	60
(Include Dairy Queen)				
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).....	78	78
		1 cone and double dip (or 1 large cone).....	143	
		1 small fast food cone (include Dairy Queen, McDonald's).....	186	
		1 large fast food cone (include Dairy Queen).....	311	
Ice milk cone, chocolate.....	131-4055	1 cone and single dip (or 1 small cone).....	78	78
		1 cone and double dip (or 1 large cone).....	143	
		1 small fast food cone (include Dairy Queen, McDonald's).....	186	
		1 large fast food cone (include Dairy Queen).....	311	
Ice milk sundae, chocolate or fudge topping (assume with whipped cream).....	131-4060	1 sundae.....	165	165
(Include McDonald's sundaes)		1 cup.....	142	
		1 McDonald's sundae.....	165	
Ice milk sundae, fruit topping (assume with whipped cream).....	131-4063	1 sundae.....	165	165
(Include McDonald's sundaes)		1 cup.....	142	
		1 McDonald's sundae.....	165	
Ice milk sundae, not fruit or chocolate topping (assume with whipped cream).....	131-4065	1 sundae.....	165	165
(Include McDonald's sundaes)		1 cup.....	142	
		1 McDonald's sundae.....	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.....	131-6000	1 cup.....	131	74
(Include Weight Watchers)		1 serving (4.5 fl oz)....	74	
Milk dessert bar, frozen, dietary, made from lowfat milk...	131-6100	1 bar (2.75 fl oz).....	81	81
(Include Weight Watcher's Treat Bars)				
Milk dessert sandwich bar, frozen, dietary, made from lowfat milk...	131-6150	1 sandwich bar (2.75 fl oz plus 2 wafers).....	77	77
(Include Weight Watcher's Sandwich Bars)				
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.....	132-1011	1 cup.....	200	100
(Include with raisins)		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.....	132-1022	1 cup.....	261	131
(Include pudding, chocolate, made from home recipe)				
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.....	264	132
		1 small box (about 3.5 oz), prepared.....	528	
		1 large box (about 5 oz), prepared.....	820	
Pudding, prepared from dry mix, milk added, chocolate.....	132-2012	1 cup.....	261	131
		1 small box (about 3.5 oz), prepared.....	566	
		1 large box (about 5 oz), prepared.....	832	
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.....	261	142
		1 can (5 oz).....	142	
Pudding, canned, low calorie, flavors other than chocolate.....	132-3012	1 cup.....	250	142
		1 can (5 oz).....	142	
Pudding, canned, chocolate.....	132-3013	1 cup.....	261	142
		1 can (5 oz).....	142	
Pudding, canned, low calorie, chocolate.....	132-3014	1 cup.....	250	142
		1 can (5 oz).....	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	28
		1 cup, shredded.....	108	
		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.....	17.5	
		1 cup, diced.....	132	
Cheese, Limburger.....	141-0601	1 package (8 oz).....	227	28
		1 box.....	113	
		1 cubic inch.....	18	
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, Samsøe, 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
		3 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 uncreamd; 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..... 1 cup..... 1 jar strained (4.5 oz - 4.75 oz)..... 1 jar junior (7.5 oz - 7.75 oz).....	14 225 131 216	67
Cheese, cream.....	143-0101	1 cup..... 1 small package (3 oz).... 1 cubic inch..... 1 tbsp..... 1 tbsp, whipped.....	232 85 16.1 14.5 10	15
Cheese, cream, lowfat.....	143-0301	1 cup..... 1 tbsp..... 1 tbsp, whipped.....	235 15 10	15
Cheese, processed, American and Swiss blends.....	144-1010	1 slice (.75 oz)..... 1 cubic inch..... 1" wedge.....	21 17.5 28	21
Cheese, processed, cheddar or American type..... (Include American Cheese Slices; Cheezes; Cheez Kisses; processed cheese, NES)	144-1020	1 slice (.75)..... 1 cup, NES..... 1 cup, shredded..... 1 cup, sliced..... 1 cup, melted..... 1 cubic inch..... 1 kiss.....	21 113 113 110 244 17.5 5	21

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	
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	235	14
		1 package (8 oz)	227	
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	225	14
		1 cubic inch	17.5	
		1 slice	21	
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	16	32
		1 cup	255	
Cheese fondue	146-3010	1 cup	215	108
Cheese soufflé	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.....	146-6010	1 piece (4" x 1" x 3/4")..	44	
(Include fried cheese served in a restaurant; mozzarella en carossa)		1 cubic inch.....	14.7	
Cheese, nuggets or pieces, breaded, baked, or fried.....	146-6020	1 cup.....	115	
(Include Banquet, Beatrice, Firesaver brands)		1 nugget (about 1/2 cubic inch).....	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).....	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	
Meat, baby food, NS as to type, NS as to strained or junior.....	200-0007	1 tbsp.....	15	33
		1 jar (3.5 oz).....	99	
Meat sticks, baby food, NS as to type of meat.....	200-0009	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
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	
		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	
		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	
		1 cup, cooked, shredded..	121	
		1 cup, cooked, shredded..	121	
		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	
		1 cup, cooked, shredded..	121	
		1 cup, cooked, shredded..	121	

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, 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.....
		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, NS as to cut, fried, NS to fat eaten.....	210-0300	1 oz, boneless, cooked...28 1 oz, boneless, raw (yield after cooking)..22 1 cubic inch, boneless, cooked.....18 1 cup, cooked, diced....140		85
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 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		85
Beef steak, NS as to cooking method, lean and fat eaten.....	211-0101	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).. 22 1 cubic inch, boneless, cooked..... 18 1 cup, cooked, diced....140		85

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	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	211-0212	
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, 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... 1 oz, boneless, raw (yield after cooking).. 1 cubic inch, boneless, cooked..... 1 cup, cooked, diced..... 1 oz, with bone, cooked (yield after bone removed)..... 1 oz, with bone, raw (yield after cooking, bone removed).....	28 26 18 140 23 21	85

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		
		1 oz, with bone, cooked, lean only (yield after bone removed)..... 27		
		1 oz, with bone, raw, lean only (yield after cooking, bone removed). 20		
		1 oz, boneless, cooked, lean only..... 28		
Beef steak, breaded or floured, baked or fried, lean only eaten..	211-0313	1 oz, boneless, raw, lean only (yield after cooking)..... 24		85
		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.....213-0411 (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.....213-0412 (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	FOOD CODE AUGUST 1987	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		
		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				
Beef, roast, roasted, NS as to fat eaten.....	214-0100				
(Include prime ribs, rib roast)					

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Beef, roast, roasted, lean and fat eaten.....	214-0111	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 (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..... (Include prime ribs, rib roast)	214-0112	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).....	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..... (Include beef, steak, canned)	214-0140		1 oz, boneless.....	28	85
					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.....214-0700 (Include chuck roast, arm roast, blade roast, shoulder roast)		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.....214-0711 (Include chuck roast, arm roast, blade roast, shoulder roast)		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..... (Include chuck roast, arm roast, blade roast, shoulder roast)	214-0712	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).....	18	
		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	
		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, 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 fat eaten.....	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).....	21					
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 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..... (Include ground sirloin, ground round)	215-0130	1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking).....	77	96
		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, 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	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 NOT IN GRAMS SPECIFIED	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	
		1 oz, boneless, raw (yield after cooking)...	20	
		1 oz, boneless, cooked....	28	
Pork, NS as to cut, fried, lean and fat eaten.....	220-0021	1 oz, with bone, raw (yield after cooking, bone removed).....	17	85
		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 NOT IN GRAMS SPECIFIED	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... 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 only eaten.....	221-0102	<ul style="list-style-type: none"> 1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed).. 37 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 	67	

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.....221-0110 (Include floured)		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 SERVING PORTION NOT IN GRAMS SPECIFIED
Pork chop, broiled or baked, lean and fat eaten.....221-0111 (Include floured)		1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed).....46 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	85

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.....	221-0112	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)...	37	67
(Include floured)		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)	221-0113	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)		<ul style="list-style-type: none"> 1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)..... 55 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 	100	

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.....	221-0115	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)..	43	80
(Include Shake-n-Bake; breaded, NS as to cooking method)		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 NOT SPECIFIED SERVING IN GRAMS
Pork chop, fried, NS as to fat eaten..... (Include floured)	221-0120	. small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)..... 50 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	92

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	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed).....	50	92
(Include floured)		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	1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed)..	38	70
(Include floured)		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.....221-0130		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 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	110	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS SPECIFIED	SERVING NOT
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 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	77	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	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 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		77

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION	SERVING NOT IN GRAMS 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 NCT 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 SERVING PORTION NOT IN GRAMS 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
		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).....	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
		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, 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.....222-0110 (Include floured)		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.....222-0111 (Include floured)		
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.....222-0112 (Include floured)		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.....222-0120 (Include floured)			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 NOT IN GRAMS SPECIFIED	SERVING NOT IN GRAMS 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, 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)..
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 1967	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.....223-0015 (Include smoked, cured, canned; chicken fried ham)		1 thin slice (approx 4 1/2" x 2-1/2" x 1/4")..... 21 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	85	
Ham, breaded, fried, lean and fat eaten.....223-0016 (Include smoked, cured, canned; chicken fried ham)		1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....21 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	35	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION NOT IN GRAMS SPECIFIED	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 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 5-1/2" 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.....223-1100 (Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)		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.....223-1101 (Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)		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.....	223-1102	1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....	21	85
(Include country ham; cottage ham; picnic ham; ham, NS as to fresh, smoked, or cured)		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.....223-1120 (Include 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 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.....223-1121 (Include 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 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.....	13						
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.....223-1122 (Include 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, 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.....223-1140 (Include canned Polish ham) CODE DISCONTINUED 3/14/86		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.....223-1141 (Include canned Polish ham) CODE DISCONTINUED 3/14/86		1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....	21
		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.....223-1142 (Include canned Polish ham) CODE DISCONTINUED 3/14/86			1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....	21
		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	SERVING NOT IN GRAMS 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").....
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").....
		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	85
		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 *0 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
Fork 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 1/6").....	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").....	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	
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 SPRCIFIED			
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	

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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.....	226-0501	1 strip.....	11	22
(Include breakfast strips, Sizzlelean)		1 oz, raw (yield after cooking).....	14	
Salt pork or fat back, cooked....	226-2100	1 slice (2-1/4" x 1-3/4" x 1/4").....	26	26
(Include hog jowl)		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 1987COMMON MEASURE
OR WEIGHTEDIBLE SERVING
PORTION NOT
IN GRAMS SPECIFIED

Pork, spareribs, cooked, lean and fat eaten.....	227-0101	1 small cut (yield after cooking, bone removed)..	75	105
(Include flank end)		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..... (Include neckbones, NFS; pork backbone)	227-0601	1 neckbone (yield after cooking, bone removed).....	47	56
		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).....
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).....
		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 SPECIFIED	SERVING NOT
Lamb, NS as to cut, cooked..... (Include mutton, NS as to cut)	230-0010	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 eaten..... (Include mutton chop, NS as to cut)	231-0100	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	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Lamb chop, NS as to cut, cooked, lean and fat eaten..... (Include mutton chop, NS as to cut)	231-0101	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	
		1 cup, cooked, diced.....	140	
Lamb chop, NS as to cut, cooked, lean only eaten..... (Include mutton chop, NS as to cut)	231-0102	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....	18	
		1 cup, cooked, diced.....	140	
		1 cup, cooked, diced.....	140	
		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.....	231-0400	1 small (4 oz, with bone, raw) (yield after cooking, bone removed).	71	89
(Include lamb steak, mutton loin chop, mutton steak)		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.....	231-0401	1 small (4 oz, with bone, raw) (yield after cooking, bone removed).	71	89
(Include lamb steak, mutton loin chop, mutton steak)		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.....	231-0402	1 small (4 oz, with bone, raw) (yield after cooking, bone and fat removed).....	50	62
(Include lamb steak, mutton loin chop, mutton steak)		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.....	231-0700	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	

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..... (Include mutton shoulder chop)	231-0701	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	
		Lamb, shoulder chop, cooked, lean only eaten..... (Include mutton shoulder chop)	231-0702	
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 (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 (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 (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 (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	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, 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.....	231-1000	1 rib (yield after cooking, bone and fat removed).....	25	85
(Include mutton ribs)		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.....	231-1001	1 rib (yield after cooking, bone removed) .	46	
(Include mutton ribs)		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.....	231-1005	1 rib (yield after cooking, bone removed) ..	46	
(Include mutton ribs)		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..... (Include mutton hocks)	231-1101	1 oz, with bone, cooked (yield after bone removed).....	19	85
		1 oz, with bone, raw (yield after cooking, bone removed).....	15	
Lamb, roast, cooked, NS as to fat eaten..... (Include mutton roast; lamb leg; mutton leg)	231-2010	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 (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..... (Include mutton roast; lamb leg; mutton leg)	231-2011	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 (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..... 18		
		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 (if unbreaded)
(Include breaded)		1 small, breaded (4.75 oz, with bone, raw) (yield after cooking, bone removed).....	93	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 (if unbreaded)
		1 small, breaded (4.75 oz, with bone, raw) (yield after cooking, bone removed).....	93	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.....	232-0303			
(Include breaded)				
		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	(if unbreaded) 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	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS SPECIFIED	SERVING NOT
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	
		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	
		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.....	232-0401	1 oz, boneless, cooked... 1 oz, boneless, raw (yield after cooking).. 1 cubic inch, boneless, cooked.....	28 19 18	85
(Include veal cutlet, NFS)		1 cup, cooked, diced.....	140	
Veal cutlet or steak, NS as to cooking method, lean and fat eaten.....	232-0402	1 oz, boneless, cooked... 1 oz, boneless, raw (yield after cooking).. 1 cubic inch, boneless, cooked.....	28 19 18	85
		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	
		1 oz, boneless, cooked... 28		85
Veal cutlet or steak, fried, NS as to fat eaten..... (Include breaded or floured)	232-0501	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	
		1 oz, boneless, cooked... 28		85
Veal cutlet or steak, fried, lean and fat eaten..... (Include breaded or floured)	232-0502	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	
		1 oz, boneless, cooked... 28		85

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	
		1 thin slice (approx 4-1/2" x 2-1/2" x 1/8").....	21	
		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	
Veal, roasted, lean only eaten...232-1003	232-1003	1 oz, boneless, cooked, lean only.....	28	85
		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	
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 (1.314 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 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, 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"		85
		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, 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"		85
		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, 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 SERVING PORTION NOT IN GRAMS 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	SERVING NOT IN GRAMS 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
		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, 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..... (Include regular fried chicken, Shake-n-Bake)	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	
		Chicken, boneless, NS as to part, breaded, baked or fried, light or dark meat, skin eaten... (Include regular fried chicken, Shake-n-Bake)	241-0601	
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, breaded, baked or fried, light or dark meat, skin not eaten..... (Include regular fried chicken, Shake-n-Bake)	241-0602	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			
		Chicken, boneless, NS as to part, battered, fried, light or dark meat, NS as to skin..... (Include extra crispy fried chicken)	241-0700	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					

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...241-0701 (Include extra crispy fried chicken)		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 NOT IN GRAMS SPECIFIED	SERVING NOT
Chicken, with bone, NS as to part, broiled, 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).....	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, 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)	16		
		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	SERVING NOT	IN GRAMS 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
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			

FOOD DESCRIPTION	FOOD CODE	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	
		1 oz, with bone, cooked, without skin (yield after bone removed)....	19	
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	
		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	
		1 oz, with bone, cooked, without skin (yield after 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, 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	
		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	
		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..... (Include fried, NS as to coating)	241-1502	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				
		Chicken, with bone, NS as to part, breaded, baked or fried, light or dark meat, NS as to skin..... (Include regular fried chicken, Shake-n-Bake)	241-1600		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, breaded, baked or fried, light or dark meat, skin eaten.....241-1601 (Include regular fried chicken, Shake-n-Bake)		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.....241-1602 (Include regular fried chicken, Shake-n-Bake)		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			
(Include 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 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).....	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 NOT 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 1987	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.....	241-2410	1/2 small breast (yield after cooking, bone removed).....	84	98
(Include sauteed)		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 eaten.....	241-2411	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.....	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	1/2 small breast (yield after cooking, bone and skin removed).....	75	86
(Include sauteed)		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.....241-2511 (Include fried, NS as to coating)		1/2 small breast (yield after cooking, bone removed)..... 84 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		98

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	1/2 small breast (yield after cooking, bone and skin removed).....	75	86
(Include fried, NS as to coating)		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.....	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, breaded, baked or fried, NS as to skin.....241-2610 (Include regular fried chicken, Shake-n-Bake)		1/2 small breast (yield after cooking, bone removed).....120 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		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.....	241-2611	1/2 small breast (yield after cooking, bone removed).....	120	140
(Include regular fried chicken, Shake-n-Bake)		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 AUGJST 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	1/2 small breast (yield after cooking, bone and skin removed).....	75	88
(Include regular fried chicken, Shake-n-Bake)		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.....	241-2615	1/2 breast.....	124	124
(Include Weaver Crispy Light Fried Chicken, Perdue done it Chicken Breast Tenders)				
Chicken, breast, with or without bone, battered, fried, NS as to skin.....	241-2710	1/2 small breast (yield after cooking, bone removed).....	120	140
(Include extra crispy fried chicken)		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	SERVING NOT	IN GRAMS 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)..... 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 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 esten.....	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 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 1987	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	97
		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).....	81	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	SERVING NOT
			IN GRAMS 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)..... 1 medium leg (yield after cooking, bone removed)..... 1 large leg (yield after cooking, bone removed)..... 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.....	92 112 146 20 14 28 19 21 140	112

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..... (Include fried, NS as to coating)	241-3521	<ul style="list-style-type: none"> 1 small leg (yield after cooking, bone removed)..... 92 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 		112

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..... (Include regular fried chicken, Shake-n-Bake)	241-3620	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..... (Include regular fried chicken, Shake-n-Bake)	241-3621	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.....241-3720 (Include extra crispy fried chicken)		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.....241-3721 (Include extra crispy fried chicken)		
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.....	20	
		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 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 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	46	

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.....241-4520 (Include fried, NS as to coating)		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.....241-4521 (Include fried, NS as to coating)		1 small drumstick (yield after cooking, bone removed).....
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.....241-4522 (Include fried, NS as to coating)		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.....241-4620 (Include regular fried chicken, Shake-n-Bake)		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.....241-4621 (Include regular fried chicken, Shake-n-Bake)		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, 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.....	28				
		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.....241-4720 (Include extra crispy fried chicken)		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.....241-4721 (Include extra crispy fried chicken)		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.....	211-5021	1 small thigh (yield after cooking, bone removed).....
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, thigh, 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 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	52	

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, 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 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.....	241-5522	1 small thigh (yield after cooking, bone and skin removed).....	46	52
(Include fried, NS as to coating)		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.....241-5620 (Include regular fried chicken, Shake-n-Bake)		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.....241-5621 (Include regular fried chicken, Shake-n-Bake)		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.....	241-5622	1 small thigh (yield after cooking, bone and skin removed).....	48	54
(Include regular fried chicken, Shake-n-Bake)		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.....	241-5625	1 thigh.....	78	78
(Include Weaver Crispy Light Fried Chicken)				

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.....241-5720 (Include extra crispy fried chicken.)		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.....241-5721 (Include extra crispy fried chicken)		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.....	241-5722	1 small thigh (yield after cooking, bone and skin removed).....	48	54
(Include extra crispy fried chicken)		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	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE SERVING PORTION NOT IN GRAMS SPECIFIED
Chicken, thigh, with or without bone, smoked, NS as to skin.....241-5820		1 small thigh (yield after bone removed).....55 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	62
Chicken, thigh, with or without bone, smoked, skin eaten.....241-5821		1 small thigh (yield after bone removed).....55 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	62

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	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).....
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	
		1 small wing (yield after cooking, bone removed).....	30	
Chicken, wing, with or without bone, broiled, skin eaten.....	241-6111	1 medium wing (yield after cooking, bone removed).....	35	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	
		1 small wing (yield after cooking, bone removed).....	30	
		1 medium wing (yield after cooking, bone removed).....	35	

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	
		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	
Chicken, wing, with or without bone, fried, no coating, NS as to skin.....	241-6410	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, fried, no coating, skin eaten.....	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 drummette (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 (Include fried, NS as to coating)		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 small wing (yield after cooking, bone removed)..... 28		
Chicken, wing, with or without bone, floured, baked or fried, skin eaten.....241-6511 (Include fried, NS as to coating)		1 medium wing (yield after cooking, bone removed)..... 32	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		
		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, 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.....241-6611 (Include regular fried chicken, Shake-n-Bake)		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 drumette (mini drum- stick from a wing).....	19	
	Chicken, wing, with or without bone, breaded, baked or fried, skin not eaten.....241-6612 (Include regular fried chicken, Shake-n-Bake)		1 small wing (yield after cooking, bone and skin removed).....	20
		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.....241-6710 (Include extra crispy fried chicken)		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 small wing (yield after cooking, bone removed).....	42	49
Chicken, wing, with or without bone, battered, fried, skin eaten.....241-6711 (Include extra crispy fried chicken)		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 small wing (yield after cooking, bone removed).....	42	49
		1 medium wing (yield after cooking, bone removed).....	49	

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	
		1 small back (yield after cooking, bone and skin removed).....	89	103
Chicken, back, with or without bone, NS as to cooking method, skin not eaten.....	241-7022	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
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	
		1 small back (yield after cooking, bone removed).....	91	
Chicken, back, with or without bone, stewed, skin eaten.....	241-7321	1 medium back (yield after cooking, bone removed).....	106	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	
		1 small back (yield after cooking, bone removed).....	91	
		1 medium back (yield after cooking, bone removed).....	106	

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 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		75
Chicken, back, with or without bone, fried, no coating, NS as to skin.....241-7420		1 small back (yield after cooking, bone removed).....110 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		128

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	
		1 small back (yield after cooking, bone and skin removed).....	89	103
Chicken, back, with or without bone, fried, no coating, skin not eaten.....	241-7422	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	SERVING NOT	IN GRAMS SPECIFIED
Chicken, back, with or without bone, floured, baked or fried, NS as to skin.....241-7520 (Include fried, NS as to coating)		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, floured, baked or fried, skin eaten.....241-7521 (Include fried, NS as to coating)		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, floured, baked or fried, skin not eaten.....241-7522 (Include fried, NS as to coating)		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.....241-7620 (Include regular fried chicken, Shake-n-Bake)		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, breaded, baked or fried, skin eaten.....241-7621 (Include regular fried chicken, Shake-n-Bake)		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.....241-7622 (Include regular fried chicken, Shake-n-Bake)			1 small back (yield after cooking, bone and skin removed).....	102
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.....241-7720 (Include extra crispy fried chicken)		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..... 241-7721 (Include extra crispy fried chicken)		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.....	241-7722	1 small back (yield after cooking, bone and skin removed).....	102	119
(Include extra crispy fried chicken)		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 SPECIFIED
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 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		22
Chicken, neck or ribs, with or without bone, roasted, NS as to skin.....241-8220		1 neck (yield after cooking, bone removed)..... 36 1 oz, with bone, cooked (yield after bone removed)..... 21 1 oz, with bone, raw (yield after cooking, bone removed)..... 13		36
Chicken, neck or ribs, with or without bone, roasted, skin eaten.....241-8221		1 neck (yield after cooking, bone removed)..... 36 1 oz, with bone, cooked (yield after bone removed)..... 21 1 oz, with bone, raw (yield after cooking, bone removed)..... 13		36
Chicken, neck or ribs, with or without bone, roasted,				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING HOT 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	SERVING NOT IN GRAMS 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 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.....	241-8520	1 neck (yield after cooking, bone removed).....	36	36
(Include fried, NS as to coating)		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.....	241-8521	1 neck (yield after cooking, bone removed).....	36	36
(Include fried, NS as to coating)		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 (Include fried, NS as to coating)		1 neck (yield after cooking, bone 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	
		1 neck (yield after cooking, bone removed).....	52	52
Chicken, neck or ribs, with or without bone, breaded, baked or fried, NS as to skin.....241-8620 (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 (Include regular fried chicken, Shake-n-Bake)		1 neck (yield after cooking, bone removed).....	52	52
		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.....242-0101 (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.....242-0102 (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.....242-0103 (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	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		
		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	
		1 thin slice (approx 3" x 2" x 1/8").....	14	
		1 medium slice (approx 3" x 2" x 1/4").....	28	
		1 thick slice (approx 3" x 2" x 3/8").....	42	
Turkey, light meat, roasted, NS as to skin.....	242-0111	1 oz, boneless, cooked...	28	
		1 oz, boneless, raw (yield after cooking)...	22	
		1 cubic inch, boneless, cooked.....	21	
		1 cup, diced, cooked.....	140	
		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			
Turkey, light meat, roasted, skin not eaten.....	242-0112	1 thin slice (approx 3" x 2" x 1/8").....	14	
		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	
		1 thin slice (approx 3" x 2" x 1/8").....	14	
		1 medium slice (approx 3" x 2" x 1/4").....	28	
		1 thick slice (approx 3" x 2" x 3/8").....	42	
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	
		1 thin slice (approx 3" x 2" x 1/8").....	14	
		1 medium slice (approx 3" x 2" x 1/4").....	28	
		1 thick slice (approx 3" x 2" x 3/8").....	42	
Turkey, dark meat, roasted, skin not eaten.....	242-0122	1 oz, boneless, cooked (yield after skin removed).....	26	78
		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	
		1 thin slice (approx 3" x 2" x 1/8").....	14	
		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	

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	
		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	
		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	
		1 thin slice (approx 3" x 2" x 1/8").....	14	
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			
Turkey, light or dark meat, smoked, cooked, skin not eaten.....	242-0152			

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE SERVING PORTION NOT IN GRAMS 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 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	216

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).....	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	
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	<ul style="list-style-type: none"> 1 small drumstick (from hen, approx 11 to 13 lb bird) (yield after cooking, bone and skin removed).....116 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 	188	

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 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	297	

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	FOOD 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	<ul style="list-style-type: none"> 1 small wing (yield after cooking, bone and skin removed)..... 60 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 	60	146

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	SERVING NOT IN GRAMS 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.....243-0010 (Include NS as to cooking method)		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.....243-0011 (Include NS as to cooking method)			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.....243-0012 (Include NS as to cooking method)		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).....	90	
		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 1987	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).....	110	
		1/2 breast (yield after cooking, bone removed).....	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS SPECIFIED	SERVING NOT
Cornish game hen, cooked, skin eaten.....	244-0001	1 hen (1-1/4 lb, raw) (yield after cooking, bone removed).....306 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	153	

