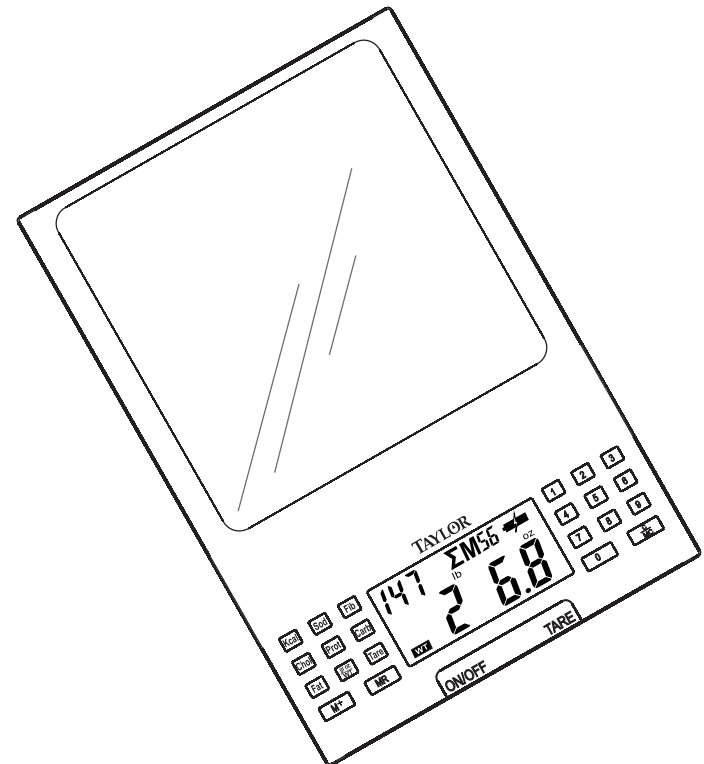


TAYLOR[®]

Model 3833

Digital Nutrition Scale

Leading the Way in Accuracy[®]



Instruction Manual

Introduction

Thank you for purchasing a Taylor® Kitchen Scale. Please read this instruction manual carefully before use. Keep these instructions handy for future reference.

This Taylor® Nutritional Scale is designed for precise measuring of ingredients or portions and for the better understanding of various nutritional values (fat content, salt content, cholesterol, carbohydrate, fiber, protein and calories) for food or ingredients in cooking, baking, or just general dietary consumption.

This scale offers a complete database on nutritional value information on over 900 foods or ingredients as listed in the USDA National Nutrient Database for Standard References release 15. This includes nutrition values for most commonly used ingredients, foods as well as liquids!

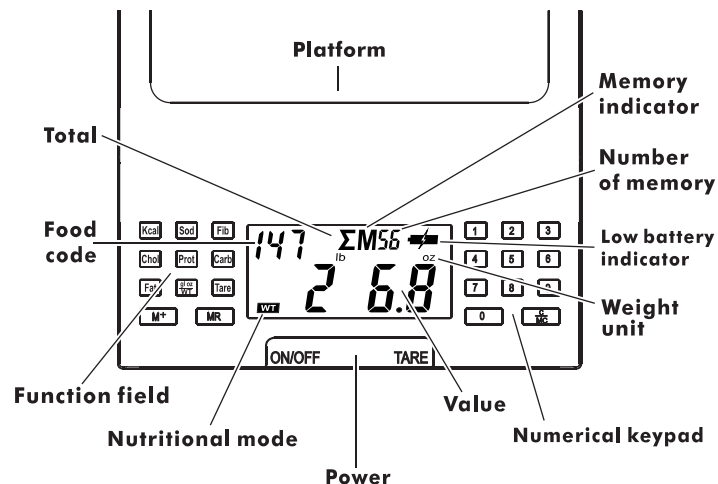
Additionally, this scale with its 99 memory entry capacity has the facility to make multiple food entries and help you keep track over an extended period of time and store it in its memory. At the end of the day or week (or anytime in between) the total accumulated calories, fat grams or mg of salt, etc, that have been entered into the scale memory can be recalled. All these features make this scale ideal for everyday and dietary purposes.

Battery Information

This scale operates on 4 AAA batteries. Insert the 4 AAA batteries into the battery compartment located on the bottom of the scale. Ensure the + and - terminals are the correct way round.

Display Information

The diagram below explains the various features of the display.



Baking Ingredients

- 963 Baking chocolate, semisweet, chips
- 964 Baking chocolate, semisweet, bars
- 965 Baking chocolate, unsweetened, squares
- 966 Candied cherries
- 967 Cocoa, dry powder, unsweetened
- 968 Gelatin, dry powder, unsweetened
- 969 Leavening agents, baker's yeast
- 970 Leavening agents, baking powder, continuous action
- 971 Leavening agents, baking soda
- 972 Leavening agents, cream of tartar
- 973 Lemon peel, raw
- 974 Orange peel, raw
- 975 Vanilla extract, pure

Sauces and Gravies

- 976 Gravies, beef, canned
- 977 Gravies, beef, dehydrated, prepared with water
- 978 Gravies, chicken, canned
- 979 Gravies, chicken, dehydrated, prepared with water
- 980 Gravies, turkey, canned
- 981 Gravies, unspecified, dehydrated, prepared with water
- 982 Sauces, barbecue, ready-to-serve
- 983 Sauces, cheese, dehydrated, prepared with 2% milk
- 984 Sauces, cranberry, canned, sweetened
- 985 Sauces, pepper, ready-to-serve
- 986 Sauces, salsa, ready-to-serve
- 987 Sauces, soy, ready-to-serve
- 988 Sauces, steak, ready-to-serve
- 989 Sauces, sweet and sour, dehydrated + water and vinegar
- 990 Sauces, teriyaki, ready-to-serve
- 991 Sauces, white, home-prepared with 2% milk, medium

Chips

- 917 Tortilla chips, nacho flavoured
- 918 Tortilla chips, plain

Other

- 919 Beef jerky
- 920 Cornnuts, plain
- 921 Ice cream cones
- 922 Pretzels, hard, plain, salted
- 923 Rice cakes, made with brown rice and corn, plain
- 924 Rice cakes, made with brown rice, plain
- 925 Sesame sticks, salted
- 926 Trail mix

Alcoholic Beverages

- 927 Beer, light
- 928 Beer, regular
- 929 Liqueur, creme de menthe
- 930 Spirits (gin, rum, vodka, whiskey)
- 931 Wine, dessert, sweet
- 932 Wine, table, red
- 933 Wine, table, white

Non-alcoholic

- 934 Coffee substitute, powder + milk
- 935 Coffee substitute, powder + water
- 936 Coffee, brewed
- 937 Coffee, instant, regular, powder + water
- 938 Malt beverage, Near Beer, (0.5% alcohol by volume)
- 939 Soft drinks, club soda
- 940 Soft drinks, cola
- 941 Soft drinks, cola, aspartame sweetened
- 942 Soft drinks, ginger ale
- 943 Soft drinks, lemon-lime soda
- 944 Soft drinks, non-cola soda, aspartame sweetened
- 945 Soft drinks, orange soda
- 946 Tea, brewed
- 947 Tea, instant, unsweetened, lemon flavor, powder + water

Miscellaneous Herbs

- 948 Chives, raw, chopped
- 949 Coriander (Chinese parsley), raw
- 950 Garlic, raw
- 951 Ginger root, raw
- 952 Parsley, raw, chopped

Condiments

- 953 Olives, canned, super colossal
- 954 Olives, canned
- 955 Pepper, black
- 956 Pepper, white
- 957 Pickle relish, sweet
- 958 Salt
- 959 Shake'n Bake(tm), dry
- 960 Tomato ketchup
- 961 Vinegar
- 962 Yellow mustard, ready-to-serve

To Turn the Scale On and Off:

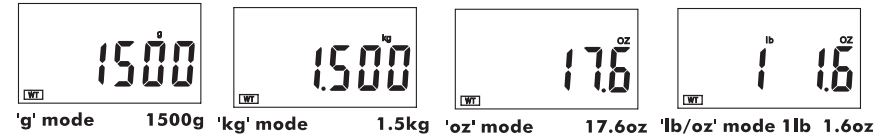
Press the On/Off button to turn the scale on. Press it again to turn the scale off.

