

Escali[®] Measuring What's Next[™]

Nutritional Scale



Cesto

Manual and code list

www.**Escali**.com

Thank you for purchasing the Escali Cesto Digital Nutritional Scale.

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

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

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

How to weigh:

- 1) Press the "ON" key
- 2) All display segments will show for about 2 seconds
- 3) "WT 0.0 oz" will appear on the display
- 4) Press the "g/oz" key to select measuring unit
- 5) 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" key
- 2) Select measuring units (oz, lb/oz, g, kg)
- 3) Place the container, without the item, slowly on the tray
- 4) Press the "zero" key. The weight of the container will be removed, and the display value will reset to zero
- 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 step 4 & 5

How to clear the Tare feature:

Remove all items from the tray. A negative weight will appear on the display. Press the "zero" key again to reset the scale to zero

How to display Nutritional data:

- 1) Make sure your scale is in WT mode (press the g/oz 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 in this manual
- 4) Use the number keypad to input the food code. (You may clear the input with the CLR/MC key)
- 5) Weight and Nutritional Data will show on the display

WT			0:	14	lb:oz
FOOD CODE		722	CAL =	194.8	
SALT	mg	187	PROT	g	2.67
FAT	g	8.00			
CARB	g	26.67	CHOL	mg	13
FIBR	g	0.27			

Example of display reading

- CAL - Calories
- SALT - Sodium in milligrams
- PROT - Protein in grams
- FAT - Fat in grams
- CARB - Carbohydrates in grams
- CHOL - Cholesterol in milligrams
- FIBR - 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 the g/oz key to return to weigh mode
- 3) Press the M+ key to save the nutritional data
- 4) The display will show M01 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 99 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" key if necessary), "WT" will display
- 2) Press the MR key. The display will show "ΣM" followed by the total memory number
- 3) Total Nutritional data will show on the display
- 4) Press zero to go back to WT mode

How to clear saved data:

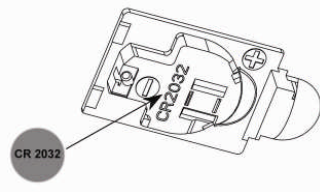
- 1) Make sure your scale is in WT mode, and the food code is 000 (press "g/oz" key if necessary), "WT" will display
- 2) Press the CLR/MC key, M will flash
- 3) Press the CLR/MC key again to clear the memory, or any other key to escape

Do not place overweight items on the scale:

Err will appear on the display when weighing items over the maximum weight capacity. Immediately remove overweight items to avoid causing damage to your scale.

Battery Replacement:

This scale operates on one CR2032 Lithium Battery. Please replace the battery when the low battery symbol appears on the display.



Important additional information:

- 1) Your Escali Nutritional Scale is preprogrammed with 999 food codes containing Calories, 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.
- 2) Make sure your scale is at room temperature and on a stable horizontal surface free of vibration
- 3) This scale is not waterproof. Do not expose to moisture.
- 4) This scale is a precision instrument, it must be handled with extreme care. Avoid rough treatment, shaking and vibration
- 5) Do not disassemble this scale or the warranty will be void
- 6) 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.

Warranty:

Manufacturer's Lifetime Limited Warranty, see www.escali.com for full details.

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

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A

303 Acorn squash, baked
159 Alfalfa sprouts, raw
818 Alfredo egg noodles, dry mix
099 All Bran cereal
995 Almonds Nuts
539 Almonds, shelled
623 American cheese, pasteurized process, fat free
622 American cheese, pasteurized process, regular
020 Anchovy Fish, canned in oil
668 Angelfood cake
100 Apple Cinnamon cereal, Cheerios
101 Apple Jacks cereal
973 Apple juice, bottled or canned
975 Apple juice, concentrate, frozen, diluted
974 Apple juice, concentrate, frozen, undiluted
066 Apple pie
987 Apple pie filling
327 Apples, dried
326 Apples, fresh, peeled
325 Apples, fresh, with skin
328 Apples, stewed with added sugar
329 Apples, stewed without added sugar
330 Applesauce, canned, sweetened
331 Applesauce, canned, unsweetened
333 Apricots, canned, halves, heavy syrup
334 Apricots, canned, halves, juice pack
335 Apricots, dried
332 Apricots, fresh
230 Artichoke, Jerusalem, fresh
160 Artichokes, cooked, drained
336 Asian pears, fresh
051 Asparagus soup, condensed, canned prep. with milk
163 Asparagus, canned, spears, drained
162 Asparagus, frozen, cooked, drained
161 Asparagus, raw, cooked, drained
337 Avocados, fresh, without skin & pit

B

925 Bacon bits
461 Bacon, pork, Canadian, cured, cooked
460 Bacon, pork, cured, cooked
002 Bagels, cinnamon-raisin
003 Bagels, egg
001 Bagels, plain
977 Baked beans, with franks, canned
086 Baked potato, with cheese, fast food
926 Baking powder, sodium aluminium sulfate
929 Baking soda
164 Bamboo shoots, canned, drained
004 Banana bread, recipe, margarine

087 Banana cream pie, prep. from recipe
260 Banana peppers, fresh
338 Bananas, fresh
180 Bar, chocolate, white
774 Bar, fruit & juice, frozen
758 Bar, Rice Krispies, square
911 Barbecue sauce
005 Barley, cooked
102 Basic 4 cereal
497 Bass, freshwater, cooked, dry heat
498 Bass, sea, cooked, dry heat
166 Bean sprouts cooked, drained
165 Bean sprouts, raw
546 Beans, baked, plain or vegetarian, canned
977 Beans, baked, with franks, canned
540 Beans, black, dry, cooked
541 Beans, Great Northern, dry cooked
175 Beans, green (snap), canned, drained
173 Beans, green (snap), frozen, cooked, drained
171 Beans, green (snap), raw, cooked, drained
542 Beans, kidney, red, dry, cooked
549 Beans, kidney, red, canned
563 Beans, lentils, dry, cooked
170 Beans, lima, baby, frozen, cooked, drained
543 Beans, lima, canned
543 Beans, lima, dry, cooked, large
169 Beans, lima, frozen, cooked, drained
089 Beans, pinto, canned
545 Beans, pinto, dry, cooked
578 Beans, refried, canned
581 Beans, soy, dry, cooked
551 Beans, white, canned
903 Beef bouillon, dry mix, unprepared
882 Beef broth, bouillon, condensed, prep. w. water
921 Beef gravy, canned
883 Beef noodle soup, condensed, prep. w. water
821 Beef stew, canned
908 Beef stock, home prepared
402 Beef, bottom round, cooked, lean
401 Beef, bottom round, cooked, lean & fat
403 Beef, braised (brisket) or pot roast, lean & fat
404 Beef, braised or pot roast, lean
405 Beef, corned, canned
483 Beef, dried, cured
407 Beef, Eye of round, lean
406 Beef, Eye of round, lean & fat
410 Beef, ground, 73%, grilled
409 Beef, ground, 80%, grilled
408 Beef, ground, 85%, grilled
939 Beef, ground, crumbles, 75%, cooked, pan-browned
937 Beef, ground, crumbles, 80%, cooked, pan-browned

938	Beef, ground, crumbles, 85%, cooked, pan-browned	023	Bread crumbs, white, soft
411	Beef, jerky	045	Bread flour
412	Beef, liver, fried	121	Bread Sticks
414	Beef, rib roast, oven cooked, lean	028	Bread stuffing, dry mix
413	Beef, rib roast, oven cooked, lean & fat	008	Bread, cracked wheat
415	Beef, sirloin steak, grilled, lean & fat	093	Bread, dinner roll, whole wheat
420	Beef, steak, porterhouse, grilled, lean	009	Bread, egg
415	Beef, steak, sirloin tip, grilled, lean	010	Bread, French
416	Beef, steak, sirloin, grilled, lean	103	Bread, garlic
418	Beef, steak, T-bone, grilled, lean	012	Bread, Italian
419	Beef, steak, tenderloin, grilled, lean	013	Bread, mixed grain
954	Beer, light	014	Bread, oatmeal
953	Beer, regular	015	Bread, Pita
179	Beets, canned, drained	016	Bread, Pumpernickel
181	Beets, green, leaves & stems, cooked, drained	017	Bread, raisin
177	Beets, whole or slices, cooked, drained	073	Bread, roll
266	Bell pepper, green or red, cooked, drained	098	Bread, roll, French
264	Bell pepper, green or red, fresh	018	Bread, rye
340	Berries, black, canned, heavy syrup	019	Bread, rye, light
339	Berries, black, fresh	010	Bread, sour dough
342	Berries, blue, frozen, sweetened	010	Bread, Vienna
006	Biscuits, plain or buttermilk, recipe, 2% milk	008	Bread, wheat
007	Biscuits, refrigerated dough, baked, regular	021	Bread, wheat, light
540	Black beans, dry, cooked	022	Bread, white
547	Black eye peas, dry, cooked	024	Bread, white, light
167	Black eye peas, raw, cooked, drained	025	Bread, whole wheat
168	Black eye peas, frozen, cooked, drained	029	Breakfast bar, cereal crust, fruit filling, fat free
995	Black tea	837	Breakfast sandwich, egg & sausage, fast food
340	Blackberries, canned, heavy syrup	148	Brie, cheese
339	Blackberries, fresh	403	Brisket, beef, lean & fat
090	Blackberries, frozen	185	Broccoli, fresh, cooked, drained
597	Blue cheese	186	Broccoli, frozen, drained
800	Blue cheese dressing, low fat	187	Broccoli, in cheese flavored sauce, frozen
799	Blue cheese dressing, regular	183	Broccoli, raw, spear
341	Blueberries, fresh	875	Broccoli-cheese soup, condensed, prep. with whole milk
342	Blueberries, frozen, sweetened	882	Broth, beef, condensed, prep. w. water
053	Blueberry muffin, commercial	896	Broth, chicken, ready to serve, low fat, low salt
067	Blueberry pie	763	Brown sugar
972	Blueberry pie filling, canned	671	Brownies, commercial, without icing, fat free
054	Blueberry, muffin, mix	670	Brownies, commercial, without icing, regular
830	Boca burger, frozen	672	Brownies, dry mix, low fat
476	Bologna, beef	188	Brussel sprouts, frozen, cooked, drained
477	Bologna, beef and pork	189	Brussel sprouts, fresh, cooked, drained
478	Bologna, turkey	046	Buckwheat flour, whole groat
669	Boston Cream Pie	034	Bulgur, cooked
903	Bouillon, beef, dry mix, unprepared	074	Buns, hamburger, hotdog
055	Bran muffin with raisins	841	Burrito, beans & cheese, fast food
479	Bratwurst, beef & pork, smoked	842	Burrito, beans & meat, fast food
480	Bratwurst, pork, cooked	709	Butter cookie, commercial
481	Braunschweiger (liver sausage, pork)	782	Butter, salted
552	Brazil nuts, shelled	783	Butter, unsalted
026	Bread crumbs, dry, grated, plain		
027	Bread crumbs, dry, grated, seasoned		

649	Buttermilk	104	Cereal, Cheerios
304	Butternut, frozen, cooked, mashed	105	Cereal, Chex Corn
C			
193	Cabbage, Napa	106	Cereal, Chex Honey Nut
192	Cabbage, Pak choi or bok choy	108	Cereal, Chex rice
194	Cabbage, red, raw, shredded	109	Cereal, Chex wheat
195	Cabbage, savoy, raw, shredded	107	Cereal, Chex, multi bran
191	Cabbage, cooked	110	Cereal, Cinnamon Life
190	Cabbage, fresh, shredded	111	Cereal, Cocoa Krispies
802	Caesar dressing, low fat	112	Cereal, Cocoa Puffs
801	Caesar dressing, regular	113	Cereal, Complete Wheat Bran flakes
047	Cake flour	116	Cereal, Corn Pops
668	Cake, Angelfood	114	Cereal, Cornflakes, General Mills, Total
676	Cake, chocolate with chocolate frosting	115	Cereal, Cornflakes, Kellogg's
677	Cake, coffee	117	Cereal, Crispix
673	Cake, dry mix, Angelfood	118	Cereal, Froot Loops
674	Cake, dry mix, yellow, light, water, egg whites, no frosting	119	Cereal, Frosted flakes
682	Cake, fruitcake	120	Cereal, Frosted Mini Wheats, regular or bite size
683	Cake, Pound, butter	122	Cereal, Golden Grahams
684	Cake, Pound, fat free	127	Cereal, Granola, Nature Valley
598	Camembert cheese	123	Cereal, Honey Nut Cheerios
791	Canola oil	124	Cereal, Honey Nut Clusters
367	Cantaloupe Melon, wedge without rind	125	Cereal, Kix
343	Carambola / starfruit, fresh	126	Cereal, Life
699	Caramel, chocolate flavored roll	130	Cereal, Product 19
698	Caramel, plain	131	Cereal, Puffed rice
196	Carrot juice, canned	132	Cereal, Puffed wheat
198	Carrots, baby	133	Cereal, Raisin Bran, General Mills, Total
172	Carrots, canned	134	Cereal, Raisin Bran, Kellogg's
197	Carrots, fresh	135	Cereal, Raisin Nut Bran
199	Carrots, fresh, cooked, drained	136	Cereal, Rice Krispies
200	Carrots, frozen, cooked, drained	137	Cereal, Shredded Wheat
555	Cashew nuts, salted, oil roasted	138	Cereal, Special K
554	Cashews, salted, dry roasted	139	Cereal, Toasted Oatmeal, Quaker, Honey Nut
499	Catfish, breaded, fried	140	Cereal, Total Whole grain
201	Cauliflower, fresh	996	Chamomile tea
202	Cauliflower, fresh, cooked, drained	209	Chard, Swiss, fresh
203	Cauliflower, frozen, cooked, drained	599	Cheddar cheese
931	Celery seed	876	Cheddar cheese soup, condensed, prep. with whole milk
206	Celery, cooked	600	Cheddar cheese, low fat
204	Celery, fresh	104	Cheerios cereal
029	Cereal bar, fruit filling, fat free	725	Cheese cracker
033	Cereal bar, fruit, Nutri-grain	865	Cheese pizza, fast food
141	Cereal Wheaties	912	Cheese sauce, ready to serve
128	Cereal, 100% Natural Cereal, Oats, honey and raisins	623	Cheese, American, pasteurized process, fat free
129	Cereal, 100% Natural Cereal, Oats, honey and raisins, low fat	622	Cheese, American, pasteurized process, regular
099	Cereal, All Bran	597	Cheese, blue
100	Cereal, Apple Cinnamon Cheerios	148	Cheese, Brie
101	Cereal, Apple Jacks	598	Cheese, Camembert
102	Cereal, Basic 4	599	Cheese, cheddar
		600	Cheese, cheddar, low fat

