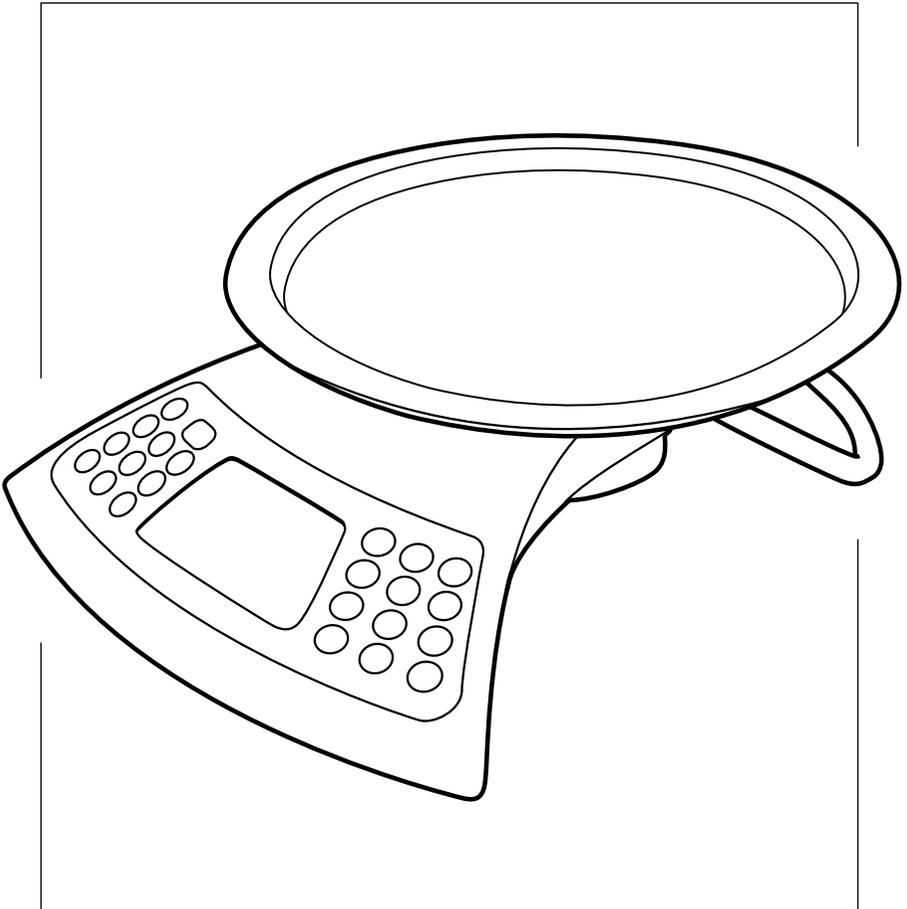


SALTER

Nutritional Scale



OPERATING INSTRUCTIONS & NUTRITIONAL INFORMATION

SALTER

Nutritional Scale

The Salter Nutritional Scale is designed for precise measuring of ingredients or portions and for the better understanding of various nutritional values (fat content, sodium 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 sodium etc that have been entered into the scale memory can be recalled. All these features make this scale ideal for everyday and dietary purposes.

NUTRITIONAL SCALE - OPERATING INSTRUCTIONS

ASSEMBLY:

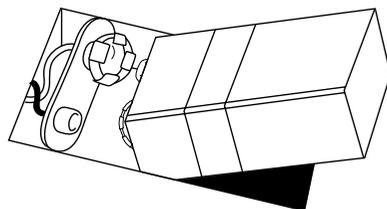
Align the screw thread on the underside of the clear platform with the screw thread socket on the top of the scale. Rotate the platform clockwise to lock the platform in place.

BATTERY:

9V (e.g. Duracell MNI604 or Energizer 6LR61)

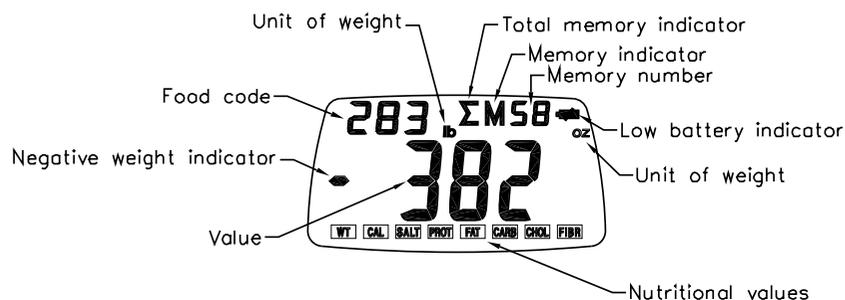
TO REPLACE BATTERY:

Ensure +/- terminals are correct way round



THE DISPLAY:

The diagram below explains the various features of the display



TO SWITCH ON:

Press and release  key

TO SWITCH OFF:

Press and release  key

NOTE: Auto switch-off occurs if display shows **0.0** or the same weight reading for approximately 2 minutes.

TIP: Using the  key to switch the scale off after use will prolong the battery life.

TO CONVERT WEIGHT UNITS:

In weighing mode press and release the **g/oz/WT** key to convert between oz, lb oz, g and kg units, at any time.

TO WEIGH:

- 1) Place metal tray on scale before switching on
- 2) Press and release  key
- 3) Wait until display shows **0.0**
- 4) Place item to be weighed on the tray
- 5) Weight is displayed

TO ADD & WEIGH:

To weigh several different ingredients in one tray, press the **ZERO** key to reset the display between each ingredient.

TO DISPLAY NUTRITIONAL READINGS:

IMPORTANT – ensure the scale is in weighing mode (**WT** is shown at the bottom of the display). If necessary press the **g/oz/WT** key to return to weighing mode.

- 1) Place food item to be weighed on the tray.
- 2) Clear the food code if necessary by pressing and releasing the **CLR/MC** key – the food code **000** is displayed.
- 3) Refer to the table in this manual and identify the 3 digit code for the food item being weighed (e.g. 755 for honey).
- 4) Using the numerical keys (**0 – 9**) enter the 3 digit code
- 5) Press the **cal, salt, prot, fat, carb, chol** or **fibr** key to display that nutritional value for the food item.
- 6) Press the **g/oz/WT** key to return to weighing mode.