NOTE: The scale will turn off automatically after 60 seconds of non-use.

TIP: Using the On/Off button to turn the scale off after use will prolong the battery life.

To Change the Units of Measurement:

Your scale is set to weigh in pounds/ounces. To change to kilograms or grams, press the "gl/oz/WT" button.



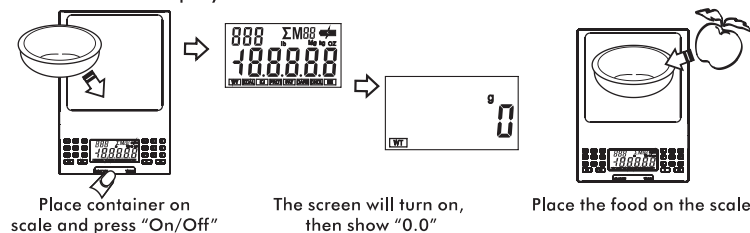
General Weighing Operation

1. Place the scale on a hard, level surface. Uneven surfaces may affect accuracy.
2. Press the On/Off button to turn the scale on.
3. Place the item to be weighed onto the platform. The weight will display. As you add weight, the weight displayed increases.
4. When the weight is removed, the display will return to zero.
5. When finished, press the On/Off button to turn the scale off.

To Weigh Using a Container

You may wish to weigh ingredients in a bowl or other container (not included). In this case, you will need to tare, or offset, the weight of the bowl so that only the weight of the ingredients is displayed.

1. Choose a container that will safely balance on the platform without tipping or falling. Do not use a heavy container, as this might reduce the maximum capacity of the scale.
2. While the scale is off, place the empty container on the scale platform. Turn the scale on. The display will turn on and then show "0.0". The weight of the container has been zeroed out.
3. Add the ingredient to be weighed. The weight of the ingredient alone will display.
4. The display will show a negative number when the items are removed from the scale. To reset the scale back to zero for a new measurement, press the "TARE" button until the display resets to zero.



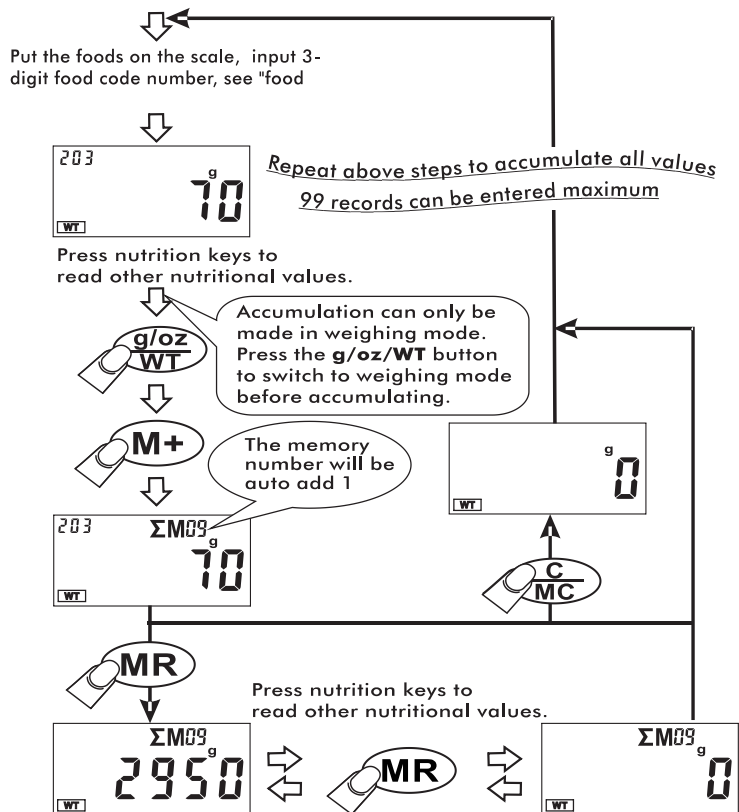
To Add and Weigh (Tare Function):

You may wish to weigh several ingredients at once. To weigh several different ingredients, press either of the two TARE buttons to reset the display between each ingredient.

NOTE: When weights have been tared out, the display will show a negative number when the items are removed from the scale. To reset the scale back to zero for a new measurement, press a TARE button.

To Display Nutritional Values

1. Press and release the **ON/OFF** key to turn the scale on
2. Place food item to be weighed on the platform.
3. Clear the food code if necessary by pressing and releasing the C/MC button – the food code 000 is displayed.
4. Refer to the table in this manual and identify the 3 digit code for the food item being weighed (for example, 834 for honey).
5. Use the numerical keys (0 – 9) to enter the 3 digit code
6. When the 3rd digit is pressed, the scale will calculate nutritional values. Press the corresponding button to display a nutritional value.
Press **Kcal** to view calories
Press **Sod** to view sodium
Press **Fib** to view fiber
Press **Chol** to view cholesterol
Press **Prot** to view protein
Press **Carb** to view carbohydrates
Press **Fat** to view fat
7. Press the “C/MC” button to clear the food code and return to the weight display.



Note: if a food does not contain a particular nutrient, the display will show zero. For example, honey does not contain protein, so the screen will show "0.00" when the "Prot" button is pressed.

Chocolate Bars

- 869 Caramel cookie, chocolate covered (Twix(tm))
- 870 Caramel with nuts, chocolate covered (Turtles(tm))
- 871 Caramels in milk chocolate (Rolo(tm), Tootsie(tm))
- 872 Chocolate covered wafer (Kit Kat(tm), Take Five(tm))
- 873 Chocolate milk with cereal (Nestle Crunch(tm))
- 874 Coconut candy, chocolate covered (Mounds(tm), Almond Joy(tm))
- 875 Fondant, chocolate covered (After Eight(tm))
- 876 Fudge, caramel, nut, chocolate covered (Oh Henry(tm), Butternut(tm))
- 877 Honey-combed candy, peanut butter, chocolate covered (Fifth Avenue(tm))
- 878 Mars(tm) bar
- 879 Milk chocolate coated peanuts
- 880 Milk chocolate coated raisins (Raisinets(tm))
- 881 Milk chocolate, chocolate covered (M & M's(tm), Smarties.)
- 882 Milk chocolate, plain, bars or chips (Hershey Kiss(tm), Symphony.)
- 883 Peanut butter bar, chocolate covered (Snickers.)
- 884 Reese's(tm) peanut butter cups

Frozen Desserts

- 885 Chocolate ice cream
- 886 Strawberry ice cream
- 887 Rich vanilla ice cream
- 888 Vanilla ice cream
- 889 Vanilla ice milk, soft-serve
- 890 Chocolate pudding pops
- 891 Frozen yogurt, vanilla, soft-serve
- 892 Orange sherbet
- 893 Popsicles

Other

- 894 Chocolate mousse, homemade
- 895 Gelatin, calorie-reduced (+ aspartame), prepared from mix with water
- 896 Gelatin, prepared from mix with water
- 897 Maraschino cherries, bottled, solids and liquid

Snacks and Crackers

- 898 Barge pilot biscuits
- 899 Cheese crackers
- 900 Milk crackers
- 901 Rye wafers, plain
- 902 Saltines (oyster, soda, soup)
- 903 Saltines (oyster, soda, soup), unsalted top
- 904 Standard-type
- 905 Wheat crackers, thin
- 906 Whole wheat crackers

