

Model 3840 Nutritional Scale Complete Food Listing -- Alphabetical

After Eight, mints	beef, brisket, lean raw	bread, naan	cheese, neufchatel	coconut, desiccated	cranberries, fresh	fish, mackerel, raw	gum drops
alfalfa, sprout, fresh	beef, rib, raw	bread crumbs, plain dry	cheese, parmesan	coconut, cream, raw	cranberries, dried	fish, monkfish, raw	ham, chopped canned
All Bran, cereal,	beef, rib, rstd	bread sticks, plain	cheese, port de salut	coconut, cream, canned	cream, whipped topping, spray	fish, mullet, raw	ham, cooked sliced
AllBran, cereal, extra fiber	beef, rib, lean raw	breadfruit, raw	cheese, provolone	coconut, milk, canned	cream, soured, reduced fat	fish, pike, raw	ham, honey roasted, smoked
allspice, ground	beef, tenderloin, lean rstd	broccoli, raw	cheese, ricotta, whole milk	coconut, liquid	cream, soured, regular	fish, pollock, raw	ham, smoked, lean low salt
almonds, sugared	beef, tenderloin, lean raw	broccoli, boiled	cheese, ricotta, part skim milk	coconut, desiccated, sweetened	cream, light, coffee table	fish, salmon, raw	ham, parma
amaranth	beef, sirloin, lean raw	broccoli, boiled from frzn	cheese, romano	cod liver, oil	cream, whipping, heavy	fish, salmon, smoked	hamburger, single patty
anise, seed	beef, sirloin, lean pan fried	brownies	cheese, swiss	coffee, ground, prepared	cream, half and half	fish, salmon, pink canned	hamburger, double patty
apple, turnovers	beef, tripe, raw	brownies, dry mix	cheese, tilsit	coffee, espresso, prepared	cream, half and half, fat free	fish, sardines, canned in oil	hamburger, relish
apple, with skin	beef, corned, canned	brussels, sprouts, raw	cheese, american, processed	coffee, instant, powder	cream, soda	fish, sardines, canned in tomato	hashed brown, potato
apple, without skin	beef, luncheon meat, jellied	brussels, sprouts, boiled (cooked)	cheese, swiss, processed	coffee, instant, prepared	cream of rice, cereal, prepared	fish, sea bass, raw	hearts of palm, canned
apple, dried	beef, pastrami	brussels, sprouts, boiled frm frzn	cheese, goats, hard	coffee, instant, decaf powder	cream of tartar	fish, shark, raw	hearts of palm, raw
apple, stewed	beef, t bone steak, raw	buckwheat	cheese, goats, soft	coffee, instant, decaf prepared	cream of wheat, regular cooked	fish, shark, fried battered	honey
apple, stewed with sugar	beef, chuck, lean raw	bulgur, dry	cheese, fondue	coffee beans, ctd in dark choc	cream of wheat, quick cooked	fish, sturgeon, raw	horseradish, prepared
apple, fruit butter	beef, raw	bulgur, cooked	cheese, cheddar, low fat	coffee beans, ctd in milk choc	cream of wheat, mixneat prepared	fish, swordfish, raw	horseradish, raw
Apple Jacks, cereal	beef, cooked	burdock	cheese, roquefort	coffeecake, cheese	cream substitute, powder	fish, trout, raw	hotdog, plain
apricot, fresh	beef, jerky	burrito, beans and cheese	cheese, cream cheese, low fat	coffeecake, fruit	creme fraiche, 18% fat	fish, rainbow trout, raw	hotdog, with chili
apricots, canned in juice	beef, ground, 95% lean raw	burrito, beans and meat	cheese, burger, single patty	cola, decaf	creme fraiche, 38% fat	fish, tuna, raw	hotdog, relish
apricots, canned in syrup	beef, ground, 95% lean browned	butter, salted	cheese, burger, double patty	cola, regular	crispbread, rye	fish, tuna, canned in oil	hummus, commercial
apricots, dried	beef, ground, 90% lean raw	butter, unsalted	cheese, burger, large	coleslaw, retail	Crispix, cereal	fish, tuna, canned in water	ice cream, vanilla, rich
arrowroot, raw	beef, ground, 90% lean browned	butterscotch	cheese spread, processed	coleslaw, homemade	crispy rice, cereal	fish, white raw,	ice cream, vanilla, soft scoop
arrowroot, flour form	beef, ground, 85% lean raw	cabbage, raw	cheesecake, baked type	collards, raw	croissants, plain	fish, white smoked,	ice cream, vanilla