NOTE: It is only possible to enter or clear the 3 digit food code when in weighing mode.

TO SAVE NUTRITIONAL VALUES TO MEMORY:

IMPORTANT – ensure the scale is in weighing mode (**WT** is shown at the bottom of the display). If necessary press the **g/oz/WT** key to return to weighing mode.

- 1) Follow steps 1 – 6 of the 'To Display Nutritional Readings' section.
- 2) Press **M+** key to add the food item being weighed to memory.
- 3) **M01** will be shown at the top 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: It is only possible to save nutritional values to Memory when in weighing mode.

NOTE: The memory is saved permanently, even if the scale is switched off or the battery removed.

NOTE: The maximum number of food items that can be added to the memory is **99**.

When the memory number reaches 99 it will begin to flash – the memory must be cleared by following the instructions in the 'To Clear Memory' section.

TO RECALL MEMORY:

IMPORTANT – ensure the scale is in weighing mode (**WT** is shown at the bottom of the display). If necessary press the **g/oz/WT** key to return to weighing mode.

- 1) Press **MR** key to see the total calories of the food items stored to memory.
- 2) Σ is displayed next to the memory indicator to indicate that the total memory is being displayed.
- 3) Press the **cal, salt, prot, fat, carb, chol** or **fibr** key to display the total nutritional values of the food items stored to memory.
- 4) Return to weighing mode by pressing the **g/oz/WT** key.

NOTE: It is not possible to display the total weight of the food items stored to memory.

TO CLEAR MEMORY:

IMPORTANT – ensure the scale is in weighing mode (**WT** is shown at the bottom of the display). If necessary press the **g/oz/WT** key to return to weighing mode.

- 1) Press and hold the **CLR/MC** key for 2 seconds.
- 2) The memory is cleared when the memory indicator and memory number are no longer displayed.

FUNCTION KEYS:



Switch scale on/off

zero 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

CLR/MC Clear food code/clear memory

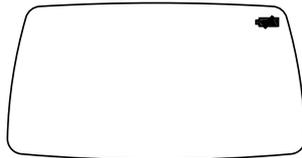
g/oz/WT Convert between g, kg, oz and lb oz units/return to weighing mode

NUTRITION KEYS:

cal	Calorie content (cal)	carb	Carbohydrate content (g)
salt	Salt content (mg)	chol	Cholesterol content (mg)
prot	Protein content (g)	fibr	Fiber content (g)
fat	Fat content (g)		

WARNING INDICATORS:

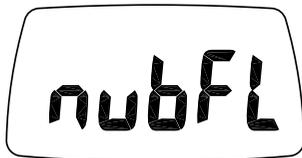
Replace battery



Weight overload



Nutritional value exceeds maximum limit



NOTES FOR CLEANING/CARE:

- Stainless steel tray** – Dishwasher safe
- Removable clear platform** – Rotate platform anti-clockwise to separate from scale for cleaning.
Platform is not dishwasher safe.

NUTRITIONAL SCALE - FOOD GROUPS & VALUES

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
BEVERAGES			
Alcoholic			
Beer, regular	001		
Beer, Lite	002		
Gin, rum, vodka, whiskey (80 proof)	003		
Liqueur, coffee (53 proof)	004		
Pina Colada	005		
Wine, red	006		
Wine, white	007		
Carbonated			
Cola type	008		
Ginger ale	009		
Grape soda	010		
Lemon lime soda	011		
Orange soda	012		
Root beer soda	013		
Chocolate powder mix	014		
Cocoa powder	015		
Coffee			
Brewed	016		
Espresso	017		
Instant prepared	018		
Fruit drinks			
Cranberry juice cocktail	019		
Fruit punch drink	020		
Grape drink	021		
Lemonade, frozen concentrate, prepared	022		
Lemonade, powder, regular with water	023		
Tea			
Black	024		
Chamomile	025		
Other than chamomile	026		
Instant, powder, prepared, unsweetened	027		
Sweetened, lemon flavor	028		
Sweetened with saccharin, lemon flavor	029		
DAIRY PRODUCTS			
Cheese, natural			
Blue	030		
Camembert	031		
Cheddar	032		
Shredded	033		
Cheese, Cottage, (4%) large curd	034		
Cheese, Cottage, (4%) small curd	035		
Cheese, Cottage, low fat (2%)	036		
Cheese, Cottage, low fat (1%)	037		
Cream, regular	038		
Cream, low fat	040		
Cream, fat free	041		
Feta	042		
Low fat, Cheddar or Colby	043		
Mozzarella, whole milk	044		
Mozzarella, part skim milk (low moisture)	045		
Muenster	046		
Neufchatel	047		
Parmesan, grated	048		
Provolone	049		
Ricotta, whole milk	050		
Ricotta, part skim milk	051		
Swiss	052		
Pasteurized process			
American, regular	053		
American, fat free	054		
Swiss	055		
Cream, sweet			
Half and half	056		
Light coffee, or table	058		
Whipping, unwhipped			
Light	060		
Heavy	062		
Whipped topping (pressurized)	064		