Popcorn

- 907 Air-popped
- 908 Oil-popped
- 909 Caramel-coated
- 910 Cheese flavoured

Chips

- 911 Banana chips
- 912 Corn-based chips, plain
- 913 Corn-based puffs or twists, cheese flavor
- 914 Potato chips made from dried potatoes
- 915 Potato chips, barbecue flavored
- 916 Potato chips, plain

Sweets, Sugars Honey

- 834 Honey
- 835 Brown sugar
- 836 Brown sugar, packed
- 837 White sugar (granulated)
- 838 White sugar (granulated)
- 839 Sugars, icing (powdered)

Syrups and Molasses

- 840 Chocolate syrup, fudge-type
- 841 Chocolate syrup, thin type
- 842 Corn syrup
- 843 Maple syrup
- 844 Pancake syrup, table blend
- 845 Molasses
- 846 Molasses, black

Preserves

- 847 Jams and preserves
- 848 Jelly
- 849 Orange marmalade

Icings and Toppings

- 850 Frosting, chocolate, creamy, prepared from mix with margarine
- 851 Frosting, chocolate, creamy, ready-to-eat
- 852 Frosting, glaze, homemade for
- 853 Frosting, seven minute, homemade for
- 854 Frosting, vanilla, creamy, prepared from mix with margarine
- 855 Toppings (spread), butterscotch or caramel
- 856 Toppings, strawberry

Candies

- 857 Butterscotch
- 858 Caramels
- 859 Chewing gum
- 860 Chocolate fudge, homemade
- 861 Fruit leather
- 862 Gumdrops
- 863 Hard
- 864 Jellybeans
- 865 Marshmallows
- 866 Sesame crunch (crisp)
- 867 Strawberry licorice, Twizzlers.
- 868 Toffee, homemade

To Save Nutritional Values into Memory

1. Follow steps 1 – 6 of the 'To Display Nutritional Values' section.
2. Press the "M+" button to add the food item being weighed to memory.
3. "M01" will be shown at the upper right corner of the display to indicate that one set of values has been saved to memory. To add additional food items to memory, repeat the previous steps.

NOTE: The memory is saved permanently, even if the scale is switched off except when the batteries are removed.

NOTE: The maximum number of food items that can be added to the memory is 99. When the memory number reaches 99 the display will show "nutFI". The memory must be cleared by following the instructions in the 'To Clear Memory' section.

To Recall Memory

1. Press the "MR" button to see the total ingredients of the food items stored to memory.
2. Σ is displayed next to the memory number indicator to indicate that the total memory is being displayed.
3. Press a nutrition buttons to view a nutrition value for the food item stored in memory. **NOTE:** It is not possible to display the total weight of the food items stored to memory.

To Clear Memory

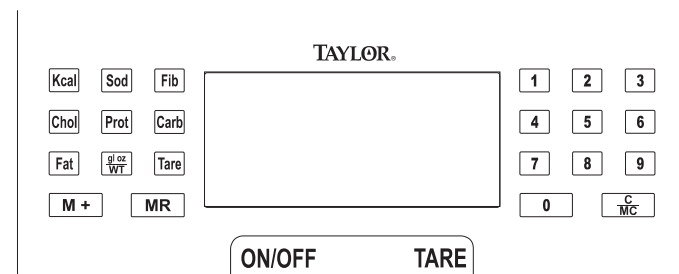
1. Press the MR key.
2. Press the MC key.
3. The memory is cleared when the memory indicator and memory number are no longer displayed. **NOTE:** the scale can only store up to 99 foods in memory. If over 99 items are stored, the display will show "nutFI". Press MC to clear the memory.

Function Buttons

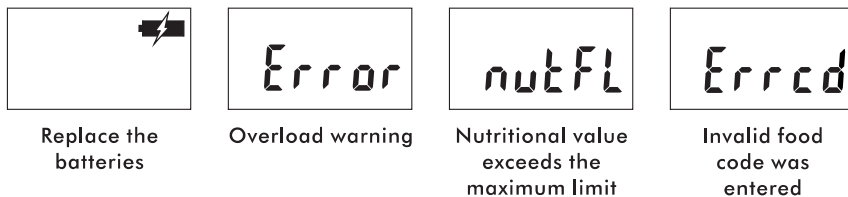
- **Kcal** = Calorie content (calories)
- **Sod** = Sodium content (mg)
- **Fib** = Fiber content (g)
- **Chol** = Cholesterol content (mg)
- **Prot** = Protein content (g)
- **Carb** = Carbohydrate content (g)
- **Fat** = Fat content (g)

Nutrition Buttons

- **ON/OFF** = Switch scale on or off
- **TARE** = Set weight to zero
- **M+** = Save nutritional values to memory (up to a maximum of 99 values)
- **MR** = Recall the total nutritional values stored in memory
- **C/MC** = Clear all memories or clear food code
- **GI/oz/WT** = Switch between lb:oz /g /kg

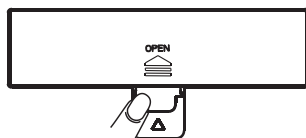


Warning Indicators

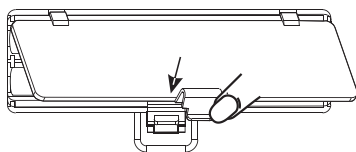


Battery

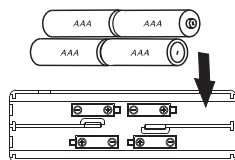
1. Open battery cover on the rear of scale.



3. Close the cover.



2. Insert 4×AAA batteries.



Notice: Please take the batteries out if the scale isn't going to be used for a long time.

Precautions

1. Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays. Avoid contact with acids, such as citrus juices.
2. Do not tamper with the scale's internal components. Doing so will invalidate the warranty on this unit and may cause damage. The scale contains no user-serviceable parts.
3. Although your scale is designed to be maintenance-free, it contains sensitive electronic parts. Avoid rough treatment. Treat it with care to ensure the best performance.
4. This scale is intended for home/consumer use only. It is not intended for commercial or medical use.
5. This scale is designed to read weights up to 8.8 lbs/4 kgs. To prevent damage, do not place more than 8.8 lbs/4 kgs on it.
6. Do not store scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store scale on its side.
7. This scale is an extremely sensitive weighing device. In order to prevent run down of the battery, do not store anything on the scale.
8. Do not dispose of batteries in fire. Batteries may explode or leak. Do not mix Alkaline, carbon-zinc (standard) or Nickel-Cadmium (rechargeable) batteries. Remove the batteries if the scale will not be used for a long period of time.
9. Should "Error" appear on the display during a weighing, this indicates that the maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage could occur.

