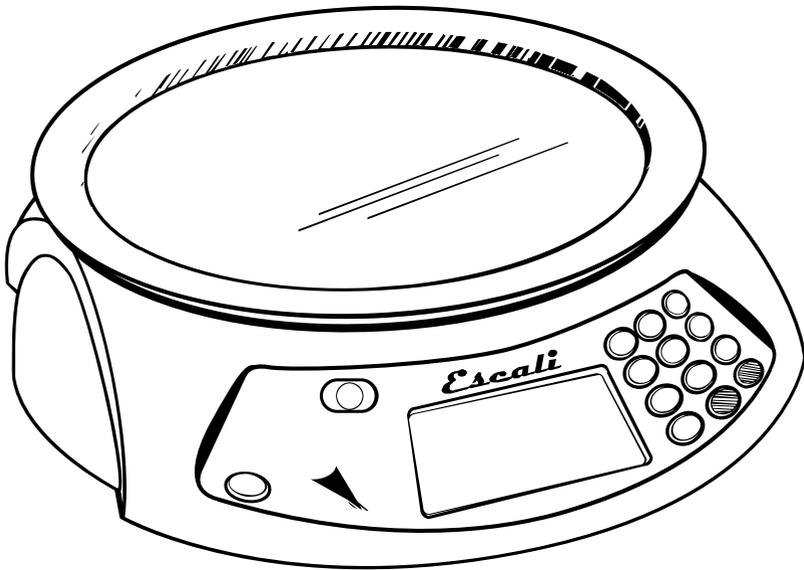


# Precision Weighing Solutions

***Escali***<sup>™</sup>

**User Manual**



***Cibio***

**Nutritional Scale**

**[www.Escali.com](http://www.Escali.com)**

# *Escali*<sup>™</sup> Nutritional Scale

Thank you for purchasing the Escali Digital Nutritional Scale.

The Escali Cibo Digital Nutritional Scale has a smart weighing system inside. This highly diverse diet scale weighs in ounces, pounds, grams and kilograms. The scale is advanced with easy to use features to display and memorize nutritional values, including carbohydrates, fat and protein.

The Escali Cibo will prove to be an indispensable tool in your health conscious way of living.

Español: para instrucciones funcionarias por favor visite [www.escali.com](http://www.escali.com)

Français: veuillez visiter notre site [www.escali.com](http://www.escali.com) pour des instructions d'opération en français

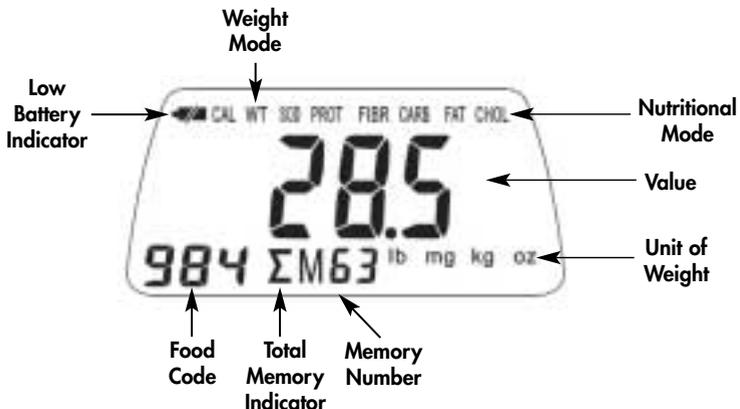
Deutsch: bitte besuchen Sie unsere Website [www.escali.com](http://www.escali.com) für die deutsche Bedienungsanleitung

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**[www.Escali.com](http://www.Escali.com)**

Please read the following operation information to ensure the proper function of your new scale.

## How to read the display:



## How to weigh:

- 1) Place the stainless steel tray on the scale
- 2) Press the "ON/OFF" key
- 3) All display segments will show for about 2 seconds
- 4) "WT 0.0 oz" will appear on the display
- 5) Select measuring units (oz, lb/oz, g, kg)
- 6) Place item slowly on the tray

## How to use the "Tare" feature:

This feature allows you to obtain the exact weight of an item in a container, by subtracting the weight of the container. It lets you add consecutive ingredients to the container, and weigh each ingredient individually.

- 1) Press the "ON/OFF" key
- 2) Select measuring units (oz, lb/oz, g, kg)
- 3) Place the container, without the item, slowly on the tray
- 4) Press the "Tare" key. The weight of the container will be removed, and the display value will reset to "0g / 0oz"
- 5) Slowly add the item to the container. The display will show the weight of the item only
- 6) You may continue to determine the weight of each additional item as they are added by repeating steps 4 & 5.

### How to clear "Tare" Feature:

Remove all items from the tray. A negative weight will appear on the display. Press the "Tare" key again to reset the scale to "0g / 0 oz"

### How to select the Weigh Mode:

After the scale is turned ON, your scale will show WT 0.0 oz (ounces). You may switch to the other weighing units during use by pushing the "g / oz / WT" key.

### How to display Nutritional data:

- 1) Make sure your scale is in WT mode (press "g / oz / WT" key if necessary), "WT" will display
- 2) Place the food item slowly on the tray
- 3) Find the 3 digit food code from the list of 999 codes in this manual
- 4) Use the number keypad to input the food code. The code number is shown on the bottom left hand corner of the display. (You can clear your input with the CLR/MC key)
- 5) Press CAL, SOD, PROT, FAT, CARB, CHOL or FIBR key to display the nutritional readings

- CAL** Key for indication of calories
- SOD** Key for indication of Sodium in milligrams
- PROT** Key for indication of Protein in grams
- FAT** Key for indication of Fat in grams
- CARB** Key for indication of Carbohydrates in grams
- CHOL** Key for indication of Cholesterol in milligrams
- FIBR** Key for indication of Fiber in grams

### How to save Nutritional data:

This feature cumulates the dietary values of the foods being weighed in the diet memory.

- 1) Follow step 1 – 5 of "How to display Nutritional data"
- 2) Press g / oz / WT key to return to weigh mode
- 3) Press the M+ key to save the nutritional data
- 4) The display will show MO1 to indicate the first saved nutritional data
- 5) The saved data will remain in the memory until cleared (even after turning off the scale)
- 6) Up to 98 additional nutritional readings can be added to the memory

### **How to recall saved Nutritional data:**

- 1) Make sure your scale is in WT mode (press "g / oz / WT" key if necessary), "WT" will display
- 2) Press the MR key. The display will show "Σ" before the total memory number, and the total calories of all food items saved to the memory
- 3) Press nutrition keys to display the total of the other nutritional values saved to the memory
- 4) The total weight of the food items saved to the memory can not be displayed

### **How to clear saved data:**

- 1) Make sure your scale is in WT mode (press "g / oz / WT" key if necessary), "WT" will display
- 2) Press and hold the CLR/MC key for 2 seconds to clear the memory

### **Do not place overweight items on scale**

Weighing items over the maximum weight capacity will cause an "Error" to display. Immediately remove overweight items to avoid causing damage to your scale.