599	Cheese, Colby	922	Chicken gravy, canned
600	Cheese, Colby, low fat	884	Chicken noodle soup, condensed, prep. with water
602	Cheese, cottage, creamed with fruit	906	Chicken noodle soup, dry mix, prep. w. water
601	Cheese, cottage, large or small curd	893	Chicken noodle soup, ready to serve, chunky
604	Cheese, cottage, low fat (1%)	897	Chicken noodle soup, ready to serve, low fat, low salt
603	Cheese, cottage, low fat (2%)	850	Chicken nuggets, boneless (breaded & fried), plain, fast food
605	Cheese, cottage, nonfat	822	Chicken pot pie, frozen
608	Cheese, cream, fat free	867	Chicken salad, no dressing, fast food
607	Cheese, cream, low fat	909	Chicken stock, home prepared
606	Cheese, cream, regular	429	Chicken, breast, meat only, fried
611	Cheese, Edam	430	Chicken, breast, meat only, grilled
610	Cheese, feta	442	Chicken, canned, meat only, with broth
597	Cheese, Gorgonzola	443	Chicken, Cornish game hens, meat & skin, roasted
611	Cheese, Gouda	431	Chicken, dark meat, meat only, fried
612	Cheese, Monterey	432	Chicken, dark meat, meat only, roasted
612	Cheese, Mozzarella, whole milk	433	Chicken, drumstick, meat & skin, fried, batter
614	Cheese, Muenster	434	Chicken, drumstick, meat & skin, fried, flour
615	Cheese, Neufchatel	436	Chicken, light meat, meat only, fried
616	Cheese, Parmesan	437	Chicken, light meat, meat only, roasted
174	Cheese, Provolone	444	Chicken, liver, simmered
620	Cheese, romano	426	Chicken, meat & skin, fried, batter
609	Cheese, shredded	427	Chicken, meat & skin, fried, flour
946	Cheese, string	428	Chicken, meat & skin, roasted
621	Cheese, Swiss	898	Chicken, rice, vegetable soup, ready to serve, low fat, low salt
624	Cheese, Swiss, pasteurized process	445	Chicken, Rotisserie, light meat, meat only, roasted
846	Cheeseburger, double, regular, 3-piece bun, plain, fast food	438	Chicken, thigh, meat & skin, fried, batter
843	Cheeseburger, double, regular, lettuce, tomato, mayo, fast food	439	Chicken, thigh, meat & skin, fried, flour
845	Cheeseburger, double, regular, plain, fast food	894	Chicken, vegetable soup, ready to serve, chunky
848	Cheeseburger, single, large, lettuce, tomato, mayo, fast food	440	Chicken, wing, meat & skin, fried, batter
844	Cheeseburger, single, regular, lettuce, tomato, mayo, fast food	441	Chicken, wing, meat & skin, fried, flour
847	Cheeseburger, single, regular, plain	558	Chickpeas, canned
675	Cheesecake	557	Chickpeas, dry, cooked
176	Cheesecake, no bake, prep. from mix	823	Chili con carne with beans, canned
366	Cherries, maraschino, canned, drained	851	Chili con carne, fast food
344	Cherries, sour, red, pitted, canned, water pack	261	Chili pepper, fresh, green or red
345	Cherries, sweet, fresh, without pits	932	Chili powder
068	Cherry pie	178	Chips, baked
346	Cherry pie filling, canned	747	Chips, corn, plain
310	Cherry tomato	755	Chips, potato, fat free
556	Chestnuts, European, roasted, shelled	754	Chips, potato, low fat
746	Chex mix	752	Chips, potato, plain, salted
105	Chex, corn cereal	753	Chips, potato, sour cream & onion
106	Chex, Honey Nut cereal	760	Chips, tortilla, baked
107	Chex, multi bran cereal	762	Chips, tortilla, nacho, low fat
108	Chex, rice cereal	761	Chips, tortilla, nacho, regular
109	Chex, wheat cereal	759	Chips, tortilla, plain, regular
896	Chicken broth, ready to serve, low fat, low salt	207	Chives, fresh
849	Chicken fillet (breaded & fried) sandwich, plain, fast food		
435	Chicken giblets, simmered		

700	Chocolate bar, milk, plain	899	Clam chowder, New England, ready to serve, low fat, low salt
701	Chocolate bar, milk, with almonds	501	Clam, breaded, fried
702	Chocolate bar, milk, with peanuts, Mr. Goodbar	502	Clam, canned, drained solids
708	Chocolate bar, Special dark, sweet (Hershey)	945	Clementines
676	Chocolate cake with chocolate frosting	111	Cocoa Krispies cereal
711	Chocolate chip cookie, commercial, low fat	936	Cocoa powder, unsweetened
710	Chocolate chip cookie, commercial, regular	112	Cocoa Puffs cereal
712	Chocolate chip cookie, dough refrigerated, commercial	182	Coconut cream
700	Chocolate chips, milk	560	Coconut, raw, shredded, dried, sweetened
704	Chocolate chips, semi sweet	559	Coconut, raw, shredded, not packed
705	Chocolate chips, white	503	Cod, baked or broiled
706	Chocolate coated peanuts	677	Coffee cake
707	Chocolate coated raisins	626	Coffee cream
719	Chocolate cookie cream filling	970	Coffee, brewed
069	Chocolate crème pie	971	Coffee, espresso
768	Chocolate flavored syrup, fudge type	970	Coffee, instant, prepared
767	Chocolate flavored syrup, thin	960	Cola
772	Chocolate frosting, ready to eat	961	Cola, diet
639	Chocolate ice cream	599	Colby cheese
640	Chocolate ice cream, low fat	600	Colby cheese, low fat
655	Chocolate milk, commercial	803	Coleslaw dressing
657	Chocolate milk, commercial, low fat	852	Coleslaw, fast food
656	Chocolate milk, reduced fat, commercial	210	Coleslaw, home made
969	Chocolate powder mix	211	Collards, fresh, cooked, drained
735	Chocolate pudding, dry mix, prepared with 2% milk, instant	212	Collards, frozen, cooked, drained
736	Chocolate pudding, dry mix, prepared with 2% milk, regular, cooked	113	Complete Wheat Bran flakes cereal
743	Chocolate pudding, ready to eat, fat free	651	Condensed milk, sweetened, canned
739	Chocolate pudding, ready to eat, regular	184	Cones, ice cream
868	Chocolate shake, fast food	709	Cookie, butter, commercial
934	Chocolate, baking, unsweetened, liquid	711	Cookie, chocolate chip, commercial, low fat
933	Chocolate, baking, unsweetened, solid	710	Cookie, chocolate chip, commercial, regular
180	Chocolate, bar, white	719	Cookie, chocolate, cream filling
422	Chop, lamb, cooked, lean	713	Cookie, Fig Bar
421	Chop, lamb, cooked, lean & fat	716	Cookie, oatmeal, fat free
521	Chop, pork, cooked, roasted	714	Cookie, oatmeal, regular, large
482	Chorizo, beef & pork	715	Cookie, oatmeal, soft type
143	Chow mein noodles, canned	718	Cookie, peanut butter, recipe with margarine
899	Chowder, Clam, New England, ready to serve, low fat, low salt	717	Cookie, peanut cookie, commercial
208	Cilantro, fresh	720	Cookie, shortbread, commercial, plain
935	Cinnamon	721	Cookie, sugar, commercial
110	Cinnamon Life cereal	722	Cookie, sugar, dough, refrigerated
076	Cinnamon roll, refrigerated dough, baked with frosting	723	Cookie, sugar, recipe, margarine
075	Cinnamon roll, with raisins, commercial	724	Cookie, wafer, vanilla, low fat
964	Citrus soda, with caffeine	636	Cool Whip, whipped topping, frozen
885	Clam chowder soup, Manhattan, condensed, prep. with water	747	Corn chips, plain
877	Clam chowder soup, New England, condensed, prep. w. whole milk	824	Corn dog, frozen
		048	Corn flour, masa
		088	Corn Grits, white or yellow
		056	Corn muffin, commercial
		057	Corn muffin, corn mix
		791	Corn oil
		116	Corn Pops cereal
		769	Corn syrup, light

216	Corn, cream style, canned	633	Cream, powdered
213	Corn, fresh, kernels on the cob	634	Cream, powdered with whole milk
214	Corn, frozen, kernels on the cob	635	Cream, pressurized
215	Corn, kernels, fresh	631	Cream, sour, fat free
213	Corn, sweet, white, cooked, drained	630	Cream, sour, low fat
217	Corn, whole kernel, canned	629	Cream, sour, regular
035	Cornbread, mix	627	Cream, whipping, unwhipped
036	Cornbread, recipe, 2% milk	628	Cream, whipping, unwhipped, low fat
114	Cornflakes, General Mills, Total cereal	221	Crescent roll
115	Cornflakes, Kellogg's	236	Crisphead, iceberg, leaf
443	Cornish game hens, meat & skin, roasted	237	Crisphead, iceberg, shredded
038	Cornmeal, yellow, dry, regular	117	Crispix cereal
037	Cornmeal, yellow, dry, whole grain	218	Crisps Potato, plain
039	Cornstarch	221	Croissants
602	Cottage cheese, creamed with fruit	041	Croutons, seasoned
601	Cottage cheese, large or small curd	219	Cucumber, peeled
604	Cottage cheese, low fat (1%)	220	Cucumber, unpeeled
603	Cottage cheese, low fat (2%)	687	Cupcake with frosting
605	Cottage cheese, nonfat	349	Currants, dried
040	Couscous, cooked		
504	Crab, Alaskan King, cooked	D	
506	Crab, cake, egg, onion, margarine, fried	678	Danish pastry, cream cheese
505	Crab, meat, canned	679	Danish pastry, fruit
008	Cracked wheat bread	350	Dates, without pits
725	Cracker, cheese	632	Dill dip
726	Cracker, graham, plain	222	Dill weed, fresh
052	Cracker, matzo, plain	073	Dinner rolls
730	Cracker, saltine, square	632	Dip, dill
731	Cracker, standard, round or bite sized	680	Donut, cake
733	Crackers, wheat thins	681	Donut, glazed
734	Crackers, whole wheat	712	Dough, chocolate chip cookie, refrigerated, commercial
205	Crackers, with cheese filling	680	Doughnut, cake
347	Cranberries, dried, sweetened	681	Doughnut, glazed
990	Cranberry juice cocktail	800	Dressing, blue cheese, low fat
348	Cranberry sauce, sweetened, canned	799	Dressing, blue cheese, regular
608	Cream cheese, fat free	802	Dressing, Caesar, low fat
607	Cream cheese, low fat	801	Dressing, Caesar, regular
606	Cream cheese, regular	803	Dressing, coleslaw
878	Cream of celery soup, condensed, prep. with whole milk	805	Dressing, French, low fat
886	Cream of chicken soup, condensed, prep. with water	804	Dressing, French, regular
879	Cream of chicken soup, condensed, prep. with whole milk	294	Dressing, Italian, fat free
887	Cream of mushroom soup, condensed, prep. with water	807	Dressing, Italian, low fat
880	Cream of mushroom soup, condensed, prep. with whole milk	806	Dressing, Italian, regular
092	Cream of wheat, quick	553	Dressing, mayo type, Miracle Whip, light
091	Cream of wheat, regular	550	Dressing, mayo type, Miracle Whip, regular
636	Cream product, whipped topping, frozen	828	Dressing, ranch, fat free
182	Cream, coconut	812	Dressing, ranch, low fat
626	Cream, coffee	811	Dressing, ranch, regular
625	Cream, Half and half	815	Dressing, russian, low fat
		814	Dressing, Russian, regular
		798	Dressing, Thousand Island, fat free
		817	Dressing, Thousand Island, low fat

816 Dressing, Thousand Island, regular
483 Dried beef, cured
446 Duck, meat & skin, roasted
447 Duck, meat only, roasted
448 Duck, Pekin, breast, meat & skin, boneless,
roasted

E

611 Edam cheese
507 Eel, cooked, dry heat
009 Egg bread
818 Egg noodles, alfredo, dry mix
596 Egg, omelet, plain
592 Egg, hard boiled, no shell
593 Egg, poached with salt
594 Egg, scrambled, margarine, whole milk, salt
595 Egg, substitute, liquid
590 Egg, white, fresh
589 Egg, whole, fresh
573 Egg, whole, fried
591 Egg, yolk, fresh
658 Eggnog
223 Eggplant, cooked, drained
262 Enchilada beef with cheese, fast food
913 Enchilada sauce, ready to serve
224 Endive, curly, Escarole, fresh
042 English muffin, plain
653 Evaporated milk, canned, skim milk
652 Evaporated milk, canned, whole milk

F

228 Fennel, bulb, raw
610 Feta cheese
713 Fig Bar, cookie
351 Figs, dried
265 Figs, fresh
855 Fish (breaded & fried) sandwich, tartar sauce,
cheese, fast food
508 Fish fillet, battered or breaded and fried
509 Fish stick & portion, breaded, frozen, preheated
910 Fish stock, home prepared
510 Flounder or Sole, baked or broiled
045 Flour, bread
046 Flour, buckwheat, whole grain
047 Flour, cake
048 Flour, corn, masa
047 Flour, pastry
049 Flour, self rising
267 Flour, wheat whole grain
050 Flour, wheat, all purpose
010 French bread
805 French dressing, low fat
804 French dressing, regular
941 French fried onions

856 French fries, fast food
278 French fries, frozen, oven heated
838 French toast with butter, fast food
044 French toast, frozen
043 French toast, recipe, 2% milk, fried
044 French toaster sticks, frozen
856 Fries, french, fast food
278 Fries, frozen, oven heated
118 Froot Loops cereal
119 Frosted flakes cereal
120 Frosted Mini Wheats cereal, regular or bite size
772 Frosting, chocolate, ready to eat
773 Frosting, vanilla, ready to eat
774 Frozen fruit bar
352 Fruit cocktail, canned, heavy syrup
353 Fruit cocktail, canned, juice pack
991 Fruit punch drink
682 Fruitcake

G

103 Garlic Bread
225 Garlic, raw
778 Gelatin, dessert powder & water, low fat
777 Gelatin, dessert powder & water, regular
776 Gelato, Italian ice cream, restaurant prepared
454 Gibblets, turkey, simmered
435 Giblets, chicken, simmered
955 Gin, rum, shooters, tequila, vodka,
whisky (80 proof)
962 Ginger ale
227 Ginger root, raw
122 Golden Grahams cereal
449 Goose, meat & skin, roasted
450 Goose, meat only, roasted
451 Goose, Pate de foi gras (goose liver pate)
597 Gorgonzola cheese
611 Gouda cheese
726 Graham cracker, plain
727 Graham, crackers, crushed
030 Granola bar, hard, plain
031 Granola bar, soft, chocolate chip
032 Granola bar, soft, raisin
127 Granola, Nature Valley cereal
992 Grape drink
982 Grape juice, canned or bottled
984 Grape juice, concentrate, frozen, sweetened,
diluted
983 Grape juice, concentrate, frozen, sweetened,
undiluted
226 Grape leaves, canned
963 Grape soda
979 Grapefruit juice, canned, sweetened
978 Grapefruit juice, canned, unsweetened

981 Grapefruit juice, concentrate, frozen, unsweetened, diluted
980 Grapefruit juice, concentrate, frozen, unsweetened, undiluted
976 Grapefruit juice, pink or white, fresh
356 Grapefruit, canned, light syrup
354 Grapefruit, fresh without peel, pink or red
355 Grapefruit, fresh without peel, white
357 Grapes, seedless, fresh
921 Gravy, beef, canned
922 Gravy, chicken, canned
923 Gravy, mushroom, canned
924 Gravy, turkey, canned
175 Green beans (snap), canned, drained
173 Green beans (snap), frozen, cooked, drained
171 Green beans (snap), raw, cooked, drained
258 Green peas, canned, drained
259 Green peas, frozen, cooked, drained
247 Greens, Mustard, cooked, drained
088 Grits, corn, white or yellow
939 Ground beef, crumbles, 75%, cooked, pan-browned
937 Ground beef, crumbles, 80%, cooked, pan-browned
938 Ground beef, crumbles, 85%, cooked, pan-browned
455 Ground, turkey, cooked
944 Guacamole
688 Gummy bears