artichokes, raw	beef, ground, 85% lean browned	cabbage, cooked	cheesecake, no bake type	cones, ice cream, unfilled	croissants, apple	fish, crayfish, raw	ice cream, chocolate
artichokes, boiled (cooked)	beef, ground, 80% lean raw	cabbage, savoy, raw	cherries, sour	cookie crisp, cereal	croutons, plain	fish, salmon, baked	ice cream, strawberry
asparagus, raw	beef, ground, 80% lean browned	cabbage, pak choi, raw	cherries, canned lt syrup,	cookies, fortune	cucumber, raw	fish, white baked,	ice cream, vanilla, with cone
asparagus, boiled (cooked)	beef, top round, fried	cabbage, chinese, raw	cherries, canned hvy syrup,	cookies, rich tea	currants	fish, salmon, raw farmed	ice cream, sundae, caramel
asparagus, canned	beef, round bottom, raw	cabbage, red, raw	cherries, sweet	cookies, chocolate fudge	curry powder	fish, battered fried,	ice cream, sundae, hot fudge
avocado, fresh	beef, flank, raw	cake, angelfood	chewing, gum	cookies, chocolate wafer	custard, egg, dry mix	fish, burger, tartar sauce	ice cream, sundae, strawberry
Baby Ruth	beef, top round, raw	cake, chocolate	Chex, cereal, honey nut	cookies, choc chip, low fat	custard, egg	fish, carp, raw	ice cream, chocolate, rich
bacon, streaky (common type)	beef, top round, broiled	cake, fruit	Chex, cereal, multigran	cookies, choc chip	custard apple, fresh	fish fingers, breaded cod	ice cream, block, choc coated
bacon bits, meat free	beef, t bone steak, broiled	cake, gingerbread	chicken, fried breaded dk meat	cookies, choc chip, soft type	cuttlefish, raw	flan, caramel custard	ice pop
bagels, plain	beef, sirloin, lean broiled	cake, pineapple, upside down	chicken, fried breaded lt meat	cookies, choc chip, dough	dates, fresh	flour, rice, white	jackfruit, fresh
bagels, toasted	beef stew, canned	cake, pound	chicken, pie, frozen	cookies, macaroons	dessert topping, with whole milk	flour, whole grain,	jams, preserves
bagels, egg	beefalo, raw	cake, sponge, cream filling	chicken, with skin raw	cookies, gingersnap	dill weed, dried	flour, bread, white	jams, preserves, with saccharin (sugar free)
bagels, cinnamon raisin	beer, regular	cake, sponge	chicken, fried with skin	cookies, oatmeal	dill weed, fresh	flour, self raising, all purpose	jellies
bagels, cinnamon raisin toasted	beer, light	cake, carrot	chicken, stewed with skin	cookies, oatmeal, with raisins	dough, phyllo, raw	flour, white all purpose	jellybean
baked beans, in tomato sauce	beets, raw	cake, swiss roll	chicken, frank meat only	cookies, peanut butter	doughnuts, plain	frankfurter, pork beef (hot dog, weiner)	jerusalem, artichoke, raw
baked beans, with franks	beets, boiled	cake, white dry mix	chicken, stewed meat only	cookies, raisin, soft type	doughnuts, choc frosted	frankfurter, chicken (hot dog, weiner)	juice, apple
baked beans, no added salt	beets, canned	cake, white	chicken, skin only raw	cookies, shortbread, plain	doughnuts, sugar glazed	french fries, fried in veg oil	juice, grapefruit
baking powder, low sodium	beets, pickled	cake, chocolate, choc frosting	chicken, lt meat battered fried	cookies, wafer, cream filled	doughnuts, cream filled	french fries, baked	juice, grapefruit, sweetened
baking soda	berliner, sausage, pork beef	cake, yellow with frosting	chicken, dk meat battered fried	cookies, butter	doughnuts, jelly	french fries, crinkle cut baked	juice, grapefruit, concentrate
bamboo shoots, raw	biscuit, plain	cake, yellow dry mix	chicken, light meat raw	cookies, digestive, chocolate	Dr Pepper	frogs legs, raw	juice, grape
bamboo shoots, canned	bison, buffalo, raw	cake, yellow	chicken, dark meat raw	cookies, digestive, plain	drink, malted	fromage frais	juice, orange
banana, fresh	blackberries, fresh	candies, hard	chicken, thigh meat and skin raw	cookies, jam sandwich	duck, fat	Froot Loops, cereal	juice, orange, canned