### **Battery Replacement/Installation**

This unit comes with a low battery indicator. Please replace when the low battery symbol appears.

- 1) Remove the battery door
- 2) Install the 9-volt battery connections
- 3) Replace the battery door

### **Additional Information**

- 1) Make sure your scale is at room temperature and on a stable horizontal surface free of vibration.
- 2) This scale is not waterproof. Do not expose to moisture.
- 3) As this scale is a precision instrument, it must be handled with extreme care. Avoid rough treatment, shaking and vibration.
- 4) Do not disassemble this scale or the warranty will be void.
- 5) The display value may be affected by electromagnetic disturbances such as operating near a radio. If this occurs, move the device that is causing the disturbance and turn the scale off and restart.

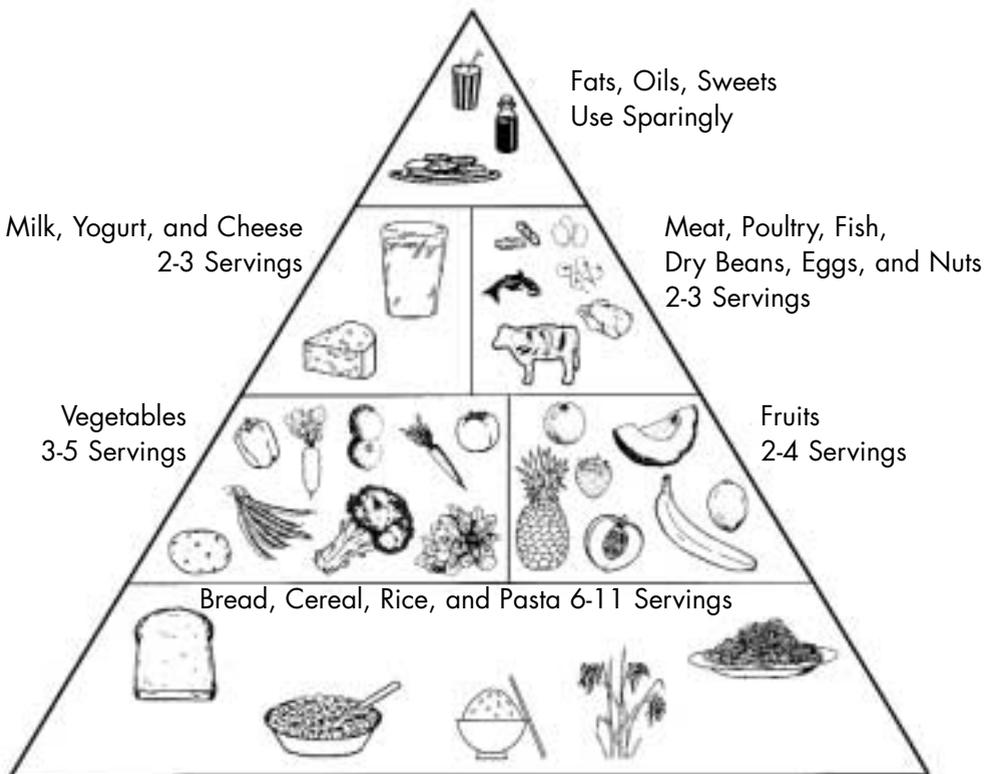
Power Source: 9-volt battery  
Dimensions: 8.5" x 8" x 2" (21cm x 20cm x 5cm)  
Increments: 1/10th ounce (0.1 oz.) or 1 gram (1 g.)  
Capacity: 6.6 Lb / 3000 gram  
Weight Modes: grams, ounces, Kg/gm, and lb./oz.  
Auto Shut Off: Turns off after 3 minutes of non-use  
Accessories: Stainless steel plate, dishwasher safe

Warranty: Manufacturer's five (5) year warranty, see [www.escali.com](http://www.escali.com) for full details.

Escali's liability is limited to two (2) times the cost of the product.

# Food Groups and Food Codes

Your Escali Nutritional Scale is preprogrammed with 999 food codes containing Calorie, Sodium, Protein, Fat, Carbohydrate, Cholesterol and Fiber values for the most commonly used foods, ingredients and beverages. The programmed nutritional values are an indication only, and not an exact value. The nutritional information are approximate mean values and is based on the latest USDA information and other sources. The list is organized using the USDA Food Pyramid, starting from the base of the Food Pyramid. Within each food group, or sub-group, food items are listed in alphabetical order.



The Food Pyramid is a general guide that provides you with choices for a healthy diet that is right for you. Eating a variety of foods, and eating the right amount of nutrients are key in maintaining a healthy diet.

For more information on the Food Pyramid and other nutritional guide lines please visit the USDA website at [www.usda.gov](http://www.usda.gov).



# Bread, Cereal, Pasta and Rice Group

## Bread/Flour Products

- 001 Bagels, plain
- 002 Bagels, cinnamon-raisin
- 003 Bagels, egg
- 004 Banana bread, recipe, margarine
- 005 Barley, pearled, uncooked
- 006 Biscuits, Plain or buttermilk, recipe, 2% milk
- 007 Biscuits, Refrigerated dough, baked, regular

## **Bread**

- 008 Cracked wheat
- 009 Egg bread
- 010 French, Vienna, sour dough
- 011 Indian fry bread (naan)
- 012 Italian bread
- 013 Mixed grain, untoasted
- 014 Oatmeal, untoasted
- 015 Pita
- 016 Pumpernickel, untoasted
- 017 Raisin, untoasted
- 018 Rye, untoasted
- 019 Rye, reduced calorie
- 020 Wheat, untoasted
- 021 Wheat, reduced calorie
- 022 White, untoasted
- 023 White, soft crumbs
- 024 White, reduced calorie
- 025 Whole wheat, untoasted
  
- 026 Bread crumbs, dry, grated, plain, enriched
- 027 Bread crumbs, dry, grated, seasoned, unenriched
- 028 Bread stuffing, dry mix