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 SPECIFIED	SERVING NOT
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).....	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	
Dove, cooked	244-0210	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).....	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..... (Include squab, pigeon)	244-0211	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).....	11	
		1 cubic inch, boneless, cooked.....	21	
		1 cup, diced, cooked.....	140	
Quail, cooked..... (Include partridge)	244-0310	1 quail (yield after cooking, bone removed).....	76	76
		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..... (Include grouse)	244-0410	1/2 pheasant breast (yield after cooking, bone removed).....	127	127
		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).....	15	
		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	
		1 oz, cooked.....	28	85
		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	
Beef liver, battered, fried.....	251-1017	1 cup, cooked, diced.....	140	85
		1 oz, raw (yield after cooking).....	27	
		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 NCT SPECIFIED
Heart, boiled or simmered..... (Include beef, pork, veal, lamb, venison, chicken)	251-2012	1 oz, raw (yield after cooking).....	13	85
		1 oz, cooked.....	28	
		1 cup, diced.....	145	
Heart, fried..... (Include beef, pork, veal, lamb, venison, chicken)	251-2015	1 oz, cooked.....	28	85
Kidney, cooked, NS as to cooking method..... (Include beef, pork, veal, lamb, venison)	251-3000	1 oz raw (yield after cooking)		85
		beef.....	12	
		pork.....	16	
		lamb.....	14	
		veal.....	12	
		1 cup, diced.....	140	
		1 kidney, cooked		
		beef.....	227	
		pork.....	142	
		lamb.....	28	
		veal.....	170	
Kidney, braised..... (Include beef, pork, veal, lamb, venison)	251-3011	1 oz raw (yield after cooking)		85
		beef.....	12	
		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..... (Include beef, pork, veal, lamb, venison)	251-3012	1 oz raw (yield after cooking)		85
		beef.....	12	
		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..... (Include floured, fried; fried, NS as to coating; beef, pork, veal, lamb, venison)	251-3015	1 oz, raw (yield after cooking)		
		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..... (Include beef, pork, lamb, veal)	251-6000	1 oz, raw (yield after cooking).....	16	
		1 oz, cooked.....	28	
Tongue, braised..... (Include beef, pork, lamb, veal)	251-6010	1 oz, raw (yield after cooking).....	16	
		1 oz, cooked.....	28	
		1 cubic inch, cooked.....	18	
Tongue, smoked, cured, or pickled, cooked..... (Include beef, pork, lamb, veal)	251-6011	1 oz, raw (yield after cooking).....	14	
		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..... (Include beef, pork, lamb, veal)	251-6012	1 cup.....	225	

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 252-2140				
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).....	10	
		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.....	133	
		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.....	252-2012	1 stick.....	10	10
(Include beef jerky)		1 package (5 sticks).....	53	
		1 4" strip.....	14	
		1 cup.....	140	
Beef sausage, smoked.....	252-2013	1 oz.....	28	27
(Include Eckrich, Hillshire Farms)		1 patty.....	27	
		1 link (4" long x 1-1/2" 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	SERVING
			PORTION IN GRAMS	NOT SPECIFIED
Bologna, turkey..... (Include chicken bologna)	252-2044	1 thin slice.....	14	28
		1 medium slice (1 oz)....	28	
		1 thick slice.....	43	
Bologna ring, smoked..... (Include Alderfers)	252-2045	1 thin slice.....	14	28
		1 medium slice (1 oz)....	28	
		1 thick slice.....	43	
Bologna, beef, lower sodium.....	252-2047	1 thin slice.....	14	28
		1 medium slice.....	28	
		1 thick slice.....	43	
		1 cup, pieces.....	138	
Bologna, with cheese.....	252-2049	1 thin slice.....	14	28
		1 medium slice.....	28	
		1 thick slice.....	43	
		1 cup, pieces.....	138	
Capicola.....	252-2051	1 slice (4-1/4" x 4-1/4" x 1/16" thick).....	21	21
		1 cup, pieces.....	147	
Cervelat, soft.....	252-2061	1 slice (4-3/8" dia x 1/8" thick).....	28	28
		1 slice (4-1/8" dia x 1/8" thick).....	23	
		1 slice (2-7/8" dia x 1/16" thick).....	8	
Chorizos..... (Include Spanish sausage, lenguica, Portuguese sausage)	252-2071	1 slice (1-3/4" dia x 1/8" thick).....	5	30
		1 slice (3-1/8" dia x 1/16" thick or 2-3/4" dia x 3/22" thick).....	10	
		1 link (1 oz, raw).....	14	
		1 link (4" long).....	60	
		1 cup, pieces.....	140	
Head cheese..... (Include jellied pork)	252-2091	1 medium slice (4" x 4" x 3/32") (1 oz)....	28	28
		1 thin slice.....	14	
		1 cup, diced.....	140	
Knockwurst..... (Include Knoblauch)	252-2111	1 link (4" long x 1-1/8" dia).....	68	68
		1 cubic inch, cooked.....	17	
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..... 1 cup, cooked..... 1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked..... 1 small patty..... 1 link (raw dimensions: 4" long x 7/8" dia), cooked..... 1 oz, raw (yield after cooking)..... 1 cubic inch.....	28 133 27 13 13 13 13	54
Pork sausage, brown and serve, cooked.....	252-2142	1 patty..... 1 link..... 1 cup, cooked.....	27 13 133	54
Pork sausage, country style, fresh, cooked.....	252-2143	1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked..... 1 link (raw dimensions: 4" long x 7/8" dia), cooked..... 1 cup, cooked..... 1 oz, raw (yield after cooking).....	27 13 133 13	54
Pork and beef sausage.....	252-2146	1 oz, cooked..... 1 patty, cooked..... 1 link, cooked..... 1 cup, cooked..... 1 oz, raw (yield after cooking).....	28 27 13 133 13	54
Mettwurst.....	252-2148	1 oz.....	28	28
Salami, NFS..... (Include cotto salami)	252-2150	1 slice (4" dia x 1/8" thick)..... 1 thin slice..... 1 cup.....	23 14 147	23
Salami, soft, cooked..... (Include beer bologna, beer sausage, beerwurst)	252-2151	1 slice (4-1/2" dia x 1/10" thick)..... 1 slice (4" dia x 1/8" thick).....	28 23	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Salami, dry or hard (Include Italian salami, Goteborg)	252-2152	1 slice (1-3/4" dia x 1/8" thick).....	5	30
		1 slice (3-1/8" dia x 1/16" thick).....	10	
		1 cup.....	140	
Salami, beef (Include kosher salami)	252-2153	1 slice (4" dia x 1/8" thick) (10 per 8 oz pkg).....	23	23
		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 (Include smoked sausage, NFS)	252-2166	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	
Souse	252-2171	1 slice (3-7/8" sq x 1/8") (1 oz).....	28	28
Thuringer (Include summer sausage)	252-2181	1 slice (4-3/8" dia x 1/10" thick) (1 oz)....	28	28
		1 slice (1-1/8" 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	
Vienn. 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) 1 slice (4-1/4" sq x 1/8") 1 thin slice 1 cup, pieces	28 23 14 140	28
Ham loaf, luncheon meat. (Include ham sausage, hamettes)	252-3041	1 slice (4" x 4" x 3/32" thick) 1 thin slice 1 slice (4-1/4" x 4-1/4" x 1/16")	28 14 21	28
Ham and cheese loaf	252-3043	1 slice (1 oz) 1 thin slice	28 14	28
Honey loaf	252-3045	1 slice (1 oz) 1 thin slice	28 14	28
Ham, luncheon meat, chopped, minced, pressed, spiced. (Include Spam, Treet)	252-3051	1 slice (1/2" thick) 1 slice (3-1/3" x 3-1/3" x 1/8") 1 slice (4-1/4" x 4-1/4" x 1/16") 1 tbsp 1 cubic inch	90 23 21 9 18	90
Ham, luncheon meat, chopped, minced, pressed, spiced, lowfat	252-3052	1 slice (3-1/3" x 3-1/3" x 1/8") 1 slice (4-1/4" x 4-1/4" x 1/16") 1 cup, pieces	23 21 138	
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) 1 slice (2-1/2" dia x 1/4" thick) 1 slice (2" dia x 1/4" thick) 1 cup, solid pack 1 tbsp 1 cubic inch	28 18 10 213 16 15.8	28

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)..... 1 cubic inch.....	28 18	28
Veal loaf.....	252-3081	1 slice (1 oz).....	28	28
Turkey pastrami.....	252-3082	1 slice (1 oz)..... 1 thin slice.....	28 14	28
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)..... 1 cup, wafer slices or shaved.....	28 81	28
Beef, sliced, prepackaged, luncheon meat..... (Include smoked)	252-3111	1 slice (1 oz) (4" x 4" x 3/32" thick)..... 1 thin slice.....	28 14	28
Corned beef, pressed.....	252-3115	1 slice (1 oz)..... 1 slice (3" x 2" x 3/8") (1/8 of 12 oz can).....	28 40	28
Meat spread or potted meat, NFS.....	252-4000	1 cup..... 1 can (5.5 oz).....	225 156	14
Chicken salad spread.....	252-4011	1 cup..... 1 can (7.5 oz).....	208 213	13
Ham, deviled or potted.....	252-4021	1 cup..... 1 can (3 oz)..... 1 can (5.5 oz).....	225 85 156	14
Ham salad spread.....	252-4022	1 cup..... 1 can (7.5 oz).....	253 213	16
Roast beef spread.....	252-4031	1 cup..... 1 can (5.5 oz).....	225 156	14

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.....	261-0012	1 oz, boneless, raw (yield after cooking) ..	23	85
(Include sauteed; fried with no coating)		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.....	261-0014	1 oz, boneless, raw (yield after cooking)...	27	
(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 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).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	23 28 15 15 11 16 132	85
Barracuda, baked or broiled..... (Include sauteed; fried with no coating)	261-0312	1 oz, boneless, raw (yield after cooking).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	23 28 15 19 11 16 132	85
Barracuda, floured or breaded, fried..... (Include fried, NS as to coating)	261-0314	1 oz, boneless, raw (yield after cooking).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	27 28 18 19 11 16 132	85

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	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	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 sauteed; fried with no 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		
		1 oz, boneless, raw (yield after cooking)...	27		85
Catfish, battered, fried.....	261-0715	1 oz, boneless, cooked..	28		
(Include bullhead)		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.....	261-0716	1 oz, boneless, raw (yield after cooking).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	23 28 15 19 11 16 132	85
Cod, cooked, NS as to cooking method.....	261-0911	1 oz, boneless, raw (yield after cooking).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 filet..... 1 cup, cooked, flaked....	23 28 15 19 11 16 65 132	85

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... (Include fried, NS as to coating)	261-0914	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 cooking) ..	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.....	261-1111	1 oz, boneless, raw (yield after cooking)..	23	85
(Include angelfish, butterfly- fish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)		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.....	261-1112	1 oz, boneless, raw (yield after cooking)..	23	85
(Include sauteed; fried with no coating; angelfish, butterflyfish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)		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.....	261-1114	1 oz, boneless, raw (yield after cooking) ..	27	85
(Include fried, NS as to coating; angelfish, butterflyfish, drumfish, goatfish, kingfish, sea trout, freshwater sheepshead, spadefish, spot, surgeonfish, weakfish, weke)		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	
		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	
		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.....	29	
		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	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.....	261-1514	1 oz, boneless, raw (yield after cooking) ..	27		85
(Include fried, NS as to coating; dab, fluke, halibut, sole, turbot)		1 oz, boneless, cooked... 28	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..... (Include burbot, cusk, hake, ling, monkfish, pollock, scrod)	261-1711	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				
		Haddock, baked or broiled..... (Include sauteed; fried with no coating; burbot, cusk, hake, ling, monkfish, pollock, scrod)	261-1712		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.....	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...	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, 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..... (Include burbot, cusk, hake, ling, monkfish, pollock, scrod)	261-1715	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 oz, boneless.....	28	
Haddock, smoked..... (Include burbot, cusk, hake, ling, monkfish, pollock, scrod white fish)	261-1719	1 cubic inch, boneless...	16	85
		1 piece.....	20	
		1 oz, boneless, raw (yield after cooking)..	23	
Herring, cooked, NS as to cooking method..... (Include alewife, milkfish, shad)	261-1911	1 oz, boneless, cooked...	28	85
		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..... (Include sauteed; fried with no coating; alewife, milkfish, shad)	261-1912	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 herring (yield after cooking, bone removed).....	40				
		1 cup, cooked, flaked...132					
		Herring, floured or breaded, fried..... (Include fried, NS as to coating; alewife, milkfish, shad)	261-1914		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							
Herring, pickled, in cream sauce.	261-1916			1 oz, boneless.....	28	28	
Herring, dried, salted..... (Include alewife, milkfish, shad)	261-1917			1 oz, boneless.....	28	28	
				1 medium herring (yield after cooking, bone removed).....	40		
Herring, pickled..... (Include in wine sauce)	261-1918	1 oz, boneless.....	28	28			
		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	1 oz, 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, cooked, NS as to cooking method..... (Include enenui, garfish, ono, needlefish, wahoo)	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.....	261-2112	1 oz, boneless, raw (yield after cooking)...	23		85
(Include sauteed; fried with no coating; enenui, garfish, ono, needlefish, wahoo)		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 (5-1/2" x 1-1/2" 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.....	261-2114	1 oz, boneless, raw (yield after cooking) ..	27	85
(Include fried, NS as to coating; enenui, garfish, ono, needlefish, wahoo)		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.....	261-2116	1 oz, boneless.....	28	28
(Include enenui, garfish, ono, needlefish, wahoo)				
Mackerel, dried.....	261-2117	1 oz, boneless.....	28	28
(Include enenui, garfish, ono, needlefish, wahoo)				
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.....	261-2119	1 oz, boneless.....	28	85
(Include enenui, garfish, ono, needlefish, wahoo)		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	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	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 1987COMMON MEASURE
OR WEIGHTEDIBLE PORTION
SERVING NOT
IN GRAMS SPECIFIED

Mullet, floured or breaded, fried.....261-2314 (Include fried, NS as to coating)	1 lb, 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 small fish.....103	
	1 medium fish.....206	
	1 large fish.....309	
	1 cup, cooked, flaked....132	
Ocean perch, raw.....261-2510 (Include bocaccio, menpachi, orange roughy, redfish, rockfish)	1 oz, boneless, raw.....28	
	1 cup.....166	
Ocean perch, cooked, NS as to cooking method.....261-2511 (Include 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	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED			
Ocean perch, baked or broiled... (Include sauteed; fried with no coating; bocaccio, menpachi, orange roughy, redfish, rockfish)	261-2512	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..... (Include bocaccio, menpachi, orange roughy, redfish, rockfish)	261-2513		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 (Include fried, NS as to coating; 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 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 (Include bocaccio, menpachi, orange roughy, redfish, rockfish)		1 oz, boneless, raw (yield after cooking)..	
		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 (Include bocaccio, orange roughy, menpachi, redfish, rockfish)	261-2516	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		
Perch, cooked, NS as to cooking method	261-2711	1 oz, boneless, raw (yield after cooking)	23		85
(Include freshwater bass, bluegill, crappie, sunfish, walleye)		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 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				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pike, cooked, NS as to cooking method.....	261-2911 (Include muskellunge, pickerel)	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	
Pike, baked or broiled.....	261-2912 (Include sauteed; fried with no coating; muskellunge, pickerel)	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	
Pike, floured or breaded, fried..	261-2914 (Include fried, NS as to coating; muskellunge, pickerel)	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			
Pike, battered, fried..... (Include muskellung, pickerel)	261-2915	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 fillet.....	81				
		Pompano, raw..... (Include akule, blackfish, bluefish, butterfish, dolphin- fish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	261-3110		1 oz, boneless, raw.....	28	28
					Pompano, cooked, NS as to cooking method..... (Include akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	261-3111	
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						

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pompano, baked or broiled..... (Include sauteed; fried with no coating; akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	261-3112	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 cup, cooked, flaked....	132	
Pompano, floured or breaded, fried..... (Include fried, NS as to coating; akule, blackfish, bluefish, butterfish, dolphinfish, jack, mahimahi, paplo, sablefish, scad, tilefish, ulva, yellowtail)	261-3114	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.....	261-3311	1 oz, boneless, raw (yield after cooking) ..	23	85	
(Include scup, sea bream, marine sheepshead, snapper)		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.....	261-3312	1 oz, boneless, raw (yield after cooking) ..	23		85
(Include sauteed; fried with no coating; scup, sea bream, marine sheepshead, snapper)		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 (Include scup, sea bream, marine sheepshead, snapper)		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.....	54		
		1 cup, flaked, cooked....	132		
	Porgy, floured or breaded, fried.....261-3314 (Include fried, NS as to coating; scup, sea bream, marine sheepshead, snapper)		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
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	
		1 oz, boneless, raw (yield after cooking)..	23	
		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			
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 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		85
Ray, baked or broiled..... (Include sauteed; fried with no coating; skate)	261-3512	1 oz, boneless, raw (yield after cooking) .. 23 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		85
Ray, floured or breaded, fried..... (Include fried, NS as to coating; skate)	261-3514	1 oz, boneless, raw (yield after cooking) .. 27 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		85

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	
		1 oz, boneless, raw (yield after cooking)..	23	
		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, steamed or poached..... (Include saltwater trout)	261-3716	1 oz, boneless.....	28	85
		1 cup.....	42	
Salmon, dried.....	261-3717	1 oz.....	28	85
		1 cup.....	150	
Salmon, canned.....	261-3718	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..... (Include lox)	261-3719	1 oz, boneless.....	28	85
		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..... (Include grouper, striped bass, wreakfish)	261-4111	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
Sea bass, baked or broiled..... (Include sauteed; fried with no coating; grouper, striped bass, wreakfish)	261-4112	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 cup, cooked, flaked....	132	
Sea bass, floured or breaded, fried..... (Include fried, NS as to coating; grouper, striped bass, wreakfish)	261-4114	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 cup, cooked, flaked....	132	
Sea bass, steamed or poached..... (Include grouper, striped bass, wreakfish)	261-4116	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	
		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.....	261-4311	1 oz, boneless, raw (yield after cooking)..	23	85
(Include dogfish, grayfish)		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.....	261-4312	1 oz, boneless, raw (yield after cooking)..	23	85
(Include sauteed; fried with no coating; dogfish, grayfish)		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.....261-4514 (Include fried, NS as to coating; capelin)		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).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	23 28 15 15 19 11 16 132	85
Sturgeon, steamed.....	261-4713	1 oz, boneless, raw (yield after cooking).. 1 oz, boneless, cooked... 1 oz, with bone, raw (yield after cooking, bone removed)..... 1 oz, with bone, cooked (yield after bone removed)..... 1 cubic inch, with bone, cooked (yield after bone removed)..... 1 cubic inch, boneless, cooked..... 1 cup, cooked, flaked....	23 28 15 19 11 16 132	85
Sturgeon, smoked.....	261-4719	1 oz, boneless..... 1 cubic inch, boneless, cooked..... 1 piece.....	28 16 20	85

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) ..	23		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..... (Include sauteed; fried with no coating; cisco, lake herring, steelhead, whitefish)	261-5112	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 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..... (Include cisco, lake herring, steelhead, whitefish)	261-5113		1 oz, boneless, raw (yield after cooking) ..	27
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..... (Include fried, NS as to coating; cisco, lake herring, steelhead, whitefish)	261-5114	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 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..... (Include cisco, lake herring, steelhead, whitefish)	261-5115		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						
Trout, smoked..... (Include chub, cisco, lake herring, steelhead, whitefish)	261-5119			1 oz, boneless.....	28	85	
				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..... 1 cubic inch, boneless... 16	28	85
Tuna, fresh, cooked, NS as to cooking method..... (Include ahi, aku, bonito)	261-5311	1 oz, boneless, raw (yield after cooking).. 23 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		85
Tuna, fresh, baked or broiled.... (Include sauteed; fried with no coating; ahi, aku, bonito)	261-5312	1 oz, boneless, raw (yield after cooking).. 23 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		85

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

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED	
Tuna, fresh, floured or breaded, fried.....	261-5317	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....	32		
		1 cup.....	42		
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...	15		
		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.....	320		

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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.....	261-5714	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 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..... (Includes 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.....	62-1512	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, with 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.....	.263-0511	1 oz, without shell, cooked.....	28	85
(Include white and king crab meat)		1 cup, flaked and pieces.....	118	
		3-12" legs.....	162	
Crab, baked or broiled.....	.263-0512	1 cup, flaked and pieces.....	118	85
(Include sauteed)		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, shell removed).....	119	
		1 snow crab leg (cooked, shell removed).....	10	
		1 snow crab, body section with 3 legs, cooked, shell removed..	54	
		1 oz.....	28	
		1 cup.....	135	
		1 can (6.5 oz), drained..	125	
Crab, canned..... (Include white or king meat)	263-0518			
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
		1 oz, without shell, cooked.....	28	
Crayfish, boiled or steamed.....	263-0916	1 cup.....	140	85
		1 crayfish.....	15	
		1 oz, with shell, raw (yield after cooking, shell removed).....	2.8	
		1 oz, without shell, cooked.....	28	

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..... 1 cup, cooked, diced.....	28 145	85
Lobster, floured or breaded, fried.....	263-1114	1 oz, without shell, cooked.....	28	85
Lobster, battered, fried.....	263-1115	1 cup..... 1 lobster tail yields..... 1 lobster yields.....	145 111 351	
Lobster, steamed or boiled.....	263-1116	1 small lobster (1 lb live weight) (yield after cooking, shell removed)..... 1 medium lobster (2.5 lb live weight) (yield after cooking, shell removed)..... 1 large lobster (4 lb live weight) (yield after cooking, shell removed)..... 1 oz, without shell..... 1 cup, cooked, diced..... 1 small lobster tail (yield from 1 lb lobster)..... 1 large lobster tail (yield from 4 lb lobster)..... 1 lobster tail, (8 oz), frozen (yield after cooking, shell removed)..... 1 lobster tail, fresh (8 oz) (yield after cooking, shell removed).....	118 295 472 28 145 64 227 104 125	85
Lobster, canned.....	263-1118	1 oz..... 1 cup.....	23 170	85
Mussels, cooked.....	263-1311	1 oz, cooked..... 1 cup..... 1 small mussel..... 1 medium mussel..... 1 large mussel.....	28 150 5 9 10	85

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.....	8	
		1 oz, without shell, cooked.....	28	
Oysters, baked or broiled..... (Include sauteed)	263-1512	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	
		1 oz, without shell, cooked.....	28	
Oysters, floured or breaded, fried.....	263-1514	1 pacific oyster, cooked.....	26	
(Include fried, NS as to coating)		1 eastern oyster, cooked.....	8	
		1 cup.....	131	
		1 oz, without shell, cooked.....	28	85
Oysters, battered, fried.....	263-1515	1 pacific oyster, cooked.....	26	
		1 eastern oyster, cooked.....	8	
		1 oz, without shell, cooked.....	28	

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.....	263-1714	1 oz, cooked.....	28	85
(Include fried, NS as to coating)		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	
		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			
Shrimp, baked or broiled..... (Include sauteed; prawn)	263-1912	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	
		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..... (Include prawn)	263-1913	1 oz, without shell, cooked.....	28	85			
		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..... (Include fried, NS as to coating; prawn)	263-1914		1 oz, without shell, cooked.....	28	85
					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..... (Include prawn; fried shrimp, NFS; Arthur Treacher's shrimp; shrimp tempura)	263-1915	1 oz, without shell, cooked.....	28	85			
		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).....	271-1100	1 cup.....	249	187
(Include beef with tomatoes, meatballs with tomato sauce)		1 meatball with sauce....	43	
		1 slice with sauce.....	65	
Spaghetti sauce with beef, homemade-style.....	271-1105	1 cup.....	249	62
(Include canned sauco, extra beef added - Note: For spaghetti sauce with meat, canned, no extra meat added, see 744-0403.)				
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.....	271-1141	1 cup.....	254	254
(Include kidney beans and hamburger with tomato sauce)				
Chili con carne without beans.....	271-1142	1 cup.....	254	254
Beef sloppy joe.....	271-1150	1 cup.....	251	188
Beef with gravy (mixture).....	271-1200	1 cup.....	244	183
(Include country style)		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 cocina 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.....	244	183
		1 slice with gravy.....	65	
		1 pork chop with gravy.....	117	
Ham or pork with barbecue sauce (mixture).....	271-2003	1 cup.....	263	197
		1 slice with sauce.....	58	
		1 rib with sauce.....	68	
		1 pork chop with sauce.....	116	
Sweet and sour pork.....	271-2006	1 cup.....	226	170
Ham stroganoff.....	271-2008	1 cup.....	244	183
(Include ham with cream or white sauce)				
Ham or pork with (mushroom) soup (mixture).....	271-2009	1 cup.....	244	183
		1 slice with sauce.....	65	
		1 pork chop with sauce.....	115	
Ham or pork with tomato-based sauce (mixture).....	271-2010	1 cup.....	249	187
		1 pork chop with sauce.....	116	
		1 slice with sauce.....	65	
Sausage with tomato-based sauce (mixture).....	271-2011	1 cup.....	248	186
		1 link with sauce.....	42	
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).....	271-2025	1 cup.....	244	
(Include frankfurters with barbecue sauce or chili sauce)		1 frankfurter with sauce.....	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..... (Include chicken or turkey with tomato-based sauce, chicken or turkey with tomatoes)	271-4100	1 cup.....	244	183			
		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 fricassees.....	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.....	271-5003	1 cup.....	259	194
(Include stuffed crab)		1 stuffed crab.....	194	
Fish timbale or mousse.....	271-5005	1 cup.....	175	131
Lobster newburg.....	271-5006	1 cup.....	244	183
(Include lobster thermidor, lobster with cream or white sauce)				
Lobster with butter sauce (mixture).....	271-5007	1 cup.....	188	141
(Include Lobster Norfolk)				
Shrimp, curried.....	271-5010	1 cup.....	236	177
Shrimp cocktail (shrimp with cocktail sauce).....	271-5011	1 cup.....	230	92
		1 shrimp with sauce.....	23	
Tuna with cream or white sauce (mixture).....	271-5012	1 cup.....	237	177
Seafood newburg.....	271-5013	1 cup.....	244	183
(Include shrimp newburg, crabmeat thermidor)				
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.....	176	132
		1 shrimp.....	12	
Lobster sauce.....	271-5019	1 cup.....	234	
Oyster sauce.....	271-5020	1 cup.....	256	
(Include scalloped oysters)				
Fish sauce (bagoong).....	271-5021	1 cup.....	272	
Shrimp scampi.....	271-5023	1 cup.....	136	
(Include shrimp in butter sauce)		1 shrimp.....	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..... 1 mussel with sauce.....	240 12	180
Sardines with tomato-based sauce (mixture).....	271-5035	1 sardine (2-2/3" x 1/2" x 1/4") with sauce..... 1 sardine (3" x 1" x 1/2") with sauce..... 1 sardine (3-1/2" x 1-1/2" x 3/8") with sauce..... 1 cup.....	5 12 20 89	24
Sardines with mustard sauce (mixture).....	271-5037	1 sardine (2-2/3" x 1/2" x 1/4") with sauce..... 1 sardine (3" x 1" x 1/2") with sauce..... 1 sardine (3-1/2" x 1-1/2" x 3/8") with sauce.....	5 12 20	24
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 juseyes).....	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).....	271-6001	1 cup.....	263	197
(Include with Sloppy Joe mix)		1 slice with sauce.....	58	
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.....	271-6205	1 cup.....	249	
(Include canned sauce, extra meats added - Note: For spaghetti sauce with meat, canned, no extra meat added, see 744-0403.)				
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).....	272-1110	1 cup.....	252	252
(Include beef stew with potatoes, NS as to base)				
Beef goulash with potatoes.....	272-1115	1 cup.....	244	244
(Include beef goulash, NFS)				
Beef and potatoes with (mushroom) soup (mixture).....	272-1117	1 cup.....	252	252
Beef and potatoes with cream or white sauce (mixture)....	272-1119	1 cup.....	252	252
(Include Hamburger Helper Potato Stroganoff)				