H

511 Haddock, baked or broiled
625 Half and half cream
512 Halibut, baked or broiled
825 Ham cheese stuffed sandwich, hot pockets, frozen
462 Ham, canned
485 Ham, cooked, extra lean
484 Ham, cooked, regular
464 Ham, cured, lean & fat
463 Ham, fresh, cooked, lean & fat
486 Ham, honey, smoked, cooked
465 Ham, leg, roasted piece, lean & fat
074 Hamburger buns
410 Hamburger, 73%, grilled
409 Hamburger, 80%, grilled
408 Hamburger, 85%, grilled
859 Hamburger, double, large, lettuce, tomato, mayo, fast food
860 Hamburger, single, large, lettuce, tomato, mayo, fast food
857 Hamburger, double, regular, lettuce, tomato, mayo, fast food

858 Hamburger, single, regular, lettuce, tomato, mayo, fast food
689 Hard candy
839 Hash brown potatoes, fast food
279 Hashed browns, frozen
280 Hashed browns, home made
943 Hazelnut spread Nutella
561 Hazelnuts, chopped
229 Hearts of palm, canned
996 Herb tea
513 Herring, pickled
779 Honey
123 Honey Nut Cheerios cereal
124 Honey Nut Clusters cereal
368 Honeydew melon, wedge without rind
940 Horseradish, prepared
487 Hot dog / Frankfurter, beef
488 Hot dog / Frankfurter, beef & pork
862 Hot dog, chili, fast food
861 Hot dog, plain, fast food
825 Hot pockets, ham cheese stuffed sandwich, frozen
074 Hotdog buns
562 Hummus, commercial

I

184 Ice cream cones
639 Ice cream, chocolate
640 Ice cream, chocolate, low fat
643 Ice cream, soft serve, vanilla
293 Ice Cream, Strawberry
641 Ice cream, vanilla
642 Ice cream, vanilla, low fat
853 Ice cream, vanilla, soft serve, cone, fast food
775 Ice pop
765 Icing Sugar
011 Indian fry bread (Naan)
012 Italian bread
807 Italian dressing, low fat
806 Italian dressing, regular
776 Italian ice cream, restaurant prepared
294 Italian salad dressing, fat free

J

263 Jalapenos peppers, canned
780 Jams
780 Jellies
690 Jelly beans
411 Jerky, beef
230 Jerusalem artichoke, fresh
952 Jicama, raw
990 Juice cocktail, cranberry
973 Juice, apple, bottled or canned
975 Juice, apple, concentrate, frozen, diluted

974 Juice, apple, concentrate, frozen, undiluted
982 Juice, grape, canned or bottled
983 Juice, grape, concentrate, frozen, sweetened, undiluted
984 Juice, grape, concentrate, frozen, sweetened, diluted
979 Juice, grapefruit, canned, sweetened
978 Juice, grapefruit, canned, unsweetened
981 Juice, grapefruit, concentrate, frozen, unsweetened, diluted
980 Juice, grapefruit, concentrate, frozen, unsweetened, undiluted
976 Juice, grapefruit, pink or white, fresh
361 Juice, lemon, canned or bottled, unsweetened
360 Juice, lemon, fresh
363 Juice, lime, canned, unsweetened
362 Juice, lime, fresh
985 Juice, orange, all varieties, fresh
986 Juice, orange, canned, unsweetened
989 Juice, orange, diluted
988 Juice, orange, undiluted
386 Juice, pineapple, unsweetened, canned
391 Juice, prune, canned or bottled

K

231 Kale, fresh, cooked, drained
232 Kale, frozen, cooked, drained
930 Ketchup
549 Kidney beans, red, canned
542 Kidney beans, red, dry, cooked
479 Kielbasa sausage
358 Kiwi fruit, fresh, without skin
125 Kix cereal
233 Kohlrabi, cooked, drained

L

500 Lam, leg, lean, roasted
422 Lamb, chop, cooked, lean
421 Lamb, chop, cooked, lean & fat
417 Lamb, ground, cooked, grilled
425 Lamb, leg, roasted, lean & fat
424 Lamb, loin grilled, lean
423 Lamb, loin, grilled, lean & fat
493 Lamb, rib, lean, cooked, roasted
784 Lard
826 Lasagna with meat & sauce
827 Lasagna, vegetable
234 Leeks, cooked, drained
361 Lemon juice, canned or bottled, unsweetened
360 Lemon juice, fresh
964 Lemon lime soda
070 Lemon meringue pie
993 Lemonade, concentrate, frozen prepared
993 Lemonade, pink, concentrate, frozen, prepared

994 Lemonade, pink, powder, prepared regular with water
994 Lemonade, powder, prepared regular with water
359 Lemons, fresh, without skin
900 Lentil soup, ready to serve, low fat, low salt
563 Lentils, dry, cooked
235 Lettuce, fresh
126 Life cereal
170 Lima beans, baby, frozen, cooked, drained
543 Lima beans, canned
543 Lima beans, dry, cooked, large
169 Lima beans, frozen, cooked, drained
363 Lime juice, canned, unsweetened
362 Lime juice, fresh
956 Liqueur (53 proof)
412 Liver, beef, fried
444 Liver, chicken, simmered
514 Lobster, steamed
239 Looseleaf lettuce, pieces, shredded
238 Looseleaf, leaf lettuce

M

693 M&M's, peanut (M&M Mars)
694 M&M's, plain (M&M Mars)
564 Macademia nuts, dry roasted, salted
142 Macaroni pasta, cooked
819 Macaroni, beef, frozen, Healthy Choice
515 Mackerel, cooked
364 Mandarin oranges, light syrup
365 Mangos, fresh, without skin & pit
770 Maple syrup
366 Maraschino Cherries, canned, drained
785 Margarine, regular (80% fat)
789 Margarine, spread (40%)
787 Margarine, spread (60% fat)
917 Marinara sauce
691 Marshmallows, miniature
692 Marshmallows, regular
863 Mashed potatoes, fast food
052 Matzo cracker, plain
553 Mayo type salad dressing, Miracle whip, light
550 Mayo type salad dressing, Miracle Whip, regular
810 Mayonaise, fat free
809 Mayonaise, light (cholesterol free)
808 Mayonaise, regular
654 Meatballs with pasta sauce, canned
650 Meatballs with pasta sauce, frozen
728 Melba toast, plain
367 Melon, Cantaloupe, wedge without rind
368 Melon, Honeydew, wedge without rind
831 Mexican rice, side dish, dry mix
659 Milk shake, thick, chocolate
660 Milk shake, thick, vanilla

655 Milk, chocolate, commercial
 657 Milk, chocolate, commercial, low fat
 656 Milk, chocolate, reduced fat, commercial
 651 Milk, condensed, sweetened, canned
 652 Milk, evaporated, canned, whole milk
 647 Milk, low fat (1%)
 648 Milk, nonfat / skim
 646 Milk, reduced fat (2%)
 582 Milk, soy
 645 Milk, whole (3.25%)
 653 Milk, evaporated, canned, skim milk
 695 Milky way (M&M Mars)
 888 Minestrone soup, condensed, prep. w. water
 901 Minestrone soup, ready to serve, low fat,
 low salt
 553 Miracle Whip, light
 550 Miracle Whip, regular
 580 Miso, soy
 013 Mixed grain bread
 703 Mixed nuts with peanuts, dry roasted, salted
 732 Mixed nuts with peanuts, oil roasted, salted
 771 Molasses syrup
 612 Monterey cheese
 829 Mozzarella cheese sticks
 613 Mozzarella cheese, whole milk
 614 Muenster cheese
 042 Muffin, English, plain
 053 Muffins, blueberry, commercial
 054 Muffins, blueberry, mix
 055 Muffins, bran with raisins
 057 Muffins, corn mix
 056 Muffins, corn, commercial
 058 Muffins, oatbran, commercial
 923 Mushroom gravy, canned
 244 Mushrooms, canned, drained
 243 Mushrooms, cooked, drained
 242 Mushrooms, fresh
 245 Mushrooms, Shitake, cooked
 244 Mushrooms, canned, drained
 516 Mussels, steamed
 247 Mustard greens, cooked, drained
 942 Mustard, prepared, yellow

N

914 Nacho cheese sauce, ready to serve
 764 Nachos with cheese, fast food
 127 Nature Valley, Granola, cereal
 544 Navy peas, dry, cooked
 369 Nectarines, fresh
 615 Neufchatel cheese
 143 Noodles, chow mein, canned
 144 Noodles, egg, regular, cooked
 145 Noodles, egg, spinach, cooked
 146 Noodles, Japanese, soba, cooked

150 Noodles, rice, cooked
 943 Nutella hazelnut spread
 033 Nutri grain cereal bar, fruit
 539 Nuts, almonds, shelled
 552 Nuts, Brazil, shelled
 554 Nuts, cashews, salted, dry roasted
 555 Nuts, cashews, salted, oil roasted
 564 Nuts, macademia, dry roasted, salted
 703 Nuts, mixed, with peanuts, dry roasted, salted
 732 Nuts, mixed, with peanuts, oil roasted, salted
 574 Nuts, Pecan, halves
 576 Nuts, pistachio, dry roasted, salt, shelled
 583 Nuts, soy, dry roasted
 588 Nuts, walnuts, chopped

O

059 Oat bran, uncooked
 058 Oatbran muffin, commercial
 014 Oatmeal bread
 716 Oatmeal cookie, fat free
 714 Oatmeal cookie, regular, large
 715 Oatmeal cookie, soft type
 095 Oatmeal, apples & cinnamon, instant
 096 Oatmeal, maple & brown sugar, instant
 094 Oatmeal, plain, instant, fortified
 097 Oatmeal, plain, regular, quick or instant,
 nonfortified
 517 Ocean perch, cooked
 791 Oil, Canola
 791 Oil, corn
 791 Oil, olive
 791 Oil, Peanut
 791 Oil, safflower
 791 Oil, sesame
 791 Oil, soybean
 791 Oil, sunflower
 249 Okra, frozen, cooked, drained
 248 Okra, raw, cooked, drained
 791 Olive oil
 372 Olives, black, canned, ripe
 371 Olives, green, pickled
 596 Omelet, egg, plain
 864 Onion rings, breaded, fried, fast food
 907 Onion soup, dry mix, prep. w. water
 904 Onion soup, dry mix, unprepared
 252 Onion, dehydrated flakes
 250 Onion, fresh
 251 Onion, fresh, cooked, drained
 253 Onion, Spring, fresh
 985 Orange juice, all varieties, fresh
 986 Orange juice, canned, unsweetened
 989 Orange juice, diluted
 988 Orange juice, undiluted
 967 Orange soda

370 Orange, fresh, without peel & seeds
519 Oyster, breaded, fried
518 Oyster, raw meat only

P

840 Pancakes, butter & syrup, fast food
061 Pancakes, complete mix
060 Pancakes, frozen, ready
062 Pancakes, mix, 2% milk, egg & oil
373 Papayas, fresh
616 Parmesan cheese
254 Parsley, fresh
255 Parsnips, cooked, drained
917 Pasta sauce
147 Pasta, fresh-refrigerated, plain, cooked
142 Pasta, macaroni, cooked
142 Pasta, spaghetti, cooked
149 Pasta, spaghetti, whole wheat, cooked
489 Pastrami, beef, cured
047 Pastry flour
678 Pastry, Danish, cream cheese
679 Pastry, Danish, fruit
766 Pastry, puff, frozen, ready-to bake, baked
889 Pea soup, condensed, prep. w. water
544 Pea, navy, dry, cooked
781 Peach pie
375 Peaches, canned, heavy syrup
376 Peaches, canned, juice pack
377 Peaches, dried
374 Peaches, fresh
717 Peanut butter cookie, commercial
718 Peanut butter cookie, recipe with margarine
696 Peanut butter cup, Reese's
572 Peanut butter, reduced fat, smooth
571 Peanut butter, regular, chunk
570 Peanut butter, regular, smooth
791 Peanut oil
706 Peanuts, chocolate coated
565 Peanuts, dry roasted
567 Peanuts, dry roasted, salted
568 Peanuts, dry roasted, unsalted
566 Peanuts, oil roasted
569 Peanuts, oil roasted, salted
336 Pears, Asian, fresh
379 Pears, canned, heavy syrup
380 Pears, canned, juice pack
378 Pears, fresh
548 Peas, Black eye, canned, drained
547 Peas, Black eye, dry, cooked
168 Peas, Black eye, frozen, cooked, drained
167 Peas, Black eye, raw, cooked, drained
258 Peas, green, canned, drained
259 Peas, green, frozen, cooked, drained
541 Peas, split, dry, cooked

256 Peas, sugar snap, fresh, cooked, drained
257 Peas, sugar snap, frozen, cooked, drained
071 Pecan pie
574 Pecans, halves
266 Pepper, bell, green or red, cooked, drained
264 Pepper, bell, green or red, fresh
261 Pepper, Chili, fresh, green or red
866 Pepperoni pizza, fast food
786 Pepperoni pizza, frozen, cooked
490 Pepperoni, pork, beef
260 Peppers, banana, fresh
263 Peppers, Jalapenos, canned
269 Pickles, cucumber, dill
270 Pickles, relish, sweet
064 Pie crust, baked, frozen
063 Pie crust, baked, recipe
065 Pie crust, graham cracker
972 Pie filling, blueberry, canned
346 Pie filling, Cherry, canned
066 Pie, apple
087 Pie, banana cream, prep. from recipe
067 Pie, blueberry
669 Pie, Boston Cream
068 Pie, cherry
069 Pie, chocolate crème
070 Pie, lemon meringue
781 Pie, peach
071 Pie, pecan
072 Pie, pumpkin
268 Pimento, canned
575 Pine nuts, shelled
386 Pineapple juice, unsweetened, canned
382 Pineapple, canned, chunks / crushed, heavy syrup
383 Pineapple, canned, slices, heavy syrup
385 Pineapple, canned, slices, juice pack
384 Pineapple, canned, slices/chunks/crushed, juice pack
381 Pineapple, fresh, diced
993 Pink lemonade, concentrate, frozen, prepared
994 Pink lemonade, powder, prepared regular with water
089 Pinto beans, canned
545 Pinto beans, dry cooked
576 Pistachio nuts, dry roasted, salt, shelled
015 Pita bread
865 Pizza, cheese, fast food
788 Pizza, meat and vegetable, frozen, cooked
866 Pizza, pepperoni, fast food
786 Pizza, pepperoni, frozen, cooked
387 Plantain, without peel, fresh
966 Plantains, cooked
388 Plums, fresh
479 Polish sausage