## **Breakfast/Granola Bar**

- 029 Breakfast bar, cereal crust, fruit filling, fat free
- 030 Granola bar, hard, plain
- 031 Granola bar, soft, uncoated, chocolate chip
- 032 Granola bar, soft, uncoated, raisin
- 033 Nutri grain cereal bar, fruit
  
- 034 Bulgur, cooked
- 035 Cornbread, mix
- 036 Cornbread, recipe, 2% milk
- 037 Cornmeal, yellow, dry, whole grain

- 038 Cornmeal, degermed, enriched
- 039 Cornstarch
- 040 Couscous, uncooked
- 041 Croutons, seasoned
- 042 English muffin, plain, untoasted
- 043 French toast, recipe, 2% milk, fried in margarine
- 044 French toast, frozen

## **Flour**

- 045 Bread flour, enriched
- 046 Buckwheat flour, whole groat
- 047 Cake or pastry flour, enriched, unsifted, spooned
- 048 Corn flour, masa, enriched
- 049 Self rising, enriched, unsifted, spooned
- 050 Wheat flour, all purpose, enriched, sifted, spooned
- 051 Wheat flour, all purpose, enriched, unsifted, spooned
  
- 052 Matzo, plain

## **Muffins**

- 053 Muffins, blueberry, commercial
- 054 Muffins, blueberry, mix
- 055 Muffins, Bran with raisins
- 056 Muffins, Corn, Commercial
- 057 Muffins, corn mix
- 058 Muffins, Oatbran, commercial
  
- 059 Oat bran, uncooked
- 060 Pancakes, frozen, ready
- 061 Pancakes, complete mix
- 062 Pancakes, mix, 2% milk, egg & oil
- 063 Pie crust, baked, recipe
- 064 Pie crust, baked, frozen
- 065 Pie crust, graham cracker

## **Pie, commercial**

- 066 Apple
- 067 Blueberry
- 068 Cherry
- 069 Chocolate Crème
- 070 Lemon meringue
- 071 Pecan
- 072 Pumpkin
  
- 073 Rolls, dinner
- 074 Rolls, hamburger or hotdog

- 075 Sweet rolls, cinnamon with raisins, commercial
- 076 Sweet rolls, cinnamon, refrigerated dough, baked with frosting
- 077 Taco shell, baked
- 078 Tapioca, pearl, dry
- 079 Toaster pastries, fruit
- 080 Toaster pastries, low fat
- 081 Tortilla, ready to cook, corn
- 082 Tortilla, ready to cook, flour
- 083 Waffles, plain, recipe
- 084 Waffles, plain, frozen, toasted
- 085 Waffles, plain, low fat
- 086 Whole wheat, hard wheats, stirred, spooned
- 087 Wheat germ, toasted plain
- 116 Corn Pops
- 117 Crispix
- 118 Froot loops
- 119 Frosted Flakes
- 120 Frosted Mini Wheats, regular
- 121 Frosted Mini Wheats, bite size
- 122 Golden Grahams
- 123 Honey Nut Cheerios
- 124 Honey Nut Clusters
- 125 Kix
- 126 Life
- 127 Nature Valley, Granola
- 128 100% Natural Cereal, Oats, honey and raisins
- 129 100% Natural Cereal, Oats, honey and raisins, Low fat

## Cereal

### **Cereal, cooked**

- 088 Corn Grits, White
- 089 Corn Grits, Yellow
- 090 Corn Grits, Instant plain
- 091 Cream of wheat, Regular
- 092 Cream of wheat, Quick
- 093 Cream of wheat, Mix 'n eat, plain
- 094 Oatmeal, Instant, fortified, plain
- 095 Oatmeal, Instant, Apples & Cinnamon
- 096 Oatmeal, Instant, Maple & Brown sugar
- 097 Oatmeal, Regular, quick or instant, plain, nonfortified
- 098 Wheatena

### **Cereal, ready to eat**

- 099 All Bran
- 100 Apple Cinnamon, Cheerios
- 101 Apple jacks
- 102 Basic 4
- 103 Cap'N Crunch
- 104 Cheerios
- 105 Chex, Corn
- 106 Chex, honey nut
- 107 Chex, multi bran
- 108 Chex, rice
- 109 Chex, wheat
- 110 Cinnamon Life
- 111 Cocoa Krispies
- 112 Cocoa Puffs
- 113 Complete Wheat Bran flakes
- 114 Cornflakes, General Mills, Total
- 115 Cornflakes, Kellogg's

## Pasta

- 142 Marcaroni (elbow), enriched, cooked
- 143 Noodles, chow mein, canned
- 144 Noodles(egg), enriched, cooked, regular
- 145 Noodles(egg), enriched, cooked, spinach
- 146 Noodles, Japanese, soba, cooked
- 147 Pasta, fresh-refrigerated, plain, cooked
- 148 Spaghetti, cooked, enriched
- 149 Spaghetti, whole wheat, cooked
- 150 Rice, noodles, cooked

## Rice

- 151 Rice, brown, long grain, cooked
- 152 White long grain, raw
- 153 White long grain, cooked
- 154 White long grain, instant
- 155 White, parboiled, raw
- 156 White, parboiled, cooked
- 157 Wild, cooked
- 158 Rice cake, brown rice, plain



# Vegetable Group

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- 229 Hearts of palm, canned
- 230 Jerusalem artichoke, raw, sliced
- 231 Kale, cooked, drained, chopped, raw
- 232 Kale, frozen, cooked, drained, chopped
- 233 Kohlrabi, cooked, drained, slices
- 234 Leeks, bulb & lower leaf, chopped, diced, cooked, drained
- 235 Lettuce, raw (Butterhead, Boston types)
- 236 Crisphead, iceberg, leaf
- 237 Crisphead, iceberg
- 238 Looseleaf, leaf
- 239 Looseleaf, pieces, shredded
- 240 Romaine or cos, inner leaf
- 241 Romaine or cos, pieces, shredded

### **Mushrooms**

- 242 Raw
- 243 Cooked, drained
- 244 Canned, drained
- 245 Shitake, cooked
- 246 Shitake, dried
  
- 247 Mustard greens, cooked, drained
- 248 Okra, raw; sliced, cooked, drained
- 249 Okra, frozen, sliced, cooked, drained

### **Onions**

- 250 Raw
- 251 Raw, cooked, drained
- 252 Dehydrated flakes
- 253 Spring, raw
  
- 254 Parsley, raw
- 255 Parsnips, sliced, cooked, drained
- 256 Peas, edible pod, raw: cooked, drained
- 257 Peas, edible pod, frozen; cooked, drained
- 258 Peas, green, canned, drained
- 259 Peas, green, frozen, boiled, drain