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 OUNCE	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).....	272-1831	1 cup.....	280	280
Ham loaf (not luncheon meat).....	272-2001	1 small or thin slice.....	86	108
(Include pork meatball, with breading, no sauce)		1 medium slice.....	108	
		1 large slice.....	144	
		1 small meatball.....	14	
		1 medium meatball.....	28	
		1 large meatball.....	42	
		1 cocktail meatball.....	7	
		1 cup.....	140	
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	244

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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).....	184	206
		1 serving (2 pig's feet, 3" x 2", two slices Spanish sausage, 1" x 1/4", 1/2 cup sauce) (yield after bone removed).....	206	
Pork roast, stuffed, Puerto Rican style.....	272-2111	1 slice (3" x 3/4") with stuffing.....	120	120
Lamb or mutton loaf.....	272-3001	1 small or thin slice....	86	108
		1 medium slice.....	108	
		1 large slice.....	144	
		1 cup.....	140	
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.....	272-3500	1 small or thin slice....	86	108
(Include deer meatball, with breading, no sauce)		1 medium slice.....	108	
		1 large slice.....	144	
		1 small meatball.....	14	
		1 medium meatball.....	28	
		1 large meatball.....	42	
		1 cup.....	140	
		1 cubic inch.....	19	

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 sauca... soup.....	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..... 2 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.....	103	103
		1 cup.....	162	
Stuffed grape leaves with beef and rice.....	273-1527	1 roll.....	21	
		1 cup.....	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.....	273-1701	1 pie (8 oz, frozen).....	227	227
(Include Greek meat pie, sirloin burger pie)		1 pie (16 oz, frozen, Hungry Man).....	454	
		1 cubic inch.....	10	
		1 cup.....	252	
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.....	632	105
		1 piece (1/6 of pie).....	105	
		1 cubic inch.....	10	
		1 cup.....	252	
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).....	273-2033	1 cup.....	217	
(Include pork chow mein or chop suey with rice)				
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.....	273-3003	1 cup.....	252	252
(Include lamb or mutton stew, NFS)				
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 (excluding 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.....	230	230
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..	273-4131	1 cup.....	252	252
(Include chicken or turkey stew, NFS)				
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 1967	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	FOOD 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 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), 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.....	273-5020	1 pie.....	656	109
(Include pot pie)		1 piece (1/6 of pie).....	109	
		1 cubic inch.....	10	
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.....	94	
		1 fastfood order.....	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.....	715	119
		1 piece (1/6 of pie).....	119	
		1 cubic inch.....	10	

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	202	202
		1 cup	154	
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 encabollado).....	274-1841	1 cup.....	179	134
(Include Puerto Rican style stewed steak)				
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.....	274-3040	1 cup.....	252	189
(Include lamb or mutton stew, NFS)				
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.....	274-3050	1 cup.....	252	189
(Include veal goulash, NFS; veal marengo; veal stew)				
Veal goulash with vegetables (including carrots, broccoli, and/or dark-green leafy (no potatoes)), tomato-base sauce.....	274-3051	1 cup.....	252	189
(Include veal marengo, veal stew)				
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.....	162	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).....	274-4802	1 cup.....	223	167
(Include pollo en salsa, Puerto Rican style chicken or turkey in sauce)				
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.....	95	
		1 fastfood order.....	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 (cuaajo 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).....	274-6100	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.....	275-1025	1 (1/4 lb) cheeseburger..	228	228
(Include with lettuce, pickles, onions, and/or mustard; Hardee's Big Deluxe)				
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.....	275-1028	1 double cheeseburger....	187	187
(Include with lettuce, pickles, onions, and/or mustard; Jack-in- the-Box Bonus-Jack Hamburger)				
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...	275-1030	1 double cheeseburger....	224	224
(Include with lettuce, pickles, onions, and/or mustard; Burger Chef Big Chef; McDonald's Big Mac)				
Cheeseburger with tomato and/or catsup, on bun.....	275-1031	1 cheeseburger.....	127	127
(Include with lettuce, pickles, onions, and/or mustard; McDonald's Cheeseburger; Roy Rogers Kid's Meal Cheeseburger)				
Cheeseburger, 1/4 lb meat, with tomato and/or catsup, on bun....	275-1032	1 (1/4 lb) cheeseburger..	220	220
(Include with lettuce, pickles, onions, and/or mustard; McDonald's 1/4-Pounder with Cheese)				

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.....275-1033 (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....275-1034 (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.....275-1035 (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.....275-1036 (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.....275-1040 (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.....275-1041 (Include hamburger with chili)	275-1041	1 chiliburger.....	159	159
Taco burger, on bun..... 275-1042 (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.....	275-1067	1 double hamburger.....	197	197
(Include with lettuce, pickles, onions, and/or mustard)				
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.....	275-1301	1 sandwich.....	136	136
(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)		1 Junior Roast Beef (Arby's).....	86	
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.....	275-1305	1 sandwich.....	175	175
(Include Arby's Beef 'N Cheddar)				

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 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Beef with vegetables, high meat, baby food, junior.....	276-1072	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
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..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Ham with vegetables, high meat, baby food, strained.....	276-2011	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Ham with vegetables, high meat, baby food, junior.....	276-2012	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Veal with vegetables, high meat, baby food, NS as to strained or junior.....	276-3010	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Veal with vegetables, high meat, baby food, strained.....	276-3011	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Veal with vegetables, high meat, baby food, junior.....	276-3012	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	66
Chicken and rice, baby food.....	276-4005	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).216	16 .216	108
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..... 1 jar (4.5 oz - 4.75 oz).131	16 .131	166

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE	SERVING
			PORTION IN GRAMS	NOT SPECIFIED
Chicken noodle dinner, baby food, junior.....	276-4012	1 tbsp.....	16	108
(Include turkey noodle)		1 jar (7.5 oz - 7.75 oz).	216	
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.....	16	66
		1 jar (4.5 oz - 4.75 oz).	131	
Chicken with vegetables, high meat, baby food, junior.....	276-4052	1 tbsp.....	16	66
		1 jar (4.5 oz - 4.75 oz).	131	
Chicken, noodles, and vegetables, baby food, toddler.....	276-4081	1 tbsp.....	16	
(Include Gerber's)		1 jar (6.25 oz).....	177	
Chicken stew, baby food, toddler.....	276-4100	1 tbsp.....	16	
		1 jar (6.25 oz).....	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.....	16	66
		1 jar (4.5 oz - 4.75 oz).	131	
Turkey, rice and vegetables, baby food, junior.....	276-4212	1 tbsp.....	16	108
		1 jar (7.5 oz - 7.75 oz).	216	
Turkey with vegetables, high meat, baby food, NS as to strained or junior.....	276-4230	1 tbsp.....	16	66
		1 jar (4.5 oz - 4.75 oz).	131	
Turkey with vegetables, high meat, baby food, strained.....	276-4231	1 tbsp.....	16	66
		1 jar (4.5 oz - 4.75 oz).	131	
Turkey with vegetables, high meat, baby food, junior.....	276-4232	1 tbsp.....	16	66
		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 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)..... (Include Swanson entrees: Gravy and Sliced Beef, Salisbury Steak, Meatballs)	281-1011	1 sliced beef meal (8 oz).....	227	
		1 Salisbury steak meal (5.5 oz).....	156	
		1 meatballs meal (8.5 oz).....	241	
Beef with potatoes (frozen meal, large meat portion).....	281-1012	1 meal (12 oz).....	340	340
(Include Salisbury steak)				
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).....	281-1022	1 meal (12.25 oz).....	347	347
(Include LeMenu Chopped Sirloin Beef)				
Sirloin, chopped, or swiss steak with gravy, vegetable, potatoes, dessert or muffin (frozen meal).....	281-1023	1 meal (11.5 oz).....	326	326
(Include Swanson Chopped Sirloin Beef Dinner)				
Sirloin tips with gravy, potatoes, vegetable (frozen meal).....	281-1025	1 meal (10 oz).....	284	284
(Include Budget Gourmet Sirloin Tips with Country Style Vegetables)				

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).....	281-1031	1 meal (11 oz).....	312	312
(Include Armour Dinner Classics Salisbury Steak)				
Salisbury steak with gravy, mashed potatoes, vegetable, dessert (frozen meal).....	281-1032	1 meal (11.25 oz).....	319	319
(Include Morton Salisbury Steak Dinner)				
CODE DISCONTINUED 2/20/87				
Salisbury steak with gravy, whipped potatoes, vegetable, dessert (frozen meal).....	281-1033	1 Swanson Salisbury Steak Dinner (11 oz)...	312	312
(Include Swanson Salisbury Steak Dinner, Morton Salisbury Steak Dinner)		1 Morton Salisbury Steak Dinner (11.25 oz).....	319	
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).....	281-1035	1 meal (16.5 oz).....	468	468
(Include Swanson Hungry Man Salisbury Steak Dinner)				
Salisbury steak with gravy, macaroni and cheese, vegetable (frozen meal).....	281-1037	1 meal (11.5 oz).....	326	326
(Include Budget Gourmet Sirloin Salisbury Steak Dinner)				
Broiled steak with potatoes, vegetable (frozen meal).....	281-1041	1 meal (11 oz).....	312	312
Beef, sliced, with gravy, potatoes, vegetable (frozen meal).....	281-1051	1 meal (11 oz).....	312	312
(Include LeMenu Yankee Pot Roast)				

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).....	288	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).....	281-1314	1 meal (10 oz).....	284	284
(Include Budget Gourmet Peppersteak with Rice, Stouffer's Green Pepper Steak, LeMenu Pepper Steak)		1 Stouffer's meal (10.5 oz).....	298	
		1 LeMenu meal (11.5 oz).....	326	
Beef steak with rice, vegetable (diet frozen meal).....	281-1315	1 meal (10 oz).....	284	284
(Include Classic Lite Beef Pepper Steak)				
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).....	281-2023	1 meal (11.25 oz).....	319	319
(Include Swanson Loin of Pork Dinner)				
Pork with rice, vegetable, in soy-based sauce (diet frozen meal).....	281-2031	1 meal (9 oz).....	255	255
(Include Benihana Oriental Lites Roast Pork and Mushrooms)				
Ham, glazed, with sweetpotatoes, vegetable (frozen meal).....	281-2210	1 meal (10 oz).....	284	284
(Include LeMenu Ham Steak Dinner)				
Veal dinner, NFS (frozen meal).....	281-3000	1 meal (11 oz).....	312	312
Veal, breaded, with spaghetti, in tomato sauce (frozen meal)....	281-3311	1 meal (8.25 oz).....	234	234
(Include Swanson Spaghetti with Breaded Veal)				
Veal parmigiana with vegetable (diet frozen meal).....	281-3321	1 meal (9 oz).....	255	255
(Include Weight Watcher's Veal Patty Parmigiana with Zucchini)				
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).....	281-4072	1 chicken pattie meal (7.5 oz).....	213	
(Include Banquet Favorite Boneless Chicken Pattie Platter, Banquet Favorite Boneless Chicken Nugget Platter)		1 chicken nugget meal (6.5 oz).....	184	
Chicken patty, breaded, with tomato sauce and cheese, fettuccine alfredo, vegetable (frozen meal).....	281-4073	1 meal (11.5 oz).....	326	326
(Include Le Menu Breast of Chicken Parmigiana)				
Chicken, fried, with potatoes, vegetable, dessert (frozen meal).....	281-4081	1 meal (11.5 oz).....	326	326
(Include Morton Chicken Patty Dinner, Morton and Swanson Fried Chicken Dinner)				
Chicken with barbeque sauce, beans, vegetable, dessert (frozen meal).....	281-4083	1 meal (11.75 oz).....	333	333
(Include Swanson Chicken in Barbecue Sauce)				
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).....	281-4101	1 Banquet meal (16.5 oz).....	468	468
(Include Banquet Extra Helping Fried Chicken Dinner, Swanson Hungry Man Fried Chicken Dinner)		1 Swanson meal (15.25 oz).....	432	
Chicken, fried, with potatoes, vegetable, dessert (frozen meal, large meat portion).....	281-4102	1 meal (17 oz).....	482	482

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FOOD DESCRIPTION	FOOD CODE AUGUST 1967	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Chicken patty parmigiana, breaded, with vegetable (diet frozen meal).....	281-4105	1 meal (8 oz).....	226	226
(Include Weight Watcher's Breaded Chicken Patty Parmigiana with Vegetable Medley)				
Chicken patty with vegetable (diet frozen meal).....	281-4106	1 meal (6.5 oz).....	184	
(Include Weight Watchers Southern Fried Chicken Patty with Vegetable Medley)				
Chicken teriyaki with rice, vegetable (frozen meal).....	281-4120	1 meal (10 oz).....	284	284
(Include Budget Gourmet Sweet and Sour Chicken with Rice)				
Chicken with rice-vegetable mixture (diet frozen meal).....	281-4125	1 meal (8.5 oz).....	241	241
(Include Lean Cuisine Glazed Chicken with Vegetable Rice)				
Chicken a la king with rice (frozen meal).....	281-4160	1 Stouffer's meal (9.5 oz).....	269	269
(Include LeMenu and Stouffer's Chicken a la King)		1 LeMenu meal (10.25 oz).....	291	
Chicken and vegetables in cream or white sauce (diet frozen meal).....	281-4161	1 meal (9 oz).....	255	255
(Include Weight Watcher's Chicken Ala King)				
Chicken cordon bleu with vegetable, rice (frozen meal).....	281-4163	1 meal (11 oz).....	312	312
(Include LeMenu Chicken Cordon Bleu)				
Chicken kiev with rice- vegetable mixture (frozen meal).....	281-4164	1 meal (8 oz).....	227	227
(Include Le Menu Chicken Kiev with Rice, Vegetable, and Fruit Medley)				

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 Ericassee 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).....	281-4321	1 meal (8 oz).....	227	227
(Include Lean Cuisine Chicken a l'Orange)				
Chicken and vegetable entree with noodles and cream sauce (frozen meal).....	281-4410	1 meal (10 oz).....	284	284
(Include Budget Gourmet Chicken and Egg Noodles with Broccoli)				
Turkey dinner, NFS (frozen meal).....	281-4500	1 meal (11 oz).....	312	312
Turkey with dressing, gravy, potato (frozen meal).....	281-4501	1 meal (8.75 oz).....	248	248
(Include Swanson Turkey Entree)				
Turkey with dressing, gravy, potato (frozen meal, large meat portion).....	281-4502	1 meal (13.25 oz).....	376	376
(Include Swanson Turkey Entree)				
Turkey with vegetable, stuffing (diet frozen meal).....	281-4511	1 meal (16 oz).....	454	454
(Include Weight Watcher's Sliced Breast of Turkey)				
Turkey and vegetables, in sauce (diet frozen meal).....	281-4512	1 meal (9.5 oz).....	269	269
(Include Lean Cuisine Turkey Dijon)				
Turkey with gravy, dressing, potatoes, vegetable (frozen meal).....	281-4521	1 meal (11 oz).....	312	312
(Include Banquet Turkey Dinner)				
Turkey with gravy, dressing, potatoes, vegetable, dessert (frozen meal).....	281-4531	1 meal (11.5 oz).....	326	326
(Include Swanson and Morton Turkey Dinner)				

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).....	281-4561	1 meal (18.5 oz).....	524	524
(Include Swanson Hungry Man Turkey Dinner)				
Turkey tetrazzini (frozen meal).....	281-4571	1 meal (12 oz).....	340	340
(Include Stouffer's Turkey Tetrazzini)				
Turkey breast with gravy, long- grain and wild rice, vegetable (frozen meal).....	281-4581	1 meal (11.25 oz).....	319	319
(Include LeMenu Sliced Turkey Breast Dinner)				
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).....	281-5011	1 meal (5.5 oz).....	156	156
(Include Swanson Fish and Chips)				
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).....	281-5021	1 meal (9 oz).....	255	255
(Include Lean Cuisine Filet of Fish Florentine)				
Flounder with chopped broccoli (diet frozen meal).....	281-5022	1 meal (12.375 oz).....	351	351
(Include Lean Cuisine Filet of Fish Divan)				

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 SERVING	
			PORTION NOT IN GRAMS SPECIFIED	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 Menudo; 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.....	283-1602	1 cup.....	251	251
(Include beef soup, NFS, canned, low sodium; beef soup, canned, no salt added)		1 can (10.75 oz), ready-to-serve.....	305	
Beef stroganoff soup, chunky style.....	283-1701	1 cup.....	240	240
(Include creamed beef soup)		1 can (10.75 oz), ready-to-serve.....	305	
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.....	241	241
		1 can (10.5 oz), prepared.....	586	
Lamb, pasta, and vegetable soup, Puerto Rican style.....	283-3111	1 cup.....	250	250
Chicken, broth, bouillon, or consomme.....	283-4011	1 cup.....	244	244
(Include chicken broth powder, reconstituted; Lipton's Trim Chicken Cup-a-Soup)		1 can (10.75 oz), prepared.....	593	
		1 envelope yields.....	182	
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.....	283-4061	1 cup.....	240	240
(Include chunky style)		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.....	283-4075	1 cup.....	244	244
(Include hot and spicy Chinese soup)				
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..... 1 can (10.75 oz), prepared.....	248 602	248
Chicken or turkey soup, cream of, prepared with water..... (Include instant)	283-4513	1 cup..... 1 can (10.75 oz), prepared.....	244 593	244
Chicken or turkey soup, cream of, canned, undiluted.....	283-4514	1 cup..... 1 can (10.75 oz), undiluted.....	251 305	
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..... 1 can (10.75 oz), prepared.....	244 593	244
Clam chowder, Manhattan..... (include chunky style)	283-5022	1 cup..... 1 can (19 oz), ready- to-serve.....	240 539	240
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.....	241	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.....	58 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	45
		1 extra large.....	52	
		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	17
		1 cup.....	243	

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.....	238	
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.....	67	67
		1 cup.....	202	
Egg omelet or scrambled egg, with fish.....	321-0502	1 egg.....	88	88
		1 cup.....	180	
Egg omelet or scrambled egg, with ham or bacon.....	321-0503	1 egg.....	70	70
		1 cup.....	211	
Egg omelet or scrambled egg, with dark-green vegetables.....	321-0504	1 egg.....	84	84
		1 cup.....	201	
Egg omelet or scrambled egg, with vegetables other than dark-green vegetables.....	321-0505	1 egg.....	64	64
		1 cup.....	193	
Egg omelet or scrambled egg, with peppers, onion, and ham..... (Include Western omelet)	321-0506	1 egg.....	94	94
		1 cup.....	213	
Egg omelet or scrambled egg, with mushrooms.....	321-0507	1 egg.....	69	69
		1 cup.....	193	
Egg omelet or scrambled egg, with cheese and ham.....	321-0508	1 egg.....	78	78
		1 cup.....	187	
Egg omelet or scrambled egg, with potatoes and/or onions..... (Tortilla Espanola, traditional style Spanish omelet)	321-0510	1 egg.....	156	156
		1 cup.....	189	
Egg omelet or scrambled egg, with beef..... (Include with onions)	321-0511	1 egg.....	95	95
		1 cup.....	201	
Egg omelet or scrambled egg, with sausage and mushrooms.....	321-0512	1 egg.....	95	95
		1 cup.....	201	

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.....	321-0513	1 egg.....	145	145
(Include Spanish omelet)		1 cup.....	228	
Egg omelet or scrambled, with chili, cheese, tomatoes, and beans.....	321-0515	1 egg.....	103	103
		1 cup.....	189	
Egg omelet or scrambled egg, with chorizo.....	321-0516	1 egg.....	70	70
		1 cup.....	211	
Egg foo yung, NFS.....	321-0520	1 patty.....	86	86
		1 cup.....	175	
Chicken egg foo yung.....	321-0521	1 patty.....	86	86
		1 cup.....	175	
Pork egg foo yung.....	321-0522	1 patty.....	86	86
		1 cup.....	175	
Shrimp egg foo yung.....	321-0523	1 cup.....	175	86
(Include Tortas de Carmaron)		1 patty.....	86	
Beef egg foo yung.....	321-0524	1 patty.....	86	86
		1 cup.....	175	
Ripe plantain omelet, Puerto Rican style.....	321-0531	1 cup.....	173	85
(Tortilla de amarillo)		1 egg.....	85	
Scrambled eggs with jerked beef, Puerto Rican style.....	321-0533	1 cup.....	140	
(Revoltillo de tasajo)				
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,.....	322-0100	1 sandwich.....	96	96
(Include egg sandwich, NFS)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAINS	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, equiv- alent to 2 eggs, makes 2/5 cup cooked)	188	75
		1 powdered egg.....	36	
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)	153	51
		1 carton (8 fl oz) yields.....	204	
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.....	15	50
		1 jar (3.33 oz).....	94	

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.....	172	86
		1 oz dry, yield after cooking.....	65	
		1 cup, dry, yield after cooking.....	483	
Lima beans, dry, cooked, NS as to fat added in cooking..... (Include butter beans)	411-0300	1 cup.....	189	94
		1 oz dry, yield after cooking.....	73	
Lima beans, dry, cooked, fat added in cooking..... (Include butter beans)	411-0301	1 cup.....	189	94
		1 oz dry, yield after cooking.....	73	
Lima beans, dry, cooked, fat not added in cooking..... (Include butter beans)	411-0302	1 cup.....	184	92
		1 oz dry, yield after cooking.....	71	
		1 cup, dry, yield after cooking.....	508	
Pinto, calico, or red Mexican beans, dry, cooked, NS as to fat added in cooking.... (Include October beans, Shellie beans)	411-0400	1 cup.....	178	89
		1 oz dry, yield after cooking.....	70	
Pinto, calico, or red Mexican beans, dry, cooked, fat added in cooking..... (Include October beans, Shellie beans)	411-0401	1 cup.....	178	89
		1 oz dry, yield after cooking.....	70	
Pinto, calico, and red Mexican beans, dry, cooked, fat not added in cooking..... (Include October beans, Shellie beans)	411-0402	1 cup.....	173	86
		1 oz dry, yield after cooking.....	68	
		1 cup, dry, yield after cooking.....	480	

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.....	411-0801	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.....	180	90
		1 oz dry, yield after cooking.....	69	
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).....	412-1010	1 cup.....	250	
(Include beans, stewed, Puerto Rican style, NFS)				
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.....	412-1015	1 cup.....	255	128
(Include pinto beans)				
Stewed pink beans with pig's feet, Puerto Rican style.....	412-1016	1 cup, with bone (yield after bone removed)....	202	
Stewed red beans with pig's feet, Puerto Rican 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.....	413-0100	1 cup.....	174	87
(Include blackeye peas, field peas)		1 oz dry, yield after cooking.....	76	
Cowpeas, dry, cooked, fat added in cooking.....	413-0101	1 cup.....	174	87
(Include blackeye peas, field peas)		1 oz dry, yield after cooking.....	76	

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.....	413-0102	1 cup.....	169	84
(Include blackeye peas, field peas)		1 cup, dry, yield after cooking.....	426	
		1 oz dry, yield after cooking.....	74	
Chickpeas, dry, cooked, NF as to fat added in cooking.....	413-0200	1 cup.....	169	85
(Include garbanzos)		16 oz can, drained, sides.....	300	
		10 peas.....	16	
		1 oz dry, yield after cooking.....	62	
Chickpeas, dry, cooked, fat added in cooking.....	413-0201	1 cup.....	169	85
(Include garbanzos)		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.....	413-0202	1 cup.....	164	82
(Include garbanzos)		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.....	413-0300	1 cup.....	196	98
(Include dry peas, NFS)		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.....	413-0301	1 cup.....	201	100
(Include dry peas, NFS)		1 cup, dry, yield after cooking.....	551	
		1 oz, dry, yield after cooking.....	73	

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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.....	413-0302	1 cup.....	201	100
(Include dry peas, NFS)		1 cup, dry, yield after cooking.....	551	
		1 oz, dry, yield after cooking.....	73	
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.....	413-0413	1 cup.....	179	90
(Include blackeye peas with pork, field peas with pork)				
Lentils, dry, cooked, NS as to fat added in cooking.....	413-0498	1 cup.....	196	98
		1 cup, dry, yield after cooking.....	554	
		1 oz, dry, yield after cooking.....	79	
Lentils, dry, cooked, fat added in cooking.....	413-0499	1 cup.....	196	98
		1 cup, dry, yield after cooking.....	554	
		1 oz, dry, yield after cooking.....	79	
Lentils, dry, cooked, fat not added in cooking.....	413-0500	1 cup.....	191	96
		1 oz dry, yield after cooking.....	77	
		1 cup, dry, yield after cooking.....	540	
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).....	208	
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.....	413-1031	1 cup.....	260	130
(Include frijoles)				
Soy nuts.....	414-1001	1 cup.....	84	28
(Include pernuts)		1 package (4.75 oz).....	135	
Bean curd (tofu).....	414-2001	1 cup (1/2" cubes).....	184	92
(Include stir fried)		1 piece (2-1/2" x 2-3/4" x 1").....	120	
Curd cheese.....	414-2005	1 cup.....	225	
Miso sauce.....	414-2010	1 cup.....	240	
(Include An sauce)				
Miso.....	414-2011	1 cup.....	272	
Natto.....	414-2020	1 cup.....	175	
Soy sauce.....	414-2030	1 cup.....	288	
(Include shoyu)				