Condensed, diluted with water

- 779 Vegetables with beef
- 780 Vegetarian vegetable

Condensed, diluted with 2% milk

- 781 Cream of chicken
- 782 Cream of mushroom
- 783 Cream of tomato
- 784 Clam chowder, New England

Dehydrated

- 785 Beef broth, cubed
- 786 Chicken broth, cubed
- 787 Chicken noodle, diluted with water
- 788 Onion, diluted with water
- 789 Tomato vegetable, diluted with water

Fat, Oils and Butter

- 790 Butter

Margarine

- 793 Tub, canola (ie. I Can't Believe it's Not Butter™)
- 795 Tub reduced calorie, canola oil based
- 799 Tub, canola, soybean oil blend
- 801 Tub, soybean oil based
- 803 Stick, soybean, canola oil or corn oil

Oils

- 805 Canola
- 807 Corn
- 809 Olive
- 810 Peanut
- 811 Sesame
- 812 Soybean
- 813 Sunflower

Other

- 815 Lard
- 817 Shortening, unspecified vegetable oil
- 819 Spread (20% butter / 80% margarine)
- 820 Spread (50% butter / 50% margarine)

Salad Dressings

- 821 Blue cheese
- 822 Creamy caesar
- 823 Creamy caesar (low calorie)
- 824 Italian
- 825 Italian (low calorie)
- 826 Mayonnaise type dressing or spread
- 827 Mayonnaise, more than 65% oil
- 828 Mayonnaise type dressing or spread (reduced fat)
- 829 Mayonnaise type (reduced fat)
- 830 Ranch
- 831 Ranch (low calorie)
- 832 Thousand Island
- 833 Thousand Island (low calorie)

Seeds

- 729 Sesame seed, dried
- 730 Sunflower seed, dry roasted, salt added, without shell

Combination Dishes and Fast Foods

- 731 Hamburger, double patty + condiments + vegetables
- 732 Hamburger, single patty, plain
- 733 Cheeseburger, double patty + condiments + vegetables
- 734 Cheeseburger, single patty, plain
- 735 Hotdog, plain
- 736 Corndog
- 737 Chicken, breaded and fried, boneless, plain
- 738 Chicken fillet sandwich, plain
- 739 Fish sandwich with tartar sauce
- 740 Roast beef sandwich, plain
- 741 Ham, egg and cheese sandwich
- 742 Submarine sandwich with cold cuts
- 743 Submarine sandwich with tuna salad
- 744 Breakfast sandwich, with egg and sausage
- 745 Pizza with cheese
- 746 Pizza with cheese, meat and vegetables
- 747 Pizza with pepperoni
- 748 Burrito with beef
- 749 Nachos with cheese
- 750 Taco, prepared, fast food
- 751 Tostada with beef and cheese
- 752 Chili con carne

Other

- 753 Beef pot pie, commercial
- 754 Chicken pot pie, commercial
- 755 Turkey pot pie, commercial
- 756 Meat Pie, commercial
- 757 Beef stew
- 758 Cheese fondue
- 759 Chicken chow mein, canned
- 760 Falafel
- 761 Hummus
- 762 French toast, from recipe, made with 2% milk and margarine
- 763 Macaroni and cheese
- 764 Spaghetti in tomato sauce with cheese, canned
- 765 Spaghetti with meat balls in tomato sauce, canned

Soups Ready-to-serve

- 766 Beef broth or boullion
- 767 Beef, chunky
- 768 Chicken noodle, chunky
- 769 Chicken vegetable, chunky
- 770 Split pea with ham, chunky
- 771 Vegetable, chunky

Condensed, diluted with water

- 772 Beef noodle
- 773 Chicken broth
- 774 Chicken noodle
- 775 Clam chowder, Manhattan
- 776 Cream of mushroom
- 777 Minestrone
- 778 Tomato

Specification

| | |
|------------------------------|----------------------------------|
| Weighting Capacity | : 4kg or 8.8lb |
| Weighting unit | : g, kg, oz, lb/oz |
| Operating Temperature | : 32°F ~ 100°F |
| Graduation | : 1g or 0.1oz |
| Memory | : 99 records |
| Battery | : 4XAAA lithium batteries |

Caution



Don't put it on uneven surface while in use



Don't expose the scale to rain or moisture



Don't put the foods on the edge of the glass

The nutritional values provided by this product are general in nature and should be used as a guide. The values of products you purchase or make may differ from these figures, as foods do vary across brands, and in the manner they may be prepared.

One Year Limited Warranty

Taylor® warrants this product to be free from defects in material or workmanship for one (1) year from date of original purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. If service is required, do not return to retailer. Should this product require service (or replacement at our option), please pack the item carefully and return it prepaid, along with store receipt showing the date of purchase and a note explaining reason for return to:

**Taylor® Precision Products
2220 Entrada del Sol, Suite A
Las Cruces, New Mexico 88001
USA**

There are no expressed warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

For additional product information, or warranty information in Canada or elsewhere outside the USA, please contact us through www.taylorusa.com.

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Made to our exact specifications in China.

Not legal for trade

www.taylorusa.com

CP3833 8.08

Food Code List

Bread, Cereals, and Other Grain Products

Flours, Brans

- 1 Buckwheat flour
- 2 Cornmeal
- 3 Cornstarch
- 4 Flax seeds (Linseed)
- 5 Oat bran
- 6 Oat flakes, dry
- 7 Potato flour
- 8 Rye flour, light
- 9 Soy flour, defatted
- 10 Tapioca, pearl, uncooked
- 11 Wheat bran
- 12 Wheat germ, toasted
- 13 Wheat, flour, all purpose
- 14 Wheat, flour, bread
- 15 Wheat, flour, cake
- 16 Wheat, flour, whole grain

Breads and Buns

- 17 Bagel, plain
- 18 Bannock
- 19 Bread, cracked-wheat
- 20 Bread, French or Vienna
- 21 Bread, Italian
- 22 Bread, mixed-grain
- 23 Bread, oatmeal
- 24 Bread, pita, white
- 25 Bread, pita, whole wheat
- 26 Bread, pumpernickel
- 27 Bread, raisin
- 28 Bread, rye
- 29 Bread, white, commercial
- 30 Bread, white, homemade with 2% milk
- 31 Bread, white, reduced-calorie
- 32 Bread, whole wheat, commercial
- 33 Bread, whole wheat, homemade
- 34 English muffin, plain, toasted
- 35 English muffin, whole wheat, toasted
- 36 Roll, crusty
- 37 Roll, dinner, plain
- 38 Roll, dinner, whole-wheat
- 39 Roll, hamburger or hotdog, plain

Other Bread Products

- 40 Bread crumbs, plain, dry
- 41 Bread sticks, plain
- 42 Bread stuffing, dry mix, prepared
- 43 Croutons, plain
- 44 Matzos, plain
- 45 Melba toast, plain
- 46 Rusk toast
- 47 Taco shells, baked
- 48 Tortilla, corn
- 49 Tortilla, wheat

Breakfast Cereals and Hot cereal, cooked

- 50 Cream of wheat, instant, apple-cinnamon
- 51 Cream of wheat, regular

Processed Meat Products

- 680 Pepperoni, pork and beef
- 681 Salami, beef and pork, cooked
- 682 Salami, dry, pork and beef
- 683 Sausage, pork and beef, cooked
- 684 Sausage, pork, cooked
- 685 Summer sausage, beef
- 686 Vienna sausage (cocktail), beef and pork, canned
- 687 Wiener, beef
- 688 Wiener, beef and pork
- 689 Wiener, chicken
- 690 Wiener, turkey

Legumes, Nuts and Seeds

Beans, Peas and Lentils

- 691 Beans, baked, canned with pork
- 692 Beans, baked, canned, plain
- 693 Beans, black, boiled
- 694 Beans, cranberry or Roman, boiled
- 695 Beans, kidney, dark red, boiled
- 696 Beans, navy, canned, solids and liquid
- 697 Beans, pinto, canned, solids and liquid
- 698 Beans, soybeans, dry, boiled
- 699 Beans, white, canned, solids and liquid
- 700 Lentils, boiled
- 701 Peas, black-eyed (cowpeas), canned, solids and liquid
- 702 Peas, chickpeas (garbanzo), canned, solids and liquid
- 703 Peas, split, boiled
- 704 Tofu, firm, prepared with magnesium chloride
- 705 Tofu, regular, prepared with magnesium chloride

Peanuts

- 706 Peanut butter, chunk type, fat, sugar and salt added
- 707 Peanut butter, smooth type, fat, sugar and salt added
- 708 Peanut butter, natural
- 709 Peanuts, all types, dry-roasted, without shell
- 710 Peanuts, all types, oil-roasted, salt added