### **Peppers**

- 260 Banana, raw
- 261 Hot chili, raw green
- 262 Hot chili, raw, red
- 263 Jalapenos, canned, sliced, solids, liquids
- 264 Sweet pepper, raw, green, chopped
- 265 Sweet pepper, raw, red, chopped
- 266 Sweet pepper, cooked, drained, chopped, green
- 267 Sweet pepper, cooked, drained, chopped, red

- 268 Pimento, canned
- 269 Pickles, cucumber, dill
- 270 Pickles, relish, sweet

### **Potatoes**

- 271 Baked with skin
- 272 Baked, flesh only
- 273 Baked, skin only
- 274 Peeled after boiling
- 275 Peeled before boiling

### **Potato products**

- 276 Au gratin, dry mix, whole mix, butter
- 277 Au gratin, home recipe, butter
- 278 French fried, frozen, oven heated
- 279 Hashed brown, frozen
- 280 Hashed brown, home recipe
- 281 Mashed, dehydrated flakes, whole milk, butter, salt
- 282 Mashed, home recipe, whole milk
- 283 Mashed, home recipe, whole milk & margarine
- 284 Potato pancakes, home prepared
- 285 Potato salad, home prepared
- 286 Scalloped, dry mix, whole milk, butter
- 287 Scalloped, home recipe, butter

- 288 Pumpkin, cooked, mashed
- 289 Pumpkin, canned
- 290 Radishes, raw
- 291 Rutabagas, cooked, drained
- 292 Sauerkraut, canned, solids, liquid
- 293 Seaweed, kelp, raw
- 294 Seaweed, spirulina, dried
- 295 Shallots, raw, chopped
- 296 Soybeans, green, cooked, drained

### **Spinach**

- 297 Raw
- 298 Raw; cooked, drained
- 299 Frozen; cooked, drained
- 300 Canned, drained, pieces

### **Squash**

- 301 Summer, sliced, raw
- 302 Cooked, drained
- 303 Winter, baked, cubes
- 304 Butternut, frozen, cooked, mashed



## Vegetable Group

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### Sweet potatoes

- 305** Cooked, baked with skin
- 306** Boiled, without skin
- 307** Candied
- 308** Canned, syrup pack, drained

### Tomatoes

- 309** Raw
- 310** Cherry
- 311** Canned, solids, liquid
- 312** Sundried, plain
- 313** Tomato juice, canned, salt

- 314** Canned, paste
- 315** Canned, sauce
- 316** Canned, stewed
  
- 317** Turnips, cooked, cubed
- 318** Turnip greens, raw, cooked, drained
- 319** Turnip greens, frozen, cooked, drained
- 320** Vegetable juice, cocktail, canned
- 321** Vegetables, mixed, canned, drained
- 322** Vegetables, mixed, frozen; cooked, drained
- 323** Waterchestnuts, canned, slices, solids, liquid
- 324** Yam, cooked, broiled, drained, or baked



## Fruit Group

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- 325** Apples, raw, with skin
- 326** Apples, raw, peeled
- 327** Apples, dried
- 328** Apples, stewed with added sugar
- 329** Apples, stewed without added sugar
- 330** Applesauce, canned, sweetened
- 331** Applesauce, canned, unsweetened
- 332** Apricots, raw
- 333** Apricots, canned, halves, fruit & liquids, heavy syrup
- 334** Apricots, canned, halves, fruit & liquids, juice pack
- 335** Apricots, dried, sulfured
- 336** Asian pears, raw
- 337** Avocados, raw, without skin & seed
- 338** Bananas, raw, whole
- 339** Blackberries, raw
- 340** Blackberries, canned, heavy syrup
- 341** Blueberries, raw
- 342** Blueberries, frozen, sweetened
- 343** Carambola (starfruit), raw
- 344** Cherries, sour, red, pitted, canned, water pack
- 345** Cherries, sweet, raw, without pits & stems
- 346** Cherry pie filling, canned
- 347** Cranberries, dried, sweetened
- 348** Cranberry sauce, sweetened, canned
- 349** Currants, dried
- 350** Dates without pits, whole
- 351** Figs, dried
  
- 352** Fruit cocktail, canned, fruit & liquid, heavy syrup
- 353** Fruit cocktail, canned, fruit & liquid, juice pack
- 354** Grapefruit, raw without peel, membrane & seeds, pink or red
- 355** Grapefruit, raw without peel, membrane & seeds, white
- 356** Grapefruit, raw without peel, membrane & seeds, canned, light syrup
- 357** Grapes, seedless, raw
- 358** Kiwi fruit, raw, without skin
- 359** Lemons, raw, without skin
- 360** Lemon juice, raw
- 361** Lemon juice, canned or bottled, unsweetened
- 362** Lime juice, raw
- 363** Lime juice, canned, unsweetened
- 364** Mandarin oranges, light syrup
- 365** Mangos, raw, without skin & seed, whole
- 366** Maraschino Cherries, canned, drained
- 367** Melon, Cantaloupe, wedge without rind
- 368** Melon, Honeydew, wedge without rind
- 369** Nectarines, raw
- 370** Oranges, raw, without peel & seeds
- 371** Olives, pickled, green
- 372** Olives, canned, ripe, black
- 373** Papayas, raw
- 374** Peaches, raw
- 375** Peaches, canned, heavy syrup
- 376** Peaches, canned, juice pack

- 377 Peaches, dried
- 378 Pears, raw
- 379 Pears, canned, heavy syrup
- 380 Pears, canned, juice pack
- 381 Pineapple, raw, diced
- 382 Pineapple, canned, heavy syrup, crushed, chunks
- 383 Pineapple, canned, heavy syrup, slices
- 384 Pineapple, canned, juice pack, crushed, sliced or chunks
- 385 Pineapple, canned, juice pack, slices
- 386 Pineapple juice, unsweetened, canned
- 387 Plantain, without peel, raw
- 388 Plums, raw
- 389 Prunes, dried, pitted, uncooked
- 390 Prunes, stewed, unsweetened, fruit & liquid
- 391 Prune juice, canned or bottled
- 392 Raisins, seedless
- 393 Raspberries, raw
- 394 Raspberries, frozen, sweetened, thawed
- 395 Rhubarb, frozen, cooked with sugar
- 396 Strawberries, raw, large
- 397 Strawberries, raw, medium
- 398 Strawberries, frozen, sweetened, sliced, thawed
- 399 Tangerines, raw, without peels & seeds
- 400 Watermelon, raw, wedge