banana, dried	blackberries, frozen	candies, hard low cal	chicken, roast with skin	cookies, choc sandwich, cream	duck, with skin raw	Frosted Flakes, cereal	juice, tangerine
banana chips	blood, sausage	Cap n Crunch, cereal	chicken, roast meat only	cookies, fig bar	duck, roast with skin	frosting, chocolate	juice, passionfruit, purple
barley	bloody mary, tomato cocktail	capers, canned	chicken, giblets, simmered	cookies, ladyfingers	duck, meat only raw	frosting, coconut	juice, passionfruit, yellow
barley, pearled raw	blueberries, fresh	caramels	chicken, giblets, raw	cookies, cream filled	duck, roast meat only	frosting, cream cheese	juice, pineapple
barley, flour	blueberries, frozen	cardamom	chicken, liver, pan fried	coriander, cilantro, fresh	dumplings	frosting, vanilla	juice, prune, canned
basil, dried	boar, raw	cardoon, raw	chicken, cooked sliced,	corn, grits, dry	eclairs, chocolate, cream filled	frozen yogurt, vanilla	juice, grapefruit, pink
basil, fresh	bockwurst, sausage, pork veal raw	carob	chicken, canned	corn, grits, cooked with water	eggnog	frozen yogurt, chocolate	juice, tomato, canned
bay leaf	bologna, sausage, pork beef	carrots, raw	chicken, fat	corn, flour, white	eel, raw	frozen yogurt, fruit flavours	juice, carrot
bean, burger, breaded spicy	bologna, turkey	carrots, boiled (cooked)	chicken, nuggets, breaded	corn, sweetcorn, yellow white	egg, whole raw	fruit, punch, canned	juice, cranberry
beans, navy, sprouted	bran flakes, cereal	carrots, canned	chicken, burger, fillet sandwich	corn, sweetcorn, boiled (cooked)	egg, white raw	fruit, candied	juice, lemon, fresh
beans, navy, sprouted boiled	bratwurst, sausage, pork cooked	carrots, boiled from frzn	chicken, meat and skin raw	corn, sweetcorn, canned in brine	egg, yolk raw	fruit and fibre, cereal, post	juice, lemon, bottled
beans, snap, fresh	bread, banana	carrots, baby	chicken, roasted	corn, sweetcorn, creamed canned	egg, fried	fruit cocktail, canned in juice	juice, lime, fresh
beans, snap, boiled (cooked)	bread, corn,	cassava, raw	chicken breast, meat only raw	corn, sweetcorn, boiled from frzn	egg, hard boiled	fruit cocktail, canned lt syrup	juice, lime, bottled
beans, adzuki, dried raw	bread, cracked wheat	cauliflower, raw	chicken breast, fried meat only	corn, cob, boiled (cooked)	egg, omelette	fruit cocktail, cnd hvy syrup	juice, grapefruit, prep from conc
beans, adzuki, boiled (cooked)	bread, egg	cauliflower, cooked	chicken breast, roasted meat only	corn, pudding	egg, poached	fruit pastilles	juice, orange, prep from conc
beans, black, dried raw	bread, egg, toasted	cauliflower, boiled from frzn	chicken breast, stewed meat only	corn Chex, cereal	egg, scrambled	fudge, chocolate	juice, apple, prep from conc
beans, black, boiled (cooked)	bread, french	celeriac, raw	chicken breast, broiled with skin	corn flakes, cereal	egg, duck	fudge, vanilla	juice, grape, conc swtnd
beans, cranberry, dried raw	bread, french, toasted	celery, raw	chickpeas, dried raw	corn on the cob, with butter	egg, quail	garlic, powder	juice, grape, conc swtnd prep
beans, cranberry, boiled (cooked)	bread, indian, fried	cereal bar, granola, hard plain	chickpeas, boiled	Corn Pops, cereal	egg substitute, liquid	garlic, raw	juice, orange, concentrate
beans, cranberry, canned	bread, soda, irish	cereal bar, granola, soft plain	chickpeas, canned	corn dog	egg substitute, powder	gelatine, dry mix	juice, apple, concentrate
beans, french, dried raw	bread, italian	cheerios, cereal, honey nut	chili con carne	corned beef, jellied	eggplant, raw	gelatine, prep with water	juice bar, frozen, with ice cream
beans, kidney, dried raw	bread, mixed grain	cheerios, cereal, multi grain	chili con carne, canned	corned beef, hash, canned	eggplant, boiled	gin, 80 proof	juice bar, frozen