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
DAIRY PRODUCTS cont.			
Cream, sour			
Regular	065		
Reduced fat	067		
Fat free	068		
Cream product, sweet			
Powdered	069		
Whipped topping, frozen	070		
Powdered with whole milk	072		
Pressurized	074		
Frozen dessert			
Yogurt, soft serve, chocolate	076		
Yogurt, soft serve, vanilla	077		
Ice cream, chocolate	078		
Ice cream, vanilla	079		
Ice cream light, vanilla	080		
Ice cream, low fat, chocolate	081		
Ice cream, vanilla	082		
Ice cream, soft serve, vanilla	083		
Sherbert, orange	084		
MILK			
Fluid			
Whole (3.3% fat)	085		
Reduced fat (2%)	086		
Lowfat (1%)	087		
Nonfat (skim)	088		
Buttermilk	089		
Canned			
Condensed, sweetened	090		
Evaporated whole milk	091		
Evaporated skim milk	092		
Dried, Buttermilk	093		
Milk beverage chocolate, commercial			
Whole	094		
Reduced fat (2%)	095		
Lowfat (1%)	096		
Milk beverage			
Eggnog (commercial)	097		
Shake, thick, chocolate	098		
Shake, thick, vanilla	099		
Yogurt			
Lowfat milk, fruit flavored	100		
Lowfat milk, plain	101		
Nonfat milk, fruit flavored	102		
Nonfat milk, plain	103		
Whole milk, plain	104		
Nonfat milk, low cal sweetener, vanilla or lemon	105		
EGGS			
Raw, whole	106		
Raw, white	109		
Raw, yolk	110		
Hard cooked, no shell	111		
Poached, with salt	112		
Scrambled, margarine, whole milk, salt	113		
Substitute, liquid	114		
FATS & OILS			
Butter			
Salted	115		
Unsalted	118		
Lard	119		
Margarine, salt			
Regular (80% fat), hard	121		
Regular (80% fat), soft	124		
Spread (60% fat), hard	126		
Spread (60% fat), soft	129		
Spread (40%)	131		
Butter blend	133		
Oils, salad or cooking			
Canola	135		
Corn	137		
Olive	139		
Peanut	141		
Safflower	143		
Sesame	145		
Soybean hydrogenated	147		
Sunflower	149		

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
Salad dressings, commercial		Oyster, raw meat only	185
Blue cheese, regular	151	Oyster, breaded, fried	186
Blue cheese, low cal	152	Pollock, baked or broiled	187
Caesar, regular	153	Rockfish, baked or broiled	188
Caesar, low cal	154	Roughy, orange, baked or broiled	189
French, regular	155	Salmon, baked or broiled	190
French, low cal	156	Salmon, canned (pink), solids & liquid (incl.bones)	191
Italian, regular	157	Smoked (chinook)	192
Italian, low cal	158	Sardine, Atlantic, canned in oil, drained solids (incl. bones)	193
Mayonnaise, regular	159	Scallop cooked, breaded, fried	194
Mayonnaise, light, cholesterol free	160	Scallop steamed	195
Mayonnaise, fat free	161	Shrimp, breaded, fried	196
Russian, regular	162	Shrimp canned, drained solids	197
Russian, low cal	163	Swordfish, baked or broiled	198
Thousand Island, regular	164	Trout, baked or broiled	199
Thousand Island, low cal	165	Tuna, baked or broiled	200
Salad dressings, home made recipe		Tuna canned, drained solids, oil pack, chunk light	201
Salad dressings, recipes, French	166	Tuna canned, drained solids, water pack, chunk light	202
Salad dressings, recipes, Vinegar & oil	167	Tuna canned, drained solids, water pack, solid white	203
Hydrogenated soybean & cottonseed oil	168	Tuna salad: light tuna in oil, pickle relish, mayo type salad dressing	204
FISH & SHELLFISH			
Catfish, breaded, fried	169	FRUITS & FRUITJUICES	
Clam raw meat	170	Apples raw, unpeeled	205
Clam, breaded, fried	171	Apples raw, peeled, sliced	206
Clam, canned, drained solids	172	Apples dried	207
Cod, baked or broiled	173	Apple juice, bottled or canned	208
Crab, Alaskan King, steamed	174	Applesauce, canned, sweetened	209
Canned crab meat	175	Applesauce, canned, unsweetened	210
Crab cake, egg, onion, margarine, fried	176	Apricots, raw, without pits	211
Fish fillet, battered or breaded or fried	177	Apricot canned, halves, fruit & liquids, heavy syrup	212
Fish stick & portion, breaded, frozen, reheated	178	Apricot canned, halves, fruit & liquids, juice pack	213
Flounder or Sole, baked or broiled	179	Apricots, dried, sulfured	214
Haddock, baked or broiled	180	Asian pear, raw	215
Halibut, baked or broiled	181	Avocados, raw, without skin & seed	216
Herring, pickled	182		
Lobster, steamed	183		
Ocean perch, baked or broiled	184		

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
FRUITS & FRUITJUICES cont.			
Bananas, raw, whole	217	Lemon juice, raw	248
Blackberries, raw	219	Lemon juice, canned or bottled, unsweetened	249
Blueberries, raw	220	Lime juice, raw	251
Blueberries, frozen, sweetened, thawed	221	Lime juice, canned, unsweetened	252
Carambola (starfruit), raw	222	Mangos, raw, without skin & seed, whole	253
Cherries, sour, red, pitted, canned, water pack	224	Cantaloupe, wedge, without rind	254
Cherries, sweet, raw, without pits & stems	225	Honeydew, wedge, without rind	255
Cherry pie filling, canned	226	Nectarines, raw	256
Cranberries, dried, sweetened	227	Oranges, raw, without peel & seeds	257
Cranberry sauce, sweetened, canned	228	Orange juice	
Dates without pits, whole	229	Raw, all varieties	258
Figs, dried	230	Canned, unsweetened	259
Fruit cocktail, canned, fruit & liquid, heavy syrup	231	Chilled	260
Fruit cocktail, canned, fruit & liquid, juice pack	232	Undiluted	261
Grapefruit, raw without peel, membrane & seeds, pink or red	233	Diluted	262
Grapefruit, raw without peel, membrane & seeds, white	234	Papayas, raw	263
Grapefruit, raw without peel, membrane & seeds, canned, sections, light syrup	235	Peaches, raw	264
Grapefruit juice		Peaches, canned, heavy syrup	265
Raw, pink	236	Peaches, canned, juice pack	266
Raw, white	237	Peaches, dried	267
Raw, canned, unsweetened	238	Pears, raw	268
Raw, canned, sweetened	239	Pears, canned, heavy syrup	269
Raw, frozen, concentrate, unsweetened, undiluted	240	Pears, canned, juice pack	270
Raw, frozen, concentrate, unsweetened, diluted	241	Pineapple, raw, diced	271
Grapes, seedless, raw	242	Pineapple, canned, heavy syrup, crushed, sliced or chunks	272
Grape juice, canned or bottled	243	Pineapple, canned, heavy syrup, slices	273
Grape juice, frozen concentrate, sweetened, undiluted	244	Pineapple, canned, juice pack, crushed, sliced or chunks	274
Grape juice, frozen concentrate, sweetened, diluted	245	Pineapple, canned, juice pack, slices	275
Kiwi fruit, raw, without skin	246	Pineapple juice, unsweetened, canned	276
Lemons raw, without skin	247	Plantain, without peel, raw	277
		Plums, raw	278
		Prunes, dried, pitted, uncooked	279
		Prunes, stewed, unsweetened, fruit & liquid	280
		Prune juice, canned or bottled	281
		Raisins, seedless	282
		Raspberries, raw	283