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.....	418-1061	1 cup.....	168	
(Include Loma, Linda brand)		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.....	418-1160	1 thin slice.....	14	28
(Include vegetarian ham, wham, Loma Linda, Worthington)		1 regular slice (1 oz)...	26	
Meatballs, meatless.....	418-1180	1 meatball.....	18	36
		1 cup.....	144	
Soyburger.....	418-1190	1 patty.....	70	70
(Include vegetarian burger)		1 cup.....	282	
Sandwich spread, meat substitute type.....	418-1200	1 tbsp.....	16	28
Vegetarian pot pie.....	418-1240	1 pie.....	227	227
(Include beef-like and chicken- like pot pies)				
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..... 10 whole nuts..... 1 oz.....	145 16 28	18
Chestnuts, roasted.....	421-0500	1 cup (17 kernels)..... 10 kernels..... 1 oz (3 kernels).....	143 84 28	18
Coconut meat, fresh.....	421-0600	1 cup..... 1 piece (2" x 2" x 1/2")..... 1 medium.....	80 45 397	45
Coconut meat, dried, sweetened... (Include flaked or shredded)	421-0602	1 oz..... 1 cup, flaked..... 1 cup, shredded.....	28 74 93	9
Filberts, hazel nuts.....	421-0700	1 cup, whole..... 1 cup, chopped..... 1 cup, ground..... 10 nuts.....	135 115 75 14	17
Ginkgo nuts.....	421-0750	1 cup (78 kernels)..... 1 oz (14 kernels).....	155 28	19
Hickory nuts.....	421-0800	1 cup..... 1 nut.....	120 3	15
Macadamia nuts, unroasted.....	421-0900	1 cup, whole or halves... 1 oz (11 whole kernels).....	134 28	17
Macadamia nuts, roasted.....	421-0910	1 cup..... 1 oz (11 whole kernels).....	134 28	17
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	18	
		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	421-1412	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..... 1 regular slice..... 1 thick slice..... 1 cubic inch.....	26 29 33 4.9	29
Bread, white and whole wheat..... (Include half and half, Health Nut, Golden Meal, Country Grain)	511-0201	1 thin slice..... 1 regular slice..... 1 large slice.....	20 26 30	26
Bread, white and whole wheat, toasted..... (Include half and half, Health Nut, Golden Meal, Country Grain)	511-0202	1 thin slice..... 1 regular slice..... 1 large slice.....	17 24 27	24
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..... 1 slice.....	20 24	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..... 1 slice.....	18 22	22
Bread, Cuban..... (Include Spanish, Portuguese)	511-0501	1 small slice (3-1/4" x 2-1/2" x 1/2")..... 1 medium slice..... 1 large slice (4-1/2" x 3-1/4" x 3/4").....	10 20 30	20
Bread, Cuban, toasted..... (Include Spanish, Portuguese)	511-0504	1 small slice..... 1 medium slice..... 1 large slice.....	9 18 27	18
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.....	511-0704	1 small slice.....	14	23
(Include Hawaiian sandwich bread)		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.....	511-0901	1 small slice (3-1/4" x 2-1/2" x 1/2").....	10	20
(Include sesame bread)		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.....	511-0904	1 small slice.....	9	18
(Include sesame bread)		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..... (Include Greek, Syrian flat bread, Sahara, Arab, pocket)	511-0910	1 small pita (4" dia).... 1 medium pita (5-1/4" dia)..... 1 large pita (6-1/2" dia).....	28 45 85	45
Bread, pita, toasted..... (Include Greek, Syrian flat bread, Sahara, Arab, pocket)	511-0911	1 small pita (4" dia).... 1 medium pita (5-1/4" dia)..... 1 large pita (6-1/2" dia).....	26 41 78	41
Bread, batter.....	511-1001	1 thin slice..... 1 regular slice.....	30 33	33
Bread, cheese..... (Include onion cheese)	511-1101	1 slice.....	26	26
Bread, cheese, toasted..... (Include onion cheese)	511-1104	1 slice.....	24	24
Bread, cinnamon.....	511-1301	1 slice.....	26	26
Bread, cinnamon, toasted.....	511-1310	1 slice.....	24	24
Bread, corn and molasses..... (Include Anadama bread)	511-1501	1 slice.....	32	32
Bread, corn and molasses, toasted..... (Include Anadama bread)	511-1502	1 slice.....	29	29
Bread, egg, Chalah.....	511-1901	1 slice.....	23	23
Bread, egg, Chalah, toasted.....	511-1904	1 slice.....	21	21
Bread, lowfat, 98% fat free..... (Include Bonnie)	511-1910	1 slice.....	24	24
Bread, lowfat, 98% fat free, toasted..... (Include Bonnie)	511-1911	1 slice.....	22	22
Bread, garlic.....	511-2101	1 small slice (2-1/2" x 2" x 1/2")..... 1 medium slice (4-3/4" x 4" x 1/2")..... 1 large slice (5" x 2-1/2" x 1").....	17 29 41	29

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..... (Include with or without nuts, cinnamon-raisin, Weight Watcher's)	511-2901	1 thin slice.....	23	26
		1 regular slice.....	26	
		1 diet slice.....	14	
Bread, raisin, toasted..... (Include with or without nuts, cinnamon-raisin)	511-2902	1 thin slice.....	21	24
		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..... (Include Indian fried)	511-4010	1 slice or roll.....	26	26
		1 cup.....	140	
		1 piece (8" dia).....	136	
		1 piece (7" dia).....	104	
		1 cubic inch.....	8.2	
Rolls, white, soft..... (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)	511-5000	1 pan or dinner.....	28	43
		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, frank- furter roll.....	43	43
Rolls, white, soft, reduced calorie, high fiber, toasted..... (Include Less)	511-5210	1 hamburger, frank- furter 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.....	28	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, Kolaches, 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.....	511-6102	1 small.....	39	55
(Include hot cross buns; sweet rolls with fruit, NS as to frosting)		1 medium (approx 2" - 2-1/2" square or 2" - 2-1/2" dia).....	55	
		1 large.....	83	
Rolls, sweet, with nuts, frosted.....	511-6105	1 small.....	39	55
(Include caramel roll; sweet rolls with nuts, NS as to frosting)		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.....	511-6115	1 small.....	39	55
(Include sweet rolls with fruit and nuts, NS as to frosting)		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.....	511-6500	1 cake (9" square).....	567	47
(Include with or without nuts, coffee bread with icing)		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.....	511-6506	1 cake (9" square).....	567	47
(Include with or without nuts, coffee bread with icing)		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..... (Include Sara Lee Wheat 'n' Honey)	511-6600	1 fresh.....	56	56
		1 frozen.....	42	
Croissant, cheese.....	511-6610	1 croissant.....	42	42
Croissant, chocolate.....	511-6620	1 Vie de France.....	56	56
Croissant, fruit..... (Include Sara Lee Apple, Strawberry, and Cinnamon- Nut-Raisin)	511-6650	1 Sara Lee Apple.....	92	
		1 Sara Lee Strawberry....	80	
		1 Sara Lee Cinnamon- Nut-Raisin.....	92	
Croissant, nut.....	511-6670	1 Vie de France.....	56	56
Brioche..... (Include Pan de Huevo)	511-6700	1 piece.....	77	77
Bread, Spanish coffee..... (Include Mallorca)	511-6800	1 piece.....	85	85
Bagels..... (Include water bagels, flavored bagels, egg bagels, bialy)	511-8001	1 small (mini).....	26	55
		1 medium (3" dia).....	55	
		1 large.....	76	
Bagel, 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..... (Include homemade; stuffing, NFS)	511-8201	1 cup, moist type.....	200	85
		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..... (Include sesame sticks)	511-8400	1 small stick (approx 4-1/4" long).....	5	10
		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..... (Include seasoned bread crumbs)	511-8500	1 cup.....	30	2
		4 cubes.....	1	
Muffins, English..... (Include sour dough)	511-8601	1 muffin.....	58	58
Muffins, English, toasted..... (Include sour dough)	511-8602	1 muffin.....	50	50
Muffins, English, with raisins...	511-8610	1 muffin.....	58	58
Muffins, English, with raisins, toasted.....	511-8612	1 muffin.....	50	50
Melba toast..... (Include flavors, Nutrisystem Crisp Toast, Bagel Chips)	511-8700	1 slice.....	5	15
		1 melba round.....	3	
		1 cup, rounds.....	33	
Melba toast with wheat germ.....	511-8701	1 slice.....	5	15
Anisette toast..... (Include almond toast)	511-8702	1 piece.....	11	11
Teething biscuit..... DISCONTINUED CODE 10/23/85	511-8800	1 biscuit.....	11	11
Zwieback.....	511-8850	1 piece.....	7	7
Bread, whole wheat, 100%..... (Include dark bread, brown bread, Hollywood Dark, Honey Graham)	512-0101	1 thin slice.....	23	26
		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,.... (Include roti)	512-0115	1 small pita (4" dia).....	28	45
		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.....	512-0116	1 small pita (4" dia).....	26	41
(Include roti)		1 medium pita (5-1/4" dia).....	41	
		1 large pita (6-1/2")....	78	
Bread, whole wheat, low sodium.....	512-0125	1 regular slice.....	26	26
CODE DISCONTINUED 1/9/87		1 thin slice.....	23	
Bread, whole wheat, 100%, reduced calorie, high fiber.....	512-0151	1 regular slice.....	28	28
CODE DISCONTINUED 1/6/88		1 thin slice.....	23	
Bread, whole wheat, 100%, reduced calorie, high fiber, toasted.....	512-0152	1 regular slice.....	25	25
CODE DISCONTINUED 1/6/88		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..... 1 regular slice..... 1 large slice.....	18 24 29	24
Bread, rye, reduced calorie, high fiber..... (Include Less)	514-0106	1 thin slice..... 1 regular slice..... 1 thick slice.....	20 26 32	26
Bread, rye, reduced calorie, high fiber, toasted..... (Include Less)	514-0107	1 thin slice..... 1 regular slice..... 1 thick slice.....	18 24 29	24
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..... 1 regular slice..... 1 large slice..... 1 thin slice.....	7 26 32 20	26
Bread, pumpernickel, toasted.... (Include with raisins)	514-0402	1 regular slice..... 1 large slice..... 1 thin slice.....	24 29 18	24
Bagel, pumpernickel..... (Include rye)	514-0450	1 small (mini)..... 1 medium (3" dia)..... 1 large.....	26 55 76	55
Bagel, pumpernickel, toasted.... (Include rye)	514-0451	1 small (mini)..... 1 medium (3" dia)..... 1 large.....	24 50 69	50
Bread, black.....	514-0701	1 regular slice..... 1 large slice.....	26 32	26
Bread, black, toasted.....	514-0702	1 regular slice..... 1 large slice.....	24 29	24
Rolls, rye.....	514-2000	1 pan or dinner..... 1 medium.....	28 36	36
Rolls, pumpernickel.....	514-2100	1 pan or dinner..... 1 medium.....	28 36	36
Rolls, pumpernickel, toasted....	514-2110	1 pan or dinner..... 1 medium.....	25 33	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
		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	7.0
		1 stick.....	39	
		1 round.....	45	
		1 cubic inch.....	7.0	
Cornbread muffins, sticks, rounds, toasted.....	522-0602	1 muffin.....	47	7.0
		1 stick.....	35	
		1 round.....	41	
		1 cubic inch.....	7.0	
Cornbread, muffins, sticks, rounds, made from home recipe.....	522-0606	1 muffin.....	52	7.0
		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 hoeecake)	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.....523-1101 (Include Dutch Baby, Yorkshire pudding)		1 popover.....	31	31
Bread, Boston Brown.....524-0100		1 slice.....	45	45
Bread, nut.....524-0300		1 slice..... 1 cubic inch.....	49 8.7	49
Bread, pumpkin.....524-0406 (Include with raisins and/or nuts)		1 slice..... 1 cubic inch.....	60 10	60
Bread, fruit, without nuts.....524-0501 (Include lemon bread, banana bread)		1 slice..... 1 cubic inch.....	41 8.7	41
Bread, fruit and nut.....524-0510 (Include date nut, banana nut)		1 slice..... 1 cubic inch.....	56 8.7	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.531-0200 (Include with nuts)		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, without icing..531-0210 (Include with nuts, rhubarb, blueberry, apricot, blackberry, apple crunch cake)		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....531-0220 (Include with nuts)		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.....531-0230 (Include Weight Watcher's Apple Raisin Spice Cake)		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).....	198	
		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 SPECIFIED	SERVING NOT
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).....	58	
		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..... (Include carrot cupcakes with icing)	531-0426	1 bundt or tube cake...	1,323	133
		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..... (Include Weight Watcher's)	531-0430	1 individual cake.....	85	85
Cheesecake..... (Include cream cheese pie)	531-0450	1 cake or pie (9" dia, approx 1-1/2" high)...	1,533	128
		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..... (Include Weight Watcher's)	531-0452	1 individual cake (approx 3-1/2" x 3-1/2" x 1").....	113	
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..... (Include Weight Watcher's)	531-0457	1 individual cake (approx 3-1/2" x 3-1/2" x 1").....	113	

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 (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, made from home recipe or purchased ready-to-eat, NS as to icing.....531-0505 (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	
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	
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.....	531-0550	1 individual cake.....	71	71
(Include Weight Watcher's Chocolate Cake)				
Cake, chocolate, devil's food, or fudge, pudding-type mix (oil, eggs, and water added to dry mix), NS as to icing.....	531-0590	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, chocolate, devil's food, or fudge, pudding-type mix (oil, eggs, and water added to dry mix), without icing or filling...	531-0600	1 1-layer cake (8" or 9" dia, approx 1-1/2" high).....	420	42
(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 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 (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 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, 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 (Include Italian rum-cream)		1 cake (8" dia).....510		51
		1 piece (1/10 of 8" dia).....51		
		1 cubic inch.....6.1		
Cake, cupcakes, NS as to type or icing.....531-0700 (Include with nuts)		1 cupcake (2-3/4" dia)... 48		48
		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 (Include chocolate crunch bar, with or without nuts)		1 cupcake (2-3/4" dia)... 33		33
		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.....	531-0820	1 cupcake (2-3/4" dia)...	46	46
(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)		1 cupcake (2-1/2" dia)...	35	
		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).....	25	
		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).....	40	
		1 large (include Tasty Kake Junior Cakes; Hostess Suzy Q).....	64	
Cake, cupcakes, not chocolate, NS as to icing.....	531-0900	1 cupcake (2-3/4" dia)...	48	48
		1 cupcake (2-1/2" dia)...	36	
Cake, cupcakes, not chocolate, without icing or filling.....	531-0910	1 cupcake (2-3/4" dia)...	33	33
		1 cupcake (2-1/2" dia)...	25	

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 (8" 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... 1/12 of piece (1/12 of 2-layer, 8" or 9" dia).....	1,124	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)....	531-1600	1 loaf (9" x 5").....	909	91
(Include toasted cake, yogurt		1 bundt or tube cake... 1/10 of loaf)...	1,080	
honey pound cake, butter rum		1 cup.....	83	
cake, whiskey cake, lemon pound		1 cubic inch.....	6.7	
cake with glaze)				

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Cake, pound, chocolate..... (Include with icing)	531-1627	1 loaf (9" x 5").....	909	91
		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..... (Include prune cake; date-nut cake; raisin-nut cake, NS as to icing)	531-1655	1 1-layer cake (8" dia).....	592	59
		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.....	531-1675	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	
		1 1-layer cake (8" or 9" dia, approx 1-1/2" high).....	420	42
Cake, spice, without icing.....	531-1710	1 piece (1/10 of 8" or 9" dia).....	42	
		1 cubic inch.....	5.0	
		1 2-layer cake (8" or 9" dia, approx 4" high).....	1,311	109
Cake, spice, with icing..... (Include walnut cake with whipped cream, Little Debbie Apple Spice, Stir-n-Frost Spice Cake)	531-1720	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	
		1 tube cake (approx 10" dia).....	1,109	92
Cake, sponge, NS as to icing.....	531-1800	1 tube cake (8-1/2" dia).....	843	
		1 piece (1/12 of 10" dia).....	92	
		1 cubic inch.....	5.2	
		1 tube cake (approx 10" dia).....	790	66
Cake, sponge, without icing..... (Include shortcake, sponge type, plain)	531-1810	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.....	531-1830	1 tube cake (approx 10" dia).....	790	66
(Include chocolate sponge cake, NS as to icing)		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.....	531-1850	1 torte.....	912	76
(Include fruit tortes)		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	

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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.....	531-1890	1 tube cake (approx 10" dia).....	790	66
(Include chocolate chiffon cake, NS as to icing)		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	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED	
Cake, white, standard-type mix (egg whites and water added), NS as to icing..... (Include Jiffy, Washington)	531-2000	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..... (Include cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)	531-2006	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..... (Include Jiffy, Washington)	531-2010	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..... (Include cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)	531-2016	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, white, standard-type mix (egg whites and water added to mix), with icing..... (Include Jiffy, Washington)	531-2020	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, with icing, made from home recipe or purchased ready-to-eat..... (Include wedding cake; cake, white, NS as to made from home recipe, made from mix, or purchased ready-to-eat)	531-2026	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, white, pudding-type mix (oil, egg whites, and water added to dry mix), NS as to icing..... (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard- type mix)	531-2030	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, pudding-type mix (oil, egg whites, and water added to dry mix), without icing..... (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard- type mix)	531-2033	1 1-layer cake (8" or 9" dia, approx 1-1/2" high).....
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.... (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; white cake, NS as to from pudding- or standard- type mix)	531-2035	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, whole wheat, with fruit and nuts..... (Include apple nut loaf, whole wheat banana carob cake)	531-2050	1 loaf (9" x 5").....
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.....531-2100 (Include Jiffy, Washington)		1 2-layer cake (8" or 9" dia, approx 4" high).....	1,317	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.....531-2106 (Include cake, yellow, 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 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.....531-2110 (Include Jiffy, Washington)				1 1-layer cake (8" or 9" dia, approx 1-1/2" high).....
		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 (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 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, standard-type mix (eggs and water added to dry mix), with icing.....531-2120 (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	
Cake, yellow, with icing, made from home recipe or purchased ready-to-eat.....531-2126 (Include cake, yellow, 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, yellow, pudding-type mix (oil, eggs, and water added to dry mix), NS as to icing.....531-2128 (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard- type mix)		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.....531-2130 (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard- type mix)		1 1-layer cake (8" or 9" dia, approx 1-1/2" high).....420	
		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.....531-2133 (Include Pillsbury Plus; Duncan Hines; Betty Crocker Super Moist; yellow cake, NS as to from pudding- or standard- type mix)		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	

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; short- cake, NS as to biscuit or sponge cake type)	531-2307	1 cake (3" dia) with fruit and whipped cream..... 1 cup..... 1 2-layer cake (9" dia, approx 4" high)..... 1 cubic inch.....	118 151 1,365 5.4	118
Cake, shortcake, sponge type, with fruit.....	531-2308	1 cake (3" dia) with fruit..... 1 cup..... 1 cubic inch.....	102 156 5.1	102
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 1-layer cake (8" or 9" dia, approx 2" high)..... 1 piece (1/12 of 2-layer, 8" or 9" dia)..... 1 piece (1/10 of 1-layer, 8" or 9" dia)..... 1 cubic inch..... 1 cup..... 1 bundt or tube cake....	1,600 800 133 80 8.3 138 1,323	
Cake, zucchini, without icing....	531-2411	1 1-layer cake (8" or 9" dia, approx 1-1/2" high)..... 1 piece (1/10 of 8" or 9" dia)..... 1 cubic inch..... 1 cup..... 1 bundt or tube cake....	579 58 7.7 88 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.....	532-0300	1 medium.....	13	13
(Include apple snacks, Dutch apple)		1 large.....	18	
Cookie, brownies, NS as to icing.....	532-0400	1 brownie.....	34	34
(Include with nuts)		1 cubic inch.....	9.9	
Cookie, brownies, without icing.....	532-0401	1 brownie.....	34	34
(Include with nuts)		1 cubic inch.....	9.9	
Cookie, brownies, with icing....	532-0410	1 brownie.....	42	42
(Include with nuts)		1 cubic inch.....	9.9	
Cookie, butter.....	532-0500	1 cookie.....	5	5
(Include sesame cookies, wedding cookies, Social Tea Biscuits (Nabisco))		1 cup, crushed.....	85	
CODE DISCONTINUED 6/16/87				
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	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
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, Puddin' 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 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 bars..... (Include Fig Newton)	532-2003	1 cookie.....	16	16
Cookie, fortune.....	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.....	18	18
Cookie, marshmallow, with rice cereal..... (Include Rice Krispies bar cookie)	532-2650	1 bar (2" square)..... 1 cubic inch.....	30 6.8	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..... (Include hermits, gingerbread man)	532-3000	1 small..... 1 medium..... 1 large (3-1/2" - 4" dia) (include Archway brand).....	11 15 32	15
Cookie, Lebkuchen..... (Include honey nut bar)	532-3100	1 cookie.....	16	16
Cookie, oatmeal.....	532-3300	1 small..... 1 medium (2-5/8" dia).... 1 big cookie (3-1/2" - 4" dia) (include Archway brand, Grandma brand).. 1 surface inch.....	6 13 25 3.1	15
Cookie, oatmeal, with raisins.... (Include with dates, with nuts)	532-3301	1 small..... 1 medium (approx 2-5/8" - dia)..... 1 big cookie (3-1/2" - 4" dia) (include Archway brand, Grandma brand).. 1 surface inch.....	6 13 25 3.1	15
Cookie, oatmeal sandwich, with creme filling..... (Include Chipsies (Keebler))	532-3305	1 sandwich (approx 1" - 1-1/2" dia)..... 1 large sandwich (3-1/2" - 4" dia) (include Little Debbie Oatmeal Cream, Almost Home Oatmeal Cream).....	15 30	15
Cookie, oatmeal, with chocolate chips..... (Include with chocolate frosting, made with M&M's)	532-3306	1 cookie.....	15	15
Cookie, oatmeal, with chocolate and peanut butter.....	532-3310	1 cookie.....	34	34
Cookie, peanut butter..... (Include peanut butter wafers)	532-3400	1 medium..... 1 big cookie (3-1/2" - 4" dia) (include Grandma brand)..... 1 small.....	16 25 5	16
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.....	532-3410	1 Nassau.....	15	15
(Include Pepperidge Farm Nassau)				
Cookie, peanut.....	532-3500	1 cookie.....	16	16
(Include chocolate peanut bars, peanut sandwich cookies; Nutter Butter (Nabisco), Almost Home Peanut Butter Cream Sandwich)		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.....	532-3550	1 cookie.....	13	13
(Include Girl Scout Tagalongs Peanut Butter Patties)				
Cookie, pizzelles (Italian style wafer).....	532-3600	1 wafer or rosette.....	14	14
(Include rosettes)				
Cookie, pumpkin.....	532-3610	1 small.....	6	11
(Include carrot bars)		1 medium.....	11	
		1 large.....	19	
Cookie, raisin.....	532-3700	1 cookie.....	16	16
(Include date-nut, raisin sugar cookie)		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.....	532-3800	1 sandwich (approx 1" - 1-1/2" dia).....	11	11
(Include banana cream-filled, Puddin' Cremes (Keebler))				

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 1 medium (include Keebler Pecan Sandies; Pepperidge Farm Shortbread)..... 15 1 large..... 21		15
Cookie, sugar..... (Include fruit flavors, with nuts, spice, Kichel, jelly topped) CODE DISCONTINUED 6/16/87	532-4100	1 small (include Pep- peridge Farm Sugar Cookies)..... 9 1 medium..... 16 1 large (3-1/2" - 4" dia) (include Archway brand)..... 25 1 cubic inch..... 9		16
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 Pep- peridge Farm Sugar, Chessman, and Pirouette)..... 9 1 medium (include Margherite)..... 16 1 large (3-1/2" - 4" dia) (include Archway brand)..... 25 1 cup, crushed..... 85 1 cubic inch..... 8		16
Cookie, butter or sugar cookie, with fruit and/or nuts..... (Include with coconut)	532-4160	1 small..... 9 1 medium..... 16 1 large..... 25		16
Cookie, sugar wafers.....	532-4200	1 small..... 4 1 medium..... 7 1 large..... 9		7
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 1 sandwich, oval (include Nabisco Cameos, Sun- shine Vienna Fingers, Pepperidge Farm Milano)..... 15 1 Lido..... 16.5		11

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..... 1 medium..... 1 large.....	10 16 25	16
Cookie, sugar, iced..... (Include spice and other flavors)	532-4402	1 small..... 1 medium..... 1 large.....	10 16 25	16
Cookie, vanilla waffle cremes.....	532-4500	1 medium..... 1 large.....	9 11	9
Cookie, tea, Japanese..... (Include senbei, plain, ginger, or seaweed)	532-4600	1 small..... 1 medium..... 1 large.....	2 5 11	5
Cookie, vanilla wafers..... (Include vanilla cookie, NS as to type; wafers, NS as to type)	532-4700	1 small..... 1 medium..... 1 large.....	3 4 6	4
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.....	533-0350	1 pie (9" dia).....	1,203	150
(Include cranberry; Juneberry; gooseberry; berry pie, NS as to berry)		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 pie (8" dia)..... 1 piece (1/8 of 9" dia)..... 1 cubic inch..... 1 cup.....	1,096 712 137 17 234	137
Pie, blueberry, individual size or tart.....	533-0407	1 tart..... 1 individual pie.....	117 120	
Pie, cherry.....	533-0500	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, cherry, one crust.....	533-0501	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	1,096 137 17	137
Pie, cherry, individual size or tart.....	533-0507	1 tart..... 1 individual pie.....	117 120	
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)..... 1 piece (1/8 of 9" dia).. 1 cubic inch..... 1 pie (10" dia).....	791 99 12 966	99
Pie, lemon, fried pie.....	533-0575	1 pie.....	85	85
Pie, mince.....	533-0600	1 pie (8" dia)..... 1 pie (9" dia)..... 1 piece (1/8 of 9" dia)..... 1 cubic inch.....	782 1,203 150 19	150
Pie, mince, individual size or tart.....	533-0607	1 tart..... 1 individual pie.....	117 120	