Nuts

- 711 Almonds, dry roasted, salt added
- 712 Almonds, oil roasted
- 713 Brazil nuts, dried
- 714 Cashew nuts, dry roasted, salt added
- 715 Coconut meat, desiccated, sweetened, shredded
- 716 Coconut meat, desiccated, unsweetened, shredded
- 717 Filberts or hazelnuts, chopped, dried
- 718 Macadamia nuts, oil roasted, salt added
- 719 Mixed nuts, dry roasted
- 720 Mixed nuts, dry roasted, salt added
- 721 Mixed nuts, oil roasted, salt added
- 722 Pecans, dried
- 723 Pine nuts, dried
- 724 Pistachios, dry roasted, salt added, without shell
- 725 Walnuts, dried

Seeds

- 726 Pumpkin and squash seeds, kernels, roasted
- 727 Sesame butter, tahini
- 728 Sesame seeds, whole, dried

Poultry

- 628 Chicken, broiler, wing, meat + skin, roasted
- 629 Chicken, roasting, dark meat, roasted
- 630 Chicken, roasting, light meat, roasted
- 631 Chicken, roasting, light and dark meat, roasted
- 632 Chicken, stewing, light and dark meat, stewed
- 633 Chicken, ground, lean, cooked
- 634 Chicken, flaked, canned
- 635 Cornish game hens, meat + skin, roasted
- 636 Duck, domesticated, light and dark meat, roasted
- 637 Goose, domesticated, light and dark meat, roasted
- 638 Turkey, dark meat, roasted
- 639 Turkey, light meat (breast), roasted
- 640 Turkey, ground, cooked
- 641 Turkey, flaked, canned

Game

- 642 Bear, simmered
- 643 Bison, roasted
- 644 Caribou (reindeer), roasted
- 645 Deer (venison), roasted
- 646 Moose, roasted
- 647 Muskrat, roasted
- 648 Rabbit, composite of cuts, stewed
- 649 Seal, boiled

Liver and Other Meats

- 650 Giblets, chicken, simmered
- 651 Heart, beef, simmered
- 652 Kidney, beef, simmered, diced
- 653 Liver, beef, pan-fried
- 654 Liver, chicken, simmered, diced
- 655 Liver, veal, pan-fried, diced
- 656 Thymus, veal, braised
- 657 Tongue, beef, simmered
- 658 Tongue, pork, braised

Processed Meat Products

- 659 Back bacon, grilled
- 660 Bacon bits, simulated meat
- 661 Bacon, pork, broiled, pan-fried or roasted
- 662 Beerwurst (beer salami), pork
- 663 Bologna, beef and pork
- 664 Bologna, turkey
- 665 Corned beef, brisket, cooked
- 666 Cottage roll, pork, lean + fat, roasted
- 667 Creton
- 668 Ham, boneless, regular, roasted
- 669 Ham, boneless, lean (5% fat), roasted
- 670 Ham, flaked, canned
- 671 Ham, lean and regular, canned, pre-cooked, diced
- 672 Italian sausage, pork, cooked
- 673 Kielbasa (Kolbassa), pork and beef
- 674 Liverwurst (liver sausage), pork
- 675 Luncheon meat, beef, thin sliced
- 676 Luncheon meat, mock chicken, loaved
- 677 Pastrami, beef, thin sliced
- 678 Pastrami, turkey
- 679 Pate, liver, canned

Breakfast Cereals and Hot cereal, cooked

- 52 Oat bran, cooked
- 53 Oatmeal, instant, apple-cinnamon
- 54 Oatmeal, instant, regular
- 55 Oatmeal, large flakes/quick
- 56 Red River

Ready-to-eat cereals

- 57 All Bran
- 58 Alpha-Bits
- 59 Bran Buds with Psyllium
- 60 Bran Flakes
- 61 Cheerios
- 62 Corn Bran,
- 63 Corn Flakes,
- 64 Count Chocula
- 65 Fibre 1
- 66 Froot Loops
- 67 Frosted Flakes
- 68 Fruit & Fibre, dates/raisins/walnuts
- 69 Granola with Raisins, Low-Fat
- 70 Granola with Raisins
- 71 Grape-Nuts
- 72 Harvest Crunch, regular
- 73 Just Right
- 74 Lucky Charms
- 75 Mini-Wheats with White Frosting
- 76 Muesli
- 77 Puffed Wheat
- 78 Raisin Bran
- 79 Rice Krispies
- 80 Shredded Wheat
- 81 Shreddies
- 82 Special K
- 83 Sugar Crisp
- 84 Trix
- 85 Weetabix. 2 biscuits

Pasta, Rice and other grains

- 86 Barley, hulled, dry
- 87 Barley, pearled, cooked
- 88 Bulgur, cooked
- 89 Couscous, cooked
- 90 Millet, cooked
- 91 Rice, brown, long-grain, cooked
- 92 Rice, white, long-grain, cooked
- 93 Rice, white, long-grain, instant, prepared
- 94 Rice, white, long-grain, parboiled, cooked
- 95 Rice, wild, cooked

Pasta

- 96 Macaroni, cooked
- 97 Macaroni, uncooked
- 98 Noodles, Chinese, chow mein, uncooked
- 99 Noodles, egg, cooked
- 100 Spaghetti, cooked
- 101 Spaghetti, whole-wheat, cooked
- 102 Pasta with egg, fresh-refrigerated, plain, cooked
- 103 Pasta with egg, fresh-refrigerated, spinach, cooked

Pancakes and Waffles

- 104 Pancake with butter and syrup, fast food
- 105 Pancake, buckwheat, from mix plus milk, egg and oil, cooked
- 106 Pancake, plain, from mix plus milk, egg and oil, cooked
- 107 Pancake, plain, frozen, ready-to-heat
- 108 Pancake, whole-wheat, from mix plus milk, egg and oil, cooked
- 109 Potato pancake, home prepared with egg, onion, flour, margarine and salt
- 110 Waffle, plain, from complete mix, cooked
- 111 Waffle, plain, frozen, ready-to-heat

Baked Goods

Biscuits, Croissants, Doughnuts and Muffins

- 112 Biscuit, from mix, plain or buttermilk, baked
- 113 Biscuit, plain or buttermilk, fast food
- 114 Biscuit, refrigerated dough, mixed grain, baked
- 115 Biscuit, refrigerated dough, plain, baked
- 116 Croissant, butter
- 117 Doughnut, cake-type, plain
- 118 Doughnut, cake-type, plain, chocolate coated
- 119 Doughnut, yeast-leavened, jelly filled
- 120 Muffin, blueberry, commercial
- 121 Muffin, blueberry, from mix, prepared
- 122 Muffin, blueberry, from recipe, made with 2% milk
- 123 Muffin, bran, from mix, prepared
- 124 Muffin, bran, from recipe, made with 2% milk

Cookies and Granola Bars

- 125 Animal crackers
- 126 Chocolate chip, commercial
- 127 Chocolate chip, from mix, prepared
- 128 Chocolate chip, from recipe, made with margarine
- 129 Chocolate coated marshmallow
- 130 Chocolate sandwich
- 131 Coconut macaroons, from recipe
- 132 Fig bars
- 133 Ginger snaps
- 134 Graham crackers, plain or honey
- 135 Granola bars, hard, chocolate chip
- 136 Granola bars, hard, plain
- 137 Granola bars, soft, chocolate chip and marshmallow
- 138 Granola bars, soft, nuts and raisins
- 139 Granola bars, soft, peanut butter, chocolate coated
- 140 Granola bars, soft, plain
- 141 Molasses cookies
- 142 Oatmeal, from recipe, without raisins
- 143 Oatmeal, with or without raisins, commercial
- 144 Oatmeal, with or without raisin, from mix, prepared
- 145 Peanut butter sandwich
- 146 Peanut butter, from recipe, made with margarine
- 147 Shortbread, commercial, plain
- 148 Shortbread, from recipe, made with butter
- 149 Sugar cookies, commercial
- 150 Sugar cookies, from recipe, made with butter
- 151 Vanilla wafers