## Meat, Poultry, Seafood, Dry Beans, Nuts & Eggs Group

### Beef

- 401 Bottom round, cooked, lean & fat
- 402 Bottom round, cooked, lean
- 403 Braised or pot roast, lean & fat
- 404 Braised or pot roast, lean
- 405 Canned, corned
- 406 Eye of round, lean & fat, cooked
- 407 Eye of round, lean, cooked
- 408 Ground beef 83%, broiled
- 409 Ground beef 79%, broiled
- 410 Ground beef 73%, broiled
- 411 Jerky
- 412 Liver, fried, sliver
- 413 Roast, oven cooked, rib, lean & fat
- 414 Roast, oven cooked, rib, lean
- 415 Steak, sirloin, broiled, piece, lean & fat
- 416 Steak, sirloin, broiled, piece, lean
- 417 Steak, sirloin tip, broiled, lean
- 418 Steak, T-bone, broiled, lean
- 419 Steak, tenderloin, broiled, lean
- 420 Steak, porterhouse / short-loin, broiled, lean

### Lamb

- 421 Chops, cooked, lean & fat
- 422 Chops, cooked, lean
- 423 Loin broiled, lean & fat
- 424 Loin broiled, lean
- 425 Leg, roasted, lean & fat

### Poultry/Chicken

- 426 Broilers or fryers, meat & skin, fried, batter
- 427 Broilers or fryers, meat & skin, fried, flour
- 428 Broilers or fryers, meat & skin, roasted
- 429 Broilers or fryers, breast, meat only, fried
- 430 Broilers or fryers, breast, meat only, roasted
- 431 Broilers or fryers, dark meat, meat only, fried
- 432 Broilers or fryers, dark meat, meat only, roasted
- 433 Broilers or fryers, drumstick, meat & skin, fried, batter
- 434 Broilers or fryers, drumstick, meat & skin, fried, flour
- 435 Chicken giblets, simmered
- 436 Broilers or fryers, light meat, meat only, fried
- 437 Broilers or fryers, light meat, meat only, roasted
- 438 Broilers or fryers, thigh, meat & skin, fried, batter
- 439 Broilers or fryers, thigh, meat & skin, fried, flour
- 440 Broilers or fryers, wing, meat & skin, fried, batter
- 441 Broilers or fryers, wing, meat & skin, fried, flour
- 442 Canned, meat only, with broth
- 443 Cornish game hens, meat & skin, roasted
- 444 Liver, simmered
- 445 Roasting, light meat, meat only, roasted

### Duck

- 446 Meat & skin, roasted
- 447 Meat only, roasted
- 448 Pekin, breast, meat & skin, boneless, roasted

### Goose

- 449 Meat & skin, roasted



# Meat, Poultry, Seafood, Dry Beans, Nuts & Eggs Group

- 450 Meat only, roasted
- 451 Pate de froe gras (goose liver pate)

## Turkey

- 452 Breast, pre-basted, meat & skin, roasted
- 453 Dark meat, meat & skin, roasted
- 454 Gibblets, simmered
- 455 Ground, cooked
- 456 Light & dark meat, diced, seasoned
- 457 Light meat, meat & skin, roasted
- 458 Light meat, meat only, roasted
- 459 Patties, breaded or battered, fried

## Pork

- 460 Bacon, cured, cooked
- 461 Bacon, Canadian, cured, cooked
- 462 Ham, canned
- 463 Ham, fresh, cooked, lean & fat
- 464 Ham, cured, lean & fat
- 465 Ham, leg, roasted piece, lean & fat
- 466 Rib roast, lean & fat
- 467 Ribs, lean & fat, cooked, backribs
- 468 Ribs, lean & fat, cooked, spareribs, braised
- 469 Sausage, cooked, link
- 470 Sausage, cooked, patty
- 471 Tenderloin, broiled, lean

## Veal

- 472 Cutlet, braised, lean & fat
- 473 Cutlet, breaded, cooked, lean & fat

## Venison

- 474 Loin, cooked, broiled, lean
- 475 Top round, cooked, broiled, lean

## Mixed and Deli Meats

- 476 Bologna, beef
- 477 Bologna, beef and pork
- 478 Bologna, turkey
- 479 Bratwurst, beef & pork, smoked
- 480 Bratwurst, pork, cooked
- 481 Braunschweiger (liver sausage, pork)

- 482 Chorizo, beef & pork
- 483 Dried beef, cured
- 484 Ham, cooked, regular
- 485 Ham, cooked, extra lean
- 486 Ham, honey, smoked, cooked
- 487 Hot dog / Frankfurter, beef
- 488 Hot dog / Frankfurter, beef & pork
- 489 Pastrami, beef, cured
- 490 Pepperoni, pork, beef
- 491 Salami, beef & pork, cooked
- 492 Salami, beef & pork, dry
- 493 Sausage, Polish & Kielbasa
- 494 Sausage, summer, cervelat, beef & pork
- 495 Sausage, Vienna
- 496 Turkey, white, deli cut

## Seafood

- 497 Bass, freshwater, cooked, dry heat
- 498 Bass, sea, cooked, dry heat
- 499 Catfish, breaded, fried
- 500 Clam, raw meat
- 501 Clam, breaded, fried
- 502 Clam, canned, drained solids
- 503 Cod, baked or broiled
- 504 Crab, Alaskan King, cooked
- 505 Crab meat, canned
- 506 Crab cake, egg, onion, margarine, fried
- 507 Eel, cooked, dry heat
- 508 Fish fillet, battered or breaded and fried
- 509 Fish stick & portion, breaded, frozen, preheated
- 510 Flounder or Sole, baked or broiled
- 511 Haddock, baked or broiled
- 512 Halibut, baked or broiled
- 513 Herring, pickled
- 514 Lobster, steamed
- 515 Mackerel
- 516 Mussels, steamed
- 517 Ocean perch, cooked
- 518 Oyster, raw meat only
- 519 Oyster, breaded, fried
- 520 Pollock, baked or broiled
- 521 Rockfish, baked or broiled