520 Pollock, baked or broiled
790 Pomegranate, fresh
792 Pop tarts, frosted
793 Pop tarts, fruit
748 Popcorn, air popped, unsalted
750 Popcorn, caramel, peanuts
751 Popcorn, cheese flavor
749 Popcorn, oil popped, salted
832 Pork and beans with tomato sauce, canned
521 Pork chop, cooked, roasted
794 Pork steak, cooked, grilled
471 Pork tenderloin, grilled, lean
461 Pork, bacon, Canadian, cured, cooked
460 Pork, bacon, cured, cooked
466 Pork, rib roast, lean & fat
467 Pork, ribs, backribs, lean & fat, cooked,
468 Pork, ribs, spareribs, lean & fat, cooked,
braised
469 Pork, sausage, cooked, link
470 Pork, sausage, cooked, patty
420 Porterhouse steak, grilled, lean
404 Pot roast, lean
403 Pot roast, lean & fat
276 Potato au gratin, dry mix, prep. w. butter
277 Potato au gratin, home made, prep w. butter
755 Potato chips, fat free
754 Potato chips, low fat
752 Potato chips, plain, salted
753 Potato chips, sour cream & onion
218 Potato crisps, plain
284 Potato pancakes, home made
285 Potato salad, home made
795 Potato soup, condensed, canned, prep. w. milk
271 Potato, baked with skin
272 Potato, baked, flesh only
273 Potato, baked, skin only
086 Potato, baked, with cheese, fast food
281 Potato, mashed, dehydrated flakes, whole milk,
butter, salt
282 Potato, mashed, home made, whole milk
283 Potato, mashed, home made, whole milk,
margarine
274 Potato, peeled after boiling
275 Potato, peeled before boiling
796 Potato, red, with skin, baked
286 Potato, scalloped, dry mix, whole milk, butter
287 Potato, scalloped, home made, butter
305 Potato, sweet, baked with skin
306 Potato, sweet, boiled without skin
307 Potato, sweet, candied
308 Potato, sweet, canned, syrup pack, drained
683 Pound cake, butter
684 Pound cake, fat free
780 Preserves

756 Pretzels, stick
757 Pretzels, twisted
130 Product 19 cereal
174 Provolone cheese
391 Prune juice, canned or bottled
389 Prunes, dried, pitted, uncooked
390 Prunes, stewed, unsweetened
736 Pudding, chocolate, dry mix prepared
with 2% milk, regular, cooked
735 Pudding, chocolate, dry mix prepared
with 2% milk, instant
743 Pudding, chocolate, ready to eat, fat free
739 Pudding, chocolate, ready to eat, regular
740 Pudding, rice, ready to eat, regular
741 Pudding, tapioca, ready to eat, regular
744 Pudding, tapioca, ready to eat, fat free
738 Pudding, vanilla, dry mix prepared with 2% milk,
regular, cooked
737 Pudding, vanilla, dry mix prepared with 2% milk,
instant
742 Pudding, vanilla, ready to eat, regular
745 Pudding, vanilla, ready to eat, fat free
766 Puff pastry, frozen, ready-to-bake, baked
131 Puffed rice cereal
132 Puffed wheat cereal
016 Pumpnickel bread
072 Pumpkin pie
577 Pumpkin seeds, roasted, salt
289 Pumpkin, canned
288 Pumpkin, cooked, mashed
991 Punch drink, fruit

R

290 Radishes, raw
133 Raisin Bran cereal, General Mills, Total
134 Raisin Bran cereal, Kellogg's
017 Raisin bread
135 Raisin Nut Bran cereal
707 Raisins, chocolate coated
392 Raisins, seedless
905 Ramen noodle soup, chicken flavor, dry mix,
unprepared
828 Ranch dressing, fat free
812 Ranch dressing, low fat
811 Ranch dressing, regular
393 Raspberries, fresh
394 Raspberries, frozen, sweetened, thawed
820 Ravioli, tomato & meat sauce, canned
796 Red potato, with skin, baked
696 Reese's peanut butter cup (Hershey)
578 Refried beans, canned
395 Rhubarb, frozen, cooked with sugar
797 Rhubarb, frozen, cooked with sugar

414	Rib roast, beef, oven cooked, lean	833	Salisbury steak entrée, frozen
413	Rib roast, beef, oven cooked, lean & fat	523	Salmon, baked or broiled
466	Rib roast, pork, lean & fat	524	Salmon, canned (pink), solids & liquid (incl bones)
493	Rib, lamb, lean, cooked, roasted	525	Salmon, smoked
467	Ribs, pork, backribs, lean & fat, cooked	915	Salsa
468	Ribs, pork, spareribs, lean & fat, cooked, braised	730	Saltine cracker, square
158	Rice cake, brown rice, plain	825	Sandwich, hot pockets, ham cheese stuffed, frozen
136	Rice Krispies cereal	928	Sandwich, sub, cold cuts
758	Rice Krispies treat / bar, square	871	Sandwich, sub, oil & vinegar, cheese, salami, ham, vegetable, fast food
740	Rice pudding, ready to eat, regular	873	Sandwich, sub, tuna salad, mayo, lettuce, fast food
151	Rice, brown, long grain, cooked	872	Sandwich, sub, roast beef, mayo, vegetable, fast food
156	Rice, instant, cooked	526	Sardine, Atlantic, canned in oil, drained solids (incl bones)
155	Rice, instant, raw	911	Sauce, barbecue
150	Rice, noodles, cooked	912	Sauce, cheese, ready to serve
153	Rice, white long grain, cooked	913	Sauce, enchilada, ready to serve
154	Rice, white long grain, instant	917	Sauce, marinara
152	Rice, white long grain, raw	914	Sauce, nacho cheese, ready to serve
157	Rice, wild, cooked	917	Sauce, pasta
619	Ricotta cheese, part skim milk	916	Sauce, soy
618	Ricotta cheese, whole milk	917	Sauce, spaghetti
414	Roast, rib, beef, oven cooked, lean	918	Sauce, sweet 'n sour
413	Roast, rib, beef, oven cooked, lean & fat	919	Sauce, teriyaki
466	Roast, rib, pork, lean & fat	920	Sauce, Worcestershire
221	Roll, crescent / croissant	292	Sauerkraut, canned
098	Roll, French	479	Sausage, Polish & Kielbasa
093	Roll, whole wheat	469	Sausage, pork, cooked, link
073	Rolls, dinner	470	Sausage, pork, cooked, patty
074	Rolls, hamburger, hotdog	495	Sausage, Vienna
241	Romaine lettuce , shredded	527	Scallop, cooked, breaded, fried
240	Romaine lettuce, inner leaf	528	Scallop, steamed
620	Romano cheese	498	Sea Bass, cooked, dry heat
968	Root beer soda	049	Self rising flour
445	Rotisserie chicken, light meat, meat only, roasted	791	Sesame oil
522	Roughy, orange, baked or broiled	579	Sesame seeds
955	Rum	868	Shake, chocolate, fast food
815	Russian dressing, low fat	869	Shake, vanilla, fast food
814	Russian dressing, regular	295	Shallots, fresh
291	Rutabagas, cooked, drained	644	Sherbert ice cream
018	Rye bread	245	Shitake mushrooms, cooked
019	Rye bread, light	246	Shitake mushrooms, dried
729	Rye wafer, whole grain, plain	720	Shortbread cookie, commercial, plain
S		927	Shortening, all purpose
791	Safflower oil	137	Shredded Wheat cereal
294	Salad dressing, Italian, fat free	529	Shrimp, breaded, fried
553	Salad dressing, mayo type, Miracle Whip, light	870	Shrimp, breaded, fried, fast food
550	Salad dressing, mayo type, Miracle Whip, regular	530	Shrimp, canned, drained solids
828	Salad dressing, ranch, fat free	416	Sirloin steak, beef, grilled, lean
798	Salad dressing, Thousand Island, fat free	415	Sirloin steak, beef, grilled, lean & fat
867	Salad, chicken, no dressing, fast food		
491	Salami, beef & pork, cooked		
492	Salami, beef & pork, dry		

415	Sirloin tip steak, beef, grilled, lean	629	Sour cream, regular
525	Smoked salmon	010	Sour dough bread
685	Snack cake, chocolate, crème filled, frosting	582	Soy milk
686	Snack cake, chocolate, frosting, low fat	583	Soy nuts, dry roasted
697	Snickers bar	916	Soy sauce
510	Sole, baked or broiled	580	Soy, Miso
051	Soup, Asparagus, condensed, canned prep. with milk	791	Soybean oil
883	Soup, beef noodle, condensed, prep. w. water	581	Soybeans, dry, cooked
876	Soup, Cheddar cheese, condensed, prep. with whole milk	296	Soybeans, green, cooked, drained
884	Soup, chicken noodle, condensed, prep. with water	834	Spaghetti bolognese, frozen, Healthy Choice
906	Soup, chicken noodle, dry mix, prep. w. water	142	Spaghetti pasta, cooked
893	Soup, chicken noodle, ready to serve, chunky	149	Spaghetti pasta, whole wheat, cooked
897	Soup, chicken noodle, ready to serve, low fat, low salt	917	Spaghetti sauce
894	Soup, chicken vegetable, ready to serve, chunky	138	Special K cereal
898	Soup, chicken, rice, vegetable, ready to serve, low fat, low salt	835	Spinach souffle, home-prepared
885	Soup, Clam chowder, Manhattan, condensed, prep. with water	300	Spinach, canned, drained
877	Soup, Clam chowder, New England, condensed, prep. with whole milk	297	Spinach, fresh
878	Soup, cream of Celery, condensed, prep. with whole milk	298	Spinach, fresh, cooked, drained
879	Soup, cream of chicken soup, condensed, prep. with whole milk	299	Spinach, frozen, cooked, drained
886	Soup, cream of chicken, condensed, prep. with water	541	Split peas, dry, cooked
887	Soup, cream of mushroom, condensed, prep. with water	253	Spring onion, fresh
795	Soup, cream of potato, condensed, canned, prep. with milk	303	Squash, baked
900	Soup, lentil, ready to serve, low fat, low salt	731	Standard cracker, round or bite sized
888	Soup, Minestrone, prep. w. water	343	Starfruit / Carambola, fresh
901	Soup, Minestrone, ready to serve, low fat, low salt	420	Steak, beef, porterhouse, grilled, lean
904	Soup, onion, dry mix, unprepared	415	Steak, beef, sirloin tip, grilled, lean
889	Soup, pea, condensed, prep. w. water	416	Steak, beef, sirloin, grilled, lean
905	Soup, ramen noodle, chicken flavor, dry mix, unprepared	415	Steak, beef, sirloin, grilled, lean & fat
890	Soup, tomato, condensed, prep. w. water	418	Steak, beef, T-bone, grilled, lean
881	Soup, tomato, condensed, prep. w. whole milk	419	Steak, beef, tenderloin, grilled, lean
891	Soup, vegetable soup, condensed, prep. with water	407	Steak, Eye of round, lean
892	Soup, vegetable vegetarian soup, condensed, prep. with water	406	Steak, Eye of round, lean & fat
895	Soup, vegetable, beef, ready to serve, chunky	794	Steak, pork, cooked, grilled
902	Soup, vegetable, ready to serve, low fat, low salt	908	Stock, beef, home prepared
631	Sour cream, fat free	909	Stock, chicken, home prepared
630	Sour cream, low fat	910	Stock, fish, home prepared
		396	Strawberries, fresh, large
		397	Strawberries, fresh, medium
		398	Strawberries, frozen, sweetened, thawed
		293	Strawberry ice cream
		946	String cheese
		028	Stuffing, bread, dry mix
		928	Sub sandwich, cold cuts
		871	Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast food
		872	Sub sandwich, roast beef, mayo, vegetable, fast food
		873	Sub sandwich, tuna salad, mayo, lettuce, fast food
		721	Sugar cookie, commercial
		722	Sugar cookie, dough, refrigerated
		723	Sugar cookie, recipe, margarine
		256	Sugar snap peas, fresh, cooked, drained
		257	Sugar snap peas, frozen, cooked, drained

763 Sugar, brown
765 Sugar, white, granulated
765 Sugar, white, powdered
494 Summer sausage, cervelat, beef & pork
854 Sundae, hot fudge, fast food
312 Sundried tomatoes, plain
791 Sunflower oil
586 Sunflower seeds, dry roasted, salt
965 Sweet & sour chicken, canned
918 Sweet 'n sour sauce
305 Sweet potato, baked with skin
306 Sweet potato, boiled without skin
307 Sweet potato, candied
308 Sweet potato, canned, syrup pack, drained
075 Sweet rolls, cinnamon with raisins, commercial
076 Sweet rolls, cinnamon, refrigerated dough, baked with frosting
209 Swiss Chard, fresh
621 Swiss cheese
624 Swiss cheese, pasteurized process
531 Swordfish, baked or broiled
768 Syrup, chocolate flavored, fudge type
767 Syrup, chocolate flavored, thin
769 Syrup, corn, light
770 Syrup, Maple
771 Syrup, molasses

T

077 Taco shell, baked
874 Taco, beef
587 Tahini
399 Tangerines mandarines, fresh, without peels & seeds
744 Tapioca pudding, ready to eat, fat free
741 Tapioca pudding, ready to eat, regular
078 Tapioca, pearl, dry
418 T-bone steak, beef, grilled, lean
995 Tea, black
996 Tea, chamomile
996 Tea, herb
997 Tea, instant, powder, prepared, unsweetened
998 Tea, lemon flavor, sweetened
999 Tea, lemon flavor, sweetened with sweetener
419 Tenderloin steak, beef, grilled, lean
471 Tenderloin, pork, grilled, lean
955 Tequila
919 Teriyaki sauce
798 Thousand Island dressing, fat free
817 Thousand Island dressing, low fat
816 Thousand Island dressing, regular
044 Toast, French, frozen
043 Toast, French, recipe, 2% milk, fried
139 Toasted Oatmeal, Quaker, Honey Nut
079 Toaster pastries, fruit

080 Toaster pastries, low fat
792 Toaster pastry, pop tarts, frosted
793 Toaster pastry, pop tarts, fruit
044 Toaster sticks, French, frozen
584 Tofu, firm
585 Tofu, soft
313 Tomato juice, canned, salt
890 Tomato soup, condensed, prep. w. water
881 Tomato soup, condensed, prep. w. whole milk
311 Tomato, canned
310 Tomato, cherry
309 Tomato, fresh
314 Tomato, paste, canned
315 Tomato, sauce, canned
316 Tomato, stewed, canned
312 Tomato, sundried, plain
836 Tortellini, pasta with cheese filling, frozen
760 Tortilla chips, baked
762 Tortilla chips, nacho, low fat
761 Tortilla chips, nacho, regular
759 Tortilla chips, plain, regular
081 Tortilla wrap, corn
082 Tortilla wrap, flour
114 Total, cereal, cornflakes, General Mills
140 Total, Whole grain cereal
532 Trout, 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 type salad dressing
533 Tuna, baked or broiled
924 Turkey gravy, canned
452 Turkey, breast, meat & skin, roasted
453 Turkey, dark meat, meat & skin, roasted
454 Turkey, gibblets, simmered
455 Turkey, ground, cooked
456 Turkey, light & dark meat, diced, seasoned
457 Turkey, light meat, meat & skin, roasted
458 Turkey, light meat, meat only, roasted
459 Turkey, patties, breaded or battered, fried
496 Turkey, white, deli cut
318 Turnip greens, fresh, cooked, drained
319 Turnip greens, frozen, cooked, drained
317 Turnips, cooked, cubed

V

948 Vanilla extract
773 Vanilla frosting, ready to eat
641 Vanilla ice cream
642 Vanilla ice cream, low fat

643 Vanilla ice cream, soft serve
 853 Vanilla ice cream, soft serve, cone, fast food
 737 Vanilla pudding, dry mix prepared w. 2% milk, instant
 738 Vanilla pudding, dry mix prepared w. 2% milk, regular, cooked
 745 Vanilla pudding, ready to eat, fat free
 742 Vanilla pudding, ready to eat, regular
 869 Vanilla shake, fast food
 724 Vanilla wafer cookie, low fat
 472 Veal, cutlet, braised, lean & fat
 473 Veal, cutlet, breaded, cooked, lean & fat
 891 Vegetable beef soup, condensed, prep. w. water
 320 Vegetable juice, cocktail, canned
 902 Vegetable soup, ready to serve, low fat, low salt
 892 Vegetable vegetarian soup, condensed, prep. with water
 895 Vegetable, beef soup, ready to serve, chunky
 321 Vegetables, mixed, canned, drained
 322 Vegetables, mixed, frozen, cooked, drained
 830 Vegetarian burger patty, frozen, Morningstar farms
 474 Venison, loin, cooked, broiled, lean
 475 Venison, top round, cooked, broiled, lean
 010 Vienna bread
 495 Vienna sausage
 949 Vinegar, cider
 950 Vinegar, distilled
 955 Vodka