Cakes

- 152 Angelfood, commercial
- 153 Angelfood, from mix
- 154 Banana bread, from recipe made with margarine
- 155 Boston cream pie, commercial

Beef

- 578 Outside (bottom) round roast, lean, roasted
- 579 Outside (bottom) round steak, lean, braised
- 580 Rib eye steak, lean, broiled
- 581 Rib steak, lean, broiled
- 582 Rump roast, lean, roasted
- 583 Short ribs, lean + fat, simmered
- 584 Sirloin tip roast, lean, roasted
- 585 Standing rib roast, lean, roasted
- 586 Stewing beef, lean, simmered
- 587 Strip loin (New York) steak, lean, broiled
- 588 T-bone (Porterhouse) steak, lean, broiled
- 589 Tenderloin, lean, broiled
- 590 Top sirloin steak, lean, broiled
- 591 Wing steak, lean, broiled

Veal

- 592 Composite, lean + fat, cooked
- 593 Stewing veal, lean, braised
- 594 Cutlets, grain-fed veal, pan-fried
- 595 Ground, broiled
- 596 Leg, lean + fat, roasted
- 597 Leg, lean, breaded, pan-fried
- 598 Loin, lean, roasted
- 599 Shoulder, whole, lean, roasted

Pork

- 600 Back ribs, lean + fat, roasted
- 601 Back ribs, lean, pan-fried
- 602 Center cut, lean, pan-fried
- 603 Center cut, lean, roasted
- 604 Feet, simmered 1/2 foot
- 605 Ground, cooked
- 606 Leg, butt end, lean, roasted
- 607 Loin, rib end, lean, pan-fried
- 608 Loin, rib end, lean, roasted
- 609 Shoulder, butt, lean, braised
- 610 Shoulder, butt, lean + fat, roasted
- 611 Shoulder, whole, lean + fat, roasted
- 612 Spareribs, lean + fat, braised
- 613 Tenderloin end, lean + fat, roasted
- 614 Tenderloin roast, lean + fat, roasted
- 615 Tenderloin, lean, roasted

Lamb

- 616 Domestic, for stew or kabob, lean, braised
- 617 Domestic, rib, lean + fat, broiled
- 618 New Zealand, leg, whole, lean, roasted
- 619 New Zealand, loin, lean + fat, broiled
- 620 New Zealand, loin, lean, broiled
- 621 New Zealand, shoulder, whole, lean, braised

Poultry

- 622 Chicken, broiler, breast, meat + skin, roasted
- 623 Chicken, broiler, breast, meat, fried
- 624 Chicken, broiler, breast, meat, roasted
- 625 Chicken, broiler, drumstick, meat + skin, flour-coated, fried
- 626 Chicken, broiler, drumstick, meat, roasted
- 627 Chicken, broiler, thigh, meat, roasted

Fish

- 526 Salmon, Chum (Keta), poached
- 527 Salmon, Coho, farmed, baked or broiled
- 528 Salmon, Pink (Humpback), baked or broiled
- 529 Salmon, Sockeye, baked or broiled
- 530 Salmon, Pink (Humpback), canned, solids + bone + liquid + salt
- 531 Salmon, Sockeye, canned, solids + bone + liquid - salt
- 532 Sardine, Atlantic, canned in oil, drained with bone
- 533 Sardine, Pacific, canned in tomato sauce, drained with bone
- 534 Snapper, mixed species, baked or broiled
- 535 Smelt, breaded and fried
- 536 Sole (flatfish), baked or broiled
- 537 Trout, mixed species, baked or broiled
- 538 Tuna, Bluefin, baked or broiled
- 539 Tuna, light, canned in water, drained + salt
- 540 Tuna, white, canned in oil, drained + salt
- 541 Turbot, baked or broiled
- 542 Whitefish, lake, mixed species, baked or broiled

Shellfish

- 543 Clam, mixed species, boiled or steamed
- 544 Clam, mixed species, canned, drained solids
- 545 Crab, Blue, canned, drained
- 546 Crab, Snow, boiled or steamed, flaked
- 547 Crayfish, mixed species, boiled or steamed
- 548 Lobster, boiled or steamed, diced
- 549 Mussel, Blue, boiled or steamed
- 550 Oyster, boiled or steamed
- 551 Oyster, canned, solids and liquid
- 552 Scallop, mixed species, boiled or steamed
- 553 Shrimp, mixed species, boiled or steamed
- 554 Shrimp, mixed species, canned

Other Fish Products

- 555 Caviar, granular
- 556 Clam fritters
- 557 Crab cakes
- 558 Crab, imitation, made from surimi
- 559 Fish fillet, battered or breaded, fried, fast food
- 560 Fish portions and sticks, frozen and reheated
- 561 Salmon, smoked, Lox
- 562 Shrimp, breaded and fried
- 563 Tuna salad

Beef Meat and Poultry

- 564 Blade roast, lean + fat, pot roasted
- 565 Blade steak, lean + fat, braised
- 566 Cross rib roast, lean, pot roasted
- 567 Eye of round roast, lean, roasted
- 568 Eye of round steak, lean, broiled
- 569 Flank steak, lean, broiled
- 570 Ground, lean, broiled well done
- 571 Ground, lean, medium broiled
- 572 Ground, lean, medium pan-fried
- 573 Ground, medium, medium broiled
- 574 Ground, regular, medium broiled
- 575 Ground, regular, medium pan-fried
- 576 Inside (top) round roast, lean + fat, roasted
- 577 Inside (top) round steak, lean, broiled

Cakes

- 156 Brownies, commercial
- 157 Brownies, from recipe
- 158 Carrot, from recipe with cream cheese icing
- 159 Cheesecake, commercial
- 160 Cheesecake, from mix, no bake type
- 161 Cheesecake, plain, from recipe, with cherry topping
- 162 Chocolate (Devil's food, fudge), from mix
- 163 Chocolate, commercial + chocolate icing
- 164 Chocolate, from recipe, no icing
- 165 Coffee cake, cinnamon with crumb topping, commercial
- 166 Coffee cake, cinnamon with crumb topping, from mix
- 167 Fruitcake, commercial
- 168 Gingerbread, from mix
- 169 Marble, pudding-type, from mix, no icing
- 170 Pound, commercial, made with butter
- 171 Pound, from recipe, made with butter
- 172 Shortcake, biscuit-type, from recipe
- 173 Sponge, commercial
- 174 Sponge, from recipe
- 175 White, from mix, without icing
- 176 White, from recipe without icing
- 177 Yellow, commercial, with chocolate icing
- 178 Yellow, from mix, without icing
- 179 Yellow, pudding-type, from mix, without icing

Pies

- 180 Apple, commercial, 2 crusts
- 181 Apple, from recipe, 2 crusts
- 182 Banana cream, from mix, no bake type
- 183 Cherry, commercial, 2 crusts
- 184 Chocolate cream, commercial
- 185 Coconut cream, commercial
- 186 Fried pie, fruit (apple, blueberry, peach, strawberry)
- 187 Lemon meringue, commercial
- 188 Mince pie, from recipe, 2 crusts
- 189 Pecan, commercial
- 190 Pumpkin, commercial
- 191 Pie crust, cookie-type, graham, from recipe, baked
- 192 Pie crust, standard-type, from recipe made with shortening, baked
- 193 Pie crust, standard-type, frozen, baked
- 194 Pie filling, apple, canned
- 195 Pie filling, cherry, canned
- 196 Pie filling, pumpkin, canned