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
Raspberries, frozen, sweetened, thawed	284	Bread crumbs, dry, grated, seasoned, unenriched	320
Rhubarb, frozen, cooked with sugar	285	Bread stuffing, dry mix	321
Strawberries, raw, large	286	Breakfast bar, cereal crust, fruit filling, fat free	322
Strawberries, raw, medium	287	Breakfast cereal, cooked, corn grits, enriched	
Strawberries, frozen, sweetened, sliced, thawed	288	White	323
Tangerines, raw, without peels & seeds	289	Yellow	324
Mandarin oranges, light syrup	290	Instant, plain	325
Watermelon, raw, wedge	291	Cream of wheat	
GRAIN PRODUCTS			
Bagels, plain	292	Regular	326
Bagels, cinnamon raisin	293	Quick	327
Bagels, egg	294	Mix 'n Eat, plain	328
Banana bread, recipe, margarine	295	Oatmeal, regular, quick or instant, plain, nonfortified	329
Barley, pearled, uncooked	296	Oatmeal, instant, fortified, plain	330
Biscuits		Quaker Instant, Apples & Cinnamon	331
Plain or buttermilk, recipe, 2% milk	297	Quaker Instant, Maple & Brown Sugar	332
Refrigerated dough, baked, regular	298	Wheatena	333
Breads enriched		Breakfast cereals, ready to eat	
Cracked wheat	299	All Bran	334
Egg bread	300	Apple Cinnamon, Cheerios	335
French or Vienna (incl. Sourdough)	301	Apple Jacks	336
Indian fry bread	302	Basic 4	337
Italian bread	303	Cap'N Crunch	338
Mixed grain, untoasted	304	Cheerios	339
Oatmeal, untoasted	305	Chex, Corn	340
Pita	306	Chex, Honey Nut	341
Pumpnickel, untoasted	307	Chex, Multi Bran	342
Raisin, untoasted	308	Chex, Rice	343
Rye, untoasted	309	Chex, Wheat	344
Rye, reduced calorie	310	Cinnamon Life	345
Wheat, untoasted	311	Cocoa Krispies	346
Wheat, reduced calorie	312	Cocoa Puffs	347
White, untoasted	313	Cornflakes, General Mills, Total	348
White, soft crumbs	314	Cornflakes, Kellogg's	349
White, reduced calorie	315	Corn Pops	350
Whole wheat, untoasted	316	Crispix	351
Bread crumbs, dry, grated, plain enriched	318	Complete Wheat Bran Flakes	352
		Froot Loops	353
		Frosted Flakes	354

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
GRAIN PRODUCTS cont.			
Frosted Mini Wheats, regular	355	Boston Cream	388
Frosted Mini Wheats, bite size	356	Chocolate with chocolate frosting	389
Golden Grahams	357	Coffecake, crumb	390
Honey Nut Cheerios	358	Fruitcake	391
Honey Nut Clusters	359	Pound, Butter	392
Kix	360	Pound, fat free	393
Life	361	Snack cakes	
Nature Valley, Granola	362	Chocolate, crème filled, frosting	394
100% Natural Cereal, oats, honey & raisins	363	Chocolate, frosting, low fat	395
100% Natural Cereal, oats, honey & raisins, low fat	364	Yellow, with chocolate frosting	396
Product 19	365	Cheesecake	397
Puffed Rice	366	Chex Mix	398
Puffed Wheat	367	Cookies	
Raisin Bran, General Mills, Total	368	Butter, commercial	399
Raisin Bran, Kellogg's	369	Chocolate chip, commercial, regular	400
Raisin Nut Bran	370	Chocolate chip, commercial, reduced fat	401
Rice Krispies	371	Chocolate chip, commercial, refrigerated dough	402
Shredded Wheat	372	Chocolate chip, recipe, margarine	403
Special K	373	Fig Bar	404
Quaker Toasted Oatmeal, Honey Nut	374	Oatmeal, commercial, with or without raisins	
Total, Whole Grain	375	Regular, large	405
Wheaties	376	Soft type	406
Cakes		Fat free	407
Brownies, commercial, without icing, regular	377	Recipe with raisins	408
Brownies, commercial, without icing, fat free	378	Peanut butter, commercial	409
Brownies, dry mix, reduced cal	379	Peanut butter, recipe with margarine	410
Buckwheat flour, whole groat	380	Chocolate with crème filling	411
Cakes, dry mix, Angelfood	381	Shortbread, commercial, plain	412
Cakes, dry mix, Yellow, light, water, egg whites, no frosting	382	Sugar, commercial	413
Cakes, recipe		Sugar, refrigerated dough	414
Chocolate without frosting	383	Sugar, recipe, margarine	415
Gingerbread	384	Vanilla wafer, lower fat	416
Shortcake, biscuit	385	Corn chips, plain	417
Sponge, white	386	Cornbread, mix	418
Cakes, commercial		Cornbread, recipe, 2% milk	419
Angelfood	387	Cornmeal, yellow, dry, whole grain	420
		Cornmeal, degermed, enriched	421
		Cornstarch	422
		Couscous, uncooked	423