W

724 Wafer, vanilla, cookie, low fat
 084 Waffles, plain, frozen, toasted
 085 Waffles, plain, low fat
 083 Waffles, plain, recipe
 538 Walleye, Pike
 588 Walnuts, chopped
 323 Waterchestnuts, canned
 400 Watermelon, fresh, wedge
 008 Wheat bread

021 Wheat bread, light
 050 Wheat flour, all purpose
 267 Wheat flour, whole grain
 733 Wheat thins crackers
 141 Wheaties cereal
 636 Whipped topping, cream product, frozen
 627 Whipping cream, unwhipped
 628 Whipping cream, unwhipped, low fat
 955 Whisky (80 proof)
 551 White beans, canned
 022 White bread
 024 White bread, light
 023 White bread, soft crumbs
 765 White sugar, granulated
 765 White sugar, powdered
 025 Whole wheat bread
 734 Whole wheat crackers
 157 Wild rice, cooked
 957 Wine, red
 958 Wine, rose/blush
 959 Wine, white
 920 Worcestershire sauce

Y

324 Yam, cooked, broiled, drained, or baked
 951 Yeast, dry, active
 661 Yogurt & juice blend
 662 Yogurt, fruit flavored, low fat
 664 Yogurt, fruit flavored, non fat
 663 Yogurt, plain, low fat
 665 Yogurt, plain, nonfat
 666 Yogurt, plain, regular
 637 Yogurt, soft serve, chocolate
 638 Yogurt, soft serve, vanilla
 667 Yogurt, vanilla or lemon, low fat

Z

302 Zucchini, cooked, drained
 301 Zucchini, fresh

Escali[®] Measuring What's Next[™]

Báscula Nutricional



Cesto

Manual y listado de códigos

www.**Escali**.com

Gracias por adquirir la Báscula Nutricional Escali Digital.

La Báscula Nutricion al Escali Cibo Digital tiene un sistema interior de pesado inteligente. Esta báscula altamente diversa pesa en gramos, milliliters, onzas, libras+onzas y onzas liuidas. La báscula es muy avanzada con características fáciles de usar para mostrar y memorizar valores nutrimentales, incluyendo carbohidratos, grasa y proteínas.

La Escali Cibo demostrará ser una herramienta indispensable para su conscientemente saludable forma de vida.

Lea la siguiente información de uso para asegurar el funcionamiento apropiado de su nueva báscula.

Manera de pesar:

- 1) Presione la tecla "ON" (Encendido/Apagado);
- 2) Todos los segmentos se mostrarán durante 2 segundos;
- 3) Aparecerá en la pantalla "WT 0.0 oz";
- 4) Presione la tecla "g/oz" para seleccionar la unidad de medición;
- 5) Ponga el artículo a pesar lentamente sobre la charola.

Manera de utilizar la característica Tarar:

Esta característica permite obtener el peso exacto de algún artículo en su contenedor, mediante la sust racción del peso del contenedor. Permite agregar ingredientes consecutivos al contenedor, y pesar cada ingredient individualmente.

- 1) Presione la tecla "ON" (Encendido/Apagado);
- 2) Seleccione la unidad de medición (g/oz);
- 3) Ponga el contendor, vacío, lentamente sobre la charola;
- 4) Presione la tecla "zero". El peso del contenedor se removerá, y el valor en pantalla se reestablecerá a cero;
- 5) Añada lentamente el artículo a pesar dentro del contendor. La pantalla mostrará el peso individual del artículo;
- 6) Mediante la repetición de los pasos 4 y 5 anteriores, podrá continuar determinando el peso de cada artículo adicional.

Manera de borrar la característica Tarar:

Remueva todos los artículos de la charola. Aparecerá un peso negativo en la pantalla. Presione nuevamente el botón "zero" (Tarar) para restablecer la báscula a cero.

Manera de mostrar la información Nutricional:

- 1) Asegúrese que su báscula se encuentre en la función WT (presione la tecla g/oz en caso necesario), aparecerá "WT".
- 2) Ponga el alimento lentamente sobre la charola;
- 3) Encuentre el código dígito de 3 números del listado alimenticio del presente manual;
- 4) Utilice las teclas de números para ingresar el código. (Puede borrar el ingreso con el botón CLR/MC).

WT	0:	14	lb:oz
FOOD CODE	722	CAL =	194.8
SALT mg	187	PROT g	2.67
FAT g			8.00
CARB g	26.67	CHOL mg	13
FIBR g			0.27

Ejemplo de la lectura en la pantalla

CAL – Calorías.

SALT – Sodio en miligramos.

PROT – Proteínas en gramos.

FAT – Grasa en gramos.

CARB – Carbohidratos en gramos.

CHOL – Colesterol en miligramos.

FIBR – Fibra en gramos.

Manera de guardar la información Nutricional:

Esta característica se acumula con los valores nutrimentales de los alimentos pesados en la memoria de dieta.

- 1) Siga los pasos 1-5 de "Manera de mostrar información Nutricional";
- 2) Presione la tecla g/oz para regresar a la función de peso;
- 3) Presione la tecla M+ para guardar la información nutrimental;
- 4) La pantalla mostrará M01 para indicar la primera información nutrimental guardada;
- 5) La información guardada permanecerá en la memoria hasta que sea borrada (aún después de apagar la báscula);
- 6) Pueden almacenarse hasta 99 lecturas nutricionales en la memoria.

Manera de recordar la información Nutricional:

- 1) Presione la tecla MR. La pantalla mostrará "ΣM" seguido del número total de memoria
- 2) El total de la información nutrimental se mostrará en la pantalla.
- 3) El peso total de los alimentos almacenados en la memoria no pueden mostrarse en la pantalla.
- 4) Presione Zero para volver al modo WT.

Manera de borrar la información almacenada:

- 1) Asegúrese de que su báscula se encuentre en el modo WT, y el código de comida es 000 (en caso necesario, presione la tecla g/oz/WT), se mostrará en la pantalla "WT";
- 2) Presione la tecla CLR/MC, una M aparecerá en la pantalla.
- 3) Presione de Nuevo la tecla CLR/MC para borrar la memoria, o cualquier otra tecla para salir.

No ponga artículos de sobrepeso en la báscula:

En la pantalla aparecerá el indicador "Err" peso cuando ponga artículos que sobrepasen la capacidad máxima de peso. Remueva inmediatamente dichos artículos de sobre peso para evitar un daño a su báscula.

Cambio de baterías:

Esta unidad cuenta con un indicador de batería baja. Favor de reponer la batería cuando aparezca el símbolo de batería baja.

Información adicional importante:

- 1) Su Báscula Nutrimental Escali se encuentra pre-programada con 999 códigos de alimentos conteniendo valores de Calorías, Sodio, Proteína, Grasa, Carbohidratos, Colesterol y Fibra para los alimentos, ingredientes y bebidas comúnmente utilizados. Los valores nutrimentales programados son solamente una indicación y no un valor exacto. La información nutricional es un valor y se basa en la última información de la USDA y de otras fuentes.
- 2) Asegúrese de que su báscula se encuentre a temperatura ambiente y en una superficie horizontal estable, libre de vibración.
- 3) La báscula no es a prueba de agua. No lo exponga a la humedad.
- 4) La báscula es un instrumento de precisión y deberá ser manejada con extrema precaución. Evite el maltrato, sacudimiento y vibración.
- 5) No desarme la báscula; al desarmarla anulará la garantía.
- 6) Los valores mostrados podrán afectarse por interferencia electromagnética, como al operarse cerca del radio. En caso de que ocurriese, mueva el aparato que causa dicha interferencia y apague la báscula, para inmediatamente re-iniciarla.

Garantía:

Cinco (5) años de garantía por manufactura, vea www.escali.com para mayores detalles.

La responsabilidad de Escali se encuentra limitada a dos (2) veces el costo del producto.

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www.Escali.com

A

- 511 Abadejo, horneado o asado
- 791 Aceite de ajonjolí
- 791 Aceite de cacahuete
- 791 Aceite de Canola
- 791 Aceite de frijol de soya
- 791 Aceite de girasol
- 791 Aceite de maíz
- 791 Aceite de oliva
- 791 Aceite, ajonjolí
- 791 Aceite, alazor
- 791 Aceite, cacahuete
- 791 Aceite, frijol de soya
- 791 Aceite, girasol
- 791 Aceite, maíz
- 791 Aceite, oliva
- 372 Aceitunas, negras, enlatadas, maduras
- 371 Aceitunas, verdes, encurtido
- 209 Acelga, Suiza, fresca
- 927 Acortamiento

- 802 Aderezo César, bajo en grasa
- 801 Aderezo César, regular
- 803 Aderezo de ensalada de col
- 800 Aderezo de queso Blue, bajo en grasa
- 799 Aderezo de queso Blue, regular
- 807 Aderezo italiano, bajo en grasa
- 806 Aderezo italiano, regular
- 798 Aderezo Mil Islas, sin grasa
- 294 Aderezo para ensaladas italiano, sin grasa
- 812 Aderezo Ranch, bajo en grasa
- 811 Aderezo Ranch, regular
- 828 Aderezo Ranch, sin grasa
- 805 Aderezo, Francés, bajo en grasa
- 804 Aderezo, Francés, regular
- 807 Aderezo, Italiano, bajo en grasa
- 817 Aderezo, Mil Islas, bajo en grasa
- 816 Aderezo, Mil Islas, regular
- 828 Aderezo, ranch, sin grasa
- 815 Aderezo, Ruso, bajo en grasa
- 814 Aderezo, Ruso, regular
- 553 Aderezo, tipo mayonesa, Miracle Whip, ligero
- 550 Aderezo, tipo mayonesa, Miracle Whip, regular
- 337 Aguacates, frescos, sin piel y hueso
- 230 Aguaturma, fresca

- 225 Ajo, crudo
- 650 Albóndigas con salsa de pasta, congelada
- 654 Albóndigas con salsa de pasta, enlatada
- 230 Alcachofa Jerusalén, fresca
- 160 Alcachofa, cocinada, drenada
- 159 Alfalfa, cruda
- 501 Almeja, empanizada, frita
- 502 Almeja, enlatada, drenado de sólidos
- 995 Almendras
- 539 Almendras, con cáscara
 - 39 Almidón de maíz
 - 20 Anchoa, enlatado en aceite
- 507 Angula, cocida, calor seco
- 206 Apio, cocido
- 204 Apio, fresco
 - 54 Arándano, mantecada, mezcla
- 347 Arándanos, secos, endulzados
- 513 Arenque, encurtido
- 864 Aros de cebolla, empanizados, fritos, comida rápida

- 831 Arroz mexicano, guarnición, mezcla seca
- 157 Arroz salvaje, cocido
- 153 Arroz, blanco, grano largo, cocido
- 152 Arroz, blanco, grano largo, crudo
- 154 Arroz, blanco, grano largo, instantáneo
- 156 Arroz, instantáneo, cocido
- 155 Arroz, instantáneo, crudo
- 151 Arroz, oscuro, grano largo, cocido
- 404 Asado de olla, magra
- 403 Asado de olla, magra y grasa
- 534 Atún enlatado, drenado, en aceite, trozo ligero
- 536 Atún enlatado, drenado, en agua, sólido blanco
- 535 Atún enlatado, drenado, en agua, trozo ligero
- 533 Atún, horneado o asado
- 561 Avellanas, picadas
 - 95 Avena, manzanas y canela, instantáneo
 - 96 Avena, maple y azúcar morena, instantáneo
 - 94 Avena, simple, instantánea, fortificada
 - 97 Avena, simple, regular, rápida o instantánea, sin
- 765 Azúcar blanca, glass
- 763 Azúcar morena

- B**
- 503 Bacalao, horneado o a la parrilla
 - 2 Bagels, canela-uva pasas

3 Bagels, huevo
1 Bagels, simples
499 Bagre, empanizado, frito
164 Bamboo shoots, enlatados, drenados
824 Banderillas, congelada
184 Barquillos, helado
33 Barra de cereal Nutri Grain, fruta
29 Barra de cereal, relleno de fruta, sin grasa
695 Barra de chocolate Milky way
697 Barra de chocolate Snickers
701 Barra de chocolate, leche, con almendras
702 Barra de chocolate, leche, con cacahuates, Mr.
700 Barra de chocolate, leche, sencilla
708 Barra de chocolate, Special dark, dulce (Hershey)
29 Barra de desayuno, corteza de cereal, relleno de fruta, sin grasa
774 Barra de fruta congelada
774 Barra de fruta y jugo, congelado
31 Barra de granola, blanda, choco chip

32 Barra de granola, blanda, uva pasas

30 Barra de granola, dura, simple
713 Barra de higo, galleta
180 Barra, chocolate, blanco
758 Barra, rice-krispis, cuadrado

44 Barritas de Pan francés, congelada
340 Baya, negra, enlatada, en almibar
342 Bayas, azules, congeladas, endulzadas
339 Bayas, negras, frescas
991 Bebida de frutas
992 Bebida de uva
223 Berenjena, cocida, drenada
179 Betabel, enlatado, drenado
177 Betabel, entero o rebanado, cocido, drenado
181 Betabel, verde, hojas y tallo, cocido, drenado
765 Betún de azúcar
772 Betún de chocolate, listo para comerse
773 Betún, vainilla, listo para servir
929 Bicarbonato de sodio
7 Bisquet, masa refrigerada, horneado, regular
6 Bisquet, simples o de mantequilla, receta, 2% de
416 Bistec de solomillo, res, a la parrilla, magra
415 Bistec de solomillo, res, a la parrilla, magra y grasa

418 Bistec de T-Bone, res, a la parrilla, magra

73 Bollo para cena
478 Bologna, pavo
476 Bologna, res
477 Bologna, res y puerco
480 Bratwurst, puerco, cocido
479 Bratwurst, res y puerco, ahumado
481 Braunschweiger (salchicha de hígado, puerco)
403 Brisket, res, magra y grasa
186 Brócoli, congelado, drenado
183 Brócoli, crudo, en rama
187 Brócoli, en salsa sabor a queso, congelado
185 Brócoli, fresco, cocido, drenado
670 Brownies, comerciales, sin betún, regular
671 Brownies, comerciales, sin betún, sin grasa
672 Brownies, mezcla seca, sin grasa

739 Budín de chocolate, listo para comer, regular
743 Budín de chocolate, listo para comer, sin grasa
735 Budín de chocolate, mezcla seca, prep. con 2% de leche, instantáneo
736 Budín de chocolate, mezcla seca, prep. con 2% de leche, regular, cocido

34 Bulgur, cocido
842 Burrito, frijoles y carne, comida rápida
841 Burrito, frijoles y queso, comida rápida
C
706 Cacahuates cubiertas de chocolate
565 Cacahuates, asados
566 Cacahuates, asados con aceite
569 Cacahuates, asados con aceite, salados
567 Cacahuates, asados, salados
568 Cacahuates, asados, sin sal
706 Cacahuates, cubiertos con chocolate
970 Café, cafetera
971 Café, expreso
970 Café, instantáneo, preparado
302 Calabacita, cocida, drenada
301 Calabacita, fresca
303 Calabaza de bellota, horneada
288 Calabaza, cocida, puré
289 Calabaza, enlatada
303 Calabaza, horneada
910 Caldo de pescado, preparado en casa
896 Caldo de pollo, listo para servirse, bajo en grasa, bajo en sal
908 Caldo de res, preparado en casa

