

# NutraTrack Mini

Food Code Book  
V2



*Other languages available at: [MackieScientific.com](http://MackieScientific.com)*

## Dairy & Eggs

782 Butter, salted  
783 Butter, unsalted  
623 Cheese, American, fat free  
622 Cheese, American, process, regular  
597 Cheese, blue  
148 Cheese, brie  
598 Cheese, camembert  
599 Cheese, cheddar  
600 Cheese, cheddar, low fat  
602 Cheese, cottage, creamed with fruit  
601 Cheese, cottage, large or small curd  
604 Cheese, cottage, low fat (1%)  
603 Cheese, cottage, low fat (2%)  
605 Cheese, cottage, nonfat  
608 Cheese, cream, fat free  
607 Cheese, cream, low fat  
606 Cheese, cream, regular  
610 Cheese, feta  
611 Cheese, gouda  
612 Cheese, Monterey  
613 Cheese, mozzarella, whole milk  
614 Cheese, muenster cheese  
615 Cheese, Neufchatel  
616 Cheese, parmesan  
617 Cheese, provolone  
619 Cheese, ricotta, part skim milk  
618 Cheese, ricotta, whole milk  
620 Cheese, Romano  
609 Cheese, shredded  
946 Cheese, string  
621 Cheese, Swiss  
624 Cheese, Swiss, process  
651 Condensed milk, sweetened, canned  
636 Cream product, whipped topping, frozen  
626 Cream, coffee  
625 Cream, Half and half  
633 Cream, powdered  
634 Cream, powdered with whole milk  
635 Cream, pressurized  
631 Cream, sour, fat free

## Dairy & Eggs, Con't

630 Cream, sour, low fat  
629 Cream, sour, regular  
947 Cream, whipped topping  
628 Cream, whipping , un-whipped, low fat  
627 Cream, whipping, un-whipped  
632 Dill dip  
596 Egg omelet, plain  
592 Egg, hard boiled, no shell  
593 Egg, poached with salt  
594 Egg, scrambled, margarine, milk, salt  
595 Egg, substitute, liquid  
590 Egg, white, fresh  
589 Egg, whole, fresh  
573 Egg, whole, fried  
591 Egg, yolk, fresh  
658 Eggnog  
293 Ice Cream Strawberry  
639 Ice cream, chocolate  
640 Ice cream, chocolate, low fat  
184 Ice cream, cone  
776 Ice cream, Italian  
644 Ice cream, sherbet  
643 Ice cream, soft serve, vanilla  
854 Ice Cream, Sundae, hot fudge  
641 Ice cream, vanilla  
642 Ice cream, vanilla, low fat  
853 Ice cream, vanilla, soft serve, cone  
784 Lard  
785 Margarine, regular (80% fat)  
789 Margarine, spread (40%)  
787 Margarine, spread (60% fat)  
659 Milk shake, thick, chocolate  
660 Milk shake, thick, vanilla  
649 Milk, buttermilk  
655 Milk, chocolate  
657 Milk, chocolate, low fat  
656 Milk, chocolate, reduced fat  
653 Milk, evaporated, canned, skim milk  
652 Milk, evaporated, canned, whole milk  
647 Milk, low fat (1%)  
648 Milk, nonfat / skim

## Dairy & Eggs, Con't

646 Milk, reduced fat (2%)  
582 Milk, Soy  
645 Milk, whole (3.25%)  
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

## Fruit

327 Apples, dried  
326 Apples, fresh, peeled  
325 Apples, fresh, with skin  
328 Apples, stewed with added sugar  
329 Apples, stewed without added sugar  
333 Apricots, canned, halves, heavy syrup  
334 Apricots, canned, halves, juice pack  
335 Apricots, dried  
332 Apricots, fresh  
337 Avocados, fresh, without skin & pit  
338 Bananas, fresh  
340 Blackberries, canned, heavy syrup  
339 Blackberries, fresh  
090 Blackberries, frozen  
341 Blueberries, fresh  
342 Blueberries, frozen, sweetened  
343 Carambola / starfruit, fresh  
344 Cherries, sour, red, pitted  
345 Cherries, sweet, fresh, without pits  
945 Clementine  
347 Cranberries, dried, sweetened  
348 Cranberry sauce, sweetened, canned  
349 Currants, dried  
350 Dates, without pits  
351 Figs, dried  
265 Figs, fresh  
352 Fruit cocktail, canned, heavy syrup