- 522 Roughy, orange, baked or broiled
- 523 Salmon, baked or broiled
- 524 Salmon, canned (pink), solids & liquid (incl bones)
- 525 Salmon, smoked (chinook)
- 526 Sardine, Atlantic, canned in oil, drained solids (incl bones)
- 527 Scallop, cooked, breaded, fried
- 528 Scallop, steamed
- 529 Shrimp, breaded, fried
- 530 Shrimp, canned, drained solids
- 531 Swordfish, baked or broiled
- 532 Trout, baked or broiled
- 533 Tuna, baked or broiled
- 534 Tuna canned, drained solids, oil pack, chunk light
- 535 Tuna canned, drained solids, water pack, chunk light
- 536 Tuna canned, drained solids, water pack, solid white
- 537 Tuna salad: light tuna in oil, pickle relish, mayo
- 538 Walleye, Pike

### **Dry Beans and Nuts**

- 539 Almonds, shelled

### **Beans, dry, cooked**

- 540 Black
- 541 Great Northern
- 542 Kidney, red
- 543 Lima, large
- 544 Pea, navy
- 545 Pinto

### **Canned Beans, solids & liquid**

- 546 Baked beans, plain or vegetarian
- 547 Black eyed peas, dry, cooked
- 548 Black eyed peas, dry, canned, solids & liquids
- 549 Kidney, red
- 550 Lima, large
- 551 White beans

- 552 Brazil nuts, shelled
- 553 Carob flour
- 554 Cashews, salted, dry roasted
- 555 Cashews, salted, oil roasted
- 556 Chestnuts, European, roasted, shelled
- 557 Chickpeas, dry cooked
- 558 Chickpeas, canned, solids & liquids

- 559 Coconut, raw, shredded, not packed
- 560 Coconut, raw, shredded, dried, sweetened
- 561 Hazelnuts, chopped
- 562 Hummus, commercial
- 563 Lentils, dry, cooked
- 564 Macademia nuts, dry roasted, salted
- 565 Peanuts, dry roasted
- 566 Peanuts, oil roasted
- 567 Peanuts, dry roasted, salted
- 568 Peanuts, dry roasted, unsalted
- 569 Peanuts, oil roasted, salted
- 570 Peanut butter, regular, smooth
- 571 Peanut butter, regular, chunk
- 572 Peanut butter, reduced fat, smooth
- 573 Peas, split, dry, cooked
- 574 Pecan halves
- 575 Pine nuts, shelled
- 576 Pistachio nuts, dry roasted, salt, shelled
- 577 Pumpkin kernels, roasted, salt
- 578 Refried beans, canned
- 579 Sesame seeds

### **Soy products**

- 580 Miso
- 581 Soybeans, dry cooked
- 582 Soy milk
- 583 Soy nuts, dry roasted
- 584 Tofu, firm
- 585 Tofu, soft

- 586 Sunflower seeds, dry roasted, salt
- 587 Tahini
- 588 Walnuts, English, chopped

### **Eggs**

- 589 Raw, whole
- 590 Raw, white
- 591 Raw, yolk
- 592 Hard boiled, no shell
- 593 Poached with salt
- 594 Scrambled, margarine, whole milk, salt
- 595 Substitute, liquid
- 596 Omelet, plain



## Dairy Group

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### **Cheese, natural**

- 597 Blue
- 598 Camembert
- 599 Cheddar or Colby
- 600 Cheddar or Colby, low fat
- 601 Cheese, cottage, large or small curd
- 602 Cheese, cottage, creamed with fruit
- 603 Cheese, cottage, low fat (2%)
- 604 Cheese, cottage, low fat (1%)
- 605 Cheese, cottage, nonfat
- 606 Cream cheese, regular
- 607 Cream cheese, low fat
- 608 Cream cheese, fat free
- 609 Cheese, Shredded
- 610 Feta
- 611 Gouda
- 612 Monterey
- 613 Mozzarella, whole milk
- 614 Muenster
- 615 Neufchatel
- 616 Parmesan
- 617 Provolone
- 618 Ricotta, whole milk
- 619 Ricotta, part skim milk
- 620 Romano
- 621 Swiss

### **Pasteurized process**

- 622 American, regular
- 623 American, fat free
- 624 Swiss

### **Cream, sweet**

- 625 Half and half
- 626 Light coffee
- 627 Whipping cream, unwhipped
- 628 Whipped topping (pressurized)

### **Cream, sour**

- 629 Regular
- 630 Reduced fat
- 631 Fat free
- 632 Dill dip

### **Cream product, sweet**

- 633 Powdered
- 634 Powdered with whole milk
- 635 Pressurized
- 636 Whipped topping, frozen

### **Frozen dessert**

- 637 Yogurt, soft serve, chocolate
- 638 Yogurt, soft serve, vanilla
- 639 Ice cream, chocolate
- 640 Ice cream, chocolate, light
- 641 Ice cream, vanilla
- 642 Ice cream, vanilla, light
- 643 Ice cream, soft serve, vanilla
- 644 Sherbert

### **Milk Fluid**

- 645 Whole (3.25%)
- 646 Reduced fat (2%)
- 647 Lowfat (1%)
- 648 nonfat (skim)
- 649 Buttermilk
- 650 Soy milk

### **Canned**

- 651 Condensed, sweetened
- 652 Evaporated, whole milk
- 653 Evaporated, skim milk
- 654 Dried, Buttermilk

### **Milk beverage**

- 655 Chocolate commercial
- 656 Chocolate commercial, reduced fat
- 657 Chocolate commercial, low fat
- 658 Eggnog
- 659 Milk Shake, thick, chocolate
- 660 Milk Shake, thick, vanilla
- 661 Yogurt & Juice blend



## Dairy Group

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### Yogurt

- 662 Lowfat, fruit flavored
- 663 Lowfat, plain
- 664 Nonfat, fruit flavored

- 665 Nonfat, plain
  - 666 Whole milk, plain
  - 667 Nonfat milk, low cal sweetener, vanilla or lemon
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## Sweets, Snacks, Fats and Oils Group

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### Sweets and Snacks

#### Cakes, Brownies and Doughnuts

- 668 Angelfood
- 669 Boston Cream
- 670 Brownies, commercial, without icing, regular
- 671 Brownies, commercial, without icing, fat free
- 672 Brownies, dry mix, reduced calories
- 673 Cakes, dry mix, Angelfood
- 674 Cakes, dry mix, yellow, light, water, egg whites, no frosting
- 675 Cheesecake
- 676 Chocolate with chocolate frosting
- 677 Coffee cake, crumb
- 678 Danish pastry, cream cheese
- 679 Danish pastry, fruit
- 680 Doughnut, cake
- 681 Doughnut, yeast leavened, glazed
- 682 Fruitcake
- 683 Pound Cake, butter
- 684 Pound Cake, fat free
- 685 Snack Cake, Chocolate, crème filled, frosting
- 686 Snack Cake, Chocolate, frosting, low fat
- 687 Snack Cake, Yellow, with chocolate frosting