beans, kidney, boiled (cooked)	bread, mixed grain, toasted	cheerios, cereal	chilli powder	cornflakes, cereal, honey crunch	elderberries, fresh	ginger, ale	juice drink, grape, canned
beans, kidney, canned	bread, oat bran	cheerios, cereal, frosted	chives	cornmeal, whole grain	enchillada, beef, with cheese	ginger, ground	juice drink, orange
beans, pinto, dried raw	bread, oatmeal	cheese, blue	chocolate, syrup	cornmeal, degermed	enlive, chicory, raw	ginger, root, fresh	kale, raw
beans, pinto, boiled (cooked)	bread, pita, whole wheat	cheese, brie	chocolate, baking, unswtnd	cornnuts, bbq flavor	energy drink, added caf	goat, raw	Kit Kat
beans, pinto, canned	bread, pumpernickel	cheese, camembert	chocolate, peanuts	cornnuts, plain	fat, beef dripping, tallow	Gobstoppers, Jawbreakers	kiwi, fresh
beans, white, dried raw	bread, white, reduced cal	cheese, caraway	chocolate, raisins	cornstarch	fennel, seed	golden grahams, cereal	Kix, cereal
beans, broad, raw	bread, rye	cheese, cheddar	chocolate, with almonds	couscous, raw	fennel, raw	goose, fat	knockwurst, pork beef
beans, broad, boiled (cooked)	bread, wheat	cheese, cheshire	chocolate bar, semi sweet	couscous, cooked	fenugreek, seed	goose, roast with skin	kumquats, fresh
beans, lima, raw	bread, wheat, toasted	cheese, colby	chocolate bar, milk	cowpeas, raw	figs, fresh	goose, roast meat only	lamb, raw
beans, lima, boiled (cooked)	bread, wheatgerm, incl granary	cheese, cottage, regular	chocolate bar, plain	crab, raw	figs, dried	goose liver, pate, canned	lamb, cooked
beans, butter, canned in brine	bread, white	cheese, cottage, with fruit	chocolate bar, white	crab, cnd in oil	fish, anchovy, raw	gooseberries, fresh	lamb, lean raw
beans, black turtle, dried raw	bread, white, toasted	cheese, cottage, low fat 2%	chorizo, sausage, pork beef	crab, cakes	fish, anchovy, canned in oil	goulash, frozen	lamb, fat, raw
beans, black turtle, boiled (cooked)	bread, whole wheat	cheese, cottage, low fat 1%	chrysanthemum, raw	crackers, cheese	fish, bass, raw	granola, cereal, oats and honey	lamb, leg, raw
beans, black turtle, canned	bread, whole wheat, toasted	cheese, cream cheese	cinnamon, ground	crackers, matzo, plain	fish, butterfish, raw	grape, soda	lamb, leg, lean roasted
beans, great northern, dried raw	bread, stuffing, dry mix	cheese, edam	cinnamon graham, cereal	crackers, matzo, egg	fish, catfish, raw	grapefruit, fresh	lamb, loin, raw
beans, great northern, boiled (cooked)	bread, roll, plain dinner	cheese, feta	clams, raw	crackers, matzo, wholewheat	fish, cod, raw	grapefruit, canned in juice	lamb, loin, roasted
beans, great northern, canned	bread, roll, wholewheat dinner	cheese, fontina	clams, canned in oil	crackers, saltines	fish, cod, baked	grapes, fresh	lamb, ribs, raw
beansprouts, mung beans, fresh	bread, roll, french	cheese, gjetost	cloves, ground	crackers, plain	fish, cod, dried salted	gravy, brown, dry mix	lamb, ribs, roasted
beansprouts, mung beans, boiled (cooked)	bread, roll, plain	cheese, gouda	club, soda	crackers, cheese filling	fish, flatfish, sole flounder	gravy, pork, dry mix	lamb, ribs, lean raw
beansprouts, mung beans, fried	bread, roll, cinnamon raisin	cheese, gruyere	clusters, cereal, honey nut	crackers, wheat	fish, haddock, raw	gravy, beef, dry mix	lamb, shoulder, raw
beef, lean raw	bread, pita, white	cheese, limburger	Coco Krispies, cereal	crackers, wholewheat	fish, haddock, baked	gravy, chicken, dry mix	lamb, shoulder, roasted
beef, lean cooked	bread, raisin	cheese, monterey	cocoa, butter	crackers, ritz	fish, haddock, smoked	gravy, turkey, dry mix	lamb, shoulder, lean raw
beef, fat, raw	bread, garlic	cheese, mozzarella, whole milk	cocoa, powder	crackers, rice cakes	fish, halibut, raw	groundcherries, fresh	lamb, stewing, lean raw
beef, fat, cooked	bread, brown	cheese, mozzarella, part skim milk	cocoa puffs, cereal	crackers, cream	fish, herring, raw	guavas, fresh	lamb, stewing, lean braised