## Fruit, Con't

353 Fruit cocktail, canned, juice pack  
356 Grapefruit, canned, light syrup  
354 Grapefruit, fresh without peel, pink or red  
355 Grapefruit, fresh without peel, white  
357 Grapes, seedless, fresh  
358 Kiwi fruit, fresh, without skin  
361 Lemon juice, cnd or bottled, unsweet  
359 Lemons, fresh, without skin  
364 Mandarin oranges, light syrup  
365 Mangos, fresh, without skin & pit  
366 Maraschino Cherries, canned, drained  
367 Melon, Cantaloupe, wedge w/o rind  
368 Melon, Honeydew, wedge w/o rind  
369 Nectarines, fresh  
370 Orange, fresh, without peel & seeds  
373 Papayas, fresh  
375 Peaches, canned, heavy syrup  
376 Peaches, canned, juice pack  
377 Peaches, dried  
374 Peaches, fresh  
336 Pears, Asian, fresh  
379 Pears, canned, heavy syrup  
380 Pears, canned, juice pack  
378 Pears, fresh  
386 Pineapple juice, unsweetened, canned  
382 Pineapple, canned, chunks, heavy syrup  
383 Pineapple, canned, slices, heavy syrup  
385 Pineapple, canned, slices, juice pack  
381 Pineapple, fresh, diced  
388 Plums, fresh  
790 Pomegranate, fresh  
389 Prunes, dried, pitted, uncooked  
390 Prunes, stewed, unsweetened  
392 Raisins, seedless  
393 Raspberries, fresh  
394 Raspberries, frozen, sweetened, thawed  
395 Rhubarb, frozen, cooked with sugar  
397 Strawberries, fresh, medium  
398 Strawberries, frozen, sweetened, thawed  
399 Tangerines mandarins, fresh, w/o peels  
400 Watermelon, fresh, wedge

## Grain

002 Bagels, cinnamon-raisin  
003 Bagels, egg  
001 Bagels, plain  
005 Barley, cooked  
006 Biscuits, plain or buttermilk, 2% milk  
007 Biscuits, refrigerated dough, baked  
011 Bread (Naan)  
026 Bread crumbs, dry, grated, plain  
027 Bread crumbs, dry, grated, seasoned  
121 Bread Sticks  
028 Bread stuffing, dry mix  
004 Bread, banana bread, recipe, margarine  
008 Bread, cracked wheat bread  
093 Bread, dinner roll, whole wheat  
009 Bread, egg  
010 Bread, French  
103 Bread, garlic  
012 Bread, Italian  
013 Bread, mixed grain  
014 Bread, oatmeal  
015 Bread, pita  
016 Bread, pumpernickel  
017 Bread, raisin  
098 Bread, roll, French  
018 Bread, rye  
019 Bread, Rye, light  
021 Bread, Wheat , light  
022 Bread, white  
024 Bread, white, light  
023 Bread, White, soft crumbs  
025 Bread, whole wheat  
034 Bulgur, cooked  
128 Cereal, Oats, honey and raisins  
129 Cereal, Oats, honey and raisins, low fat  
099 Cereal, All Bran  
100 Cereal, Apple cinnamon  
101 Cereal, Apple jacks  
102 Cereal, Basic 4  
104 Cereal, Cheerios  
105 Cereal, Chex, corn  
106 Cereal, Chex, honey nut