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
Crackers		Pie crust, baked, recipe	461
Cheese	424	Pie crust, baked, frozen	462
Graham, plain	425	Pie crust, graham cracker	463
Graham, crushed	426	Pie, commercial	
Melba toast, plain	427	Apple	464
Rye wafer, whole grain, plain	428	Blueberry	465
Saltine, square	429	Cherry	466
Standard cracker, bite sized	430	Chocolate crème	467
Standard cracker, round	431	Lemon meringue	468
Wheat, thin	432	Pecan	469
Whole wheat	433	Pumpkin	470
CROUTONS, seasoned	434	Pie, recipe	
Danish pastry, cheese	435	Apple	471
Danish pastry, fruit	436	Blueberry	472
Doughnut, cake	437	Cherry	473
Doughnut, yeast leavened, glazed	438	Lemon meringue	474
English muffin, plain, untoasted	439	Pecan	475
French toast, recipe, 2% milk, fried in margarine	440	Pumpkin	476
French toast, frozen	441	Popcorn, air popped, unsalted	477
Granola bar, hard, plain	442	Popcorn, oil popped, salted	478
Granola bar, soft, uncoated, chocolate chip	443	Popcorn, caramel, peanuts	479
Granola bar, soft, uncoated, raisin	444	Popcorn, cheese flavor	480
Macaroni (elbows), enriched, cooked	445	Pretzels, stick	481
Matzo, plain	446	Pretzels, twisted	482
Muffins		Rice	
Blueberry, commercial	447	White, long grain, raw	483
Blueberry, mix	448	White, long grain, cooked	484
Bran with raisins	449	White, long grain, instant	485
Corn, commercial	450	Parboiled, raw	486
Corn, mix	451	Parboiled, cooked	487
Oatbran, commercial	452	Wild, cooked	488
Noodles, chow mein, canned	453	Rice cake, brown rice, plain	489
Noodles (egg), enriched, cooked, regular	454	RICE KRISPIES Treat, square	490
Noodles (egg), enriched, cooked, spinach	455	Rolls, dinner	491
NUTRI GRAIN Cereal Bar, fruit	456	Rolls, hamburger or hotdog	492
Oat bran, uncooked	457	Spaghetti, cooked, enriched	493
Pancakes, frozen, ready	458	Spaghetti, whole wheat	494
Pancakes, complete mix	459	Sweet rolls, cinnamon, with raisins, commercial	495
Pancakes, mix, 2% milk, egg & oil	460	Sweet rolls, cinnamon, refrigerated dough, baked, with frosting	496

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
GRAIN PRODUCTS cont.			
Taco shell, baked	497	Black eyed peas, dry, cooked	529
Tapioca, pearl, dry	498	Black eyed peas, dry, canned, solids & liquids	530
Toaster pastries, fruit	499	Brazil nuts, shelled	531
Toaster pastries, low fat	500	Carob flour	532
Tortilla chips, plain, regular	501	Cashews, salted, dry roasted	533
Tortilla chips, low fat, baked	502	Cashews, salted, oil roasted	534
Tortilla chip, nacho, regular	503	Chestnuts, European, roasted, shelled	535
Tortilla chip, nacho, light, reduced fat	504	Chickpeas, dry, cooked	536
Tortilla, ready to cook, corn	505	Chickpeas, dry, canned, solids & liquids	537
Tortilla, ready to cook, flour	506	Coconut, raw, shredded, not packed	538
Waffles, plain, recipe	507	Coconut, raw, shredded, dried, sweetened	539
Waffles, plain, frozen, toasted	508	Hazelnuts, chopped	540
Waffles, plain, low fat	509	Hummus, commercial	541
Wheat flours, all purpose, enriched, sifted, spooned	510	Lentils, dry, cooked	542
Wheat flours, all purpose, enriched, unsifted, spooned	511	Macadamia nuts, dry roasted, salted	543
Bread, enriched	512	Peanuts, dry roasted	544
Cake or pastry flour, enriched, unsifted, spooned	513	Peanuts, oil roasted	545
Self rising, enriched, unsifted, spooned	514	Peanuts, dry roasted, salted	546
Whole wheat; hard wheats, stirred, spooned	515	Peanuts, dry roasted, unsalted	547
Wheat germ, toasted, plain	516	Peanuts, oil roasted, salted	549
LEGUMES, NUTS & SEEDS			
Almonds, shelled	517	Peanut butter, regular, smooth	550
Beans, dry, cooked		Peanut butter, regular, chunk	551
Black	519	Peanut butter, reduced fat, smooth	552
Great Northern	520	Peas, split, dry, cooked	553
Kidney, red	521	Pecan halves	554
Lima, large	522	Pine nuts, shelled	556
Pea, navy	523	Pistachio nuts, dry roasted, salt, shelled	557
Pinto	524	Pumpkin kernels, roasted, salt	558
Canned, solids & liquid		Refried beans, canned	559
Baked beans, plain or vegetarian	525	Sesame seeds	560
Kidney, red	526	Soybeans, dry, cooked	561
Lima, large	527	Soy products	
White	528	Miso	562
		Soy milk	563
		Tofu, firm	564
		Tofu, soft	565
		Sunflower seed, dry roasted, salt	566

FOOD NAME	SALTER FOOD #
Tahini	568
Walnuts, English, chopped	569
MEAT & MEAT PRODUCTS	
Beef cooked, cuts braised or pot roast	
Lean & fat	571
Lean only	572
Beef cooked, bottom round	
Lean & fat	573
Lean only	574
Ground beef, broiled	
83% lean	575
79% lean	576
73% lean	577
Liver, fried, sliver	578
Roast, oven cooked, rib, lean & fat	579
Roast, oven cooked, rib, lean only	580
Eye of round, lean & fat	581
Eye of round, lean only	582
Steak, sirloin, broiled, piece, lean & fat	583
Steak, sirloin, broiled, piece, lean only	584
Beef, canned, corned	585
Beef, dried, chipped	586
Lamb, cooked	
Chops, lean & fat	587
Chops, lean only	588
Loin broiled, lean & fat	589
Loin broiled, lean only	590
Leg, roasted, lean & fat	591
Pork, cured, cooked, bacon, regular	592
Pork, cured, cooked, bacon, Canadian	593
Ham, lean & fat	594
Ham, canned	595
Pork, fresh, cooked, lean & fat	596
Ham, leg, roasted, piece, lean & fat	597
Rib roast, lean & fat	598
Ribs, lean & fat, cooked, backribs	599
Ribs, lean & fat, cooked, spareribs, braised	600
Sausages, Lunch Meat, Bologna, beef & pork	601
Sausages, brown & serve, cooked	602
Cooked ham, regular	603