beef, brisket, raw	bread, ciabatta	cheese, muenster	coconut, meat raw	crackers, prawn	fish, herring, pickled	gum, chewing, sugarless	lamb, brain, raw

lamb, heart, raw	muffins, english, plain	pancakes, plain	pie, cherry	potato, pancakes, home made	salad drsng, ranch, regular	soup, chicken broth, dry mix	tomato, catsup, low salt
lamb, kidney, raw	muffins, english, plain toasted	pancakes, blueberry	pie, egg custard	potato, baked, flesh and skin	salad drsng, ranch, low fat	soup, minestrone, dry mix	tomatoes, fresh green
lamb, tongue, raw	muffins, blueberry	papaya, paw paw, fresh	pie, mince	potato, scalloped, with marg	salad drsng, mayo type, lite	soup, mushroom, dry mix	tomatoes, fresh red
lamb, leg, rstd	muffins, corn	paprika	pie, peach	potato, sweet, boiled no skin	salad drsng, caesar, regular	soup, onion, dry mix	tomatoes, canned whole
lamb, ground, raw	muffins, oat bran	parsley, dried	pie, pecan	potato, mashed instant, milk marg	salad drsng, blue cheese, low cal	soup, oxtail, dry mix	tomatoes, canned stewed
lamb, ground, cooked	muffins, bran and raisins	parsley, fresh	pie, pumpkin	potato, mashed, milk butter	salad drsng, caesar, low cal	soup, tomato, dry mix	tomatoes, stewed
lamb, loin, broiled	mulberries, fresh	parsnip, raw	pie, fish, potato topped	potato chips, barbecue	salami, beerwurst, pork beef	soup, tomato, cond	tomatoes, sundried
lamb, stewing, lean broiled	mushroom, oyster, raw	parsnip, cooked	pie, pumpkin, canned	potato chips, sour cream onion	salami, pork beef	soup, tomato n rice, cond	tomatoes, sundried, in oil
lard	mushroom, straw, canned	passionfruit, fresh	pie, lemon meringue,	potato chips, salted	salami, pork beef dry	soursop, fresh	tonic water
lasagna, frozen	mushrooms, raw	pasta, corn, dry	pie filling, apple, canned	potato chips, low fat	salt, table	soy, flour, full fat	tortilla chips, plain
leeks, raw	mushrooms, boiled	pasta, fresh raw	pie filling, cherry, canned	potato chips, fat free salted	samosas, vegetable	soy, flour, low fat	tortilla chips, nacho
leeks, boiled (cooked)	mushrooms, canned	pasta, fresh cooked	pie filling, blueberry, canned	potato, mashed, fast food	sandwich, roast beef, plain	soy, milk	tortilla chips, low fat baked
lemon, fresh	mushrooms, shiitake, dried	pasta, spinach, fresh raw	pigeon, peas, boiled salted	potato, white, baked	sandwich, sub, with cold cuts	soy, sauce, shoyu	tortilla chips, nacho red fat
lemon, fresh with peel	mushrooms, shiitake, boiled	pasta, spinach, fresh cooked	pigeon, squash, meat and skin raw	potato, canned	sauce, teriyaki	soy, sauce, tamari	tortillas, corn flour
lemon, peel only	mussels, raw	pasta, dry raw	pimento, canned	potato, salad	sauce, white, dry mix	soy, milk, sweetened	tortillas, flour
lemon grass, citronella, fresh	mustard, green raw	pasta, dry cooked	pina colada, canned	potatoes, roast, baked from frozen	sauce, barbecue	soybeans, green, boiled	toastada, beef bean and cheese
lemon grass, citronella, raw	mustard, green boiled	pasta, whole wheat, dry raw	pineapple, fresh	pretzels, soft	sauce, plum	soybeans, dried raw	Total, cereal, whole grain
lemon lime, soda	mustard, seed yellow	pasta, whole wheat, dry cooked	pineapple, canned in water	pretzels, hard salted	sauce, salsa	soybeans, boiled	tuna, salad
lemonade, prep from conc	nachos, with cheese	pasta, tortellini, cheese filled	pineapple, canned in juice	pretzels, hard choc ctd	sauce, white, homemade	soybean, curd cheese	turkey, with skin raw
lemonade, pink, prep from conc	nectarine, fresh	pasta, meatballs, canned in sauce	pineapple, canned in lt syrup	prunes, canned in hvy syrup	sauce, Tabasco	spaghetti, bolognese, frozen	turkey, roast with skin
lentils, dried raw	noodles, soba, dry	paste, tomato, unsalted	pineapple, canned in hvy syrup	prunes, ready to eat	sauce, hoisin	spearmint, fresh	turkey, meat only raw