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	120
		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	120
		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	120
		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	
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	
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	
Pie, coconut cream, individual size or tart.....	533-4307	1 tart.....	117	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE	SERVING
			PORTION IN GRAMS	NOT SPECIFIED
Pie, custard..... (Include custard cream, egg pie)	533-4400	1 pie (9" dia).....	1,085	136
		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..... (Include custard cream)	533-4407	1 tart.....	117	
Pie, lemon cream..... (Include lemon ice box pie)	533-4500	1 pie (9" dia).....	1,154	144
		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..... (Include millionaire's pie, Hawaiian pie, sunshine pie)	533-4650	1 pie (9" dia).....	1,154	144
		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.....	18	
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 piece (1/8 of 9" dia).. 1 cubic inch..... 1 pie (8" dia)..... 1 pie (10" dia)..... 1 cup.....	1,094 137 10 937 1,429 172	137
Pie, lemon meringue, individual size or tart.....	533-8107	1 tart.....	117	
Pie, chocolate-marshmallow.....	533-8200	1 pie (8" dia)..... 1 piece (1/8 of 8" dia).. 1 pie (10" dia)..... 1 pie (9" dia)..... 1 pie (8" dia)..... 1 piece (1/8 of 9" dia).. 1 cup..... 1 cubic inch.....	819 102 1,127 915 584 114 202 14	102
Pie, pecan..... (Include coconut-pecan pie, walnut pie)	533-8500	1 small tart..... 1 individual pie.....	57 85	
Pie, pecan, individual size or tart.....	533-8507	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	915 114 14	114
Pie, oatmeal.....	533-8550	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	1,154 144 18	144
Pie, pudding, flavors other than chocolate.....	533-8600	1 individual pie.....	142	
Pie, pudding, flavors other than chocolate, with chocolate coating, individual size.....	533-8650	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	915 114 14	114
Pie, Toll house.....	533-8700	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	915 114 14	114
Pie, shoe-fly.....	533-9000	1 pie (9" dia)..... 1 piece (1/8 of 9" dia).. 1 cubic inch.....	1,154 144 18	144
Pie, tofu with fruit.....	533-9010			

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

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.....	534-2010	1 eclair (5" x 2" x 1-3/4").....	90	
(Include French horn, lady lock)		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.....	534-2020	1 eclair (5" x 2" 1-3/4").....	102	
(Include Napoleon)		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).....	534-2030	1 turnover.....	57	
(Include wheat flour turnover (Pastelillo de harina de trigo))		2 puffs.....	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION	SERVING NOT	IN GRAMS 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.....	534-3070	1 tamale.....	34		34
(Include with sugar and spices)					
Tamale, sweet, with fruit.....	534-3075	1 tamale.....	49		49
Strudel, apple.....	534-4000	1 piece (approx 2" - 2-1/2" square).....	64		64
(Include strudel, NS as to filling)					
		1 cubic inch.....	8.5		
Strudel, berry.....	534-4030	1 piece (approx 2" - 2-1/2" square).....	64		64
		1 cubic inch.....	8.5		
Strudel, cherry.....	534-4050	1 piece (approx 2" - 2-1/2" square).....	64		64
		1 cubic inch.....	8.5		
Strudel, cheese.....	534-4060	1 piece (approx 2" - 2-1/2" square).....	64		64
		1 cubic inch.....	8.5		
Strudel, peach.....	534-4070	1 piece (approx 2" - 2-1/2" square).....	64		64
		1 cubic inch.....	8.5		
Strudel, cheese and fruit.....	534-4080	1 piece (approx 2" - 2-1/2" square).....	64		64
		1 cubic inch.....	8.5		

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)	534-5210	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	
		3 large.....	105	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Danish pastry..... (Include fruit and/or spice, pecan swirls, snail Danish, pastry with icing, Babka, bear claw)	535-1000	1 small or frozen (approx 3" dia).....	35	94
		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..... (Include coconut, sugar-coated, glazed)	535-2011	1 mini doughnut (1-1/2" dia) or doughnut hole..	14	42
		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... (Include glazed)	535-2012	1 mini doughnut (1-1/2" dia) or doughnut hole..	14	42
		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..... (Include chocolate doughnut, NFS)	535-2014	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	

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..... (Include peanut stick)	535-2015	1 doughnut (3-1/4" dia) ..	53	53
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..... (Include Okinawan)	535-2050	1 doughnut.....	18	18
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..... (Include glazed; cruellers; doughboys; doughnut holes; honey dip; malasadas; glazed, NS as to cake or yeast)	535-2111	1 small doughnut (approx 3-1/4" dia) ...	36	60
		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).....	71	71
		1 large doughnut (approx 3-1/2" - 4" dia).....	102	
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.....	50	
		1 toaster pastry.....	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.....	43	43
		1 Quaker Oats or Nature Valley bar.....	28	
		1 New Trail.....	40	
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 Rice Krispies Bar)	535-4440	1 Rice Krispies bar.....	28	28
Coffee cake, NFS.....	536-1000	1 cake (9" square)..... 1 cake (8" square)..... 1 cake (8" dia)..... 1 piece (1/12 of 9" square)..... 1 piece (1/12 of 8" square)..... 1 cubic inch.....	692 501 362 58 50 4.5	58
Coffee cake, crumb or quick-bread type..... (Include cinnamon cake)	536-1010	1 cake (9" square)..... 1 cake (8" square)..... 1 cake (8" dia)..... 1 piece (1/12 of 9" square)..... 1 piece (1/12 of 8" square)..... 1 cubic inch.....	692 501 362 58 50 4.5	58
Coffee cake, crumb or quick- bread type, with fruit..... (Include apple pastry cake)	536-1017	1 cake (9" square)..... 1 cake (8" square)..... 1 cake (8" dia)..... 1 piece (1/12 of 9" square)..... 1 piece (1/12 of 8" square)..... 1 cubic inch.....	785 568 362 65 47 6.5	65
Coffee cake, crumb or quick- bread type, cheese-filled.....	536-1020	1 cake (8" square)..... 1 cubic inch.....	568 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.....542-0301 (Include Low Salt Wheat Thins)		1 cracker.....	2	12
		1 cup.....	49	
		1 cup, crushed.....	79	
Crackers, 100% whole wheat, low sodium.....542-0401 (Include low sodium 100% stoned wheat wafers, Triscuits)		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.....542-0601 (Include unsalted rice cakes with seeds and other grains)		1 cake.....	9	9
Crackers, mixed grain, salt free.....542-1001 (Include Venus corn wafers, wheat wafers, rye wafers, and cracked wheat wafers)		1 cracker.....	3	12
		1 cup.....	49	
		1 cup, crushed.....	83	
Crackers, butter.....543-0100 (Include snack flavored crackers, bacon chips, Ritz, Waverly Wafers, Nabisco Dip and Chip, Club, Escorts, Sociables, sesame seed crackers, meal mates)		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.....543-0400 (Include cheese sticks, Cheez-its, Cheese Ritz, Better Cheddar)		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 (Include Wasa fiber-plus crisp bread)	543-0450	1 cracker (4-1/2" x 2-1/2" x 1/8") 1 cup, crushed	11 61	11
Crispbread, wheat (Include Armenian cracker bread, Lavosh, hardtack)	543-0500	1 oz. 1 Armenian cracker 1 cup, crushed 1 crispbread or cracker	28 6 80 6	28
Crackers, matzo	543-0700	1 matzo	30	30
Crackers, milk (Include Milk Lunch New England Biscuits, Royal Lunch crackers)	543-0800	1 cracker	11	22
Crackers, oyster (Include chowder cracker)	543-1300	1 cracker 1 cup 1 cup, crushed	1 45 70	4
Crackers, rice (Include rice paper)	543-1900	1 cracker 1 cup	3 38	12
Puffed rice cakes (Include Arden, Chico San, Quaker, Spiral, rice cakes with seeds and other grains)	543-1901	1 cake	9	9
Crispbread, rye (Include Ry Krisp, Wasa rye crispbread, Finn rye crisp, Norwegian flatbread)	543-2200	1 cracker (3-1/2" x 1-7/8" x 1/4") 1 thin wafer 1 cup, crushed 10 Norwegian flatbread crackers (4-3/4" x 2-3/4" x 1/16")	7 2 55 58	14
Crackers, saltine (Include soda crackers, Sea Toast, Uneeda Biscuits)	543-2500	1 cracker 1 large round cracker 1 cup 1 cup, crushed	3 10 45 70	12
Crackers, sandwich-type, peanut butter or cheese-filled (Include rye-cheese)	543-2800	1 sandwich 1 cup 1 cup, crushed	8 70 83	24
Crackers, soda CODE DISCONTINUED 3/2/87	543-3100	1 square 1 cup	3 45	12

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Crackers, toast thins (rye, pumpernickel, white flour).....	543-3400	1 cracker.....	2	8
(Include pizza thins, pumpernickel, onion toast, Won-Ton Chips)		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.....	543-3700	1 cracker.....	4	16
(Include 100% stoned wheat, Triscuits, Wheatbury, Wheatmeal English Biscuits)		1 Triscuit.....	5	
		1 Wheatbury.....	2	
		1 wheat wafer.....	4	
		1 cup.....	49	
		1 cup, crushed.....	79	
Crackers, wheat.....	543-3800	1 cracker.....	4	
(Include Wheatsworth, Euphrates, Wheat Thins, toasted wheat, cracked wheat, stoned wheat)		1 cup.....	45	
		1 cup, crushed.....	83	
Salty snacks, corn or cornmeal base, corn toasted.....	544-0101	10 nuts or nuggets.....	18	28
(Include corn nuts, Frito Lay Toasted Corn Nuggets)		1 cup, corn nuts.....	91	
Salty snacks, corn or cornmeal base, corn chips, corn-cheese chips.....	544-0102	10 chips.....	18	28
(Include plain, flavored, or barbecued chips; corn chips, NES; Fritos)		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.....	544-0105	10 pieces.....	15	28
(Include Cheetos, Cheez Doodles, Planter's Cheese Balls, Funyuns, Bugles, Diggers, Flings, Planter's Sour Cream & Onion Puffs, Pizza Crunchies)		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.....	544-0108	10 chips.....	18	28
(Include flavored or barbecued, Tostitos, Doritos)		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.....544-0109 (Include plain, flavored, or barbecued chips)		10 chips.....	18	
		1 cup.....	26	
		1 cup, crushed.....	88	
		1 single serving bag.....	28	
Salty snacks, corn or cornmeal base, tortilla chips, unsalted...544-0208 (Include flavored or barbecued)		10 chips.....	18	28
		1 cup.....	26	
		1 single serving bag.....	28	
Popcorn, popped in oil.....544-0300 (Include microwave popcorn; popcorn, NFS)		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.....544-0303 (Include with parmesan cheese)		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
		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..... (Include cheese-flavored pretzels)	544-0801	1-one ring pretzel..... 1-3 ring pretzel..... 1 thin (3-1/4" x 2-1/4" x 1/4")..... 1 rod (7-1/2" x 1/2" dia)..... 1 Dutch pretzel (2-3/4" x 2-5/8" x 5/8")..... 1 log (3" x 1/2" dia).... 10 pretzel sticks (2-1/2" long x 1/8" dia)..... 10 bite-size pretzels.... 1 single serving bag.... 1 cup..... 1 cup, thin sticks..... 1 cup, rings..... 1 cup, crushed..... 1 cup, bite size.....	2 3 6 14 16 5 5 12 28 40 45 40 60 40	28
Pretzels, soft.....	544-0802	1 pretzel.....	55	
Pretzel, hard, unsalted.....	544-0803	1-one ring pretzel..... 1-3 ring pretzel..... 1 thin (3-1/4" x 2-1/4" x 1/4")..... 1 rod (7-1/2" x 1/2" dia). 1 Dutch pretzel (2-3/4" x 2-5/8" x 5/8")..... 1 log (3" x 1/2" dia).... 10 pretzel sticks (2-1/2" long x 1/8" dia) 5 10 bite-size pretzels.... 1 single serving bag..... 1 cup..... 1 cup, thin sticks..... 1 cup, rings..... 1 cup, crushed.....	2 3 6 14 16 5 5 12 28 40 45 40 60	
Pretzels, baby.....	544-0810	1 pretzel.....	6	
Pretzels, chocolate-coated.....	544-0820	1 pretzel.....	11	
Pretzels, cheese-filled..... (Include Combos)	544-0830	10 combos..... 1 cup.....	30 96	
Wheat sticks, 100% whole wheat..... (Include with sesame seeds)	544-1211	1 cup, sticks.....	55	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Multigrain mixture, pretzels, chex cereal, nuts.....	544-2001	1 cup.....	45	28
(Include Chex Party Mix)				
Yogurt chips.....	544-3001	1 oz.....	28	28
Pancakes, plain.....	551-0100	1 pancake (1" dia).....	1	42
(Include pancakes, NFS)		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.....	551-0300	1 pancake (1" dia).....	1	42
(Include blueberry pancakes)		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	SERVING
			PORTION IN GRAMS	NOT SPECIFIED
Pancakes, whole wheat.....	551-0520			42
		1 pancake (1" dia).....	1	
		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, flour dough.....	551-0530			42
		1 pancake (1" dia).....	1	
		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.....	551-0540	1 pancake (1" dia).....	1	42
		1 pancake (1-1/2" dia)...	2	
		1 pancake (2" dia).....	4	
		1 pancake (2-1/2" dia)...	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	
Waffles, plain..... (Include waffles, NES)	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 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		74
Waffles, cornmeal.....	552-0400	1 round waffle (4" dia) (include frozen)..... 39 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		74
Waffles, 100% whole wheat or 100% whole grain.....	552-0500	1 round waffle (4" dia) (include frozen)..... 39 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		74
French toast, plain..... (Include Roman Meal)	553-0100	1 regular slice..... 65 1 frozen slice..... 43 1 very thin slice..... 37 1 thin slice..... 59 1 thick slice..... 73		65
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 1 crepe (8" dia)..... 65 1 crepe (9" dia)..... 83 1 crepe (10" dia).....102		50

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

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.....160 1 cup, dry, yields.....110 1 oz, dry, yields..... 74		160
Noodles, cooked, spinach (assume no fat added in cooking).....561-1400		1 cup, cooked.....160 1 oz, dry, yields..... 74 1 cup, dry, yields.....110		160
Noodles, chow mein.....561-1600 (Include Chinese noodles)		1 cup..... 45		45
Rice noodles, cooked (assume no fat added in cooking).....561-1700		1 cup, cooked.....160 1 cup, dry, yields.....110 1 oz, dry, yields..... 74		160
Chow fun rice noodles, cooked (assume no fat added in cooking).....561-1710		1 cup, cooked.....152 1 cup, dry, yields..... 77 1 oz, dry, yields..... 97		152
Spaghetti, cooked, NS as to fat added in cooking.....561-3000 (Include fides, linguini, vermicelli)		1 cup, cooked.....140 1 oz, dry, yields..... 80		140
Spaghetti, cooked, fat not added in cooking.....561-3001 (Include fides, linguini, vermicelli)		1 cup, cooked.....140 1 oz, dry, yields..... 80		140
Spaghetti, cooked, fat added in cooking.....561-3100 (Include fides, linguini, vermicelli)		1 cup, cooked.....145 1 oz, dry, yields..... 83		145
Spaghetti, cooked, high protein type (assume no fat added).....561-3200		1 cup, cooked.....140 1 oz, dry, yields..... 80		140
Spaghetti, cooked, whole wheat, NS as to fat added in cooking....561-3299		1 cup, cooked.....140 1 oz, dry, yields.....80		140

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

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..... 1 packet, dry, yields..... 1 oz, dry, yields..... 1 cup, dry, yields.....	247 140 175 492	
Grits, cooked, corn or hominy, made with milk..... (Include regular, quick, or instant)	562-0130	1 cup, cooked..... 1 cup, dry, yields..... 1 packet (.8 oz), dry, yields.....	242 1,025 137	162
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..... 1 cup, dry, yields..... 1 strip or slice..... 1 oz, dry, yields.....	240 932 51 183	160
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..... 1 cup, dry, yields..... 1 oz, dry, yields.....	240 932 183	160
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..... 1 dumpling.....	240 80	160
Cornmeal sticks, boiled..... (Include guanimes)	562-0156	1 cup, cooked..... 1 stick.....	211 70	140
Cornmeal, lime-treated, cooked (Masa harina)..... (Include Fu Fu)	562-0160	1 cup, cooked.....	240	160
Cornstarch with milk, eaten as a cereal (2 tbspc 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.....	239	160
		1 cup, dry, yields.....	512	
		1 packet, dry, yields....	181	
		1 oz, dry, yields.....	181	
Oatmeal, cooked, instant, NS as to fat added in cooking.....	562-0308	1 cup, cooked.....	234	157
		1 cup, dry, yields.....	501	
		1 packet, dry, yields....	177	
		1 oz, dry, yields.....	177	
Oatmeal with maple flavor, cooked..... (Include Maypo)	562-0311	1 cup, cooked.....	240	160
		1 packet, dry, yields....	155	
		1 oz, dry, yields.....	103	
Oatmeal with fruit, cooked..... (Include oatmeal with fruit, NS as to type of oatmeal)	562-0320	1 cup, cooked.....	234	157
		1 packet, dry, yields....	158	
Oatmeal, made with milk, fat not added in cooking..... (Include regular, quick, or instant)	562-0321	1 cup, cooked.....	234	157
		1 cup, dry, yields.....	489	
		1 oz, dry, yields.....	171	
Oatmeal, made with milk, fat added in cooking.....	562-0322	1 cup, cooked.....	239	160
		1 cup, dry, yields.....	499	
Oatmeal, made with milk, NS as to fat added in cooking....	562-0323	1 cup, cooked.....	234	157
		1 cup, dry, yields.....	489	
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.....	205	137
		1 cup, cooked, cold.....	145	
		1 cup, dry, yields.....	570	
		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, regular (assume no fat added in cooking).....	562-0501	1 cup, cooked, hot.....	205	137
		1 cup, cooked, cold.....	145	
		1 cup, dry, yields.....	570	
		1 oz, dry, yields.....	87	
Rice, white, cooked, instant (assume no fat added in cooking).....	562-0503	1 cup, cooked, hot.....	165	111
(Include Minute Rice, yellow rice)		1 cup, cooked, cold.....	130	
		1 cup, dry, yields.....	332	
		1 oz, dry, yields.....	99	
Rice, white, cooked, converted (assume no fat added in cooking).....	562-0504	1 cup, cooked, hot.....	175	117
(Include Uncle Ben's)		1 cup, cooked, cold.....	145	
		1 cup, dry, yields.....	662	
		1 oz, dry, yields.....	102	
Rice, cream of, cooked, fat not added in cooking.....	562-0505	1 cup, cooked.....	244	163
		1 cup, dry, yields.....	1,239	
		1 oz, dry, yields.....	203	
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.....	249	167
		1 cup, dry, yields.....	1,264	
		1 oz, dry, yields.....	207	
Rice, brown, cooked (assume no fat added in cooking).....	562-0511	1 cup, cooked, hot.....	195	131
		1 cup, cooked, cold.....	145	
		1 cup, dry, yields.....	620	
		1 oz, dry, yields.....	95	
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..... 1 cup, dry, yields..... 1 oz, dry, yields.....	151 564 90	101
Rice, brown and wild, cooked, fat not added in cooking.....	562-0531	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	151 564 90	101
Rice, white and wild, fat added in cooking.....	562-0532	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	155 583 93	104
Rice, white and wild, NS as to fat added in cooking.....	562-0533	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	150 564 90	101
Rice, Brown and wild, fat added in cooking.....	562-0534	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	155 583 93	104
Rice, brown and wild, NS as to fat added in cooking.....	562-0535	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	150 564 90	101
Rice, cooked, NS as to type, fat added in cooking.....	562-0540	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	206 572 87	138
Rice, cooked with oil, Puerto Rican style (Arroz blanco).....	562-0541	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	155 624 95	104
Rice, white, cooked, regular, fat added in cooking.....	562-0542	1 cup, cooked..... 1 cup, dry, yields..... 1 oz, dry, yields.....	206 572 87	138

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.....	245	164
		1 oz, dry, yields.....	143	
Wheat, cream of, cooked, instant, fat added in cooking.....	562-0706	1 cup.....	246	
		1 packet (1 oz), dry, yields.....	145	
		1 cup, dry, yields.....	1,045	
Wheat, cream of, cooked, instant, NS as to fat added in cooking....	562-0707	1 cup.....	246	
		1 packet (1 oz), dry, yields.....	145	
		1 cup, dry, yields.....	1,045	
Wheat, rolled, cooked (assume no fat added in cooking).....	562-0710	1 cup, cooked.....	242	163
		1 cup, dry, yields.....	556	
		1 oz, dry, yields.....	168	
Bulgur, cooked or canned, fat not added in cooking..... (Include wheat pilaf)	562-0711	1 cup, cooked.....	135	90
		1 cup, dry, yields.....	687	
		1 oz, dry, yields.....	115	
Bulgur, cooked or canned, fat added in cooking..... (Include wheat pilaf)	562-0712	1 cup, cooked.....	136	90
		1 cup, dry, yields.....	689	
		1 oz, dry, yields.....	115	
Bulgur, cooked or canned, NS as to fat added in cooking.....	562-0713	1 cup, cooked.....	135	90
		1 cup, dry, yields.....	687	
		1 oz, dry, yields.....	115	
Whole wheat cereal, cooked, (assume no fat added in cooking).....	562-0720	1 cup, cooked.....	246	164
(Include Wheatena, Ralston, Zoom, Roman Meal, Branola, home ground cereal, Roman Meal with oats)		1 cup, dry, yields.....	755	
		1 oz, dry, yields.....	181	
Wheat, cream of, cooked, regular, fat added in cooking.....	562-0722	1 cup, cooked.....	251	168
(Include farina)		1 cup, dry, yields.....	770	

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.....	562-0730	1 cup, cooked.....	249	167
(Include Maltex, Malt-O-Meal)		1 cup, dry, yields.....	864	
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).....	562-0732	1 cup, cooked.....	246	164
(Include cocoa wheat cereal, Chocolate Malt-O-Meal) CODE DISCONTINUED 6/18/87		1 cup, dry, yields.....	944	
Whole wheat cereal, wheat and barley, cooked, fat added in cooking.....	562-0733	1 cup, cooked.....	254	164
		1 cup, dry, yields.....	881	
Whole wheat cereal, wheat and barley, cooked, NS as to fat added in cooking.....	562-0734	1 cup, cooked.....	254	164
		1 cup, dry, yields.....	881	
Wheat cereal, chocolate flavored, made with milk.....	562-0735	1 cup, cooked.....	246	162
(Include cocoa wheat cereal, Chocolate Malt-O-Meal)		1 cup, dry, yields.....	944	
		1 oz, dry, yields.....	162	
Wheat cereal, chocolate flavored, cooked (assume no fat added in cooking).....	562-0736	1 cup, cooked.....	246	162
(Include cocoa wheat cereal, Chocolate Malt-O-Meal)		1 cup, dry, yields.....	944	
		1 oz, dry, yields.....	162	
Multi-grain cereal, cooked, fat not added in cooking.....	562-0800	1 cup, cooked.....	246	164
(Include seven-grain cereals)		1 cup, dry, yields.....	755	
Multi-grain cereal, cooked, fat added in cooking.....	562-0801	1 cup, cooked.....	251	168
(Include seven-grain cereals)		1 cup, dry, yields.....	770	
Multi-grain cereal, cooked, NS as to fat added in cooking....	562-0802	1 cup, cooked.....	251	168
(Include seven-grain cereals)		1 cup, dry, yields.....	770	

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.....	251	168
		1 cup, dry, yields.....	1,199	
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.....	61	41
		1 single serving box (1.25 oz).....	35	
All-Bran Fruit and Almonds.....	571-0110	1 cup.....	55	
Almond Delight.....	571-0150	1 cup.....	38	38
Alpen.....	571-0200	1 cup.....	113	57
Alpha-Bits.....	571-0300	1 cup.....	34	34
Apple Jacks.....	571-0400	1 cup.....	28	28
		1 single serving box (.75 oz).....	21	
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.....	571-0800	1 cup.....	33	33
(Include Body Buddies, NFS)				
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.....	39	39
		1 single serving box (1 oz).....	28	
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.....	28	28
		1 single serving box (.75 oz).....	21	
Frosted Mini-Wheats..... (Include all flavors)	572-1400	1 cup.....	60	40
		10 pieces.....	78	
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.....	45	45
		1 single serving box (.875 oz).....	25	
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
Halfies.....	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.....	33	33
		1 single serving box.....	21	
Honey and Nut Corn Flakes.....	572-4200	1 cup.....	38	38
Honey Smacks.....	572-4300	1 cup.....	38	38
		1 single serving box (.875 oz).....	25	
Horizon.....	572-4350	1 cup.....	85	57
Ice Cream Cones Cereal.....	572-4380	1 cup.....	38	38
(Include all flavors)				
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.....	32	32
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
Tastees.....	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	38
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....	24	24
		1 round biscuit.....	19	
		1 cup spoon size biscuits.....	50	
		1 cup, crushed.....	58	
		1 cup, NFS.....	50	
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.....	578-0300	1 tbsp.....	2.5	15
(Include baby cereal, NFS)				
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.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Rice cereal, baby food, jarred, NFS.....	578-2010	1 tbsp.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Mixed cereal with applesauce and bananas, baby food, jarred.....	578-2200	1 tbsp.....	16	108
(Include cereal with fruit, NFS; mixed cereal with fruit)		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Oatmeal with applesauce and bananas, baby food, jarred.....	578-2300	1 tbsp.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		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
Rice cereal with applesauce and bananas, baby food, jarred.....	578-2400	1 tbsp.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Cereal and egg yolk, baby food, jarred.....	578-2500	1 tbsp.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Cereal with egg yolk and bacon, baby food, jarred.....	578-2512	1 tbsp.....	16	108
		1 jar (7.5 oz - 7.75 oz).....	216	
Cereal, Toasted Oat Rings, baby food.....	578-3000	1 box (14 servings, 7 oz).....	198	14.2
		1 serving.....	14.2	
		1 cup.....	28	
Burrito with beef, no beans.....	581-0010	1 burrito.....	110	110
Burrito with beef and beans..... (Include burrito, NFS)	581-0011	1 burrito.....	110	110
		1 cup.....	148	
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.....	234	234
		1 cup.....	164	
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.....	76	76
		1 cup.....	122	
Taco or tostada with beef and cheese.....	581-0132	1 taco or tostada.....	83	83
(Include taco or tostada, NFS; Taco Bell Grande)		1 cup.....	122	
		1 miniature taco.....	15	
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.....	581-0173	1 taco or tostada.....	83	83
(Include beef or chicken taco, beef or chicken tostada, Taco Bell Prizzaz pizza)				
Ground beef with tomato sauce and taco seasonings on a cornbread crust.....	581-0180	1 cup.....	179	182
(Include Hamburger Helper Taco Bake)		1 cubic inch.....	10.7	
		1 pan (13" x 9" x 2").....	1,093	
		1 piece (1/6 of whole pan).....	182	
Taco salad.....	581-0191	1 cup.....	122	122
		1 salad.....	232	
Tostada salad, meatless.....	581-0194	1 salad.....	232	
		1 cup.....	122	
Tamale with meat.....	581-0311	1 tamale.....	70	70
(Include tamale, NFS)				