## Grain, Con't

107 Cereal, Chex, multi bran  
108 Cereal, Chex, rice  
109 Cereal, Chex, wheat  
110 Cereal, Cinnamon Life  
111 Cereal, Cocoa Krispies  
112 Cereal, Cocoa puffs  
113 Cereal, Complete Wheat Bran flakes  
116 Cereal, Corn Pops  
114 Cereal, Cornflakes, Total  
115 Cereal, Cornflakes  
117 Cereal, Crispix  
118 Cereal, Froot loops  
119 Cereal, Frostedflakes  
120 Cereal, Frosted Mini Wheat's  
122 Cereal, Golden Grahams  
123 Cereal, Honey Nut Cheerios  
124 Cereal, Honey Nut Clusters  
125 Cereal, Kix  
126 Cereal, Life  
127 Cereal, Nature Valley, Granola  
130 Cereal, Product 19  
131 Cereal, Puffed rice  
132 Cereal, Puffed wheat  
133 Cereal, Raisin Bran , Total  
134 Cereal, Raisin Bran, Kellogg's  
135 Cereal, Raisin Nut Bran  
136 Cereal, Rice Krispies  
137 Cereal, Shredded Wheat cereal  
138 Cereal, Special K  
139 Cereal, Toasted Oatmeal, Honey Nut  
140 Cereal, Total, Whole grain  
141 Cereal, Wheaties  
088 Corn Grits, white or yellow  
035 Cornbread, mix  
036 Cornbread, recipe, 2% milk  
038 Cornmeal, yellow, dry, regular  
037 Cornmeal, yellow, dry, whole grain  
040 Couscous, cooked  
092 Cream of wheat, quick  
091 Cream of wheat, regular  
221 Croissants

## Grain

041 Croutons, seasoned  
045 Flour, bread  
047 Flour, cake  
048 Flour, Corn, masa  
049 Flour, Self rising  
267 Flour, wheat whole grain  
050 Flour, Wheat, all purpose  
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, oat bran, commercial  
143 Noodles, chow mein, canned  
144 Noodles, egg, regular, cooked  
145 Noodles, egg, spinach, cooked  
146 Noodles, Japanese, soba, cooked  
059 Oat bran, uncooked  
095 Oatmeal, apples & cinnamon, inst.  
096 Oatmeal, maple & brown sugar, inst.  
094 Oatmeal, plain, instant  
097 Oatmeal, plain, regular, quick or inst.  
061 Pancakes, complete mix  
060 Pancakes, frozen, ready  
062 Pancakes, mix, 2% milk, egg & oil  
147 Pasta, fresh-refrigerated, plain, ckd  
142 Pasta, Macaroni, cooked  
149 Pasta, Spaghetti, whole wheat, ckd  
158 Rice cake, brown rice, plain  
151 Rice, brown, long grain, cooked  
156 Rice, instant, cooked  
155 Rice, instant, raw  
150 Rice, noodles, cooked  
153 Rice, white long grain, cooked  
154 Rice, white long grain, instant  
152 Rice, white long grain, raw  
157 Rice, wild, cooked  
075 Rolls, cinnamon with raisins  
076 Rolls, cinnamon, baked with frosting  
073 Rolls, dinner

## Grain, Con't

074 Rolls, hamburger, hot dog  
077 Taco shell, baked  
044 Toast, French, frozen  
043 Toast, French, recipe, 2% milk, fried  
081 Tortilla wrap, corn  
082 Tortilla wrap, flour  
084 Waffles, plain, frozen, toasted  
085 Waffles, plain, low fat  
083 Waffles, plain, recipe

## Legume

159 Alfalfa sprouts, raw  
166 Bean sprouts cooked, drained  
165 Bean sprouts, raw  
546 Beans, baked, plain or veg, canned  
540 Beans, black, dry, cooked  
541 Beans, Great Northern, dry cooked  
175 Beans, Green, canned, drained  
173 Beans, Green, frozen, ckd, drained  
171 Beans, green beans, ckd, drained  
549 Beans, Kidney, red, canned  
542 Beans, kidney, red, dry, cooked  
563 Beans, Lentils, dry, cooked  
170 Beans, Lima, baby cooked, drained  
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, soybeans, dry, cooked  
551 Beans, white, canned  
560 Coconut, raw, shredded, dried, swtnd  
559 Coconut, raw, shredded, not packed  
995 Nuts, almonds  
539 Nuts, almonds, shelled  
552 Nuts, Brazil, shelled  
554 Nuts, cashews, salted, dry roasted  
555 Nuts, cashews, salted, oil roasted  
556 Nuts, chestnuts, European, roasted  
561 Nuts, hazelnuts  
564 Nuts, macadamia, dry roasted, salted