Other Baked Goods

- 197 Apple crisp, prepared from recipe
- 198 Bread pudding with raisins, prepared from recipe
- 199 Cream puffs, from recipe, shell only
- 200 Danish pastry, cinnamon
- 201 Danish pastry, fruit (apple, raisin, lemon, raspberry)
- 202 Dumpling
- 203 Eclairs, custard filled, chocolate glaze, from recipe
- 204 Popovers, from mix, prepared
- 205 Puff pastry, frozen, baked
- 206 Phyllo dough
- 207 Toaster pastries, brown sugar & cinnamon
- 208 Toaster pastries, fruit (apple, blueberry, cherry, strawberry)

Vegetables

209 Alfalfa sprouts, raw
210 Artichoke, boiled, drained
211 Asparagus, boiled, drained
212 Asparagus, canned, drained
213 Bean sprouts, mung, stir-fried
214 Beans, lima, boiled, drained
215 Beans, lima, (baby), frozen, boiled, drained
216 Beans, snap (green, yellow, Italian), boiled, drained
217 Beans, snap (green, yellow, Italian), canned, drained
218 Beans, snap (green, yellow, Italian), frozen, boiled, drained
219 Beet greens, chopped, boiled, drained
220 Beets, sliced, canned, drained
221 Beets, diced or sliced, boiled, drained
222 Beets, pickled, canned, solids and liquids
223 Belgium endive, raw
224 Broccoli, raw
225 Broccoli, frozen, boiled, drained
226 Broccoli, spears, boiled, drained
227 Brussel sprouts, boiled, drained
228 Brussel sprouts, frozen, boiled, drained
229 Cabbage, Chinese (Pak-Choi, Bok Choy), shredded, boiled, drained
230 Cabbage, shredded, raw
231 Cabbage, shredded, boiled, drained
232 Carrots, raw
233 Carrots, baby, raw
234 Carrots, frozen, sliced, boiled, drained
235 Carrots, sliced, boiled, drained
236 Carrots, sliced, canned, drained
237 Cauliflower, pieces, raw
238 Cauliflower, pieces, boiled, drained
239 Cauliflower, pieces, frozen, boiled, drained
240 Celery, raw
241 Celery, pieces, boiled, drained
242 Collards, chopped, boiled, drained
243 Corn, sweet, canned, cream style
244 Corn, sweet, canned, niblets
245 Corn, sweet, on or off cob, boiled, drained
246 Cucumber, sliced, peeled
247 Eggplant, pieces, boiled, drained
248 Fiddlehead greens, frozen, boiled
249 Hearts of palm, canned
250 Kale, chopped, boiled, drained
251 Leek, chopped, boiled, drained
252 Lettuce, Boston, chopped
253 Lettuce, iceberg, chopped
254 Lettuce, looseleaf, chopped
255 Lettuce, Romaine, chopped
256 Mushrooms, raw
257 Mushrooms, canned, pieces, drained solids
258 Mushrooms, pieces, boiled, drained
259 Onion, chopped, raw
260 Onion, chopped, boiled, drained
261 Onion, green, pieces, raw
262 Parsnip, sliced, boiled, drained
263 Peas and carrots, canned, solids and liquid
264 Peas and carrots, frozen, boiled, drained
265 Peas, green, boiled, drained
266 Peas, green, canned, drained solids

Cream

477 Half and half, 10% light
478 Half and half, 10%
479 Sour, 14% light
480 Sour, 14%
481 Table, 18%
482 Whipped, pressurized
483 Whipping cream, 35%, not whipped
484 Whipping cream, 35%, whipped

Imitation Cream Products

485 Coffee whitener, liquid, frozen
486 Coffee whitener, powdered
487 Dessert topping, powdered, prepared with 2% milk
488 Dessert topping, pressurized
489 Dessert topping, frozen

Puddings

490 Pudding, banana, instant, from mix, prepared with 2% milk
491 Pudding, banana, regular, from mix, prepared with 2% milk
492 Pudding, banana, ready-to-eat
493 Pudding, chocolate, instant, from mix, prepared with 2% milk
494 Pudding, chocolate, prepared from recipe, with 2% milk
495 Pudding, chocolate, regular, from mix, prepared with 2% milk
496 Pudding, chocolate, ready-to-eat
497 Pudding, coconut, instant, from mix, prepared with 2% milk
498 Pudding, lemon, instant, from mix, prepared with 2% milk
499 Pudding, rice, from mix, prepared with 2% milk
500 Pudding, tapioca, from mix, prepared with 2% milk
501 Pudding, tapioca, ready-to-eat
502 Pudding, vanilla, instant, from mix, prepared with 2% milk
503 Pudding, vanilla, ready-to-eat
504 Egg custards, from mix, prepared with 2% milk
505 Flan, caramel custard, from mix, prepared with 2% milk

Eggs

506 Egg, fried in 5g margarine and salt
507 Egg, hard-boiled (or raw)
508 Egg, poached
509 Egg, scrambled with 2% milk and margarine
510 Egg yolk, raw with small amount white
511 Egg white, raw
512 Egg substitute, frozen (yolk replaced)
_____ Fish and Shellfish

Fish

513 Anchovy, canned in oil, drained solids
514 Bass, mixed species, baked or broiled
515 Catfish, channel, baked or broiled
516 Cod, Atlantic, baked or broiled
517 Cod, Atlantic, dried and salted
518 Haddock, baked or broiled
519 Halibut, Atlantic and Pacific, baked or broiled
520 Herring, Atlantic, salted, smoked
521 Mackerel, Atlantic, baked or broiled
522 Ocean Perch, Atlantic, baked or broiled
523 Walleye, baked or broiled
524 Pollock, Atlantic, baked or broiled
525 Salmon, Atlantic, baked or broiled

Milk, processed

- 428 Milk, condensed, sweetened, canned
- 429 Milk, evaporated, skimmed, or non/fat, canned, undiluted, 0.2%
- 430 Milk, evaporated, partly skimmed, canned, undiluted, 2%
- 431 Milk, evaporated, whole, canned, undiluted, 7.8%
- 432 Skim milk powder
- 433 Milk reconstituted, from skim milk powder
- 434 Whole milk powder

Milk beverages

- 435 Chocolate milk, chocolate flavour powder + 2% milk
- 436 Chocolate syrup + 2% milk
- 437 Eggnog, 7%
- 438 Hot cocoa, aspartame sweetened, powder + water
- 439 Hot cocoa, homemade with 2% milk
- 440 Hot cocoa, powder + water
- 441 Instant breakfast powder + 2% milk
- 442 Malted milk, chocolate flavour powder + 2% milk
- 443 Malted milk, natural flavour powder + 2% milk
- 444 Milk shake, chocolate
- 445 Milk shake, vanilla
- 446 Soy-based beverage
- 447 Yogourt beverage

Yogurt

- 448 Yogurt, coffee and vanilla flavours, 1.9%, low fat
- 449 Yogurt, fruit bottom, 1-2% low fat
- 450 Yogurt, fruit bottom, less than 1% fat free.
- 451 Yogurt, plain, 1-2% low fat
- 452 Yogurt, plain, greater than 4%

Cheese

- 453 Blue
- 454 Brick
- 455 Brie
- 456 Camembert
- 457 Cheddar
- 458 Cheddar or Colby type, low fat (7%)
- 459 Cheddar, processed, thin slices
- 460 Cheddar, processed, thin slices, light
- 461 Cheddar, processed, skim, spread
- 462 Cheddar, processed, spread
- 463 Cottage (2% low fat)
- 464 Cream cheese
- 465 Edam
- 466 Feta
- 467 Goat, soft (21% M.F.)
- 468 Gouda
- 469 Gruyere
- 470 Mozzarella, partly skimmed (16.5% M.F.), shredded
- 471 Mozzarella (22.5% M.F.), shredded
- 472 Parmesan, grated
- 473 Ricotta, made with whole milk
- 474 Romano
- 475 Swiss (Emmentaler)
- 476 Swiss, processed, thin slices