lentils, red, dried raw	noodles, somen, dry	paste, tomato, with salt	pizza, margerita (cheese & tomato)	prunes, dried	sauce, oyster	Special K, cereal	turkey, roast meat only
lentils, boiled with salt	noodles, egg, dry	pastrami, turkey	pizza, meat n veg	pudding, rice	sauce, hollandaise	spinach, raw cooked	turkey, with gravy
lettuce, butterhead, raw	noodles, egg, boiled with salt	pastry, danish, cinnamon	pizza, pepperoni	pudding, chocolate	sauce, cheese, for nachos	spinach, boiled	turkey, patties, battered fried
lettuce, cos romaine, raw	noodles, chinese, chow mein	pastry, danish, fruit	pizza, pepperoni, frozen	pudding, chocolate, from dry mix	sauce, cheese	spinach, canned	turkey, ground, raw
lettuce, iceberg, raw	nougat	pastry, puff, baked	plantains, raw	pudding, vanilla	sauce, marinara, for pasta	spring, chocolate, with hazelnut	turkey, giblets, simmered
lettuce, green leaf, raw	nutmeg, ground	pastry, puff, raw	plantains, cooked	pudding, banana	sauce, worcestershire	spring, onion, raw	turkey breast, with skin raw
lime, fresh	Nutri Grain, cereal bar, fruit	pastry, pie crust, baked	plum, fresh	pudding, banana, dry mix	sauce, apple, unswtnd	spring roll, deep fried	turkey breast, roast with skin
liqueur, coffee, 53 proof	nuts, almonds	pastry, pie crust, raw	plums, canned in water	pudding, coconut, dry mix	sauce, apple, swtnd	squash, acorn, raw	turkey breast, meat only raw
liqueur, coffee cream, 34 proof	nuts, almonds, blanched	pate, chicken liver, cnd	plums, canned in juice	pudding, lemon	sauce, cranberries, swtnd	squash, butternut, raw	turkey breast, roast meat only
litchis, fresh	nuts, brazilnut, unblanched	pate, liver, canned	plums, canned in hvy syrup	pudding, rice, dry mix	sauerkraut, canned	squash, spaghetti, raw	turkey ham, cooked sliced
liver, sausage, pork	nuts, cashew, raw	peach, fresh	polish, sausage, pork	pudding, rice, cereal	puffed rice, cereal	squid, raw	turmeric, ground
lobster, raw	nuts, chestnuts, raw	peaches, canned in water	pomegranate, fresh	puffed wheat, cereal	sausage, pork, cooked	squid, fried	turnip, raw
loganberries, frozen	nuts, hazenuts, raw	peaches, canned in juice	Pop Tarts, frosted low fat	pumpkin, fresh	sausage, pork beef, cooked	star fruit, carambola, fresh	turnip, boiled
longan, fresh	nuts, macadamia, raw cooked	peaches, canned in lt syrup	Pop Tarts, fruit	pumpkin, leaves	sausage, vienna, pork beef cnd	Starburst, fruit chews	Twix
loquat, fresh	nuts, pecan	peaches, canned in hvy syrup	popcorn, air popped	pumpkin, raw	sausage, italian, pork	stock, beef	vanilla extract
Lucky Charms, cereal	nuts, pine nuts, dried	peaches, dried	popcorn, oil popped	pumpkin, boiled	sausage, pork, precooked	stock, chicken	veal, raw
luncheon meat, pork beef	nuts, walnuts	peanut, butter, chunky	popcorn, cakes	pumpkin, seeds, rstd salted	scallop, raw	stock, fish	veal, cooked
M and Ms, peanut	nuts, chestnuts, roasted	peanut, butter, smooth	popcorn, caramel peanut	puree, tomato, unsalted	scallops, breaded fried	strawberries, fresh	veal, lean raw
M and Ms, plain,	nuts, almonds, oil rstd salted	peanut brittle	popcorn, caramel	puree, tomato, with salt	seaweed, kelp, raw	strawberries, canned hvy syrup	veal, escalope, raw
macaroni cheese, canned	nuts, cashew, dry rstd salted	peanuts, raw	popcorn, sweet air popped	quail, with skin raw	seaweed, spirulina, dried	strawberries, frozen	veal, escalope, fried
mace, ground	nuts, cashew, oil rstd salted	peanuts, oil rstd salted	poppodums, plain	quince, fresh	seeds, cumin	strudel, apple	veal, brain, raw
mandarin, tangerine, fresh	nuts, mixed, dry rstd salted	peanuts, dry rstd salted	peanuts, oil rstd salted	rabbit, stewed	seeds, caraway	stuffing, bread, dry mix	veal, heart, raw