## Legume, Con't

703 Nuts, mixed /w peanuts, dry rstd, sltd  
732 Nuts, mixed /w peanuts, oil rstd, sltd  
565 Nuts, peanuts, dry roasted  
567 Nuts, Peanuts, dry roasted, salted  
568 Nuts, peanuts, dry roasted, unsalted  
566 Nuts, peanuts, oil roasted  
569 Nuts, peanuts, oil rstd, sltd  
574 Nuts, pecans, halves  
575 Nuts, pine, shelled  
576 Nuts, pistachio, dry rstd, salt, shelled  
583 Nuts, soy, dry roasted  
586 Nuts, Sunflower seeds, dry rstd, salt  
588 Nuts, walnuts, chopped  
544 Pea, navy, dry, cooked  
168 Peas, Black eye , frozen, cooked, drained  
167 Peas, Black eye , raw, cooked, drained  
548 Peas, Black eye, canned  
547 Peas, Black eye, dry, cooked  
558 Peas, chick, canned  
557 Peas, chick, dry, cooked  
258 Peas, green, canned, drained  
259 Peas, green, frozen, cooked, drained  
256 Peas, sugar snap, fresh, cooked, drained  
257 Peas, sugar snap, frozen, cooked, drained  
577 Pumpkin seeds, roasted, salt  
579 Sesame seeds  
296 Soybeans, green, cooked, drained  
584 Tofu, firm  
585 Tofu, soft

## Liquid

955 Alcohol, Vodka, whisky etc. (80 proof)  
956 Alcohol, Liqueur (53 proof)  
330 Applesauce, canned, sweetened  
331 Applesauce, canned, unsweetened  
903 Beef bouillon, dry mix, unprepared  
954 Beer, light  
953 Beer, regular  
970 Coffee, brewed  
971 Coffee, espresso  
800 Dressing, blue cheese, low fat

## Liquid, Con't

799 Dressing, blue cheese, regular  
802 Dressing, Caesar, low fat  
801 Dressing, Caesar, regular  
803 Dressing, coleslaw  
805 Dressing, French, low fat  
804 Dressing, French, regular  
807 Dressing, Italian , low fat  
294 Dressing, Italian salad, fat free  
806 Dressing, Italian, regular  
553 Dressing, mayo type, M/ whip, light  
550 Dressing, mayo type, M/ whip, regular  
810 Dressing, mayo, fat free  
809 Dressing, mayo, light (chol. free)  
808 Dressing, mayo, regular  
813 Dressing, ranch, fat free  
812 Dressing, ranch, low fat  
811 Dressing, ranch, regular  
815 Dressing, Russian, low fat  
814 Dressing, Russian, regular  
828 Dressing, salad, ranch, fat free  
798 Dressing, thousand Island, fat free  
817 Dressing, thousand Island, low fat  
816 Dressing, thousand Island, regular  
921 Gravy, beef, canned  
922 Gravy, chicken, canned  
923 Gravy, mushroom, canned  
924 Gravy, turkey, canned  
973 Juice, apple, bottled or canned  
974 Juice, apple, concentrate, undiluted  
975 Juice, apple, frozen, diluted  
196 Juice, carrot , canned  
990 Juice, cranberry cocktail  
991 Juice, fruit punch drink  
983 Juice, grape , conc, swtnd, undiluted  
992 Juice, grape drink  
982 Juice, grape, canned or bottled  
984 Juice, grape, conc, swtnd, diluted  
979 Juice, grapefruit , cand, sweetened  
978 Juice, grapefruit , cand, unsweetened  
981 Juice, grapefruit , conc, unsweet, dil  
980 Juice, grapefruit , conc, unsweet, undil