#### Candy

- 688 Gummy bears
- 689 Hard candy
- 690 Jelly beans
- 691 Marshmallows, miniature
- 692 Marshmallows, regular
- 693 M&M's, peanut (M&M Mars)
- 694 M&M's, plain (M&M Mars)
- 695 Milky way (M&M Mars)
- 696 Reese's Peanut butter cup (Hershey)

- 697 Snickers bar (M&M Mars)
- 698 Caramel, plain
- 699 Caramel, chocolate flavored roll

#### Chocolate

- 700 Chocolate, milk, plain
- 701 Chocolate, milk, with almonds
- 702 Chocolate, milk, with peanuts, Mr. Goodbar
- 703 Chocolate chips, milk
- 704 Chocolate chips, semi sweet
- 705 Chocolate chips, white
- 706 Chocolate coated, peanuts
- 707 Chocolate coated, raisins
- 708 Special dark, sweet chocolate (Hershey)

#### Cookies

- 709 Butter, commercial
- 710 Chocolate chip, commercial, regular
- 711 Chocolate chip, commercial, reduced fat
- 712 Chocolate chip, commercial, refrigerated dough
- 713 Fig Bar
- 714 Oatmeal, Regular, large
- 715 Oatmeal, Soft type
- 716 Oatmeal, Fat free
- 717 Peanut butter, commercial
- 718 Peanut butter, recipe with margarine
- 719 Chocolate with cream filling
- 720 Shortbread, commercial, plain
- 721 Sugar, commercial
- 722 Sugar, refrigerated dough
- 723 Sugar, recipe, margarine
- 724 Vanilla wafer, low fat

#### Crackers

- 725 Cheese
- 726 Graham, plain



# Sweets, Snacks, Fats and Oils Group

- 727 Graham, crushed
- 728 Melba toast, plain
- 729 Rye wafer, whole grain, plain
- 730 Saltine, square
- 731 Standard cracker, bite sized
- 732 Standard cracker, round
- 733 Wheat thins
- 734 Whole wheat

## **Puddings**

- 735 Dry mix & 2% milk, chocolate, instant
- 736 Dry mix & 2% milk, chocolate, regular, cooked
- 737 Dry mix & 2% milk, vanilla, instant
- 738 Dry mix & 2% milk, vanilla, regular, cooked
- 739 Ready to eat, regular, chocolate
- 740 Ready to eat, regular, rice
- 741 Ready to eat, regular, tapioca
- 742 Ready to eat, regular, vanilla
- 743 Ready to eat, fat free, chocolate
- 744 Ready to eat, fat free, tapioca
- 745 Ready to eat, fat free, vanilla

## **Snacks and Chips**

- 746 Chex Mix
- 747 Corn chips, plain
- 748 Popcorn, air popped, unsalted
- 749 Popcorn, oil popped, salted
- 750 Popcorn, caramel, peanuts
- 751 Popcorn, cheese flavor
- 752 Potato chips, plain, salted
- 753 Potato chips, sour cream & onion
- 754 Potato chips, reduced fat
- 755 Potato chips, fat free
- 756 Pretzels, stick
- 757 Pretzels, twisted
- 758 Rice krispies treat, square
- 759 Tortilla chips, plain, regular
- 760 Tortilla chips, low fat, baked
- 761 Tortilla chips, nacho, regular
- 762 Tortilla chips, nacho, light, reduced fat

## **Sugar**

- 763 Brown, packed

- 764 Brown, unpacked
- 765 White, granulated
- 766 White, powdered, unsifted

## **Syrup**

- 767 Thin, chocolate flavored
- 768 Chocolate flavored, fudge type
- 769 Corn, light
- 770 Maple
- 771 Molasses

## **Other Sweets**

- 772 Frosting, ready to eat, chocolate
- 773 Frosting, ready to eat, vanilla
- 774 Frozen, fruit & juice bar
- 775 Ice pop
- 776 Italian ice, Restaurant prepared
- 777 Gelatin, dessert powder & water, regular
- 778 Gelatin, dessert powder & water, reduced calorie
- 779 Honey
- 780 Jams & Preserves
- 781 Jellies

## **Fats and Oils**

### **Butter**

- 782 Salted
- 783 Unsalted
- 784 Lard

### **Margarine, salt**

- 785 Regular (80% fat), hard
- 786 Regular (80% fat), soft
- 787 Spread (60% fat), hard
- 788 Spread (60% fat), soft
- 789 Spread (40%)
- 790 Butter blend

### **Oils, salad or cooking**

- 791 Canola
- 792 Corn
- 793 Olive
- 794 Peanut
- 795 Safflower

- 796 Sesame
- 797 Soybean, hydrogenated
- 798 Sunflower

### **Salad dressings**

- 799 Blue cheese, regular
- 800 Blue cheese, light
- 801 Caesar; regular
- 802 Caesar; light
- 803 Coleslaw dressing
- 804 French, regular
- 805 French, light

- 806 Italian, regular
- 807 Italian, light
- 808 Mayonaise, regular
- 809 Mayonaise, light (cholesterol free)
- 810 Mayonaise, fat free
- 811 Ranch, regular
- 812 Ranch, light
- 813 Ranch, fat free
- 814 Russian, regular
- 815 Russian, low cal
- 816 Thousand Island, regular
- 817 Thousand Island, light

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## **Other**

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### **Mixed and Fastfoods**

#### **Mixed**

- 818 Alfredo egg noodles in a creamy sauce, dry mix
- 819 Beef macaroni, frozen, Healthy choice
- 820 Beef ravioli in tomato & meat sauce, canned
- 821 Beef stew, canned
- 822 Chicken pot pie, frozen
- 823 Chili con carne with beans, canned
- 824 Corn dog, frozen
- 825 Ham 'n cheese stuffed sandwich, frozen
- 826 Lasagna with meat & sauce
- 827 Lasagna, vegetable
- 828 Macaroni & cheese, canned with corn oil
- 829 Mozzarella cheese sticks
- 830 Meatless burger patty, frozen, Morningstar farms
- 831 Mexican rice, side dish, dry
- 832 Pork and beans with tomato sauce, canned
- 833 Salisbury steak entrée, frozen
- 834 Spaghetti bolognese, frozen, Healthy Choice
- 835 Spinach souffle, home-prepared
- 836 Tortellini, pasta with cheese filling, frozen