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.....	88	
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.....	286	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
Taquitos.....	581-0481	1 taquito.....	72	72
Fajeta with chicken.....	581-0500	1 tortilla.....	223	
		1 cup.....	230	
Pizza, cheese, NS as to type of crust.....	581-0621	1 small pizza (8" dia)...	184	63
(Include pizza, NS as to topping and crust)		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, cheese, thin crust.....	581-0622	1 small pizza (8" dia)...	184	63
(Include pizza, thin crust, NS as to topping; Weight Watcher's)		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	
		1 Weight Watcher's pizza.....	170	
Pizza, cheese, thick crust.....	581-0623	1 small pizza (8" dia)...	248	71
(Include English muffin; pizza, thick crust, NS as to topping)		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	
		1/2 English muffin.....	47	
		1 French bread.....	147	
		1 surface inch.....	5.1	

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.....	581-0651	1 small pizza (8" dia)...	191	71
(Include sausage, ground beef, pepperoni, ham, bacon, salami)		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)	887	
		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 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 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	
		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 NOT 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	
(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..... (Include tomato pie)	581-0705	1 small pizza (8" dia)...	184	63
		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..... (Include tomato pie)	581-0710	1 small pizza (8" dia)...	248	71
		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... (Include stromboli, Pizza Hut Calizza)	581-0800	1 calzone or stromboli...	424	212
		1 Calizza.....	201	
Calzone, with meat and cheese.... (Include stromboli, Pizza Hut Calizza)	581-0801	1 calzone or stromboli...	424	212
		1 Calizza.....	217	
Pizza rolls..... (Include Pizza Bites)	581-0805	1 miniature roll.....	14	
Italian pie, meatless..... (Include Priazzo, NFS; Pizza Hut Priazzo Florentine)	581-0900	1 small (8" dia).....	652	163
		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..... (Include Priazzo, NFS; Pizza Hut Priazzo Roma, Priazzo Milano, Priazzo Portofino, Priazzo Verona)	581-0901	1 small (8" dia).....	780	191
		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.....	581-1013	1 egg roll.....	64	64
(Include Chinese rolls; spring rolls; egg rolls, NFS; lumpia)		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).....	581-1211	1 dim sum.....	28	84
(Include shrimp, pork, ham)				
Dumplings, steamed, filled with meat, poultry, or seafood.....	581-1251	1 dumpling.....	37	
(Include shui-mai)				
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.....	581-2151	1 dumpling.....	97	97
(Include pierogi, piroshki, kreplach)		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.....	581-2161	1 dumpling.....	57	
(Include pierogi)		1 pierogi.....	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.....	581-2425	1 cubic inch.....	12	
(Include Greek spinach-cheese pie)		1 cup.....	162	
Quiche with meat, poultry or fish.....	581-2511	1 quiche (8" dia).....	1,212	192
(Include Quiche Lorraine; quiche, NFS)		1 quiche (9" dia).....	1,536	
		1 quiche (10" dia).....	1,896	
		1 piece (1/8 of 9" dia).....	192	
		1 individual quiche.....	113	
		1 cup.....	160	
		1 cubic inch.....	11	
Spinach quiche, meatless.....	581-2512	1 quiche (9" dia).....	1,142	143
(Include broccoli quiche)		1 piece (1/8 of 9" dia).....	143	
		1 individual quiche.....	113	
		1 cup.....	160	
		1 quiche (8" dia).....	901	
		1 quiche (10" dia).....	1,410	
		1 cubic inch.....	11	
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 Sandwich with broccoli and cheese)	581-2720	1 croissant.....	113	113
Croissant, filled with ham and cheese..... (Include Sara Lee Le Sandwich with ham and cheese)	581-2721	1 croissant.....	113	113
Croissant, filled with chicken and broccoli..... (Include Sara Lee Le Sandwich 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 (9" 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 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		227
Lasagna with meat, spinach noodles.....	581-3091	1 lasagna (8" square) ..1,235 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		206
Lasagna, meatless, spinach noodles.....	581-3095	1 lasagna (8" square) ..1,360 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		227
Ravioli, NS as to filling.....	581-3111	1 cup.....250 1 piece..... 38		250
Ravioli, meat-filled, no sauce.....	581-3131	1 cup.....240 1 piece..... 19		240
Ravioli, meat-filled, with tomato sauce or meat sauce.....	581-3132	1 cup.....250 1 piece..... 35		250

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.....	581-3211	1 cup.....	248	248
(Include spaghetti with marinara sauce; spaghetti with tomato sauce, meatless, with cheese, canned)				
Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce or spaghetti with meat sauce and meatballs....	581-3231	1 cup.....	248	248
(Include spaghetti, NFS, when reported as a main dish)				
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).....	93	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 style.....	581-4011	1 cup.....	215	215
Macaroni with tuna, Puerto Rican style (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.....	581-4911	1 cup.....	144	
(Include kugel)		1 cubic inch.....	10	
Somen salad.....	581-4921	1 cup.....	160	160
Rice, fried, meatless.....	581-5011	1 cup.....	166	123
Rice, fried, with meat.....	581-5031	1 cup.....	198	149
(Include pork, chicken; fried rice, NFS; Chinese rice)				
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)....	157	163
		1 cup, boneless.....	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)....	137	183
		1 cup, boneless.....	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).....	215	263
		1 cup, boneless.....	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 cruet (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 quisado) (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..	149	149
		1 cup.....	198	
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.....	182	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)....	583-0105	1 Weight Watcher's meal (12 oz).....	340	340
(Include Weight Watcher's Lasagna with meat, tomato sauce, and cheese, The Budget Gourmet Lasagna with Meat Sauce)		1 The Budget Gourmet meal (10 oz).....	284	
Vegetable lasagna (frozen meal)..	583-0111	1 meal (11 oz).....	312	312
(Include Le Menu Vegetable Lasagna)				
Tuna lasagna (diet frozen meal).....	583-0113	1 meal (9.75 oz).....	276	276
(Include Lean Cuisine Tuna Lasagna with Spinach Noodles and Vegetables)				
Zucchini lasagna (diet frozen meal).....	583-0115	1 Lean Cuisine meal (11 oz).....	312	312
(Include Lean Cuisine Zucchini Lasagna, Light and Elegant Lasagna Florentine)		1 Light and Elegant meal (11.25 oz).....	319	
Macaroni and cheese with apples, vegetable (frozen meal).....	583-0201	1 meal (12.25 oz).....	347	347
(Include Swanson Macaroni and Cheese Dinner)				
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).....	583-0205	1 meal (11.25 oz).....	319	319
(Include Weight Watcher's Ziti Macaroni)				
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).....	583-0402	1 meal (11.5 oz).....	326	326
(Include Morton Spaghetti and Meatballs Dinner)				
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
Mosticcolli 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.....	584-0301	1 cup.....	241	241
(Include chicken and stars soup)		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..... (Include meat and/or vegetable flavors)	584-0701	1 cup.....	240	240
		1 packet, prepared.....	188	
Instant soup, cream of.....	584-0702	1 cup.....	254	254
		1 packet, prepared.....	196	
Soup, mostly noodles..... (Include spaghetti soup, Top Ramen, Oriental Noodle Soup, meat flavors, salmon soup)	584-0703	1 cup.....	244	244
		1 package (3 oz), prepared.....	559	
Instant soup, rice..... (Include meat or chicken flavor)	584-0704	1 cup.....	240	240
		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..... (Include macaroni, beef, and vegetables, baby food, NFS)	585-0300	1 tbsp.....	16	108
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.....	585-0305	1 tbsp.....	16	
(Include Gerber Macaroni Alphabets with Beef and Tomato Sauce)		1 jar (6.25 oz).....	177	
Macaroni and cheese, baby food.....	585-0800	1 tbsp.....	16	108
		1 jar (4.5 oz - 4.75 oz).....	131	
		1 jar (7.5 oz - 7.75 oz).....	216	
Spaghetti, tomato sauce, and beef, baby food.....	585-0902	1 tbsp.....	16	108
		1 jar (6.25 oz).....	177	
		1 jar (7.5 oz - 7.75 oz).....	216	
Grapefruit, raw.....	611-0101	1/2 small (approx 3-1/2" dia).....	100	128
(Include grapefruit, NS as to raw, canned, or frozen; chironja)		1/2 medium (approx 4" dia).....	128	
		1/2 large (approx 4-1/2" dia).....	166	
		1 cup.....	230	
		1 section.....	15	
		1 oz yields.....	14	
		Chironja: 1 small.....	145	
		1 medium.....	207	
		1 large.....	310	
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..... 1 oz yields.....	19 26	
Kumquat, cooked or canned, in syrup.....	611-1023	1 kumquat	14	
Lemon, raw.....	611-1301	1 fruit (2-1/8" dia).... 1 fruit (2-3/8" dia).... 1 wedge or slice (1/8 of one 2-1/8" dia lemon)..... 1 cup, sections..... 1 oz yields.....	58 84 7 212 15	7
Lemon pie filling.....	611-1350	1 cup.....	266	
Lime, raw.....	611-1601	1 fruit (2" dia)..... 1 wedge (1/8 of one 2" dia lime)..... 1 oz yields.....	67 8 24	8
Orange, raw.....	611-1901	1 small (2-3/8" dia).... 1 medium (2-5/8" dia).... 1 large (3-1/16" dia).... 1 cup, sections..... 1 section or slice..... 1 oz yields.....	96 131 184 204 17 21	131
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).....	68	95
		1 medium (2-1/2" dia).....	95	
		1 large (2-3/4" dia).....	114	
		1 cup, sections.....	245	
		1 section.....	6.4	
		1 oz yields.....	23	
Tangerine, raw.....	611-2501	1 small (2-1/4" dia).....	70	84
(Include mandarin orange, fresh; satsuma)		1 medium (2-3/8" dia).....	84	
		1 large (2-1/2" dia).....	98	
		1 cup, sections.....	153	
		1 oz yields.....	20	
		1 section.....	8	
Juice, NFS.....	612-0010	1 cup.....	249	187
(Include fresh, frozen, or canned)		1 fl oz.....	31.1	
CODE DISCONTINUED 2/20/87				
Acerola juice.....	612-0050	1 cup.....	249	
		1 fl oz.....	31.1	
Grapefruit juice, NFS.....	612-0100	1 cup.....	247	185
(Include canned or frozen, NS as to added sweetener; with sugar, NS as to form)		1 fl oz.....	30.9	
Grapefruit juice, fresh.....	612-0101	1 cup.....	247	185
		Juice of 1 grapefruit.....	196	
		1 fl oz.....	30.9	
Grapefruit juice, unsweetened, NS as to form.....	612-0102	1 cup.....	247	185
		1 fl oz.....	30.9	
Grapefruit juice, canned, unsweetened.....	612-0122	1 cup.....	247	185
		1 fl oz.....	30.9	
Grapefruit juice, canned, with sugar.....	612-0123	1 cup.....	250	188
		1 fl oz.....	31.2	

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.....	247	185
		1 fl oz.....	30.9	
Grapefruit juice, frozen, with sugar (reconstituted with water).....	612-0163	1 cup.....	248	186
		1 fl oz.....	31.0	
Lemon juice, NS as to form.....	612-0400	1 cup.....	244	5
		1 fl oz.....	30.5	
Lemon juice, fresh.....	612-0401	1 cup.....	244	5.9
		Juice of 1 lemon (2-1/8" dia).....	47	
		1 fl oz.....	30.5	
		Juice of 1 wedge or slice.....	5.9	
Lemon juice, canned or bottled...	612-0420	1 cup.....	244	5
		1 fl oz.....	30.5	
		1 individual packet.....	5	
Lemon juice, frozen.....	612-0460	1 cup.....	244	5
		1 fl oz.....	30.5	
Lime juice, NS as to form.....	612-0700	1 cup.....	246	
		1 fl oz.....	30.8	
Lime juice, fresh.....	612-0701	1 cup.....	246	5
		Juice of 1 lime (2" dia).....	38	
		1 fl oz.....	30.8	
		Juice of 1 wedge or slice.....	5	
Lime juice, canned or bottled.....	612-0720	1 cup.....	246	
		1 fl oz.....	30.8	
Lime juice, frozen.....	612-0760	1 cup.....	240	
		1 fl oz.....	30.8	
Orange juice, NFS..... (Include canned or frozen, NS as to added sweetener; with sugar, NS as to form)	612-1000	1 cup.....	249	187
		1 fl oz.....	31.1	

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

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.....	247	185
		1 fl oz.....	30.9	
Grapefruit and orange juice, fresh.....	612-1601	1 cup.....	247	185
		1 fl oz.....	30.9	
Grapefruit and orange juice, canned, unsweetened.....	612-1622	1 cup.....	247	185
		1 fl oz.....	30.9	
Grapefruit and orange juice, canned, with sugar.....	612-1623	1 cup.....	249	187
		1 fl oz.....	31.1	
Grapefruit and orange juice, frozen, unsweetened (reconstituted with water).....	612-1662	1 cup.....	247	185
		1 fl oz.....	30.9	
Grapefruit and orange juice, frozen, with sugar (reconstituted with water).....	612-1663	1 cup.....	248	186
		1 fl oz.....	31.0	
Orange and banana juice.....	612-1900	1 cup.....	250	188
		1 fl oz.....	31.2	
Apricot-orange juice.....	612-1965	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-grapefruit juice, NFS.....	612-2200	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-grapefruit juice, canned, NS as to added sweetener.....	612-2220	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-grapefruit juice, canned, unsweetened.....	612-2222	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-grapefruit juice, canned, with sugar.....	612-2223	1 cup.....	250	188
		1 fl oz.....	31.2	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Pineapple-grapefruit juice, frozen (reconstituted with water).....	612-2260	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-orange juice, NFS.....	612-2500	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-orange juice, canned, NS as to added sweetener.....	612-2520	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-orange juice, canned, unsweetened.....	612-2522	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-orange juice, canned, with sugar.....	612-2523	1 cup.....	250	188
		1 fl oz.....	31.2	
Pineapple-orange juice, frozen (reconstituted with water).....	612-2560	1 cup.....	250	188
		1 fl oz.....	31.2	
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.....	6.4	21
		1 cup.....	85	
Apple, dried, uncooked, low sodium.....	621-0115	1 ring.....	6.4	21
		1 cup.....	85	
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 cup.....	280	140
Apricot, dried, uncooked..... (Include dried apricot, NS as to cooked or uncooked)	621-0410	1 half..... 1 cup.....	3.5 130	33
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..... 1 cup, pitted, chopped... 1 oz, with pits, yields.....	8.3 178 26	45
Fig, dried, uncooked.....	621-1310	1 fig..... 1 cup.....	19 199	50
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..... 1 cup.....	13 160	40
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 OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Prune, dried, cooked, with sugar. (Include Ciruelas)	621-2223	1 prune.....	9	119
		1 cup, with pits, yields.....	238	
		1 oz, with pits, yields.....	24	
Raisins..... (Include cinnamon-coated raisins)	621-2510	1 cup.....	145	36
		1 small box (1.5 oz)....	43	
		1 miniature box (.5 oz).....	14	
		50 raisins.....	26	
Raisins, cooked.....	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.....
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.....	40	123
		1 whole apricot with liquid.....	53	
		1 cup, NFS.....	253	
		1 cup, halves.....	253	
		1 cup, whole.....	240	
Apricot, cooked or canned, unsweetened, water pack.....	631-0312	1 apricot half with liquid.....	36	118
		1 whole apricot with liquid.....	45	
		1 cup, NFS.....	243	
		1 cup, halves.....	243	
		1 cup, whole.....	227	
Apricot, cooked or canned, in heavy syrup..... (Include home canned)	631-0313	1 apricot half with liquid.....	40	123
		1 whole apricot with liquid.....	53	
		1 cup, NFS.....	253	
		1 cup, halves.....	253	
		1 cup, whole.....	240	
Apricot, cooked or canned, in light syrup.....	631-0314	1 apricot half with liquid.....	40	123
		1 whole apricot with liquid.....	53	
		1 cup, NFS.....	253	
		1 cup, halves.....	253	
		1 cup, whole.....	240	
Apricot, cooked or canned, drained solids.....	631-0315	1 apricot half.....	18	100
		1 whole apricot.....	38	
		1 cup, NFS.....	219	
		1 cup, halves.....	219	
		1 cup, whole.....	182	

FOOD DESCRIPTION	FOOD CODE AUGUST 1967	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 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	
Cassaba melon, raw..... (Include cranshaw 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.....	631-2651	1 lychee.....	10	10
(Include frozen)		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, NES.....	170	
		1 cup, diced.....	185	
		1 cup, sliced.....	170	
		1 oz yields.....	22	
Peach, cooked or canned, NS as to added sweetener.....	631-3511	1 half with liquid.....	98	131
(Include peach, NS as to raw, cooked, canned, frozen, or dried)		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.....	262	
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.....	631-3711	1 half with liquid.....	76	133
(Include pear, NS as to raw, cooked, canned, or dried)		1 cup.....	266	
Pear, cooked or canned, unsweetened, water pack.....	631-3712	1 half with liquid.....	76	122
		1 cup.....	244	
Pear, cooked or canned, in heavy syrup.....	631-3713	1 half with liquid.....	76	133
(Include home canned)		1 cup.....	266	
Pear, cooked or canned, in light syrup.....	631-3714	1 half with liquid.....	76	125
		1 cup.....	249	
Pear, cooked or canned, drained solids.....	631-3715	1 half.....	48	100
		1 cup.....	201	
Pear, spiced, drained solids.....	631-3716	1 pear.....	45	
		1 cup.....	227	
Pear, cooked or canned, juice pack.....	631-3717	1 half with liquid.....	76	122
		1 cup.....	244	
Persimmon, raw.....	631-3901	1 persimmon (2-1/2" dia x 3-1/2" high).....	168	
		1 oz yields.....	24	
Pineapple, raw.....	631-4101	1 fruit.....	472	
		1 cup, diced.....	155	
		1 slice (3-1/2" dia x 3/4" thick).....	84	
		1 oz yields.....	15	
		1 cubic inch.....	12	
Pineapple, cooked or canned, NS as to added sweetener.....	631-4111	1 slice (3" dia; with liquid.....	47	125
(Include pineapple, NS as to raw, cooked, canned, or dried)		1 chunk with liquid.....	9.4	
		1 cup, crushed, sliced, or chunks.....	249	

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.....	47	123
		1 chunk with liquid.....	9.4	
		1 cup, crushed, sliced, or chunks.....	246	
Pineapple, cooked or canned, in heavy syrup.....	631-4113	1 slice (3" dia) with liquid.....	49	127
(Include home canned)		1 chunk with liquid.....	9.4	
		1 cup, crushed, sliced, or chunks.....	254	
Pineapple, cooked or canned, in light syrup.....	631-4114	1 slice (3" dia) with liquid.....	48	126
		1 chunk with liquid.....	9.4	
		1 cup, crushed, sliced, or chunks.....	252	
Pineapple, cooked or canned, drained solids.....	631-4115	1 slice (3" dia).....	35	81
		1 chunk.....	6.8	
		1 cup, crushed.....	195	
		1 cup, sliced.....	162	
		1 cup, chunks.....	181	
Pineapple, cooked or canned, juice pack.....	631-4117	1 slice (3" dia) with liquid.....	47	125
		1 chunk with liquid.....	9.4	
		1 cup, crushed, sliced, or chunks.....	249	
Plantains (see Vegetable Subgroup Code 719)				
Plum, raw.....	631-4301	1 plum (2-1/2" dia).....	66	66
		1 cup, sliced.....	165	
		1 oz yields.....	27	
Plum, cooked or canned, NS as to added sweetener.....	631-4311	1 plum with liquid.....	46	129
(Include plum sauce; plum, NS as to raw, cooked, or canned)		1 cup, pitted.....	258	
		1 cup, with pits, yields.....	244	

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.....	631-4713	1 cup.....	240	120
(Include rhubarb sauce; rhubarb, home canned)				
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).....	155	155
		1 cup, pulp.....	250	
Soursop (annona muricata), raw.....	631-4850	1 fruit (7" x 5-1/4" dia).....	625	
		1 cup, pulp.....	225	
		1 oz yields.....	19	
Tamarind, raw.....	631-4875	1 tamarind.....	2	
Watermelon, raw.....	631-4901	1 long melon (15" long x 7-1/2" dia).....	4,518	285
		1 round melon (9-1/2" dia).....	4,090	
		1 slice (1" thick, 7-1/2" - 9-1/2" long, 4" high in center).....	285	
		1 wedge (approx 1/16 of melon).....	286	
		1 cup, diced.....	152	
		1 cubic inch.....	16	
		1 oz yields.....	15	
		10 watermelon balls.....	122	
		1 cup, balls.....	154	
		1 cup, NFS.....	152	

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.....	632-0101	1 cup.....	144	72
(Include dewberries, youngberries, marionberries)		1 oz yields.....	27	
Blackberries, cooked or canned, NS as to added sweetener.....	632-0111	1 cup.....	256	128
(Include dewberries; youngberries; marionberries; blackberries, NS as to raw, cooked, canned, or frozen)				
Blackberries, cooked or canned, in heavy syrup.....	632-0113	1 cup.....	256	128
(Include dewberries, youngberries, marionberries; home canned blackberries, dewberries, youngberries, marionberries)				
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.....	632-0311	1 cup.....	256	128
(Include blueberries, NS as to raw, cooked, canned, or frozen)				
Blueberries, cooked or canned, unsweetened, water pack.....	632-0312	1 cup.....	244	122
Blackberries, cooked or canned, in heavy syrup.....	632-0313	1 cup.....	256	128
(Include home canned)				
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 GR. S	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.....	134	67
		1 oz yields.....	27	
		10 raspberries.....	19	
Raspberries, red, raw	632-1902	1 cup.....	123	62
		1 pint, as purchased, yields.....	312	
		1 oz yields.....	27	
		10 raspberries.....	19	
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.....	243	122
		10 raspberries with liquid.....	29	
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.....	250	125
		1 package (10 oz) yields.....	284	
Raspberries, frozen, unsweetened	632-1961	1 cup.....	250	125
Raspberries, frozen, with sugar	632-1962	1 cup.....	250	125
		1 package (10 oz) yields.....	284	

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.....	632-2311	1 cup.....	254	127
(Include strawberries, NS as to raw, cooked, canned, or frozen)				
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.....	632-2360	1 cup.....	255	128
(Include home frozen)				
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.....	634-0106	1 small apple.....	141	184
(Include caramel apples)		1 medium apple.....	184	
		1 large apple.....	281	
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.....	178	89
		1 cubic inch.....	12	
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.....	238	119
		1 fl oz.....	29.8	
Fruit nectar, NFS.....	642-0010	1 cup.....	251	126
		1 fl oz.....	31.4	
Apricot nectar.....	642-0101	1 cup.....	251	126
		1 fl oz.....	31.4	
Banana nectar.....	642-0150	1 cup.....	250	125
		1 fl oz.....	31.2	
Cantaloupe nectar.....	642-0201	1 cup.....	250	125
		1 fl oz.....	31.2	
Guava nectar.....	642-0302	1 cup.....	250	125
		1 fl oz.....	31.2	
Mango nectar.....	642-0401	1 cup.....	250	125
		1 fl oz.....	31.2	
Peach nectar.....	642-0501	1 cup.....	249	125
		1 fl oz.....	31.1	
Papaya nectar.....	642-1001	1 cup.....	250	125
		1 fl oz.....	31.2	
Passion fruit nectar.....	642-1301	1 cup.....	250	125
		1 fl oz.....	31.2	
Pear nectar.....	642-1501	1 cup.....	250	125
		1 fl oz.....	31.2	
Soursop (Guanabana) nectar.....	642-2101	1 cup.....	250	125
		1 fl oz.....	31.2	
Vinegar.....	644-0100	1 cup.....	240	15
Fruit, baby food, NFS..... (Include junior, NFS)	671-0010	1 tbsp.....	16	108
		1 jar (7.5 oz - 7.75 oz).....	216	
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.....	671-0101	1 tbsp.....	16	66
(Include apple-blueberry)		1 jar (4.5 oz - 4.75 oz).....	131	
Apple-raspberry, baby food, junior.....	671-0102	1 tbsp.....	16	108
(Include apple-blueberry)		1 jar (7.5 oz - 7.75 oz).....	216	
Applesauce, baby food, NS as to strained or junior.....	671-0200	1 tbsp.....	16	108
Applesauce, baby food, strained.....	671-0201	1 tbsp.....	16	66
		1 jar (4.5 oz - 4.75 oz).....	131	
Applesauce, baby food, junior.....	671-0202	1 tbsp.....	16	108
		1 jar (7.5 oz - 7.75 oz).....	216	
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.....	16	66
		1 jar (4.5 oz - 4.75 oz).....	131	
Applesauce and pineapple, baby food, junior.....	671-0302	1 tbsp.....	16	108
		1 jar (7.5 oz - 7.75 oz).....	216	
Applesauce and apricots, baby food, NS as to strained c. junior.....	671-0400	1 tbsp.....	16	108
Applesauce and apricots, baby food, strained.....	671-0401	1 tbsp.....	16	66
		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
Applesauce and apricots, baby food, junior.....	671-0402	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	16 216	108
Applesauce with other fruits, baby food..... (Include cherries)	671-0405	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).....	16 131	66
Peaches, baby food, NS as to strained or junior.....	671-0800	1 tbsp.....	16	108
Peaches, baby food, strained.....	671-0801	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).....	16 131	66
Peaches, baby food, junior.....	671-0802	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	16 216	108
Pears, baby food, NS as to strained or junior.....	671-0900	1 tbsp.....	16	108
Pears, baby food, strained.....	671-0901	1 tbsp..... 1 jar (4.5 oz - 4.75 oz).....	16 131	66
Pears, baby food, junior.....	671-0902	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	16 216	108
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..... 1 jar (4.5 oz - 4.75 oz).....	16 131	66
Apples and pears, baby food, junior.....	671-1302	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	16 216	108

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..... 1 jar (4.5 oz - 4.75 oz).....	16 131	66
Pears and pineapple, baby food, junior.....	671-1402	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	16 216	108
Apple juice, baby food.....	672-0200	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Apple with other fruit juice, baby food.....	672-0300	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Apple-grape juice, baby food.....	672-0350	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Apple-prune juice, baby food.....	672-0370	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Mixed fruit juice, not citrus, baby food..... (Include baby juice, NFS)	672-0400	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Orange juice, baby food.....	672-0500	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Orange-apricot juice, baby food.....	672-0600	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	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..... 1 can or bottle (4.2 fl oz).....	31 130	130
Orange-apple-banana juice, baby food.....	672-1100	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Pear juice, baby food.....	672-1200	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	130
Pineapple juice, baby food.....	672-1300	1 fl oz..... 1 can or bottle (4.2 fl oz).....	31 130	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..... 1 jar (4.5 oz - 4.75 oz).....	15 131	66
Plums with tapioca, baby food, junior.....	673-0402	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	15 216	108
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..... 1 jar (4.5 oz - 4.75 oz).....	15 131	66
Prunes with tapioca, baby food, junior.....	673-0502	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	15 216	108