FOOD NAME	SALTER FOOD #
Cooked ham, extra lean	604
Frankfurter, beef & pork	605
Frankfurter, beef	606
Pork sausage, cooked, link	607
Pork sausage, cooked, patty	608
Salami, beef & pork, cooked	609
Salami, beef & pork, dry	610
Vienna sausage	611
Veal, lean & fat, cooked, cutlet braised	612
MIXED DISHES & FAST FOODS	
Beef macaroni, frozen, HEALTHY CHOICE	613
Beef stew, canned	614
Chicken pot pie, frozen	615
Chili con carne with beans, canned	616
Macaroni & cheese, canned, with corn oil	617
Meatless burger patty, frozen, MORNINGSTAR FARMS	618
Spaghetti bolognese, frozen, HEALTHY CHOICE	619
Spinach souffle, home-prepared	620
Tortellini, pasta with cheese filling, frozen	621
Fast foods, breakfast items	
Biscuit with egg & sausage	622
Danish pastry, fruit	623
Danish pastry, cheese	624
French toast with butter	625
Hash brown potatoes	626
Pancakes, butter & syrup	627
Burrito, beans & chesse	628
Burrito, beans & meat	629
Cheeseburger, regular with condiments	
Double patty, mayo type dressing	630
Single patty	631
Cheeseburger, regular, plain	
Double patty	632
Double patty, 3-piece bun	633
Single bun	634

FOOD NAME	SALTER FOOD #
MIXED DISHES & FAST FOODS cont.	
Cheeseburger, large with condiments	
Single patty, with mayo type dressing & vegetables	635
Chicken fillet (breaded & fried) sandwich, plain	636
Chicken pieces, boneless (breaded & fried), plain	637
Chili con carne	638
Coleslaw	639
Ice milk, vanilla, soft, cone	640
Sundae, hot fudge	641
Fish sandwich, tartar sauce, cheese	642
French fries	643
Hamburger, regular with condiments	
Double patty	644
Single patty	645
Large with condiments, mayo type dressing, vegetables	
Double patty	646
Single patty	647
Hot dog, plain	648
Hot dog, chili	649
Mashed potatoes	650
Onion rings, breaded, fried	651
Pizza, cheese	652
Pizza, pepperoni	653
Salad, chicken, no dressing	654
Shake, chocolate	655
Shake, vanilla	656
Shrimp, breaded, fried	657
Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable	
Sub sandwich, roast beef, mayo, vegetable	659
Sub sandwich, tuna salad, mayo, lettuce	
Sub sandwich, tuna salad, mayo, lettuce	660
Taco, beef	661

FOOD NAME	SALTER FOOD #
POULTRY & POULTRY PRODUCTS	
Chicken	
Fried in shortening, meat with skin	
Batter dipped, breast, with bones	662
Batter dipped, drumstick	663
Battered dipped, thigh	664
Batter dipped, wing	665
Flour coated, breast with bones	666
Flour coated, drumstick	667
Fried, meat only, dark	668
Fried, meat only, light	669
Roasted, breast with bone & skin	670
Roasted, drumstick	671
Roasted, thigh	672
Chicken giblets, simmered	673
Duck, roasted, flesh	674
Turkey	
Roasted, meat only, dark	675
Roasted, meat only, light	676
Ground, cooked, patty, from raw	677
Turkey, giblets, simmered	678
Poultry food products	
Chicken, canned, boneless	679
Turkey, patties, breaded or battered, fried	680
SOUPS, SAUCES & GRAVIES	
Soups canned, condensed, prepared with whole milk	
Clam Chowder, New England	681
Cream of Chicken	682
Cream of Mushroom	683
Tomato	684
Canned, condensed, prepared with water	
Beef broth, bouillon	685
Beef noodle	686
Chicken noodle	687
Chicken & Rice	688
Clam Chowder, Manhattan	689
Cream of Chicken	690
Cream of Mushroom	691

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
Minestrone	692	SUGARS & SWEETS	
Pea, green	693	Caramel, plain	726
Tomato	694	Caramel, chocolate flavored roll	727
Vegetable beef	695	Carob	728
Vegetarian vegetable	696	Chocolate, milk, plain	729
Canned, ready to serve, chunky		Chocolate, milk, with almonds	730
Chicken noodle	697	Chocolate, milk, with peanuts, MR. GOODBAR (HERSHEY)	731
Chicken, vegetable	698	Chocolate chips, milk	732
Vegetable beef	699	Chocolate chips, semisweet	733
Canned, ready to serve, low fat, reduced sodium		Chocolate chips, white	734
Chicken broth	700	Chocolate coated, peanuts	735
Chicken noodle	701	Chocolate coated, raisins	736
Chicken, rice, vegetable	702	Gummy bears	737
Clam Chowder, New England	703	Hard candy	738
Lentil	704	Jelly beans	739
Minestrone	705	Marshmallows, miniature	740
Vegetable	706	Marshmallows, regular	741
Dehydrated unprepared		M&M's, peanut (M&M MARS)	742
Beef bouillon	707	M&M's, plain (M&M MARS)	743
Onion	708	Milky Way (M&M MARS)	744
Dehydrated prepared with water		REESE'S Peanut butter cup (HERSHEY)	745
Chicken noodle	709	SNICKERS bar (M&M MARS)	746
Onion	710	SPECIAL DARK, sweet chocolate (HERSHEY)	747
Home prepared stock		Frosting, ready to eat, chocolate	748
Beef	711	Frosting, ready to eat, vanilla	749
Chicken	712	Frozen, fruit & juice bar	750
Fish	713	Ice pop	751
Ready to serve sauces		Italian ices	752
Barbecue	714	Gelatin, dessert powder & water, regular	753
Cheese	715	Gelatin, dessert powder & water, reduced calorie	754
Nacho cheese	716	Honey	755
Salsa	717	Jams & Preserves	756
Soy	718	Jellies	757
Spaghetti / marinara / pasta	719	Puddings	
Teriyaki	720	Dry mix & 2% milk, chocolate, instant	758
Worcestershire	721	Dry mix & 2% milk, chocolate, regular, cooked	759
Gravies, canned		Dry mix & 2% milk, vanilla, instant	760
Beef	722	Dry mix & 2% milk, vanilla, regular, cooked	761
Chicken	723		
Mushroom	724		
Turkey	725		