#### **Fast foods, breakfast items**

- 837 Biscuit with egg & sausage
- 838 French toast with butter
- 839 Hash brown potatoes
- 840 Pancakes, butter & syrup

#### **Fast foods other**

- 841 Burrito, beans & cheese

- 842 Burrito, beans & meat
- 843 Cheeseburger, double patty, mayo and vegetables
- 844 Cheeseburger, single patty, mayo and vegetables
- 845 Cheeseburger plain, double patty
- 846 Cheeseburger plain, double patty, 3-pieces bun
- 847 Cheeseburger plain, single bun
- 848 Cheeseburger, large, single patty, mayo and vegetables
- 849 Chicken fillet (breaded & fried) sandwich, plain
- 850 Chicken pieces, boneless (breaded & fried), plain
- 851 Chili con carne
- 852 Coleslaw
- 853 Ice milk, vanilla, soft, cone
- 854 Sundae, hot fudge
- 855 Fish sandwich, tartar sauce, cheese
- 856 French fries
- 857 Hamburger, double patty, mayo and vegetables
- 858 Hamburger, single patty, mayo and vegetables
- 859 Hamburger, large, double patty, mayo and vegetables
- 860 Hamburger, large, single patty, mayo and vegetables
- 861 Hot dog, plain
- 862 Hot dog, chili
- 863 Mashed potatoes
- 864 Onion rings, breaded, fried
- 865 Pizza, cheese
- 866 Pizza, pepperoni
- 867 Salad, chicken, no dressing
- 868 Shake, chocolate
- 869 Shake, vanilla
- 870 Shrimp, breaded, fried
- 871 Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable

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# Other

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- 872 Sub sandwich, roast beef, mayo, vegetable
- 873 Sub sandwich, tuna salad, mayo, lettuce
- 874 Taco, beef

## Soups and Sauces

### **Soups canned, condensed, prepared with whole milk**

- 875 Broccoli-cheese
- 876 Cheddar Cheese
- 877 Clam chowder, New England
- 878 Cream of Celery
- 879 Cream of Chicken
- 880 Cream of Mushroom
- 881 Tomato

### **Canned, condensed, prepared with water**

- 882 Beef broth, bouillon
- 883 Beef noodle
- 884 Chicken noodle
- 885 Clam chowder, Manhattan
- 886 Cream of chicken
- 887 Cream of Mushroom
- 888 Minestrone
- 889 Pea, green
- 890 Tomato
- 891 Vegetable beef
- 892 Vegetarian Vegetable

### **Canned, ready to serve, chunky**

- 893 Chicken noodle
- 894 Chicken, vegetable
- 895 Vegetable, beef

### **Canned, ready to serve, low fat, reduced sodium**

- 896 Chicken broth
- 897 Chicken noodle
- 898 Chicken, rice, vegetable
- 899 Clam chowder, New England
- 900 Lentil
- 901 Minestrone
- 902 Vegetable

### **Dehydrated unprepared**

- 903 Beef bouillon
- 904 Onion
- 905 Ramen noodle, chicken flavor

### **Dehydrated prepared with water**

- 906 Chicken noodle
- 907 Onion

### **Home prepared stock**

- 908 Beef
- 909 Chicken
- 910 Fish

### **Ready to serve sauces**

- 911 Barbecue
- 912 Cheese
- 913 Enchilada sauce
- 914 Nacho cheese
- 915 Salsa
- 916 Soy
- 917 Spaghetti/ Marinara/ Pasta
- 918 Sweet 'n sour
- 919 Teriyaki
- 920 Worcestershire

### **Gravies, canned**

- 921 Beef
- 922 Chicken
- 923 Mushroom
- 924 Turkey

### **Miscellaneous**

- 925 Bacon bits
- 926 Baking powder; sodium aluminium sulfate
- 927 Baking powder; straight phosphate
- 928 Baking powder; low sodium
- 929 Baking soda
- 930 Ketchup
- 931 Celery seed
- 932 Chili powder
- 933 Chocolate, unsweetened, baking, solid
- 934 Chocolate, unsweetened, baking, liquid

- 935 Cinnamon
- 936 Cocoa powder, unsweetened
- 937 Cream of Tartar
- 938 Curry powder
- 939 Garlic powder
- 940 Horseradish, prepared
- 941 French fried onions
- 942 Mustard, prepared, yellow
- 943 Nutella
- 944 Onion powder
- 945 Paprika
- 946 Parsley, dried
- 947 Pepper, black
- 948 Vanilla extract
- 949 Vinegar, cider
- 950 Vinegar, distilled
- 951 Yeast, dry, active'
- 952 Yeast, compressed

## **Beverages**

### **Alcoholic**

- 953 Beer, regular
- 954 Beer, light
- 955 Gin, rum, shooters, tequila, vodka, whisky (80 proof)
- 956 Liqueur (53 proof)
- 957 Wine, red
- 958 Wine, rose/blush
- 959 Wine, white

### **Carbonated**

- 960 Cola
- 961 Cola, diet
- 962 Ginger ale
- 963 Grape soda
- 964 Lemon Lime soda
- 965 Lemon Lime soda, diet
- 966 Citrus soda, with caffeine
- 967 Orange soda
- 968 Root beer soda
- 969 Chocolate powder mix

### **Coffee**

- 970 Brewed

- 971 Espresso
- 972 Instant prepared

### **Juice**

- 973 Apple juice, bottled or canned
- 974 Apple juice, frozen, concentrate, undiluted
- 975 Apple juice, frozen, concentrate, diluted

### **Grapefruit juice**

- 976 Raw, pink
- 977 Raw, white
- 978 Raw, canned, unsweetened
- 979 Raw, canned, sweetened
- 980 Raw, frozen, concentrate, unsweetened, undiluted
- 981 Raw, frozen, concentrate, unsweetened, diluted

### **Grape juice**

- 982 Canned or bottled
- 983 Frozen concentrate, sweetened, undiluted
- 984 Frozen concentrate, sweetened, diluted

### **Orange juice**

- 985 Raw, all varieties
- 986 Canned, unsweetened
- 987 Chilled
- 988 Undiluted
- 989 Diluted

### **Fruit drinks**

- 990 Cranberry juice cocktail
- 991 Fruit punch drink
- 992 Grape drink

### **Lemonade**

- 993 Frozen concentrate prepared
- 994 Powder, prepared regular with water

### **Tea**

- 995 Black
- 996 Herb
- 997 Instant, powder, prepared, unsweetened
- 998 Sweetened, lemon flavor
- 999 Sweetened with sweetener, lemon flavor