Vegetables

- 267 Peas, green, frozen, boiled, drained
- 268 Peas, snowpeas, raw
- 269 Peas, snowpeas, boiled, drained
- 270 Peppers, hot chili, red and green, canned, solids and liquid
- 271 Pepper, sweet, green, raw
- 272 Pepper, sweet, green, chopped, boiled, drained
- 273 Pepper, sweet, red, raw
- 274 Pepper, sweet, red, chopped, boiled, drained
- 275 Pepper, sweet, yellow, raw
- 276 Pickles, cucumber, sweet
- 277 Pickle, cucumber, dill
- 278 Potatoes, dehydrated, flakes
- 279 Potatoes, dehydrated, flakes, prepared with milk and butter
- 280 Potatoes, french fried, frozen, home-prepared in oven
- 281 Potatoes, french fried, frozen, restaurant-prepared, in vegetable oil
- 282 Potatoes, hashed brown, frozen, plain, heated
- 283 Potatoes, hashed brown, home-prepared
- 284 Potatoes, mashed, home-prepared with 2% milk and butter
- 285 Potatoes, scalloped, home-prepared
- 286 Potatoes, scalloped, prepared from mix
- 287 Potato, baked, flesh and skin
- 288 Potato, baked, flesh only
- 289 Potato, canned, drained solids
- 290 Potato, flesh and skin, boiled, drained
- 291 Potato, microwaved, flesh and skin
- 292 Potato, microwaved, peeled after cooking
- 293 Potato, peeled before boiling
- 294 Pumpkin, canned
- 295 Radicchio, chopped
- 296 Radishes, raw
- 297 Rutabaga, cubed, boiled, drained
- 298 Sauerkraut, canned, solids and liquid
- 299 Seaweed, dulse, dried
- 300 Spinach, boiled, drained
- 301 Spinach, chopped, raw
- 302 Squash, summer, all types, boiled, drained, mashed
- 303 Squash, winter, all types, cubed, baked
- 304 Sweetpotato, baked, skin removed after baking
- 305 Sweetpotato, boiled without skin, mashed
- 306 Swiss chard, chopped, boiled, drained
- 307 Tomato paste, canned
- 308 Tomato sauce for spaghetti, canned
- 309 Tomato sauce, canned
- 310 Tomato, raw
- 311 Tomatoes, canned, stewed
- 312 Tomatoes, canned, whole
- 313 Tomatoes, sun-dried
- 314 Turnip greens, chopped, boiled, drained
- 315 Turnips, boiled, drained, mashed
- 316 Vegetables, mixed, canned, drained solids
- 317 Vegetables, mixed, frozen, boiled, drained
- 318 Zucchini, raw, sliced

Vegetable Products

- 319 Carrot juice, canned
- 320 Clam and tomato juice, canned
- 321 Coleslaw with dressing
- 322 Onion rings, breaded, frozen, heated in oven

Vegetable Products

- 323 Potato salad
- 324 Salad, vegetable, without dressing, fast food
- 325 Tomato juice, canned
- 326 Vegetable juice cocktail, canned
- 327 Zucchini, breaded, fried

Fruit and Related Products

- 328 Apples, raw, with skin
- 329 Applesauce, canned, unsweetened
- 330 Apricots, raw
- 331 Apricots, canned, halves with skin, light syrup pack
- 332 Apricots, dried, cooked without added sugar
- 333 Apricots, dried, uncooked
- 334 Avocados, California, raw
- 335 Avocados, Florida, raw
- 336 Bananas, raw
- 337 Blackberries, raw
- 338 Blackberries, frozen, unsweetened
- 339 Blueberries, raw
- 340 Blueberries, frozen, unsweetened
- 341 Cantaloup, raw
- 342 Cherries, sour, canned, heavy syrup pack
- 343 Cherries, sweet, raw
- 344 Cranberries, raw
- 345 Currants, red and white, raw
- 346 Dates, dry
- 347 Figs, raw
- 348 Figs, dried, uncooked
- 349 Fruit cocktail, canned, juice pack
- 350 Fruit cocktail, canned, light syrup pack
- 351 Fruit salad, tropical, canned, heavy syrup pack
- 352 Gooseberries, raw
- 353 Grapefruit, canned, light syrup pack
- 354 Grapefruit, pink or red, raw
- 355 Grapefruit, white, raw
- 356 Grapes, raw
- 357 Honeydew melon, raw
- 358 Kiwifruit, raw
- 359 Lemons, raw
- 360 Limes, raw
- 361 Mangos, raw
- 362 Nectarines, raw
- 363 Oranges, raw
- 364 Papayas, raw
- 365 Peaches, raw
- 366 Peaches, canned, halves or slices, juice pack
- 367 Peaches, canned, halves or slices, light syrup pack
- 368 Peaches, frozen, sliced, sweetened
- 369 Pears, raw, with skin
- 370 Pears, canned, halves, juice pack
- 371 Pears, canned, halves, light syrup pack
- 372 Pineapple, canned, juice pack
- 373 Pineapple, canned, water pack
- 374 Pineapple, sliced, raw
- 375 Plums, raw
- 376 Plums, canned, purple, heavy syrup pack
- 377 Prunes, dried, cooked, without added sugar
- 378 Prunes, dried, uncooked

Fruit and Related Products

- 379 Raisins, seedless
- 380 Raspberries, raw
- 381 Raspberries, frozen, sweetened
- 382 Rhubarb, raw, sliced
- 383 Rhubarb, frozen, cooked, with added sugar
- 384 Strawberries, raw
- 385 Strawberries, frozen, unsweetened
- 386 Tangerines (mandarines), raw
- 387 Tangerines (mandarines), canned, light syrup pack
- 388 Watermelon, raw, sliced

Fruit Juices

- 389 Apple juice, canned or bottled, vitamin C added
- 390 Apple juice, frozen, diluted, vitamin C added
- 391 Apricot nectar, canned, vitamin C added
- 392 Grape juice, canned or bottled, no vitamin C added
- 393 Grape juice, frozen, sweetened, diluted, vitamin C added
- 394 Grapefruit juice, canned, sweetened
- 395 Grapefruit juice, canned, unsweetened
- 396 Grapefruit juice, frozen, diluted
- 397 Grapefruit juice, white, freshly squeezed
- 398 Lemon juice, canned or bottled
- 399 Lemon juice, freshly squeezed
- 400 Lime juice, freshly squeezed
- 401 Orange juice, canned
- 402 Orange juice, chilled
- 403 Orange juice, frozen, diluted
- 404 Orange juice, freshly squeezed
- 405 Orange-grapefruit juice, canned
- 406 Peach nectar, canned
- 407 Pear nectar, canned
- 408 Pineapple juice, canned, vitamin C added
- 409 Prune juice, canned

Fruit-Flavoured Drinks

- 410 Citrus fruit juice drink, frozen, diluted
- 411 Cranberry juice cocktail, bottled
- 412 Fruit punch flavor drink, powder, diluted
- 413 Fruit punch flavo drink, powder, diluted, vitamin C added
- 414 Fruit punch juice drink, frozen, diluted
- 415 Lemonade, aspartame sweetened, powder, diluted
- 416 Lemonade, pink or white, frozen, diluted
- 417 Orange drink, canned, vitamin C added
- 418 Orange flavor drink, powder, diluted, vitamin C added
- 419 Thirst quencher drink, bottled

Dairy Foods and Other Related Products

Milk, fluid

- 420 Buttermilk
- 421 Milk, chocolate, 2% M.F.
- 422 Milk, Human, mature
- 423 Milk, partly skimmed, 1% M.F.
- 424 Milk, partly skimmed, 2% M.F.
- 425 Milk, skim
- 426 Milk, skim with added milk solids
- 427 Milk, whole, 3.3% M.F.