mango, fresh	nuts, mixed, oil rstd salted	peanuts, oil rstd no salt	peanuts, oil rstd no salt	rabbit, raw	seeds, poppy	stuffing, sage and onion, dry mix	veal, kidney, raw
mango, chutney	nuts, pecan, rstd salted	pears, fresh	pear, fresh	radish, raw	seeds, sesame, dried	suet, beef, raw	veal, liver, raw
maraschino, cherries, canned	nuts, pistachio, rstd salted	pear, dried	pear, dried	raisin bran, cereal	seeds, sesame, roasted	sugar, brown	veal, liver, pan fried
margarine, hard	oatmeal, instant, cinnamon	pears, canned in water	pears, canned in water	raisins, seedless	seeds, sunflower, dried	sugar, granulated	vegetables, mixed, boiled frm frzn
margarine, 80% fat	oatmeal, instant, raisin n spice	pears, canned in juice	pears, canned in juice	rambutan, canned in syrup	semolina, raw	sugar, maple	vermouth, dry
margarine, spread, 60% fat	oatmeal, instant dry cinn apple	pears, canned in syrup	pears, canned in syrup	raspberries, fresh	shake, chocolate, fast food	sugar, powdered	vermouth, sweet
margarine, spread, fat free	oatmeal, instant dry maple sugar	peas, split, raw	peas, split, raw	raspberries, canned hvy syrup	shake, vanilla, fast food	swede, rutabaga, raw	vinegar, cider
margarine, spread, 20% fat	oatmeal, multi-grain instant dry	peas, split, boiled (cooked)	peas, split, boiled (cooked)	raspberries, frozen	shake, strawberry, fast food	swede, rutabaga, boiled	vinegar, distilled
margarine, spread, 40% fat	oats	peas, green, raw	peas, green, raw	ravioli, meat and tomato sauce	shake, chocolate, thick	shake, chocolate, thick	vodka, 80 proof
marjoram, dried	oats, dry	peas, green, boiled (cooked)	peas, green, boiled (cooked)	rhubarb, frsh	shake, vanilla, thick	shakes, sugar apples, fresh	waffles, plain
marmalade, orange	oats, with water n salt	peas, green, canned	peas, green, canned	rhubarb, frozen	shallots, raw	shallots, raw	waffles, plain toasted
Mars bar	octopus, raw	peas, green, frozen	peas, green, frozen	rhubarb, cooked with sugar	sherbet	sherbet	waterchestnuts, canned
marshmallows	oheloberries, fresh	peas, mushy, canned	peas, mushy, canned	rice, brown, raw	shortening	shortening	watercress, raw
martini	oil, soybean	peas, petit pois, canned in brine	peas, petit pois, canned in brine	rice, brown, cooked	shredded wheat, cereal	shredded wheat, cereal	watermelon, fresh
marzipan, almond paste	oil, peanut	peas carrots, canned	peas carrots, canned	rice, wild, raw	shrimp, raw	shrimp, raw	Weetabix, cereal
meatballs, with pasta frozen	oil, coconut	peas carrots, frozen	peas carrots, frozen	rice, wild, cooked	shrimp, breaded fried	shrimp, breaded fried	wheat, durum
melba toast, plain	oil, olive	pepper, black	pepper, black	rice, noodles, dry	Skittles, fruit sweets	Skittles, fruit sweets	Wheat Chex, cereal
melba toast, rye	oil, sesame	pepper, cayenne	pepper, cayenne	rice, noodles, cooked	Smarties	Smarties	Wheatena, cereal, dry
melba toast, wholewheat	oil, corn	pepper, white	pepper, white	rice, white raw	snails, raw	snails, raw	Wheaties, cereal
melon, cantaloupe, fresh	oil, almond	peppermint, fresh	peppermint, fresh	rice, white, boiled with salt	Snickers	Snickers	Wheaties, cereal, frosted
melon, casaba, fresh	oil, sunflower	pepperoni, pork beef	pepperoni, pork beef	rice, egg fried	souffle, spinach	souffle, spinach	whelk, raw
melon, honeydew, fresh	oil, canola	peppers, chilli, hot green fresh	peppers, chilli, hot green fresh	rice, cakes, plain	soup, asparagus, creamed cond	soup, asparagus, creamed cond	whiskey, 80 proof
milk, powdered, skimmed nonfat	oil, palm	peppers, chilli, hot red fresh	peppers, chilli, hot red fresh	rice, cakes, with sesame seed	soup, beef broth	soup, beef broth	wine, sweet dessert
milk, buttermilk, dried	okra, raw	peppers, chilli, hot red no seeds	peppers, chilli, hot red no seeds	rice chex, cereal	soup, beef noodle, cond	soup, beef noodle, cond	wine, red