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	SERVING NOT	IN GRAMS SPECIFIED
Fruit dessert with tapioca, baby food, strained.....	674-0401	1 tbsp..... 1 jar (4.5 oz - 7.5 oz).....	15 131	66	
Fruit dessert with tapioca, baby food, junior.....	674-0402	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	15 216	108	
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..... 1 jar (4.5 oz - 4.75 oz).....	15 131	66	
Peach cobbler, baby food, junior.....	674-0502	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	15 216	108	
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..... 1 jar (4.5 oz - 4.75 oz).....	15 131	66	
Banana pudding, baby food, junior.....	674-0802	1 tbsp..... 1 jar (7.5 oz - 7.75 oz).....	15 216	108	
Cherry vanilla pudding, baby food.....	674-1000	1 tbsp..... 1 jar (4.5 oz - 4.75 oz)..... 1 jar (7.5 oz - 7.75 oz).....	15 131 216	108	
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.....	711-0100	1 small (1-3/4" to 2-1/4" dia, raw).....	75	98
(Include NS as to peel eaten)		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.....711-0101 (Include NS as to peel eaten)		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.....711-0102 (Include NS as to peel eaten)		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 AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION NOT 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	
		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	
		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	
		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.....711-0300 (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).....	35	
White potato, boiled, without peel, fat not added in cooking.....711-0301 (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.....711-0302 (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).....	35	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION NOT 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, yield.....	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).....	35	
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	
Stowed 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 fricasse (assume with sauce).....	711-0607	1 small..... 1 medium..... 1 large..... 1 cup.....	123 163 247 240	60
White potato, chips..... (Include flavored potato chips except barbecued)	712-0101	1 chip..... 1 chip, thick cut, regular..... 1 chip, thick cut, rippled..... 1 cup, regular..... 1 cup, crinkle cut (ruffled)..... 1 cup, thick cut, regular..... 1 cup, thick cut, rippled..... 1 cup, crushed..... 1 single serving bag.....	2 2 3 20 27 25 39 56 28	28
White potato, chips, restructured..... (Include Pringles, Hearty Potato Krunch Twists, Pringles Light)	712-0110	1 chip..... 1 Krunch Twist..... 1 cup, NFS..... 1 cup, loose (approx 13 chips)..... 1 cup, stacked (approx 20 chips)..... 1 cup, Krunch Twists, loose..... 1 cup, crushed..... 1 cup, Krunch Twists, crushed..... 1 1-inch stack (approx 14 chips).....	2 1 26 26 43 40 56 70 28	28
White potato, chips, restructured, low fat and sodium.....	712-0120	1 chip..... 1 cup, loose (approx 13 chips)..... 1 cup, stacked (approx 20 chips)..... 1 cup, crushed..... 1 1-inch stack (approx 14 chips)..... 1 cup, NFS.....	2 26 43 56 28 26	28

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
White potato, chips, unsalted.... (Include barbecued, unsalted)	712-0200	1 chip.....	2	28
		1 cup.....	20	
		1 cup, crushed.....	56	
		1 single serving bag.....	28	
White potato, chips, barbecued...712-0300	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	712-0400	1 cup.....	.70	
		1 oz (18 puffs).....	.28	
		1 puff.....	1.5	
White potato, sticks..... (Include french fry shaped)	712-0500	10 sticks.....	3	28
		1 cup.....	38	
		1 single serving bag.....	28	
White potato skins, chips..... (Include Tato Skins baked potato, sour cream n' chives, and cheese n' bacon flavor)	712-1100	1 chip.....	2	28
		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	713-0100	1 cup.....	.226	113
White potato, cooked, with cheese..... (Include au gratin)	713-0102	1 cup.....	.244	122
		1 5-1/2 oz package, dry, yields.....	.822	
White potato, scalloped..... (Include white potato, creamed)	713-0501	1 cup.....	.226	113
		1 5-1/2 oz package, dry, yields.....	.822	
White potato, scalloped, with ham..... (Include with cheese)	713-0511	1 cup.....	.232	116
White potato, french fried, NS as to from fresh or frozen....714-0100	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 crinkie 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..... (Include french fried, from frozen, NS as to deep fried or oven baked; fast food orders)	714-0103	10 strips (1" to 2").....	35	57
		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..... (Include fried, NFS; fried raw; cottage style; German fried; potatoes O'Brien)	714-0300	1 small (1-3/4" to 2-1/4" dia, raw) yields.....
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			
1 cup.....	156			78
1 patty.....	56			
1 oz, raw, yields.....	17			
White potato, hash brown, NS as to from fresh, frozen, or dry mix.....	714-0500	1 cup.....	156	78
		1 patty.....	56	
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	
		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").....	56		
		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		

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
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, marhed, 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	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 p. tato, mashed, made with milk.....	715-0101	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	

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..... CODE DISCONTINUED 5/15/87	719-3011	1 piece.....	20	
		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
Sweetpotatoes, 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.....	38	19
		1 leaf.....	32	
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.....	150	75
		1 cup, leaves only.....	180	
		1 cup, NFS.....	150	
Chard, cooked, fat not added in cooking.....	721-0421	1 cup, stalk and leaves.....	145	73
		1 cup, leaves only.....	175	
		1 cup, NFS.....	145	

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.....	721-0720	1 cup, NS as to from fresh, frozen, or canned.....	175	88
(Include collards, NFS)		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.....	721-1020	1 cup.....	140	70
(Include cress, NFS)				
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..... 1 cup, chicory..... 1 cup, romaine..... 1 cup, endive..... 1 cup, escarole..... 1 leaf, romaine..... 1 leaf, escarole..... 1 leaf, endive..... 1 small head, romaine..... 1 medium head, romaine..... 1 large head, romaine.....	40 29 30 29 28 13 10 9 303 376 496	40
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	
		1 cup, NS as to from fresh, frozen, or canned.....	190	95
Spinach, cooked, fat not added in cooking.....	721-2521	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	
		1 cup, NS as to from fresh, frozen, or canned.....	195	98
Spinach, cooked, fat added in cooking.....	721-2522	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.....
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..... 1 cup, fresh..... 1 cup, frozen, chopped..... 1 cup, canned..... 1 10 oz frozen package yields.....	170 149 170 164 227	85
Turnip greens, cooked, fat not added in cooking.....	721-2821	1 cup, NS as to from fresh, frozen, or canned..... 1 cup, fresh..... 1 cup, frozen..... 1 cup, canned..... 1 10 oz frozen package yields.....	165 144 165 159 220	83
Turnip greens, cooked, fat added in cooking.....	721-2822	1 cup, NS as to from fresh, frozen, or canned..... 1 cup, fresh..... 1 cup, frozen..... 1 cup, canned..... 1 10 oz frozen package yields.....	170 149 170 164 227	85
<i>Turnip greens with roots,</i> cooked, NS as to fat added in cooking.....	721-2840	1 cup.....	168	84
<i>Turnip greens with roots,</i> cooked, fat not added in cooking.....	721-2841	1 cup.....	163	81
<i>Turnip greens with roots,</i> 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 88	44

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED	
Brccoli, cooked, NS as to fat added in cooking.....	722-0120	1 cup, NS as to fresh or frozen.....	189	95	
(Include broccoli, NFS)		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		
Brccoli, 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		
Brccoli, 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		
Brccoli, cooked, with cheese sauce.....	722-0123	1 cup.....	228		114
		1 stalk.....	48		
Brccoli, 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

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
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.....	151	76
		1 cup, mashed.....	233	
Carrots, canned, low sodium, fat not added in cooking.....	731-0301	1 cup, sliced.....	146	73
		1 cup, mashed.....	228	
Carrots, canned, low sodium, fat added in cooking.....	731-0302	1 cup, sliced.....	151	76
		1 cup, mashed.....	233	
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	
		1 cup.....	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.....	733-0100	1 cup, NS as to variety..	257	129
(Include squash, winter type, NFS; acorn; butternut; hubbard)		1 cup, acorn.....	262	
		1 cup, butternut.....	257	
		1 cup, hubbard.....	253	
Squash, winter type, mashed, no fat or sugar added in cooking.....	733-0101	1 cup, NS as to variety..	240	120
(Include acorn, butternut, hubbard)		1 cup, acorn.....	245	120
		1 cup, butternut.....	240	
		1 cup, hubbard.....	236	
Squash, winter type, mashed, fat added in cooking, no sugar added in cooking.....	733-0102	1 cup, NS as to variety..	245	123
(Include NS as to added sugar, acorn, butternut, hubbard)		1 cup, acorn.....	250	
		1 cup, butternut.....	245	
		1 cup, hubbard.....	241	
Squash, winter type, mashed, fat and sugar added in cooking.....	733-0103	1 cup, NS as to variety..	257	129
(Include acorn, butternut, hubbard)		1 cup, acorn.....	262	
		1 cup, butternut.....	257	
		1 cup, hubbard.....	253	
Squash, winter type, raw.....	733-0201	1 cup, acorn, cubed.....	140	
(Include pumpkin, acorn, butternut, hubbard)		1 cup, butternut, cubed..	140	
		1 cup, hubbard, cubed....	116	
		1 cup, pumpkin, cubed....	116	
Squash, winter type, baked, NS as to fat or sugar added in cooking.....	733-0300	1 cup, cubes, all varieties.....	210	105
(Include acorn, butternut, hubbard)		1/2 acorn squash.....	161	
		1 oz, raw, yields.....	14	

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.....	733-0301	1 cup, cubes, all varieties.....	205	103
(Include acorn, butternut, hubbard)		1/2 acorn squash.....	156	
		1 oz, raw, yields.....	13	
Squash, winter type, baked, fat added in cooking, no sugar added in cooking.....	733-0302	1 cup, cubes, all varieties.....	210	105
(Include NS as to added sugar, acorn, butternut, hubbard)		1/2 acorn squash.....	161	
		1 oz, raw, yields.....	14	
Squash, winter type, baked, fat and sugar added in cooking.....	733-0303	1 cup, cubes, all varieties.....	214	107
(Include acorn, butternut, hubbard)		1/2 acorn squash.....	165	
		1 oz, raw, yields.....	14	
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).....	65	119
		1 medium (2" dia, 5" long, raw).....	119	
		1 large (larger than 2-1/4" dia, raw).....	185	
		1 cup, mashed.....	205	
Sweetpotato, baked, peel eaten, NS as to fat added before serving.....	734-0200	1 small.....	82	151
		1 medium (2" dia x 5" long, raw).....	151	
		1 large.....	236	
		1 cup.....	205	
		1 oz, raw, yields.....	24	

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.....	734-0500	1 small.....	81	156
(Include NS as to with or without peel)		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.....	734-0501	1 small.....	76	151
(Include NS as to with or without peel)		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.....	734-0502	1 small.....	81	156
(Include NS as to with or without peel)		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	
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 soffrito 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.....	746-0501	1 cup.....	247	247

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..... 1 small spear..... 1 medium spear..... 1 large spear..... 1 spear tip.....	134 11 16 27 4	
Bean sprouts, raw (soybean or mung).....	751-0100	1 cup, mung..... 1 cup, soybean..... 1 cup, NFS.....	104 70 104	52
Beans, string, green, raw.....	751-0180	1 cup..... 10 beans (4" long).....	110 55	55
Beans, lima, raw.....	751-0200	1 cup.....	156	78
Beets, raw.....	751-0250	1 cup..... 1 beet (2" dia)..... 1 oz, raw, yields.....	136 82 19	68
Brussels sprouts, raw.....	751-0275	1 cup..... 1 sprout..... 1 oz, raw, yields.....	88 19 26	44
Cabbage, raw.....	751-0310	1 cup, chopped..... 1 cup, shredded..... 1 small head..... 1 medium head (5-3/4" dia)..... 1 small leaf..... 1 medium leaf..... 1 large leaf..... 1 oz, raw, yields..... 1 cup, NFS.....	89 70 726 908 15 23 33 23 89	45
Cabbage, Chinese, raw.....	751-0400	1 cup..... 1 oz, raw, yields..... 1 leaf.....	76 26 14	38

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	
Cactus, raw.....	751-0550	1 cup, NFS.....	89	
		1 cup.....	118	
Cauliflower, raw.....	751-0700	1 oz.....	28	
		1 pad.....	35	
		1 cup.....	100	
Celery, raw..... (Include celery, NFS)	751-0900	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	
		1 small stalk (5" long)...	17	
		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	
Chives, raw..... (Include chives, NFS)	751-0950	1 cup, strips.....	124	
		1 strip, 4" long.....	4	
Corn, raw.....	751-0960	1 oz, raw, yields.....	25	
		1 tbsp.....	3	
Cucumber, raw..... (Include cucumber, NFS)	751-1100	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	
		1 small (6-3/8" long)....	158	
Cucurbit, raw..... (Include cucumber, NFS)	751-1100	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	
		1 small (6-3/8" long)....	158	
		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	
		1 cup, chopped.....	160	
Onions, mature, raw..... (Include red onions; onions, NFS)	751-1702	1 cup, sliced.....	115	14
		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	
		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	
Turnip, raw.....	751-2900	1 cup.....	130	65
		1 slice.....	15	
		1 small.....	61	
		1 medium.....	122	
		1 large.....	183	
		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	
		1 cup.....	155	
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 1987	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	
		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	
		10 beans.....	64	
Bean sprouts, cooked, NS as to fat added in cooking.....	752-0700	1 cup.....	129	65
		1 cup.....	124	
Bean sprouts, cooked, fat not added in cooking.....	752-0701	1 cup.....	124	63
		1 cup.....	129	
Bean sprouts, cooked, fat added in cooking.....	752-0702	1 cup.....	129	65
		1 cup.....	129	
Beets, cooked, NS as to fat added in cooking.....	752-0800	1 cup, whole.....	168	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	95
		1 cup, whole.....	163	
		1 whole, fresh (2" dia)..	50	
		1 whole, canned.....	24	
		1 slice.....	8	
		1 cup, NFS.....	170	
		1 cup, diced.....	157	
		1 cup, diced.....	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.....	8	
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 NCT SPECIFIED
Breadfruit, fried (tostones).....	752-0852	1 cup.....	170	85
		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	88
		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	
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	
		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
		1 cup.....	145	
Cabbage, savoy, cooked, fat not added in cooking.....	752-1301	1 cup.....	145	73
		1 cup.....	150	
Cabbage, savoy, cooked, fat added in cooking.....	752-1302	1 cup.....	150	75
		1 cup.....	150	
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	
		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)..	849	
		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 form 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	
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	
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.....
		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.....
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.....	180	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.....	752-1751	1 cup.....	165	
CODE DISCONTINUED 6/11/87				
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.....	115	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.....	120	60
		10 slices.....	89	
Mushrooms, cooked, NS as to fat added in cooking.....	752-1900	1 cup.....	161	80
		1 small.....	7	
		1 medium.....	13	
		1 large.....	18	
		8 caps.....	48	
Mushrooms, cooked, fat not added in cooking.....	752-1901	1 cup.....	156	78
		1 small.....	7	
		1 medium.....	12	
		1 large.....	16	
		8 caps.....	47	
Mushrooms, cooked, fat added in cooking.....	752-1902	1 cup.....	161	80
		1 small.....	7	
		1 medium.....	13	
		1 large.....	18	
		8 caps.....	48	
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	
		1 cup.....	210	
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 sautéed, 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	
		1 cup.....	185	
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..... (Include crowder peas, pink- eyed peas, purple hull peas)	752-2300	1 cup, NS as to from		
		fresh or frozen.....	175	88
		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..... (Include crowder peas, pink- eyed peas, purple hull peas)	752-2301	1 cup, NS as to from		
		fresh or frozen.....	170	85
		1 cup, fresh.....	165	
		1 cup, frozen.....	170	
		1 cup, canned.....	180	
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, fat added in cooking.... (Include crowder peas, pink- eyed peas, purple hull peas)	752-2302	1 cup, NS as to from		
		fresh or frozen.....	175	88
		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	68
		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.....	752-2602	1 cup.....	141	71
(Include peppers, NS as to color)		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.....	752-2609	1 cup, chopped.....	141	9
(Include Tuscan peppers, Jalapeno, chili peppers)		1 pepper.....	76	
Peppers, hot, cooked, fat not added in cooking.....	752-2610	1 cup, chopped.....	136	9
(Include Tuscan peppers, Jalapeno, chili peppers)		1 pepper.....	43	
Peppers, hot, cooked, fat added in cooking.....	752-2611	1 cup, chopped.....	141	9
(Include Tuscan peppers, Jalapeno, chili peppers)		1 pepper.....	45	
Pimientos, cooked (assume no fat added in cooking).....	752-2670	1 cup.....	184	12
		1 pimiento.....	88	
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.....	175	
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..... 1 cup, mashed..... 1 small..... 1 medium..... 1 large..... 1 cup, NFS.....	161 235 60 120 180 161	80
Turnip, cooked, fat not added in cooking.....	752-3401	1 cup, pieces..... 1 cup, mashed..... 1 small..... 1 medium..... 1 large..... 1 cup, NFS.....	156 230 58 116 174 156	78
Turnip, cooked, fat added in cooking.....	752-3402	1 cup, pieces..... 1 cup, mashed..... 1 small..... 1 medium..... 1 large..... 1 cup, NFS.....	161 235 60 120 180 161	80
Water chestnut.....	752-3500	1 cup..... 1 medium.....	158 10	20
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 (succotasi), 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).....	753-0201	1 cup.....	148	74
(Include beans, green string, with tomato-based sauce)				
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).....	753-0206	1 cup.....	136	68
(Include with Shellie beans)				
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.....	753-0208	1 cup.....	150	75
(Include three bean salad)				
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).....	753-0301	1 cup.....	178	89
(Include Mexican style corn)				
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.....	187	94
		1 10 oz frozen package yields.....	283	
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat not added in cooking.....	753-1101	1 cup.....	182	91
		1 10 oz frozen package yields.....	275	
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat added in cooking.....	753-1102	1 cup.....	187	94
		1 10 oz frozen package yields.....	283	
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
Vegetable 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.....	188	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..... 1 sprout.....	228 23	114
Cabbage, creamed.....	754-0701	1 cup.....	200	100
Cauliflower, creamed..... (Include with cheese sauce)	754-0901	1 cup..... 1 floweret.....	228 32	114
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..... 1 cup.....	143 176	143
Corn, scalloped or pudding..... (Include corn souffle)	754-1101	1 cup.....	214	107
Corn fritter.....	754-1102	1 cup..... 1 fritter.....	107 35	35
Corn with cream sauce.....	754-1103	1 cup.....	228	114
Eggplant, batter-dipped, fried... regular.....	754-1201	1 cup..... 1 slice (3" dia, 1/2" thick)..... 1 eggplant, yields..... 1 cubic inch.....	220 50 340 6.3	110
Eggplant parmesan casserole, regular.....	754-1206	1 cup..... 1 slice (3" dia, 1/2" thick)..... 1 cubic inch.....	198 44 10	99
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	50
		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	68
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..... 1 medium (3-3/4" long).... 1 large (4" long)..... 1 spear..... 1 slice..... 1 cup (about 23 slices)..... 1 cup, chopped or diced..	37 65 135 30 6 155 143	39
Cucumber pickles, relish..... (Include Indian sweet relish)	755-0302	1 cup..... 1 packet (2/3 tbap).....	245 10	15
Cucumber pickles, sour.....	755-0303	1 small..... 1 medium (3-3/4" long)... 1 large (4" long)..... 1 spear..... 1 slice..... 1 cup.....	37 65 135 30 7 155	39
Cucumber pickles, sweet..... (Include candied dill spears, semi-sweet)	755-0304	1 midget, Gherkin (2-1/8" long)..... 1 small, Gherkin (2-1/2" long)..... 1 large, Gherkin (3" long)..... 1 spear, Gherkin..... 1 slice..... 1 cup, NFS..... 1 cup, chopped..... 1 cup, sliced.....	6 15 35 20 6 170 160 170	30
Cucumber pickles, fresh..... (Include bread and butter)	755-0305	1 cup..... 1 slice.....	170 8	43
Cucumber, Kim Chae style.....	755-0307	1 cup.....	150	38
Eggplant, pickled.....	755-0308	1 cup.....	136	34
Horseradish.....	755-0309	1 tbap.....	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.....	755-0311	1 small.....	37	
(Include Vlastic Half the Salt Kosher Crunchy Dill Spears; Vlastic Half the Salt Hamburger Dill Chips; reduced salt pickles, NFS		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.....	755-0314	1 slice.....	6	
(Include Vlastic Half the Salt Sweet Butter Chips)		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.....	755-0601	1 tsp.....	5	15
(Include horseradish mustard, Chinese mustard)		1 cup.....	250	5
		1 packet.....	5	(if sandwich)
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	SERVING
			PORTION IN GRAMS	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	
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	
Pickles, mixed.....	755-1120	1 slice.....	6	39
		1 cup.....	155	
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
		1 cup.....	140	
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.....	241	
		1 can (7.25 oz), ready-to-serve.....	206	
Vegetable soup, made from dry mix.....	756-4905	1 cup.....	253	253
Vegetable soup, dry mix, not reconstituted.....	756-4906	1 tbsp.....	1.2	
		1 packet.....	38.5	
		1 cup.....	18.5	
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.....	244	244
		1 can (10.75 oz), prepared.....	593	
Vegetable noodle soup, prepared with water..... (Include vegetable with dumplings, alphabet vegetable soup)	756-5104	1 cup.....	241	241
		1 can (10.75 oz), prepared.....	593	
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.....	756-5604	1 cup.....	240	
(Include Campbell's Chunky Mediterranean Vegetable)		1 can (19 oz).....	539	
Vegetable broth, bouillon.....	756-5700	1 cup.....	240	240
(Include onion broth, pot liquor)				
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.....	15	108
		1 cup.....	240	
		1 jar (7.5 oz - 7.75 oz).....	216	
Beets, baby food, NS as to strained or junior.....	764-0300	1 tbsp.....	14	108
Beets, baby food, strained.....	764-0301	1 tbsp.....	14	66
		1 cup.....	224	
		1 jar (4.5 oz - 4.75 oz).....	131	
Beets, baby food, junior.....	764-0302	1 tbsp.....	14	108
		1 jar (7.5 oz - 7.75 oz).....	216	
Corn, creamed, baby food, NS as to strained or junior.....	764-0500	1 tbsp.....	15	108
		1 cup.....	240	
Corn, creamed, baby food, strained.....	764-0501	1 tbsp.....	15	66
		1 cup.....	240	
		1 jar (4.5 oz - 4.75 oz).....	131	
Corn, creamed, baby food, junior.....	764-0502	1 tbsp.....	15	108
		1 cup.....	240	
		1 jar (7.5 oz - 7.75 oz).....	216	
Mixed vegetables, garden vegetables, baby food, NS as to strained or junior.....	764-0700	1 tbsp.....	15	108
		1 cup.....	240	
Mixed vegetables, garden vegetables, baby food, strained..	764-0701	1 tbsp.....	15	66
		1 cup.....	240	
		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
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.....	16	108
		1 cup.....	256	
		1 jar (7.5 oz - 7.75 oz).....	216	
Vegetable and ham, baby food, toddler.....	766-0705	1 tbsp.....	14	
		1 cup.....	227	
		1 jar (6.25 oz).....	177	
Vegetable and lamb, baby food, NS as to strained or junior.....	766-0900	1 tbsp.....	16	108
		1 cup.....	256	
Vegetable and lamb, baby food, strained.....	766-0901	1 tbsp.....	16	66
		1 cup.....	256	
		1 jar (4.5 oz - 4.75 oz).....	131	
Vegetable and lamb, baby food, junior.....	766-0902	1 tbsp.....	16	108
		1 cup.....	256	
		1 jar (7.5 oz - 7.75 oz).....	216	
Vegetable and turkey, baby food, NS as to strained or junior.....	766-1100	1 tbsp.....	16	108
		1 cup.....	256	
Vegetable and turkey, baby food, strained.....	766-1101	1 tbsp.....	16	66
		1 cup.....	256	
		1 jar (4.5 oz - 4.75 oz).....	131	
Vegetable and turkey, baby food, junior.....	766-1102	1 tbsp.....	16	108
		1 cup.....	256	
		1 jar (7.5 oz - 7.75 oz).....	216	
Vegetable and liver, baby food, NS as to strained or junior.....	767-0100	1 tbsp.....	16	108
		1 cup.....	256	