882 Caldo, res, condensada, prep. Con agua	122 Cereal Golden Grahams
529 Camarón, empanizado, frito	123 Cereal Honey Nut Cheerios
870 Camarón, empanizado, frito, comida rápida	124 Cereal Honey Nut Clusters
530 Camarón, enlatado, drenado	125 Cereal Kix
935 Canela	126 Cereal Life
514 Cangrejo, al vapor	133 Cereal Raisin Bran, General Mills, Total
504 Cangrejo, Alaskan King, cocido	134 Cereal Raisin Bran, Kellogg's
505 Cangrejo, carne, enlatada	135 Cereal Raisin Nut Bran
506 Cangrejo, tortita, huevo, cebolla, margarina frito	136 Cereal Rice Krispies
343 Carambola / Fruta de la Estrella, fresca	136 Cereal Rice Krispis
689 Caramelo macizo	137 Cereal Shredded Wheat
698 Caramelo, regular	138 Cereal Special K
699 Caramelo, rollo sabor chocolate	141 Cereal Wheaties
77 Cascarón de taco, horneado	119 Cereal Zucaritas
5 Cebada, cocida	128 Cereal, 100% Natural Cereal, avena, miel y uva pasas
250 Cebolla, fresca	129 Cereal, 100% Natural Cereal, avena, miel y uva pasas, bajo en grasa
251 Cebolla, fresca, cocida, drenada	105 Cereal, Chex Corn
252 Cebolla, hojuelas deshidratadas	106 Cereal, Chex Money Nut
253 Cebolla, Spring, fresca	107 Cereal, Chex, multi bran
941 Cebollas a la francesa	114 Cereal, Cornflakes, General Mills, Total
207 Cebollín, fresco	120 Cereal, Frosted Mini Wheats, regular o tamaño bocado
411 Cecina, res	122 Cereal, Golden Grahams
99 Cereal All Bran	127 Cereal, Granola, Nature Valley
102 Cereal Basic 4	130 Cereal, Producto 19
104 Cereal Cheerios	131 Cereal, Puffed rice
111 Cereal Choco Krispies	132 Cereal, Puffed wheat
110 Cereal Cinnamon Life	139 Cereal, Toasted Oatmeal, Quaker, Honey Nut
112 Cereal Cocoa Puffs	139 Cereal, Toasted Oatmeal, Quaker, Honey Nut
113 Cereal Complete Wheat Bran flanes	140 Cereal, Total Whole grain
116 Cereal Corn Pops	366 Cerezas maraschino, enlatadas, drenadas
117 Cereal Crispix	344 Cerezas, agrias, rojos, con semilla, enlatadas, empacadas en agua
101 Cereal de Apple Jacks	345 Cerezas, dulces, frescas, sin semilla
131 Cereal de arroz inflado	968 Cerveza de raiz, refresco
100 Cereal de Manzana y Canela, Cheerios	954 Cerveza, Light
132 Cereal de trigo inflado	953 Cerveza, regular
118 Cereal Froot Loops	333 Chabacano, enlatados, por mitad, con almíbar
120 Cereal Frosted Mini Wheats, regular o tamaño bocado	335 Chabacanos, deshidratados

334 Chabacanos, enlatados, por mitad, en jugo
332 Chabacanos, frescos
295 Chalote, fresco
245 Champiñones Shitake, cocidos
246 Champiñones Shitake, deshidratados
243 Champiñones, cocidos, drenados
244 Champiñones, enlatados, drenados
242 Champiñones, frescos
746 Chex mix
108 Chex, cereal de arroz

105 Chex, cereal de maíz
109 Chex, cereal de trigo
106 Chex, cereal Honey
107 Chex, cereal multi bran
259 Chicharos, congelados, cocidos, drenados
258 Chicharos, enlatados, drenados
541 Chicharos, secos, cocidos
851 Chile con carne con frijoles, comida rápida
823 Chile con carne con frijoles, enlatado
260 Chile dulce de plátano, frescos
261 Chile, fresco, verde o rojo
263 Chiles jalapeños, enlatados
747 Chips de maíz, simples
255 Chirivía, cocida, drenada

705 Chispas de chocolate, blanco
700 Chispas de chocolate, leche
704 Chispas de chocolate, semi-amargo
696 Chocolate con crema de cacahuete, Reese's
696 Chocolate Reese's crema de cacahuete (Hershey's)
180 Chocolate, barra, blanco
934 Chocolate, hornear, sin azúcar, líquido
933 Chocolate, hornear, sin azúcar, sólido
482 Chorizo, res y puerco
899 Chowder, almeja, Nueva Inglaterra, listo para servir, bajo en grasa, bajo en sal
521 Chuleta de puerco, cocida, rostizada
422 Chuleta, cordero, cocida, magra
421 Chuleta, cordero, cocida, magra y grasa
208 Cilantro, fresco
390 Ciruela uva pasa, cocidas, sin endulzar
389 Ciruela uva pasa, deshidratada, sin semilla, cruda
388 Ciruelas, frescas

945 Clementinas
560 Coco, crudo, rallado, seco, endulzado
559 Coco, crudo, rallado, sin empaçar
352 Cóctel de frutas, enlatado, en almíbar
353 Cóctel de frutas, enlatado, en jugo
990 Cóctel de jugo, arándano
247 Col verde de la mostaza, cocidos, drenados
191 Col, cocida
232 Col, congelado, cocido, drenado
190 Col, fresca, rebanada

231 Col, fresco, cocido, drenado
193 Col, Napa
192 Col, Pak choi o bok choy
194 Col, roja, cruda, rebanada
195 Col, savoy, cruda, rebanada
960 Cola
961 Cola, dieta
188 Coles de brusela, congeladas, cocinadas, drenadas
189 Coles de brusela, frescas, cocinadas, drenadas
203 Coliflor, congelado, cocido, drenado
201 Coliflor, fresco
202 Coliflor, fresco, cocido, drenado
233 Colinabo, cocido, drenado
212 Collards [col verde], congelados, cocidos, drenados

211 Collards [col verde], frescos, cocidos, drenados
780 Compota
184 Conos de helado
780 Conservas
909 Consomé de pollo, preparado en casa
903 Consomé de res, mezcla seca, sin preparar
636 Cool Whip, cubierta batida, congelada
229 Corazones de palmito, enlatado
422 Cordero, chuleta, cocida, magra
421 Cordero, chuleta, cocida, magra y grasa

493 Cordero, costilla, magra, cocido, asado
424 Cordero, lomo, asado, magra
423 Cordero, lomo, asado, magra y grasa
417 Cordero, molido, cocida, a la parrilla
425 Cordero, pierna, asada, magra y grasa
500 Cordero, pierna, magra, asada
65 Costra de pay, galleta graham

64 Costra de pay, horneada, congelada
63 Costra de pay, horneada, receta
630 Crema agria, baja en grasa
629 Crema agria, regular
631 Crema agria, sin grasa
572 Crema de cacahuete, reducida en grasa, untable
571 Crema de cacahuete, regular, trozos
570 Crema de cacahuete, regular, untable
626 Crema de café
182 Crema de coco
878 Crema de sopa de apio, condensada, prep. con leche entera
887 Crema de sopa de champiñones, condensada, prep. con agua
880 Crema de sopa de champiñones, condensada, prep. con leche entera
886 Crema de sopa de pollo, condensada, prep. con agua

879 Crema de sopa de pollo, condensada, prep. con leche entera
92 Crema de trigo, rápida
91 Crema de trigo, regular
625 Crema Half and Half
630 Crema, agra, baja en grasa
629 Crema, agra, regular
631 Crema, agra, sin grasa
627 Crema, batida, sin batir
628 Crema, batida, sin batir, sin grasa
633 Crema, en polvo
634 Crema, en polvo con leche entera
635 Crema, presurizada
221 Croissant
41 Crotones, sazonados
218 Crujientes de papa, sencillo
40 Cuscús, cocido

D

350 Dátiles, sin hueso
632 Dip de eneldo
681 Dona glaseada
680 Dona, pastel
377 Duraznos, deshidratados
375 Duraznos, enlatados, almibar

376 Duraznos, enlatados, en jugo
374 Duraznos, frescos

E

173 Ejotes, congelados, cocidos, drenados
171 Ejotes, crudos, cocidos, drenados
175 Ejotes, enlatados, drenados
171 Ejotes, verdes, crudos, cocidos, drenados
262 Enchilada de res con queso, comida rápida
224 Endibia, china, escarola, fresca
222 Eneldo, fresco
537 Ensalada de atún, atún ligero en aceite, aderezo de pepinillo, y mayonesa tipo ensalada
852 Ensalada de col, comida rápida
210 Ensalada de col, hecha en casa
285 Ensalada de papa, hecho en casa

867 Ensalada de pollo, sin aderezo, comida rápida

867 Ensalada, pollo, sin aderezo, comida rápida
833 Entrada de filete Salisbury, congelada
528 Escalopas, al vapor
527 Escalopas, cocidas, empanizadas, fritas
834 Espagueti boloñesa, congelado, Healthy Choice
162 Espárragos, congelados, cocidos, drenados
161 Espárragos, crudos, cocidos, drenados
163 Espárragos, enlatados, drenados
299 Espinaca, congelada, cocida, drenada
300 Espinaca, enlatada, drenada
297 Espinaca, fresca
298 Espinaca, fresca, cocida, drenada
821 Estofado de res, enlatado
948 Extracto de vainilla

F

143 Fideo, chow mein, cocida
145 Fideo, huevo, espinaca, cocido
144 Fideo, huevo, regular, cocido
146 Fideo, japonés, soba, cocido
818 Fideos Alfredo de Huevo, mezcla seca
143 Fideos Chow mein, enlatados
150 Fideos de arroz, cocido

508 Filete de pescado, capeado o empanizado y frito
471 Filete de puerco, a la parrilla, magra
794 Filete de puerco, cocido, a la parrilla
420 Filete Porterhouse, a la parrilla, magra
419 Filete tierno, res, a la parrilla, magra
394 Frambuesas, congeladas, endulzadas, blandas
393 Frambuesas, frescas

398 Fresas, congeladas, endulzadas, derretidas
396 Fresas, frescas, grandes
397 Fresas, frescas, medianas
551 Frijol blanco, enlatado
581 Frijol soya, seco, cocido
581 Frijol soya, seco, cocido
296 Frijol soya, verde, cocido, drenado
977 Frijoles horneados, con chorizo, enlatados
540 Frijoles negros, secos, cocidos
89 Frijoles pintos, enlatados
545 Frijoles pintos, secos, cocidos
578 Frijoles refritos, enlatados
578 Frijoles refritos, enlatados
541 Frijoles, Great Northern, cocidos secos
546 Frijoles, horneados, simples o vegetarianos, enlatados
540 Frijoles, negros, secos, cocidos
690 Frijolitos de dulce
760 Fritura de tortilla, horneado
762 Fritura de tortilla, nacho, bajo en grasa
761 Fritura de tortilla, nacho, regular
759 Fritura de tortilla, simple, regular
178 Fritura, horneada
747 Fritura, maíz, simples
754 Fritura, papa, bajo en grasa
753 Fritura, papa, crema y especias
752 Fritura, papa, simples, saladas

755 Fritura, papa, sin grasa

G

158 Galleta de arroz, arroz oscuro, sencillo
714 Galleta de avena, regular, grande
716 Galleta de avena, sin grasa
715 Galleta de avena, suavizado
711 Galleta de choco chip, comercial, bajo en grasa
710 Galleta de choco chip, comercial, regular

712 Galleta de choco chip, masa refrigerada, comercial
719 Galleta de chocolate con relleno cremoso
717 Galleta de crema de cacahuete, comercial
718 Galleta de crema de cacahuete, receta con margarina
709 Galleta de mantequilla, comercial
725 Galleta de queso
720 Galleta escocesa, shortbread, comercial, sencilla

726 Galleta Graham, sencilla
52 Galleta matzo, sencilla
730 Galleta salada, cuadrada
714 Galleta, avena, regular, grande
715 Galleta, avena, tipo suave
721 Galleta, azúcar, comercial
722 Galleta, azúcar, masa, refrigerada
723 Galleta, azúcar, receta, margarina
713 Galleta, Barra de higo
205 Galleta, con relleno de queso
731 Galleta, estándar, redonda o tamaño bocado
727 Galleta, Graham, molida
724 Galleta, oblea, vainilla, bajo en grasa
733 Galleta, trigo delgado
734 Galletas de trigo entero

733 Galletas delgadas de trigo
443 Gallinas de Cornish, carne y piel, rostizada
449 Ganso, carne y piel, rostizado
451 Ganso, paté de hígado de ganso
450 Ganso, solo carne, rostizado
558 Garbanzos, enlatados
557 Garbanzos, secos, cocidos
778 Gelatina, polvo para postre y agua, bajo en grasa
777 Gelatina, polvo para postre y agua, regular
776 Gelato, helado italiano, preparado en restaurante
955 Ginebra, ron, shooters, tequila, vodka, whisky (80%)

688 Gomititas forma de osito
790 Granada, fresca

349 Grosellas, secas
944 Guacamole
257 Guisantes, rápidos de azúcar, congelados, cocidos, drenados
256 Guisantes, rápidos de azúcar, frescos, cocidos,

H

166 Haba cocinada, drenada

544 Haba de marina, seca, cocida
170 Haba lima, bebé, congelada, cocida, drenada
169 Haba lima, congelada, cocinada, drenada
543 Haba lima, enlatada
543 Haba lima, seca, cocida, grande
165 Haba, cruda
542 Habas de riñón, rojas, secas, cocinadas
549 Habas de riñón, rojos, enlatados
830 Hamburguesa Boca, congelada
843 Hamburguesa de queso, doble, regular, lechuga, jitomate, mayonesa, comida rápida
846 Hamburguesa de queso, doble, regular, pan de 3 piezas, simple, comida rápida
845 Hamburguesa de queso, doble, regular, simple, comida rápida
848 Hamburguesa de queso, sencilla, grande, lechuga, jitomate, mayonesa, comida rápida
844 Hamburguesa de queso, sencilla, regular, lechuga, jitomate, mayonesa, comida rápida
847 Hamburguesa de queso, sencilla, regular, simple
830 Hamburguesa de verdura, congelada, Morningstar
857 Hamburguesa doble, regular, lechuga, jitomate, mayonesa, comida rápida
410 Hamburguesa, 75% a la parrilla
409 Hamburguesa, 80% a la parrilla
408 Hamburguesa, 85% a la parrilla
859 Hamburguesa, doble, grande, lechuga, jitomate, mayonesa, comida rápida
860 Hamburguesa, sencilla, grande, lechuga, jitomate, mayonesa, comida rápida
858 Hamburguesa, sencilla, regular, lechuga, jitomate, mayonesa, comida rápida
46 Harina de trigo sarraceno, entero blanco
37 Harina de maíz, amarillo, seco, grano entero
38 Harina de maíz, amarillo, seco, regular
48 Harina de maíz, masa
45 Harina de pan
47 Harina de pastel
50 Harina de trigo
267 Harina de trigo, grano entero
47 Harina para pasta
49 Harina, auto-esponjado
50 Harina, trigo, proporcionada
279 Hash brown, congelado
280 Hash brown, hecho en casa
644 Helado de agua
639 Helado de chocolate
640 Helado de chocolate, bajo en grasa
293 Helado de fresa
776 Helado italiano, preparado en restaurante
854 Helado Sundae, jarabe de chocolate, comida rápida
642 Helado vainilla, bajo en grasa
643 Helado, suavizado, vainilla
641 Helado, vainilla
853 Helado, vainilla, suavizado, cono, comida rápida
853 Helado, vainilla, suavizado, cono, comida rápida
444 Hígado, pollo, asado
412 Hígado, res, frito
351 Higos, deshidratados
265 Higos, frescos
228 Hinojo, bulbo, crudo
238 Hojas de lechuga
226 Hojas de uvas, enlatadas
114 Hojuelas de maíz, cereales General Mills, Total
115 Hojuelas de maíz, Kellogg's
487 Hot dog / Salchicha, res
488 Hot dog / Salchicha, res y puerco
862 Hot dog, chili, comida rápida
861 Hot dog, sencillo, comida rápida