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
SUGARS & SWEETS cont.		Beets	
Ready to eat, regular, chocolate	762	Slices, cooked, drained	803
Ready to eat, regular, rice	763	Whole, cooked, drained	804
Ready to eat, regular, tapioca	764	Slices, canned, drained	805
Ready to eat, regular, vanilla	765	Whole, canned, drained	806
Ready to eat, fat free, chocolate	766	Greens, leaves & stems, cooked, drained	807
Ready to eat, fat free, tapioca	767	Black eyed peas, raw, cooked, drained	808
Ready to eat, fat free, vanilla	768	Black eyed peas, frozen, cooked, drained	809
Sugar		Broccoli	
Brown, packed	769	Raw, chopped or diced	810
Brown, unpacked	770	Raw, spear	811
White, granulated	772	Raw, flower cluster	812
White, powdered, unsifted	775	Raw, cooked, drained, chopped	813
Syrup		Raw, cooked, drained, spear	814
Thin, chocolate flavored	777	Frozen, drained, chopped	815
Chocolate flavored, fudge type	778	Brussel sprouts, raw, cooked, drained	816
Corn, light	779	Brussel sprouts, frozen, cooked, drained	817
Maple	780	Cabbage, raw, shredded	818
Molasses	781	Cabbage, cooked	819
VEGETABLES & VEGETABLE PRODUCTS		Cabbage, chinese, shredded, cooked, drained	
Alfalfa sprouts, raw	783	Pak choi or bok choy	820
Artichokes, cooked, drained	784	Pe tsai	821
Asparagus, raw, cooked, drained	786	Cabbage, red, raw, shredded	822
Asparagus, frozen, cooked, drained	788	Cabbage, savoy, raw, shredded	823
Asparagus, canned, spears, drained	790	Carrots	
Bamboo shoots, canned, drained	792	Carrot juice, canned	824
Beans		Raw	825
Lima, Ford Hooks, frozen, cooked, drained	793	Baby	827
Lima, baby, frozen, cooked, drained	794	Raw; cooked, sliced, drained	828
Snap, green, raw, cooked, drained	795	Frozen; cooked, sliced, drained	829
Snap, yellow, raw, cooked, drained	796	Canned, sliced, drained	830
Snap, green, frozen, cooked, drained	797	Cauliflower	
Snap, yellow, frozen, cooked, drained	798	Raw	831
Snap, green, canned, drained	799	Raw; cooked, drained	833
Snap, yellow, canned, drained	800	Frozen; cooked, drained	835
Bean sprouts, raw	801	Celery	
Bean sprouts, cooked, drained	802	Raw, stalk	836
		Pieces, diced	837
		Cooked, drained, stalk	838
		Chives, raw, chopped	840
		Cilantro, raw	841
		Coleslaw, home prepared	842

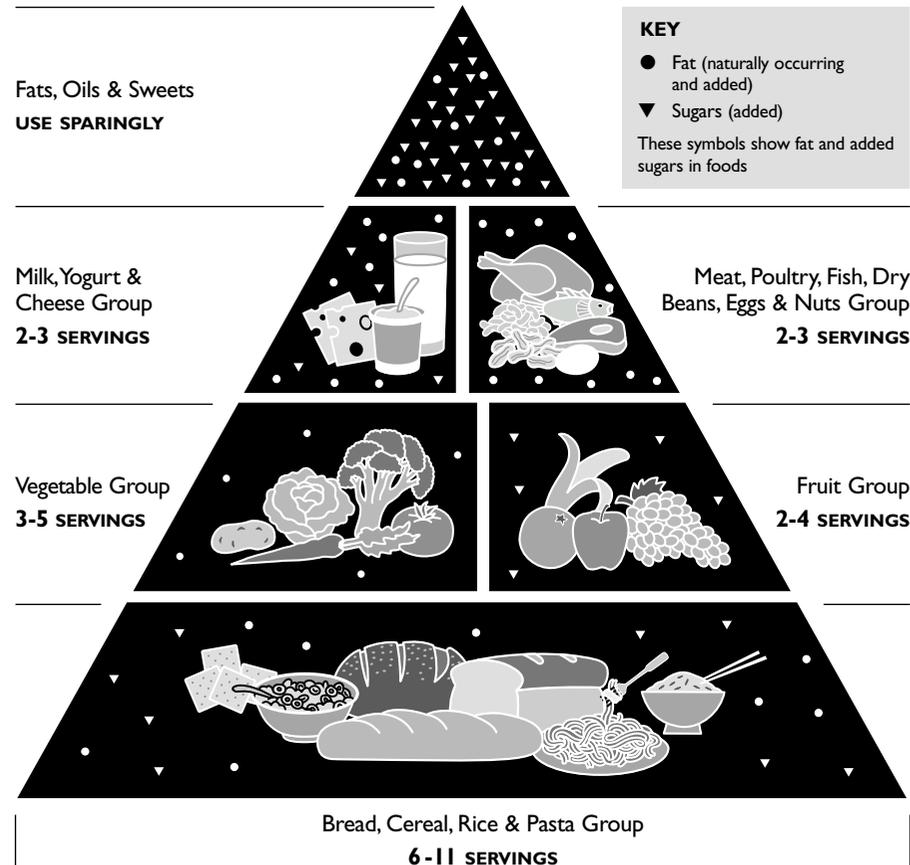
FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
Collards, cooked, drained, chopped, raw	843	Raw, cooked, drained	886
Collards, frozen; cooked, drained, chopped	844	Dehydrated flakes	888
Corn, sweet, yellow (cooked & drained)		Spring, raw	889
Raw, kernels on cob	845	Parsley, raw	891
Frozen, kernels on cob	846	Parsnips, sliced, cooked, drained	892
Kernels	847	Peas, edible pod, raw; cooked, drained	893
Canned, cream style	848	Peas, edible pod, frozen; cooked, drained	894
Canned, whole kernel	849	Peas, green, canned, drained	895
Corn, sweet, white, cooked, drained	850	Peas, green, frozen; boiled, drain	896
Cucumber, peeled	851	Peppers	
Cucumber, unpeeled	853	Hot chili, raw, green	897
Dandelion greens, cooked, drained	855	Hot chili, raw, red	898
Dill weed, raw	856	Jalapenos	
Eggplant, cooked, drained	857	Canned, sliced, solids, liquid	899
Endive, curly (incl. Escarole), raw, small pieces	858	Sweet, raw, green, chopped	900
Garlic, raw	859	Sweet, raw, red, chopped	903
Hearts of palm, canned	860	Cooked, drained, chopped, green	905
Jerusalem artichoke, raw, sliced	861	Cooked, drained, chopped, red	906
Kale, cooked, drained, chopped, raw	862	Pimento, canned	907
Kale, frozen; cooked, drained, chopped	863	Potatoes	
Kohlrabi, cooked, drained, slices	864	Baked with skin	908
Leeks, bulb & lower leaf, chopped, diced, cooked, drained	865	Baked, flesh only	909
Lettuce, raw (Butterhead, Boston types)	866	Baked, skin only	910
Crisphead, iceberg, leaf	868	Peeled after boiling	911
Crisphead, iceberg	869	Peeled before boiling	912
Looseleaf, leaf	871	Potato products	
Looseleaf, pieces, shredded	872	Au gratin, dry mix, whole milk, butter	913
Romaine or cos, inner leaf	873	Au gratin, home recipe, butter	914
Romaine or cos, pieces, shredded	874	French fried, frozen, oven heated	915
Mushrooms		Hashed brown, frozen	916
Raw	875	Hashed brown, home recipe	917
Cooked, drained	876	Mashed, dehydrated flakes, whole milk, butter, salt	918
Canned, drained	877	Mashed, home recipe, whole milk	919
Shitake, cooked	878	Mashed, home recipe, whole milk & margarine	920
Shitake, dried	879	Potato pancakes, home prepared	921
Mustard greens, cooked, drained	880	Potato salad, home prepared	922
Okra, raw; sliced, cooked, drained	881	Scalloped, dry mix, whole milk, butter	923
Okra, frozen; sliced, cooked, drained	882	Scalloped, home recipe, butter	924
Onions		Pumpkin, cooked, mashed	925
Raw	883	Pumpkin, canned	926