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.....	16	66
		1 cup.....	256	
		1 jar (4.5 oz - 4.75 oz).....	131	
Vegetable and liver, baby food, junior.....	767-0102	1 tbsp.....	16	108
		1 cup.....	256	
		1 jar (7.5 oz - 7.75 oz).....	216	
Fried stuffed potatoes, Puerto Rican style..... (Rellenos de papas)	771-2101	1 fritter (4" x 2-1/4" x 3/4").....	95	95
		1 fritter (2-3/4" x 2-1/2" x 1").....	70	70
Potato and ham fritters, Puerto Rican style (Frituras de papa y jamon).....	771-2111			
Potato chicken pie, Puerto Rican style (Pastelon de pollo).....	771-4101	1/4 of 9" dia pie.....	230	230
Green plantain with crack- lings, Puerto Rican style (Mofongo).....	772-0121	1 ball (3" dia).....	64	100
		1 cup.....	200	
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 Mihay 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.....	811-0100	1 cup.....	227	7
(Include butter, regular, NS as to salt; butter, regular, seasoned, e.g., garlic butter)		1 stick.....	113	
		1 tbsp.....	14.2	
		1 pat (1" sq, 1/3" high).....	5	
Butter, whipped, salted.....	811-0101	1 cup.....	151	5
(Include butter, whipped, NS as to salt)		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 stick.....	14.3	
Margarine, imitation.....	811-0401	1 cup.....	232	7
(Include Shedd's Spread)		1 tbsp.....	14.5	
		1 pat.....	5	
Butter-margarine blend.....	811-0501	1 cup.....	227	7
		1 tbsp.....	14.2	
		1 pat.....	5	
Butter margarine blend, fat-free powder.....	811-0601	1 cup.....	80	3
(Include Butterblends)		1 tbsp.....	5.0	
Bacon grease or meat drippings.....	812-0100	1 cup.....	205	
(Include ham, sausage, lamb, chicken)		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.....	812-0310	1 cup.....	205	
(Include Crisco, Fluffo, Frymax)		1 tbsp.....	12.8	
Shortening, animal.....	812-0320	1 cup.....	205	
(Include Spray)		1 tbsp.....	12.8	
Ghee, clarified butter.....	812-0400	1 cup.....	205	
(Include butter oil)		1 tbsp.....	12.8	
Lemon-butter sauce.....	813-0102	1 cup.....	228	28
		1 tbsp.....	14.2	
Hollandaise sauce.....	813-0201	1 cup.....	257	32
(Include butter sauce)		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.....	813-3021	1 cup.....	288.0	
(Include adobo criollo, creole seasoning)		1 tbsp.....	18.0	
Vegetable oil, NFS.....	821-0100	1 cup.....	218	13.6
(Include oil, NFS)		1 tbsp.....	13.6	
Almond oil.....	821-0130	1 cup.....	218	13.6
(Include apricot oil)		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.....	831-0400	1 cup.....	250	31
(Include Catalina, Ranch Style other than Hidden Valley, Sweet 'n Saucy, Holsum's 1867, Richelieu's Western dressing)		1 tbsp.....	15.6	
		1 individual packet.....	12.3	
Fruit dressing, made with cream.....	831-0500	1 cup.....	240	30
		1 tbsp.....	15.0	
Fruit dressing, made with honey, oil, and water.....	831-0510	1 cup.....	235	29
(Include with herbs, lemon juice)		1 tbsp.....	14.7	
Italian dressing, made with vinegar, oil, and garlic.....	831-0600	1 cup.....	235	29
(Include Christie's Greek dressing, California Onion dressing, Green Onion dressing, Kraft Presto dressing, vinegarette dressing)		1 tbsp.....	14.7	
Mayonnaise, regular.....	831-0700	1 cup.....	220	14
		1 tbsp.....	13.8	(if
		1 packet.....	10	sandwich)
				28
				(if salad)
Mayonnaise, made with yogurt.....	831-0710	1 cup.....	220	28
(Include Yogannaise)		1 tbsp.....	13.8	
Mayonnaise, imitation.....	831-0800	1 cup.....	240	30
		1 tbsp.....	15.0	
Mayonnaise, imitation, no cholesterol.....	831-0810	1 cup.....	240	30
		1 tbsp.....	15.0	
Russian dressing.....	831-0900	1 cup.....	245	31
		1 tbsp.....	15.3	
Mayonnaise-type salad dressing.....	831-1000	1 cup.....	235	15
(Include Miracle Whip)		1 tbsp.....	14.7	(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....	832-0405	1 cup.....	232	28
(Include Miracle Whip Light)		1 tbsp.....	14	
Italian dressing, low-calorie....	832-0500	1 cup.....	240	30
(Include Wishbone Lite Dijon Vinegarette)		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.....	832-1000	1 cup.....	245	30
(Include Creamy Cucumber)		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..... (Include sugar, white, NS as to granulated or confectioner's; rock sugar; rock candy)	911-0101	1 cup.....	200	8
		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	4
		1 tsp.....	4.1	
		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.....	912-0006	1 tablet (1/2 grain).....	0.02	0.02
(Include Necta Sweet)		1 grain.....	0.05	
Sugar replacement or substitute, saccharin-based, liquid.....	912-0011	1 tsp.....	5	5
(Include Fasweet, Sweet n'Low, Sweet 10)		1 drop.....	0.1	
Aspartame sweetener.....	912-0101	1 individual packet.....	1.0	1.0
(Include Equal)		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.....	913-0103	1 cup.....	328	41
(Include Karo brand, light or dark)		1 tbsp.....	20.5	
Buttered blends syrup.....	913-0104	1 cup.....	315	39
(Include Mrs. Butterworth, Log Cabin with butter)		1 tbsp.....	19.7	
Fruit syrup.....	913-0105	1 cup.....	315	39
		1 tbsp.....	19.7	
Maple syrup (100% maple).....	913-0106	1 cup.....	315	39
(Include Maple Cream)		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.....	242	30
		1 tbsp.....	15.1	
Sugar, caramelized.....	913-0112	1 cup.....	240	30
		1 tbsp.....	15.0	
Sugar (brown) and water syrup....	913-0120	1 cup.....	242	30
		1 tbsp.....	15.1	
Cane, corn, and maple syrup.....	913-0124	1 cup.....	315	39
		1 tbsp.....	19.7	
Corn and maple syrup (2% maple).....	913-0125	1 cup.....	315	39
(Include pancake syrup, Log Cabin Brand)		1 tbsp.....	19.7	
		1 individual packet.....	59	
Syrup, reduced calorie.....	313-0151	1 cup.....	240	30
		1 tbsp.....	15.0	
Honey.....	913-0201	1 cup.....	339	42
(Include pear honey, raw honey)		1 tbsp.....	21.2	
		1 individual packet.....	14	
Molasses.....	913-0300	1 cup.....	328	41
		1 tbsp.....	20.5	
Sugar, brown, liquid.....	913-0350	1 cup.....	335	42
		1 tbsp.....	20.9	
Chocolate gravy.....	913-0375	1 cup.....	284	34
		1 tbsp.....	17	
Topping, butterscotch or caramel.....	913-0401	1 cup.....	340	42
		1 tbsp.....	21.2	
Topping, chocolate, thick, fudge type.....	913-0402	1 cup.....	340	42
		1 tbsp.....	21.2	
Topping, fruit.....	913-0403	1 cup.....	340	42
		1 tbsp.....	21.2	
Topping, marshmallow.....	913-0404	1 cup.....	304	38
		1 tbsp.....	19.0	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE PORTION IN GRAMS	SERVING NOT SPECIFIED
Hard sauce.....	913-0405	1 cup.....	168	21
		1 tbsp.....	10.5	
Topping, nut (wet).....	913-0406	1 cup.....	340	42
		1 tbsp.....	21.2	
Topping, peanut butter, thick, fudge type.....	913-0407	1 cup.....	340	42
		1 tbsp.....	21.2	
Topping, fruit, unsweetened..... (Include Sorrell Ridge Brand)	913-0408	1 cup.....	320	40
		1 tbsp.....	20.0	
Icing, chocolate.....	913-0501	1 cup.....	275	34
		1 tbsp.....	17.2	
Icing, white..... (Include creme filling; icing, NFS; icing with added flavors, e.g., lemon icing, etc.)	913-0502	1 cup.....	319	40
		1 tbsp.....	19.9	
Syrup, grenadine.....	913-0601	1 cup.....	320	
		1 tbsp.....	20.0	
Syrup, dietetic.....	913-5101	1 cup.....	240	30
		1 tbsp.....	15.0	
Topping, dietetic.....	913-5102	1 cup.....	227	28
		1 tbsp.....	14.2	
Sweet and sour sauce..... (Include Vietnamese sauce)	913-6101	1 cup.....	240	30
		1 tbsp.....	15.0	
		1 container from fast food restaurant.....	33	
Fruit sauce..... (Include all fruits)	913-6102	1 cup.....	340	42
		1 tbsp.....	21.2	
Raisin sauce.....	913-6103	1 cup.....	251	31
		1 tbsp.....	15.7	
Plain dessert sauce..... (Include vanilla, rum sauce)	913-6104	1 cup.....	264	33
		1 tbsp.....	16.5	
Duck sauce..... (Include chalsni sauce)	913-6105	1 cup.....	240	30
		1 tbsp.....	15.0	

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	9
		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.....	320	
		1 tsp.....	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.....	240	120
		1 cubic inch.....	17	
		1 package (3 oz) yields..	540	
Gelatin dessert with fruit..... (Include with nuts)	915-0102	1 cup.....	240	120
		1 cubic inch.....	17	
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.....	239	120
		1 cubic inch.....	17	
Gelatin dessert with sour cream.....	915-0106	1 cup.....	227	114
		1 cubic inch.....	17	
Gelatin dessert with fruit and sour cream.....	915-0107	1 cup.....	249	124
		1 cubic inch.....	14.5	
Gelatin dessert with fruit and cream cheese.....	915-0108	1 cup.....	239	120
		1 cubic inch.....	17	
Gelatin dessert with fruit, vegetable, and nuts.....	915-0109	1 cup.....	240	120
		1 cubic inch.....	17	
Gelatin salad with vegetables....	915-0110	1 cup.....	243	122
		1 cubic inch.....	17	
Gelatin dessert with fruit and whipped topping..... (Include with nuts)	915-0111	1 cup.....	227	114
		1 cubic inch.....	15.7	

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.....	243	122
		1 cubic inch.....	17	
Gelatin dessert, dietetic, with fruit and whipped topping, sweetened with low calorie sweetener..... (Include with nuts)	915-1111	1 cup.....	249	125
		1 cubic inch.....	14.5	
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.....	260	120
		1 custard cup.....	120	
		1 piece (3-1/4" x 2" x 1").....	120	
		1 cup.....	213	107
Haupia (coconut pudding).....	915-6010	1 piece.....	23	
		1 cup.....	213	107
Gelatin, frozen, whipped, on 2 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.....	128	88
		1 single stick.....	88	
		1 Kool Pop.....	33	
		1 fl oz.....	32	
		1 Life Savers Flavor Pops.....	56	
Snow cone, slurps.....	916-2100	1 cup.....	193	97
		1 snow cone.....	190	
		1 medium slurpie (16 oz cup).....	312	
		1 cup.....	193	97

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE SERVING	
			PORTION IN GRAMS	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	
Jordan 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.....	917-0350	1 oz.....	28	28
(Include peanuts, cashews, walnuts, almonds)		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.....	917-0501	1 piece.....	8	28
(Include chocolate candy, NFS)		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.....	917-0610	1 oz.....	28	28
(Include coconut candy, NFS)				
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.....	917-0700	1 piece.....	11	22
(Include homemade mints; mints, NFS)				
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.....	917-0701	1 piece.....	11	22
(Include chocolate covered boxed candy; homemade mints, chocolate-covered)				
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.....	917-2701	1 oz.....	28	28
(Include nuts, chocolate covered, NFS)		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
Chocolatey 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	26
		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.....	917-3400	1 piece.....	34	34
(Include peanut butter treats, peanut butter candy)		1 cubic inch.....	20	
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).....	45	45
		1 miniature cup.....	7	
Reese's Pieces.....	917-3420	10 pieces.....	7	28
		1 package (1.75 oz).....	50	
		1/4 cup.....	52	
Peanut butter morsels.....	917-3450	1 piece.....	3	28
		1/4 cup.....	42	
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	28
		1 cup.....	190	
Raisinets.....	917-3901	1 box (1.25 oz).....	35	35
		1 cup.....	190	
Raisin clusters.....	917-3901	1 cluster.....	22	22
Raisins, carob covered.....	917-3951	1 piece.....	1	28
		1 cup.....	190	
Raisins, yogurt covered.....	917-3960	1 piece.....	1.2	28
		1 cup.....	191	

FOOD DESCRIPTION	FOOD CODE AUGUST 1987	COMMON MEASURE OR WEIGHT	EDIBLE	SERVING
			PORTION IN GRAMS	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	
Juju 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.....	917-4601	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.....	186	
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.....	8	
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.....	921-0100	1 fl oz.....	30	180
(Include coffee, made from ground, NS as to regular or decaffeinated)		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.....	921-0160	1 fl oz.....	30	120
(Include Mexican coffee)		1 turkish cup (4 fl oz)...	120	
		1 mug (8 fl oz).....	240	
Coffee, espresso.....	921-0161	1 fl oz.....	30	60
(Include demi-tasse)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
		1 espresso cup (2 fl oz).....	60	
Coffee, espresso, decaffeinated.....	921-0163	1 fl oz.....	30	60
		1 coffee cup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
		1 espresso 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.....	921-0300	1 fl oz.....	30	180
(Include coffee, made from powdered instant, NS as to regular or decaffeinated)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, liquid concentrate.....	921-0500	1 tsp.....	5	5
Coffee, made from liquid concentrate.....	921-0501	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, acid neutralized, from powdered instant.....	921-0600	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, decaffeinated, NS as to ground or instant.....	921-1100	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, decaffeinated, made from ground.....	921-1101	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, decaffeinated, made from powdered instant.....	921-1400	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, made from powdered mix, with whitener and sugar, instant.....	921-2100	1 fl oz.....	30	180
(Include 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	
		4 tsp dry yields		
		6 fl oz.....	180	
Coffee, made from powdered mix, presweetened, no whitener.....	921-2101	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
		2.5 tsp dry yields		
		6 fl oz.....	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..... (Include NS as to sweetener; Irish Mocha Mint, Suisse Mocha)	921-2102	1 fl oz.....	30	180
		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..... (Include Sugar Free Irish Mocha Mint, Suisse Mocha)	921-2103	1 fl oz.....	30	180
		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... (Include Sugar Free Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee mixes)	921-2104	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, presweetened with sugar, pre-lightened..... (Include coffee, light, with sugar, from vending machine)	921-3000	1 fl oz.....	30	180
		1 coffee cup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
		1 vending machine cup.....	180	
Coffee, pre-lightened, no sugar..... (Include from vending machine)	921-3001	1 fl oz.....	30	180
		1 coffee cup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
		1 vending machine cup.....	180	
Coffee, presweetened with sugar..... (Include from vending machine)	921-3002	1 fl oz.....	30	180
		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.....	921-5100	1 fl oz.....	30	180
(Include Luzianne)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
		1 tsp dry yields		
		6 fl oz.....	180	
Coffee, decaffeinated, and chicory, made from powdered instant.....	921-5110	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
		1 tsp dry yields		
		6 fl oz.....	180	
Coffee and chicory, made from ground.....	921-5200	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, regular, with cereal.....	921-5300	1 fl oz.....	30	180
(Include with barley)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Coffee, decaffeinated, with cereal.....	921-5310	1 fl oz.....	30	180
(Include with barley)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Cappuccino.....	921-6100	1 fl oz.....	33	
		1 coffee cup (6 fl oz)...	196	
		1 mug (8 fl oz).....	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....	921-9125	1 tsp, dry.....	1	1
(Include Kava)				
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.....	921-9200	1 tsp, dry.....	6	6
(Include Irish Mocha Mint, Suisse Mocha)				
Coffee and cocoa (mocha) mix, dry powder with whitener and low calorie sweetener.....	921-9203	1 tsp, dry.....	6	6
(Include Sugar Free Irish Mocha Mint and Suisse Mocha)				
Coffee, dry powder, with whitener and sugar.....	921-9300	1 tsp, dry.....	5	
(Include Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee Mixes)				
Coffee, dry powder, with whitener and low calorie sweetener.....	921-9302	1 tsp, dry.....	5	
(Include Sugar Free Cafe au Lait, French Style Coffee, Orange Cappuccino, Cafe Amaretto, and Viennese Coffee Mixes)				
Postum.....	922-0101	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Chicory.....	922-0201	1 fl oz.....	30	180
		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Cereal beverage.....	922-0300	1 fl oz.....	30	180
(Include Pero, Break Away)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Cereal beverage with beet roots, from powdered instant.....	922-0311	1 fl oz.....	30	180
(Include Kafix)		1 coffee cup (6 fl oz)...	180	
		1 mug (8 fl oz).....	240	
Cereal beverage with beet roots, powdered instant, dry.....	922-0320	1 tsp, dry.....	1	
(Include Kafix)				

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	180
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.....	923-0118	1 fl oz.....	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, NS as to type, decaffeinated, presweetened, NS as to sweetener.....	923-0119	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored, ready-to-drink)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, leaf.....	923-0200	1 fl oz.....	30	180
(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)		1 teacup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
Tea, leaf, presweetened with sugar.....	923-0220	1 fl oz.....	30	180
(Include lemon- or other fruit- flavored)				
Tea, leaf, presweetened with low calorie sweetener.....	923-0230	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, leaf, presweetened, NS as to sweetener.....	923-0240	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, leaf, decaffeinated.....	923-0250	1 fl oz.....	30	180
(Include lemon- or other fruit- flavored, caffeine-reduced)		1 teacup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
Tea, leaf, decaffeinated, presweetened with sugar.....	923-0260	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored)		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, leaf, decaffeinated, presweetened with low calorie sweetener.....	923-0270	1 fl oz.....	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, leaf, decaffeinated, presweetened, NS as to sweetener.....	923-0280	1 fl oz.....	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, ready-to-drink, NS as to added sweetener.....	923-0300	1 fl oz.....	30	180
(Include lemon- or other fruit- flavored)		1 teacup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
Tea, ready-to-drink, sweetened with sugar.....	923-0320	1 fl oz.....	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, ready-to-drink, sweetened with low calorie sweetener.....	923-0330	1 fl oz.....	30.7	184
(Include lemon- or other fruit-flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, made from frozen concentrate.....	923-0400	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 frozen concentrate, decaffeinated, presweetened with low calorie sweetener.....	923-0470	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
Tea, made from powdered instant, presweetened, NS as to sweetener.....	923-0500	1 fl oz.....	30	180
(Include lemon- or other fruit- flavored)		1 teacup (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
Tea, made from powdered instant (Include lemon- or other fruit- flavored)	923-0501	1 fl oz.....	30	180
		1 teacup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
		1 tsp dry yields 8 fl oz.....	240	
Tea, made from powdered instant, presweetened with sugar.....	923-0504	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, made from powdered instant, decaffeinated, presweetened with sugar.....	923-0505	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, made from powdered instant, lemon-flavored, presweetened with sugar.....	923-0507	1 fl oz.....	30.7	184
CODE DISCONTINUED 5/15/87		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
		3 tsp dry yields 8 fl oz.....	245	
Tea, made from plain powdered instant.....	923-0508	1 fl oz.....	30	180
CODE DISCONTINUED 5/15/87		1 teacup (6 fl oz).....	180	
		1 mug (8 fl oz).....	240	
		1 tsp dry yields 8 fl oz.....	240	
Tea, made from powdered instant, presweetened with low calorie sweetener.....	923-0509	1 fl oz.....	30.7	184
(Include lemon- or other fruit- flavored, Nestea Ice Teasers)		1 teacup (6 fl oz).....	184	
		1 mug (8 fl oz).....	245	
		1 tsp dry yields 8 fl oz.....	245	

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, NES.....	924-0000	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Soft drink, NES, 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.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	473	
Soft drink, pepper-type..... (Include Dr. Pepper, Mr. Pibb)	924-1036	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Soft drink, pepper-type, sugar-free.....	924-1037	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	473	
Soft drink, pepper-type, decaffeinated.....	924-1039	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Soft drink, pepper-type, decaffeinated, sugar-free.....	924-1040	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	473	
Cream soda..... (Includ Almond Smash)	924-1041	1 fl oz.....	31	371
		1 can (12 fl oz).....	371	
		1 bottle (16 fl oz).....	494	
Cream soda, sugar-free.....	924-1042	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Soft drink, fruit-flavored, no caffeine added.....	924-1051	1 fl oz.....	31	372
		1 can (12 fl oz).....	372	
		1 bottle (16 fl oz).....	496	
Soft drink, fruit flavored, sugar-free.....	924-1052	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Soft drink, fruit flavored, caffeine containing.....	924-1055	1 fl oz.....	31	372
		1 can (12 fl oz).....	372	
		1 bottle (16 fl oz).....	496	
(Include Mellow Yellow, Mountain Dew, Big Red)				

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.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Ginger ale.....	924-1061	1 fl oz.....	30	366
		1 can (12 fl oz).....	366	
		1 bottle (16 fl oz).....	488	
Ginger ale, sugar-free.....	924-1062	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Root beer.....	924-1071	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Root beer, sugar-free.....	924-1072	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Chocolate-flavored soda.....	924-1081	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Chocolate-flavored soda, sugar-free..... (Include Canfield's Diet Chocolate Fudge Soda)	924-1082	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	
Cola with fruit or vanilla flavor..... (Include cherry cola)	924-1151	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Cola with chocolate flavor.....	924-1152	1 fl oz.....	31	369
		1 can (12 fl oz).....	369	
		1 bottle (16 fl oz).....	492	
Cola with fruit or vanilla flavor, sweetened with low calorie sweetener.....	924-1161	1 fl oz.....	30	355
		1 can (12 fl oz).....	355	
		1 bottle (16 fl oz).....	474	

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).....	30 355 474	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.....	925-1061	1 cup (8 fl oz).....	248	248
(Include fruit punches and fruit ades, Hawaiian Punch made from canned or frozen)		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).....	248	248
		1 fl oz.....	31.0	
Orange drink.....	925-1122	1 cup (8 fl oz).....	249	249
(Include orange ade, Yabba Dabba Dew, Sunny Delight)		1 fl oz.....	31.1	
Orange-apricot juice drink.....	925-1123	1 cup (8 fl oz).....	249	249
		1 fl oz.....	31.1	
Orange-lemon drink.....	925-1124	1 cup (8 fl oz).....	249	249
		1 fl oz.....	31.1	
Citrus fruit juice drink (60% fruit juice).....	925-1125	1 cup (8 fl oz).....	247	247
(Include 5 Alive Citrus)		1 fl oz.....	30.9	
Papaya juice drink.....	925-1129	1 cup (8 fl oz).....	248	248
		1 fl oz.....	31.0	
Pineapple-grapefruit juice drink.....	925-1131	1 cup (8 fl oz).....	250	250
		1 fl oz.....	31.3	
Pineapple-orange juice drink.....	925-1134	1 cup (8 fl oz).....	250	250
		1 fl oz.....	31.3	
Raspberry-flavored drink.....	925-1140	1 fl oz.....	28	
Strawberry-flavored drink.....	925-1151	1 cup (8 fl oz).....	250	250
		1 fl oz.....	31.3	
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).....	240	240
		1 fl oz.....	30	
Grape drink, low calorie.....	925-2081	1 cup (8 fl oz).....	240	240
		1 fl oz.....	30	

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, Wylers')	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.....	925-5200	1 cup (8 fl oz).....	240	240
(Include Sugar Free Tang)		1 fl oz.....	30	
Fruit-flavored beverage, low sugar.....	925-6000	1 cup (8 fl oz).....	240	
(Include Gatorade, Quick Kick)		1 fl oz.....	30	240
Fluid replacement, electrolyte solution.....	925-7010	1 cup (8 fl oz).....	240	240
(Include Pedialyte)		1 fl oz.....	30	
Fruit-flavored drink, low calorie, calcium fortified.....	925-8200	1 cup (8 fl oz).....	240	240
(Include Supri drink mix)		1 fl oz.....	30	
Horchata, Puerto Rican.....	926-1001	1 cup (8 fl oz).....	240	240
		1 fl oz.....	30	
Coconut beverage, Puerto Rican.....	926-1011	1 cup (8 fl oz).....	240	240
		1 fl oz.....	30	
Oatmeal beverage, Puerto Rican.....	926-1101	1 cup (8 fl oz).....	240	240
		1 fl oz.....	30	
Rice beverage, Mexican.....	926-1151	1 cup (8 fl oz).....	240	240
		1 fl oz.....	30	
Sugar cane beverage, Puerto Rican.....	926-1201	1 cup (8 fl oz).....	247	247
		1 fl oz.....	31	
Fruit-flavored drink, non-carbonated, made from powdered mix, with sugar.....	889-3188	1 fl oz.....	30	240
(Include Fla-vor-Aid)		1 can (12 fl oz).....	356	
		1 cup (8 fl oz).....	240	
Fruit-flavored drink, non-carbonated, made from low calorie powdered mix.....	927-4100	1 fl oz.....	30	240
(Include Sugar Free Crystal Light)		1 cup (8 fl oz).....	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.....		360
		1 can or bottle (12 fl oz).....		
		1 small pitcher (32 fl oz).....		
Beer, lite.....	931-0200	1 fl oz.....		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..... (Include amaretto, anisette, benedictine, chartreuse, cointreau, creme de menthe, curacao, drambuie, grenadine, kahlua, kirsh, kummel, sloe gin, tia maria, triple sec)	932-0100	1 cordial glass..... 1 fl oz.....	20 30	20
Cocktail, NFS.....	933-0100	1 cocktail..... 1 fl oz (no ice).....	92 31	92
Alexander.....	933-0101	1 cocktail..... 1 fl oz (no ice).....	74 30	74
Bacardi cocktail.....	933-0102	1 cocktail..... 1 fl oz (no ice).....	63 31	63
Bloody Mary.....	933-0103	1 cocktail..... 1 fl oz (no ice).....	148 30	148
Daiquiri.....	933-0104	1 cocktail..... 1 fl oz (no ice).....	61 30	61
Gimlet.....	933-0105	1 cocktail..... 1 fl oz (no ice).....	71 29	71
Gin and Tonic.....	933-0106	1 cocktail..... 1 fl oz (no ice).....	225 30	225
Grasshopper..... (Include with cream or ice cream)	933-0107	1 cocktail..... 1 fl oz (no ice).....	64 32	64
High ball.....	933-0108	1 cocktail..... 1 fl oz (no ice).....	160 29	160
Manhattan.....	933-0109	1 cocktail..... 1 fl oz (no ice).....	57 29	57
Margarita.....	933-0110	1 cocktail..... 1 fl oz (no ice).....	77 31	77
Martini.....	933-0111	1 cocktail..... 1 fl oz (no ice).....	71 29	71
Mint julep.....	933-0112	1 cocktail..... 1 fl oz (no ice).....	65 28	65
Old fashioned.....	933-0113	1 cocktail..... 1 fl oz (no ice).....	60 28	60

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.....	933-0140	1 fl oz.....	26.4	
(Include Coffee Royale)				
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.....	934-0100	1 wine glass (3.5		
(Include burgundy; claret; chianti;		fl oz).....	100	100
sauterne; rhine; champagne; red		1 fl oz (no ice).....	29	
wine, NFS; white wine, NFS;		1/2 bottle.....	370	
homemade wine; dry sherry)		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.....	934-0200	1 wine glass (3.5 fl oz).....	100	100
(Include marsala, port, tokay,		1 fl oz (no ice).....	30	
madeira, muscatel, angelica,				
sherry, sweet vermouth)				
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.....	934-0600	1 drink (4 fl oz).....	116	116
(Include glogg, gluhwein)		1 fl oz (no ice).....	29	
Brandy.....	935-0100	1 fl oz (no ice).....	28	28
(Include applejack, cognac, tequila)				
Whiskey.....	935-0200	1 jigger.....	42	42
(Include bourbon, scotch, rye)		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., Neapolitan)--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 (o.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 consumed without adding any "unusual" ingredients.

Fast Food Establishment	Sandwich Name	Code
Arby's	Roast Beef	275-1301
Burger Chef	Big Chef	275-1030
	Double Chesseburger	275-1033
	Hamburger	275-1051
Burger King	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	275-1052
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)