825 Hot pockets, sándwich relleno de jamón y queso, congelado

590 Huevo, blanco, fresco

592 Huevo, cocido, sin cáscara

589 Huevo, entero, fresco

573 Huevo, entero, frito

593 Huevo, escalfado, con sal

596 Huevo, omelet, sencillo

594 Huevo, revuelto, margarina, leche entera, sal

595 Huevo, sustituto, líquido

591 Huevo, yema, fresca

562 Hummus, comercial

J

780 Jaleas

485 Jamón, cocido, extra magra

484 Jamón, cocido, regular

464 Jamón, curado, magra y grasa

462 Jamón, enlatado

463 Jamón, fresco, cocido, magra y grasa

486 Jamón, miel, ahumado, cocido

465 Jamón, pierna, rostizado, magra y grasa

769 Jarabe de maíz, ligero

770 Jarabe de maple

771 Jarabe de melaza

767 Jarabe sabor chocolate, líquido

768 Jarabe sabor chocolate, tipo espeso

952 Jícama, cruda

310 Jitomate cherry

312 Jitomate deshidratado, sencillos

311 Jitomate, enlatado

309 Jitomate, fresco

316 Jitomate, guisado, enlatado

314 Jitomate, pasta, enlatado

315 Jitomate, salsa, enlatado

168 Judías, congeladas, cocinadas, drenadas

167 Judías, crudas, cocidas, drenadas

548 Judías, enlatadas, drenadas

547 Judías, secas, cocidas

990 Jugo de arándanos cóctel

391 Jugo de ciruela uva pasa, enlatado o embotellado

363 Jugo de lima, enlatado, sin endulzar

362 Jugo de lima, fresco

361 Jugo de limón, enlatado o embotellado, sin endulzar

360 Jugo de limón, fresco

975 Jugo de manzana, concentrado, congelado, diluido

974 Jugo de manzana, concentrado, sin diluir

973 Jugo de manzana, embotellado o enlatado

986 Jugo de naranja, diluido

986 Jugo de naranja, enlatado, sin endulzar

988 Jugo de naranja, sin diluir

985 Jugo de naranja, variado, fresco

386 Jugo de piña, sin endulzar, enlatado

313 Jugo de tomate, enlatado, con sal

981 Jugo de toronja, concentrado, congelado, sin endulzar, diluido

980 Jugo de toronja, concentrado, congelado, sin endulzar, sin diluir

979 Jugo de toronja, enlatado, endulzado

978 Jugo de toronja, enlatado, sin endulzar

976 Jugo de toronja, rosa o blanco, fresco

984 Jugo de uva, concentrado, congelado, endulzado, diluido

983 Jugo de uva, concentrado, congelado, endulzado, sin diluir

982 Jugo de uva, enlatado o frasco

320 Jugo de verduras, cóctel, enlatado

196 Jugo de zanahoria, enlatado

198 Jugo de zanahoria, fresco

391 Jugo, ciruela, enlatado o embotellado

989 Jugo, naranja, diluido

K

358 Kivi, fresca, sin cáscara

L

826 Lasaña con carne y salsa

827 Lasaña, vegetales

651 Leche condensada, endulzada, enlatada

- 655 Leche de chocolate, comercial
657 Leche de chocolate, comercial, bajo en grasa
656 Leche de chocolate, grasa reducida, comercial
649 Leche de manteca
582 Leche de soya
653 Leche evaporada, enlatada, leche desnatada
652 Leche evaporada, enlatada, leche entera
647 Leche, baja en grasa (1%)
645 Leche, entera (3.25%)
646 Leche, reducida en grasa (2%)
- 648 Leche, sin grasa / desnatada
582 Leche, soya
236 Lechuga cabezona, arrepollada, hoja
237 Lechuga cabezona, arrepollada, rebanada
239 Lechuga de hojas, piezas, rebanada
240 Lechuga romana, hojas
241 Lechuga romana, rebanada
235 Lechuga, fresca
510 Lenguado, horneado o asado
563 Lentejas, secas, cocidas
538 Leucoma
951 Levadura, seca, activa
956 Licor (53%)
993 Limonada rosa, concentrada, congelada, preparada
- 994 Limonada rosa, polvo, , preparada con agua, regular
- 993 Limonada, concentrada, congelada, preparada
994 Limonada, polvo, preparada con agua, regular
993 Limonada, rosa, concentrada, congelada, preparada
994 Limonada, rosa, polvo, preparada con agua, regular
- 369 Limones, frescos, sin cáscara
- M**
- 693 M&M, cacahuate
694 M&M, sencillos
819 Macarrón, res, congelado, Healthy Choice
214 Maíz, congelado, granos en la mazorca
213 Maíz, dulce, blanco, cocido, drenado
216 Maíz, estilo cremoso, enlatado
213 Maíz, fresco, granos en la mazorca
- 217 Maíz, grano entero, enlatado
215 Maíz, grano, fresco
868 Malteada de chocolate, comida rápida
659 Malteada, espesa, chocolate
660 Malteada, espesa, vainilla
869 Malteada, vainilla, comida rápida
869 Malteada, vainilla, comida rápida
691 Malvavisco, miniatura
692 Malvavisco, regular
399 Mandarinas tangerinas, frescas, sin cáscara ni semilla
- 364 Mandarinas, almíbar
365 Mangos, frescos, sin cáscara ni hueso
784 Manteca de cerdo
687 Mantecada con betún
- 56 Mantecada de maíz, comercial
57 Mantecada de maíz, mezcla de maíz
53 Mantecada de mora azul, comercial
55 Mantecada de salvado con uva pasas
58 Mantecada de salvado de avena, comercial
42 Mantecada inglés, sencillo
58 Mantecada, fibra, comercial
57 Mantecada, mezcla de maíz
54 Mantecada, mora azul, mezcla seca
782 Mantequilla, con sal
- 783 Mantequilla, sin sal
- 329 Manzanas endulzadas sin azúcar agregada
327 Manzanas, deshidratadas
328 Manzanas, endulzadas con azúcar agregada
326 Manzanas, frescas, peladas
- 325 Manzanas, frescas, sin pelar
785 Margarina, regular (80% grasa)
789 Margarina, unttable (40%)
787 Margarina, unttable (60% grasa)
712 Masa, galleta choco chip, refrigerada, comercial
553 Mayonesa tipo aderezo, Miracle Whip, ligero
550 Mayonesa tipo aderezo, Miracle Whip, regular
809 Mayonesa, ligera (sin colesterol)
808 Mayonesa, regular

810 Mayonesa, sin grasa
516 Mejillones, al vapor
368 Melón blanco, sin cáscara

367 Melón, cantalup, sin cáscara ni semillas
368 Melón, verde, sin cáscara ni semillas
435 Menudencia de pollo, a fuego lento
454 Menudencias, pavo, cocidas
703 Mezcla de nueces y cacahuates, asados, salados
35 Mezcla de pan de maíz

661 Mezcla de yogurt y jugo

779 Miel

553 Miracle Whip, ligero

550 Miracle Whip, regular

580 Miso, soya

88 Molida de maíz, blanco o amarillo

939 Molida de res, migajas, 75%, cocido, frito

937 Molida de res, migajas, 80%, cocido, frito

938 Molida de res, migajas, 85%, cocido, frito

455 Molida, pavo, cocido

341 Mora azul, frescas

342 Mora azul,, congeladas, endulzadas

942 Mostaza, preparada, amarilla

N

319 Nabo verde, congelado, cocido, drenado

318 Nabo verde, fresco, cocido, drenado

317 Nabo, cocido, picado

764 Nachos con queso, comida rápida

370 Naranja, fresca, sin cáscara ni semillas

369 Nectarinas, frescas

552 Nueces Brasileñas, con cáscara

564 Nueces de macademia, asadas, saladas

575 Nueces de pino, sin cáscara

539 Nueces, almendras, con cáscara

556 Nuez de acajú, Europeo, asado, con cáscara

554 Nuez de acajú, salados, asados

555 Nuez de acajú, salados, asados con aceite

304 Nuez de cuba, congelado, cocido, puré

576 Nuez de pistache, asados, salados, sin cáscara

583 Nuez de soya, asada

588 Nuez, de nogal, picadas

588 Nuez, de nogal, picadas

732 Nuez, mezclados con cacahuete, asados con aceite, salados

703 Nuez, mezclados con cacahuete, asados, salados

574 Nuez, mitades

574 Nuez, Pecan, mitades

576 Nuez, pistache, asado, salados, sin cáscara

583 Nuez, soya, asada

850 Nuggets de pollo, sin hueso, (empanizado y frito), simple, comida rápida

943 Nutella de avellana

Ñ

324 Ñame, cocido, asado, drenado u horneado

O

729 Oblea de centeno, grano entero, sencillo

249 Okra, congelado, cocido, drenado

248 Okra, crudo, cocido, drenado

596 Omelet, huevo, sencillo

518 Ostión, crudo, solo carne

519 Ostión, empanizado, frito

P

775 Paleta de hielo

509 Palito y porción de pescado, empanizado, congelado, pre-calentado

121 Palitos de pan

829 Palitos de queso mozzarella

750 Palomitas, caramelo, cacahuete

749 Palomitas, en aceite, saladas

748 Palomitas, hechas con aire, sin sal

751 Palomitas, sabor queso

22 Pan blanco

24 Pan blanco, ligero

23 Pan blanco, molido

103 Pan de ajo

14 Pan de avena

16 Pan de centeno entero

13 Pan de granos mixtos

74 Pan de hamburguesa

74 Pan de hot dog

9 Pan de huevo

10 Pan de masa agria

4 Pan de plátano, receta, margarina	305 Papa, dulce, horneada con cáscara
8 Pan de trigo	271 Papa, horneada, con cáscara
25 Pan de trigo entero	272 Papa, horneada, solamente carnosidad, no cáscara
21 Pan de trigo, ligero	273 Papa, horneada, solamente piel
17 Pan de uva pasa	275 Papa, pelada antes de hervir
10 Pan de Viena	274 Papa, pelada después de hervir
10 Pan francés	282 Papa, puré, hecha en casa, leche entera
838 Pan francés con mantequilla, comida rápida	283 Papa, puré, hecha en casa, leche entera, margarina
44 Pan francés, congelado	281 Papa, puré, hojuelas deshidratadas, leche entera, mantequilla, sal
43 Pan francés, receta, 2% leche, frito	287 Papa, scalloped, hecha en casa, mantequilla
43 Pan francés, receta, 2% leche, frito	286 Papa, scalloped, mezcla seca, leche entera, mantequilla
11 Pan indio frito (Naan)	856 Papas a la francesa, comida rápida
12 Pan italiano	278 Papas a la francesa, congeladas, calentadas en horno
23 Pan molido, seco, blanco, suave	277 Papas gratinadas, hechas en casa, prep. con mantequilla
27 Pan molido, seco, molido, condimentado	276 Papas gratinadas, mezcla seca, prep. con mantequilla
26 Pan molido, seco, molido, simple	839 Papas hash brown, comida rápida
15 Pan pita	278 Papas, a la francesa, horneadas
73 Pan, bollo	373 Papaya, fresca
98 Pan, bollo, Francés	707 Pasitas cubiertas de chocolate
74 Pan, bollo, hamburguesa, hot-dog	679 Pasta Danesa, fruta
73 Pan, bollo, para cenar	678 Pasta Danesa, queso crema
93 Pan, bollo, trigo entero	142 Pasta de espagueti, cocida
18 Pan, centeno	149 Pasta de espagueti, trigo entero, cocida
19 Pan, centeno, ligero	818 Pasta de huevo, Alfredo, mezcla seca
221 Pan, crescent / croissant	142 Pasta de macarrón, cocida
74 Pan, hamburguesa, hot-dog	766 Pasta inflada, congelada, lista para hornear, horneada
10 Pan, masa agria	150 Pasta, arroz, cocido
10 Pan, Viena	147 Pasta, fresca-refrigerada, sencilla, cocida
284 Panqué de papa, hecho en casa	766 Pasta, hojaldre, congelada, lista para hornearse, horneada
60 Panqué, congelado, listo	677 Paste, de café
840 Panqué, mantequilla y jarabe, comida rápida	673 Paste, mezcla seca, de Ángel
61 Panqué, mezcla completa	668 Pastel de ángel
62 Panqué, mezcla, 2% leche, huevo y aceite	676 Pastel de chocolate con betún de chocolate
86 Papa al horno, con queso, comida rápida	680 Pastel de dona
796 Papa roja, con cáscara, horneada	682 Pastel de frutas
307 Papa, dulce, con caramelo	677 Pastel para el café
308 Papa, dulce, enlatada, con jarabe, drenada	683 Pastel Pound, mantequilla
306 Papa, dulce, hervida sin cáscara	684 Pastel Pound, sin grasa
305 Papa, dulce, horneada con cáscara	686 Pastel, chocolate, betún, bajo en grasa