FOOD NAME	SALTER FOOD #	FOOD NAME	SALTER FOOD #
VEGETABLES & VEGETABLE PRODUCTS cont.		Vegetables, mixed, frozen; cooked, drained	962
Radishes, raw	927	Waterchestnuts, canned, slices, solids, liquid	963
Rutabagas, cooked, drained, cooked	928	MISCELLANEOUS ITEMS	
Sauerkraut, canned, solids, liquid	929	Bacon bits	964
Seaweed, Kelp, raw	930	Baking powder, sodium aluminum sulfate	965
Seaweed, Spirulina, dried	931	Baking powder, straight phosphate	966
Shallots, raw, chopped	932	Baking powder, low sodium	967
Soybeans, green, cooked, drained	933	Baking soda	968
Spinach		Catsup	969
Raw	934	Celery seed	970
Raw; cooked, drained	936	Chili powder	971
Frozen; cooked, drained	937	Chocolate, unsweetened, baking, solid	972
Canned, drained, pieces	938	Chocolate, unsweetened, baking, liquid	973
Squash		Cinnamon	974
Summer, sliced, raw	939	Cocoa powder, unsweetened	975
Cooked, drained	940	Cream of Tartar	976
Winter, baked, cubes	941	Curry powder	977
Butternut, frozen, cooked, mash	942	Garlic powder	978
Sweet potatoes		Horseradish, prepared	979
Cooked, baked with skin	943	Mustard, prepared, yellow	980
Boiled, without skin	944	Olives, canned, pickled, green	981
Candied	945	Olives, canned, ripe, black	982
Canned, syrup pack, drained	946	Onion powder	983
Tomatoes		Oregano, ground	984
Raw	947	Paprika	985
Cherry	948	Parsley, dried	986
Canned, solids, liquid	950	Pepper, black	987
Sundried, plain	951	Pickles (cucumber), dill, whole	988
Tomato juice, canned, salt	952	Pickle relish, sweet	989
Canned, paste	953	Potato chips, plain, salted	990
Canned, puree	954	Potato chips, sour cream & onion	991
Canned, sauce	955	Potato chips, reduced fat	992
Canned, stewed	956	Potato chips, fat free	993
Turnips, cooked, cubed	957	Vanilla extract	994
Turnip greens, raw; cooked, drained	958	Vinegar, cider	995
Turnip greens, frozen; cooked, drained	959	Vinegar, distilled	996
Vegetable juice, cocktail, canned	960	Yeast, dry, active	997
Vegetables, mixed, canned, drained	961	Yeast, compressed	999

Certain food code numbers have been omitted in the food code sequence as they were duplications based on volume measurements. See website for further details.

FOOD GUIDE PYRAMID

A GUIDE TO DAILY FOOD CHOICE



For further information on food groups
and nutritional information,
please visit the following website:
www.usda.gov/cnpp

WARRANTY

This product is intended for domestic use only. Salter Housewares will replace the product, or any part of this product (excluding batteries), free of charge if within the warranty period it can be shown to have failed through defective workmanship or materials.

The warranty covers working parts that affect the function of the product. It does not cover cosmetic deterioration caused by fair wear and tear or damage caused by accident or misuse. Opening or taking apart the product or its components will void the warranty.

Claims under warranty must be supported by dated proof of purchase and returned postage paid to Salter Housewares with a return authorization number.

Care should be taken in packing the scale so that it is not damaged while in transit. This undertaking is in addition to a consumer's statutory rights and does not affect those rights in any way.

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