milk, condensed, swtnd	okra, boiled (cooked)	peppers, serrano, fresh	peppers, serrano, fresh	potato, baked, with cheese	soup, chicken broth, cond	soup, chicken broth, cond	wine, rose
milk, evaporated, whole milk	olives, canned	peppers, sweet, green raw	peppers, sweet, green raw	potato, baked, with cheese chilli	soup, chicken, chunky	soup, chicken, chunky	wine, white
milk, evaporated, skimmed nonfat	olives, pickled canned	peppers, jalapeno, canned	peppers, jalapeno, canned	potato, white, raw	soup, chicken, creamed cond	soup, chicken, creamed cond	wine, non alcoholic
milk, chocolate drink, whole milk	onion, bhaji	peppers, sweet, red raw	peppers, sweet, red raw	potato, red, raw	soup, chicken noodle, chunky	soup, chicken noodle, chunky	wine, champagne
milk, chocolate drink, low fat	onion, powder	peppers, sweet, yellow raw	peppers, sweet, yellow raw	potato, red, baked	soup, clam chowder, chunky	soup, clam chowder, chunky	wonton wrap
milk, goats	onion rings, battered fried	peppers, jalapeno, raw	peppers, jalapeno, raw	potato, baked, flesh only	soup, gazpacho	soup, gazpacho	yam, raw
milk, buttermilk, reduced fat	onion rings, baked from frzn	persimmons, sharon fruit, fresh	persimmons, sharon fruit, fresh	potato, baked, skin only	tea, black, brewed decaf	tea, black, brewed decaf	yam, boiled or baked
milk, reduced fat 2%	onions, raw	potato, hashed brown, home made	potato, hashed brown, home made	potato, boiled, no skin	tea, chamomile, herbal	tea, chamomile, herbal	yeast, compressed fresh
milk, nonfat	onions, boiled (cooked)	potato, mashed, milk marg	potato, mashed, milk marg	potato, hashed brown, home made	tea, lemon, prepared swtnd	tea, lemon, prepared swtnd	yeast, active dry
milk, whole 3.25%	onions, flakes	potato, scalloped, with butter	potato, scalloped, with butter	potato, sweet potato, raw	thyme, dried	thyme, dried	yeast extract, marmite
milk, low fat 1%	orange, fresh	potato, au gratin, homemade	potato, au gratin, homemade	potato, sweet potato, baked	thyme, fresh	thyme, fresh	yogurt, plain whole milk
milk drink, dry mix fruit flavour	orange, fresh with peel	potato, hashed brown, from frozen	potato, hashed brown, from frozen	potato, sweet potato, canned	thymus, sweetbreads, raw	thymus, sweetbreads, raw	yogurt, plain low fat
Milky Way	orange, peel only	potato, baked wedges	potato, baked wedges	potato, sweet potato, canned	toaster pastries, sugar cinnamon	toaster pastries, sugar cinnamon	yogurt, vanilla, low fat
millet, raw	oregano, dried	potato, baked, with milk	potato, baked, with milk	potato, sweet potato, baked	toaster pastries, fruit	toaster pastries, fruit	yogurt, fruit low fat
mini wheats, cereal, frosted	oyster, breaded fried	potato, hashed brown, from dry mix	potato, hashed brown, from dry mix	potato, sweet potato, baked	tofu, soya bean curd, fried	tofu, soya bean curd, fried	yogurt, fruit fat free
mints, peppermint	oyster, raw	potato, hashed brown, from frozen	potato, hashed brown, from frozen	potato, sweet potato, baked	tofu, soya bean curd, firm	tofu, soya bean curd, firm	yogurt, tofu, non dairy
molasses, blackstrap	oysters, battered fried	potato, hashed brown, from dry mix	potato, hashed brown, from dry mix	potato, sweet potato, baked	tofu, soya bean curd, soft	tofu, soya bean curd, soft	zucchini, raw
muesli, cereal, fruit and nut	pancakes, dry mix prepared	potato, hashed brown, from dry mix	potato, hashed brown, from dry mix	potato, sweet potato, baked	tomato, passata, canned	tomato, passata, canned	zucchini, boiled
Mueslix, cereal	pancakes, dry mix prepared	potato, hashed brown, from dry mix	potato, hashed brown, from dry mix	potato, sweet potato, baked	tomato, catsup	tomato, catsup	zucchini, baby raw

***This list is also available by category/type at www.taylorusa.com/the-biggest-loser-digital-glass-nutritional-scale.html or go to www.taylorusa.com and search for 3840BL