- 685 Pastel, chocolate, rellano de crema, betún
- 683 Pastel, Libra, mantequilla
- 684 Pastel, Libra, sin grasa
- 674 Pastel, mezcla seca, amarillo, ligero, agua, claras de huevo, sin betún
- 489 Pastrami, res, curado
- 496 Pavo, blanco, rebanada en delicatessen
- 457 Pavo, carne ligera, carne y piel, asado
- 458 Pavo, carne ligera, solo carne, asado
- 454 Pavo, hígado, a fuego lento
- 456 Pavo, ligero y carne oscura, picado, sazonado
- 455 Pavo, molido, cocido
- 452 Pavo, pechuga, carne y piel, asado
- 453 Pavo, piel oscura, carne y piel, asado
- 459 Pavo, tortitas, empanizadas o capeadas, fritas
- 72 Pay de calabaza
- 68 Pay de cereza
- 669 Pay de Crema de Boston
- 69 Pay de crema de chocolate
- 87 Pay de crema de plátano, prep. Por receta
- 781 Pay de durazno
- 66 Pay de manzana
- 70 Pay de merengue de limón
- 67 Pay de mora azul
- 71 Pay de nuez
- 822 Pay de pollo, congelado
- 675 Pay de queso
- 176 Pay de queso, sin hornear, prep. de mezcla
- 490 Peperoni, puerco, res
- 270 Pepinillos, condimento, dulces
- 269 Pepinillos, pepino, eneldo
- 219 Pepino, pelado
- 220 Pepino, sin pelar
- 336 Peras asiáticas, frescas
- 379 Peras, enlatadas, en almíbar
- 380 Peras, enlatadas, en jugo
- 517 Perca de océano, cocida
- 254 Perejil, fresco
- 378 Persas, frescas
- 498 Pescado Bajo, marino, cocido, calor alto
- 515 Pescado Caballa, cocido
- 512 Pescado Halibut, horneado o asado
- 520 Pescado Pollock, horneado o asado
- 497 Pescados Bajo, de río, cocido, calor alto
- 531 Pez espada, horneado o asado
- 268 Pimiento, enlatado
- 266 Pimiento, verde o rojo, cocido, drenado
- 264 Pimiento, verde o rojo, fresco
- 260 Pimientos, banana, frescos
- 383 Piña, enlatada, rebanada, en almíbar
- 385 Piña, enlatada, rebanada, en jugo
- 384 Piña, enlatada, trozos / molida / rebanada, en jugo
- 382 Piña, enlatada, trozos / molida, en almíbar
- 381 Piña, fresca, picada
- 865 Pizza de queso, comida rápida
- 786 Pizza peperoni, congelada, cocida
- 788 Pizza, carne y vegetales, congelado, cocido
- 866 Pizza, peperoni, comida rápida
- 865 Pizza, queso, comida rápida
- 966 Plátano llantén, cocido
- 387 Plátano llantén, sin cáscara, fresco
- 338 Plátanos, frescos
- 965 Pollo agridulce, enlatado
- 440 Pollo, ala, carne y piel, frito, capeado
- 441 Pollo, ala, carne y piel, frito, harina
- 898 Pollo, arroz, sopa de verduras, listo para servir, bajo en grasa y bajo en sal
- 436 Pollo, carne ligera, solo carne, frito
- 437 Pollo, carne ligera, solo carne, rostizado
- 426 Pollo, carne y piel, frito, capeado
- 427 Pollo, carne y piel, frito, harina
- 428 Pollo, carne y piel, rostizado
- 442 Pollo, enlatado, solo carne, con caldo
- 443 Pollo, Gallina de Cornish, carne y piel, rostizado
- 444 Pollo, hígado, a fuego lento
- 438 Pollo, muslo, carne y piel, frito, capeado
- 439 Pollo, muslo, carne y piel, frito, harina
- 433 Pollo, pata, solo carne, frito, capeado

434 Pollo, pata, solo carne, frito, harina
430 Pollo, pechuga, solo carne, a la parrilla
429 Pollo, pechuga, solo carne, frita
432 Pollo, piel oscura, solo carne, a la parrilla
431 Pollo, piel oscura, solo carne, frito
445 Pollo, Rotisserie, carne ligera, solo carne, rostizado
445 Pollo, Rotisserie, carne ligera, solo carne, rostizado
894 Pollo, sopa de verdura, lista para servir, con trozos
932 Polvo de chile
969 Polvo de chocolate
936 Polvo de cocoa, sin azúcar
926 Polvo para hornear, sulfato de aluminio de sodio
991 Ponche de frutas
658 Ponche de huevo
793 Pop Tarts, fruta
792 Pop Tarts, glaseada
758 Postre / Barra Rice Krispis, cuadrado
80 Postres de tostador, bajo en grasa
79 Postres de tostador, frutas
793 Postres de tostador, Pop Tarts, fruta
792 Postres de tostador, Pop Tarts, glaseada
757 Pretzels, enroscados
756 Pretzels, palito
636 Producto de crema, cubierta batida, congelado
740 Pudín de arroz, listo para comer, regular
741 Pudín de tapioca, listo para comer, regular
744 Pudín de tapioca, listo para comer, sin grasa
742 Pudín, vainilla, listo para comer, regular
745 Pudín, vainilla, listo para comer, sin grasa
737 Pudín, vainilla, mezcla seca, prep. con 2% leche, instantáneo
738 Pudín, vainilla, mezcla seca, prep. con 2% leche, regular, cocido
832 Puerco y frijoles con salsa de tomate, enlatado
466 Puerco, costilla asada, magra y grasa
468 Puerco, costilla, magra y grasa, cocida a calor
467 Puerco, costilla, trasera, magra y grasa, cocida
469 Puerco, salchicha, cocida

470 Puerco, salchicha, cocida, tortita
234 Puerros, cocidas, drenadas
330 Puré de manzana, enlatado, endulzado
331 Puré de manzana, enlatado, sin endulzar
863 Puré de papas, comida rápida

Q

622 Queso americano, pasteurizado, regular
597 Queso Blue
598 Queso Camembert
599 Queso Cheddar
600 Queso Cheddar, bajo en grasa
599 Queso Colby
600 Queso Colby, bajo en grasa
602 Queso cottage, cremado con fruta
607 Queso crema, bajo en grasa
608 Queso crema, sin grasa
946 Queso en tira
610 Queso Feta
597 Queso Gorgonzola
611 Queso Gouda
612 Queso Monterey
614 Queso Muenster
615 Queso Neufchatel
174 Queso Provolone
618 Queso ricotta, leche entera
619 Queso ricotta, parte con leche desnatada
620 Queso romano
622 Queso, Americano, proceso de pasteurización, sin grasa
623 Queso, Americano, proceso de pasteurización, sin grasa
597 Queso, blue
148 Queso, Brie
599 Queso, cheddar
600 Queso, cheddar, bajo en grasa
600 Queso, Colby, bajo en grasa
604 Queso, cottage, bajo en grasa (1%)
603 Queso, cottage, bajo en grasa (2%)

602 Queso, cottage, cremado con fruta
601 Queso, cottage, cuajado grande o pequeño
605 Queso, cottage, sin grasa
606 Queso, crema, regular
611 Queso, Edad
597 Queso, Gorgonzola
611 Queso, Gouda
612 Queso, Mozzarella, leche entera
616 Queso, Parmesano
609 Queso, rallado
621 Queso, Suizo
624 Queso, Suizo, proceso de pasteurización

R

290 Rábanos, crudos
227 Raíz de jengibre, cruda
820 Ravioli, salsa de tomate y carne, enlatada
36 Receta de pan de maíz, 2% leche
962 Refresco Ginger Ale
28 Relleno de pan, mezcla seca
346 Relleno de pay de cereza, enlatado
972 Relleno de pay, mora azul, enlatado
987 Relleno del pay de manzana
972 Relleno para pay de mora azul, enlatado
414 Res, asado de costilla, horneado, magra
413 Res, asado de costilla, horneado, magra y grasa
419 Res, bistec, filete tierno, a la parrilla, magra
420 Res, bistec, filete, a la parrilla, magra
415 Res, bistec, punta de solomillo, a la parrilla, magra
416 Res, bistec, solomillo, a la parrilla, magra
418 Res, bistec, T-Bone, a la parrilla, magra
411 Res, cecina
405 Res, curada, enlatada
404 Res, guisado o asado al pote, magra
403 Res, guisado o asado al pote, magra y grasa
412 Res, hígado, frito
409 Res, molida 80% a la parrilla

408 Res, molida 85% a la parrilla
410 Res, molida, 73% a la parrilla
939 Res, molida, pan molido, 75%, cocido, frito
937 Res, molida, pan molido, 80%, cocido, frito
938 Res, molida, pan molido, 85%, cocido, frito
407 Res, Ojo de redondo, magra
406 Res, Ojo de redondo, magra y grasa
402 Res, redondo inferior, cocido, magra
401 Res, redondo inferior, cocido, magra y grasa
483 Res, seca, curada
75 Rol de canela, con uva pasas, comercial
76 Rol de canela, masa refrigerada, horneado con glaseado

221 Rol de crescent

955 Ron
522 Roughy, naranja, horneada o asada
395 Ruipónico, congelado, cocido con azúcar
797 Ruipónico, congelado, cocido con azúcar
291 Rutabaga, cocida, drenada

S

491 Salami, res y puerco, cocido
492 Salami, res y puerco, seco
494 Salchicha de verano, zervelat, res y puerco
479 Salchicha Kielbasa
479 Salchicha polaca
495 Salchicha Viena
479 Salchicha, Polaca y Kielbasa
469 Salchicha, puerco, cocida
470 Salchicha, puerco, cocida, tortita
525 Salmón ahumado
524 Salmón, enlatado (rosa), sólidos y líquidos (incluye huesos)
523 Salmón, horneado o asado
915 Salsa
918 Salsa agridulce
348 Salsa de arándano, endulzado, enlatado
923 Salsa de champiñones, enlatada
917 Salsa de espagueti

- 924 Salsa de pavo, enlatada
- 922 Salsa de pollo, enlatada
- 912 Salsa de queso, lista para servir
- 940 Salsa de rábano picante, preparado
- 930 Salsa de tomate
- 921 Salsa espesa de res, enlatada
- 920 Salsa inglesa
- 917 Salsa marinara
- 917 Salsa para pasta
- 916 Salsa soya
- 919 Salsa teriyaki
- 911 Salsa, barbacoa
- 913 Salsa, enchilada, lista para servirse
- 917 Salsa, espagueti
- 917 Salsa, marinara
- 917 Salsa, pasta
- 914 Salsa, queso nachos, lista para servirse
- 921 Salsa, res, enlatada
- 918 Salsa, semi-dulce
- 59 Salvado de avena, sin cocinar
- 400 Sandía, fresca, sin cáscara
- 837 Sándwich de desayuno, huevo y salchicha, comida rápida
- 825 Sándwich de jamón con queso, hot pockets, congelado
- 849 sándwich de milanesa de pollo (empanizado y frito) simple, comida rápida
- 855 Sándwich de pescado (empanizado y frito), salsa tártara, queso, comida rápida
- 871 Sándwich, submarino, aceite y vinagre, queso, salami, jamón, vegetales, comida rápida
- 928 Sándwich, submarino, cortes fríos
- 872 Sándwich, submarino, roast beef, mayonesa, vegetales, comida rápida
- 873 Sándwich, submarino, roast beef, mayonesa, vegetales, comida rápida
- 526 Sardina (Atlántica), enlatada en aceite, drenada (incl. Huesos)
- 292 Sauerkraut, enlatado
- 931 Semilla de apio
- 579 Semillas de ajonjolí
- 577 Semillas de calabaza, asadas, saladas
- 586 Semillas de girasol, asadas, con sal
- 875 Soca brócoli-queso, condensada, prep. Con leche entera
- 964 Soda Citrus, con cafeína
- 967 Soda de naranja
- 963 Soda de uva
- 964 Soda lima-limón
- 885 Sopa chowder de almeja, Manhattan, condensada, prep. con agua
- 877 Sopa chowder de almeja, Nueva Inglaterra, condensada, prep. con leche entera
- 879 Sopa chowder de almeja, Nueva Inglaterra, lista para servir, bajo en grasa, bajo en sal
- 899 Sopa chowder de almeja, Nueva Inglaterra, lista para servir, bajo en grasa, bajo en sal
- 878 Sopa crema de Apio, condensada, prep. con leche entera
- 887 Sopa crema de champiñones, condensada, prep. con agua
- 795 Sopa crema de papa, condensada, enlatada, prep. con leche
- 886 Sopa crema de pollo, condensada, prep. con agua
- 907 Sopa de cebolla, mezcla seca, prep. con agua
- 904 Sopa de cebolla, mezcla seca, sin preparar
- 889 Sopa de chícharo, condensada, prep. con agua
- 51 Sopa de espárragos, condensada, enlatada preparada con leche
- 884 Sopa de fideo con pollo, condensada, prep. con agua
- 897 Sopa de fideo con pollo, lista para servirse, baja en grasa, baja en sal
- 893 Sopa de fideo con pollo, lista para servirse, con trozos
- 906 Sopa de fideo con pollo, mezcla seca, prep. con agua
- 900 Sopa de lentejas, lista para servir, baja en grasa, baja en sal
- 795 Sopa de papa, condensada, enlatada, prep. con leche
- 876 Sopa de queso cheddar, condensada, prep. Con leche entera
- 883 Sopa de res con fideos, condensada, preparada con agua

888 Sopa minestrone, condensada, preparada con agua

901 Sopa minestrone, lista para servir, baja en grasa,
baja en sal

888 Sopa minestrone, preparada con agua

905 Sopa Ramen de fideo, sabor pollo, mezcla seca, sin
preparar

51 Sopa, espárragos, condensada, enlatada prep. con
leche

884 Sopa, fideos con pollo, condensada, prep. con agua

898 Sopa, pollo, arroz, verdura, lista para servir, baja en
grasa, baja en sal

890 Sopa, tomate, condensada, prep. con agua

881 Sopa, tomate, condensada, prep. con leche entera

891 Sopa, vegetales vegetariana, condensada, prep. con
agua

892 Sopa, vegetales vegetariana, condensada, prep. con
agua

902 Sopa, vegetales, lista para servir, baja en grasa, baja
en sal

895 Sopa, vegetales, res, lista para servir, con trozos

895 Sopa, vegetales, res, lista para servir, con trozos

894 Sopa, verdura con pollo, lista para servir, con trozos

835 Soufflé de espinacas, preparado en casa

580 Soya miso

T

874 Taco, res

587 Tahini

78 Tapioca, perla, seca

996 Te de Manzanilla

996 Te herbal

995 Te negro

996 Te, herbal

997 Te, instantáneo, polvo, preparado, sin azúcar

998 Te, instantáneo, sabor limón, endulzado

999 Te, instantáneo, sabor limón, endulzado con
endulzante

996 Te, manzanilla

955 Tequila

472 Ternera, cortada, cocida, magra y grasa

473 Ternera, cortada, empanizada, cocida, magra y grasa

461 Tocino, puerco, Canadiense, curado, cocido

460 Tocino, puerco, curado, cocido

584 Tofu, firme

585 Tofu, suave

356 Toronja, enlatada, en almíbar

355 Toronja, fresca sin cáscara, blanca

354 Toronja, fresca, sin cáscara, rosa o roja

836 Tortellini, pasta con relleno de queso, congelado

82 Tortilla, harina

81 Tortilla, maíz

728 Tostada de melba, sencillo

925 Trozos de tocino

532 Trucha, horneada o asada

U

707 Uva pasa, cubierta de chocolate

392 Uva pasa, sin semilla

357 Uvas, sin semilla, frescas

V

322 Vegetales, mixtos, congelados, cocidos, drenados

321 Vegetales, mixtos, enlatados, drenados

474 Venado, lomo, cocido, asado, magra

475 Venado, redondo superior, cocido, asado, magra

950 Vinagre, destilado

949 Vinagre, sidra

959 Vino, blanco
957 Vino, rojo
958 Vino, rosado/ruborizado
955 Vodka

W

85 Waffle, sencillo, bajo en grasa
84 Waffle, sencillo, congelado, tostado
83 Waffle, sencillo, receta
323 Waterchestnuts, enlatado
955 Whisky (80%)

Y

663 Yogurt, natural, bajo en grasa
666 Yogurt, natural, regular
665 Yogurt, natural, sin grasa
662 Yogurt, sabor frutas, bajo en grasa
664 Yogurt, sabor frutas, sin grasa
637 Yogurt, suavizado, chocolate
638 Yogurt, suavizado, vainilla
667 Yogurt, vainilla o limón, bajo en grasa

Z

200 Zanahoria, congeladas, cocidas, drenadas
172 Zanahoria, enlatadas
197 Zanahoria, frescas
199 Zanahoria, frescas, cocidas, drenadas
90 Zorzamoras, congeladas
340 Zorzamoras, enlatadas, con almibar
339 Zorzamoras, frescas