## Liquid, Con't

976 Juice, grapefruit , pink or white, fresh  
360 Juice, lemon, fresh  
993 Juice, lemonade, conc frozen prepared  
994 Juice, lemonade, powder, prepared  
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  
391 Juice, prune, canned or bottled  
320 Juice, vegetable, cocktail, canned  
313 Juice, Tomato juice, canned, salt  
930 Ketchup  
942 Mustard, prepared, yellow  
791 Oil, corn, canola, peanut, veg  
911 Sauce, barbecue  
912 Sauce, cheese, ready to serve  
913 Sauce, enchilada, ready to serve  
914 Sauce, nacho cheese, ready to serve  
916 Sauce, soy  
917 Sauce, spaghetti  
918 Sauce, sweet 'n sour  
919 Sauce, teriyaki  
920 Sauce, Worcestershire  
960 Soda, cola  
961 Soda, cola, diet  
962 Soda, ginger ale  
963 Soda, grape  
964 Soda, lemon lime  
967 Soda, orange  
968 Soda, root beer  
905 Soup Ramen noodle, dry mix, unprep  
051 Soup, asparagus , prep. w. milk  
882 Soup, beef broth, bouillon, prep. w. water  
883 Soup, Beef noodle, cond, prep. w. water  
875 Soup, broccoli-cheese  
876 Soup, cheddar cheese  
896 Soup, chicken broth, low fat, low salt  
884 Soup, chicken noodle, condensed  
906 Soup, chicken noodle, dry mix

## Liquid, Con't

893 Soup, chicken noodle, chunky  
897 Soup, chicken noodle, low fat, & salt  
898 Soup, chicken, rice, veg, low fat& salt  
894 Soup, chicken, veg, chunky  
877 Soup, clam chowder New England  
885 Soup, clam chowder, Manhattan  
899 Soup, clam chdr, N-Eng., low fat & salt  
878 Soup, cream of Celery  
886 Soup, cream of chicken  
879 soup, cream of chicken,w. whole milk  
887 Soup, cream of m-room, prep. w. water  
880 Soup, cream of m-room, whole milk  
795 Soup, cream of potato, prep. w. milk  
900 Soup, lentil, low fat, low salt  
888 Soup, minestrone, cond, prep. w. water  
901 Soup, minestrone, low fat, low salt  
907 Soup, onion, dry mix, prep. w. water  
904 Soup, onion, dry mix, unprepared  
889 Soup, pea, condensed, prep. w. water  
890 Soup, tomato, cond, prep. w. water  
881 Soup, tomato, cond, prep. w. milk  
891 Soup, veg beef, cond, prep. w. water  
895 Soup, veg, beef, chunky  
902 Soup, veg,low fat, low salt  
908 Stock, beef, home prepared  
909 Stock, chicken, home prepared  
910 Stock, fish, home prepared  
768 Syrup, chocolate flavored, fudge  
767 Syrup, chocolate flavored, thin  
769 Syrup, corn syrup, light  
770 Syrup, maple  
771 Syrup, molasses  
996 Tea, herb tea  
997 Tea, instant, powder, prep, unsweet  
998 Tea, lemon flavor, sweetened  
999 Tea, lemon flavor, with sweetener  
949 Vinegar, cider  
950 Vinegar, distilled  
957 Wine, red  
958 Wine, rose/blush  
959 Wine, white

## Meat

020 Anchovy Fish, canned in oil  
497 Bass, freshwater, cooked, dry heat  
498 Bass, sea, cooked, dry heat  
402 Beef, bottom round, cooked, lean  
401 Beef, bottom round, ckd, lean & fat  
403 Beef, (brisket) or pot roast, lean & fat  
404 Beef, braised or pot roast, lean  
405 Beef, canned, corned  
483 Beef, Dried, cured  
407 Beef, Eye of round, lean  
406 Beef, Eye of round, lean & fat  
488 Beef, frankfurter, beef & pork, hot dog  
487 Beef, frankfurter. Hot dog  
410 Beef, ground, 73%, grilled  
409 Beef, ground, 80%, grilled  
408 Beef, ground, 85%, grilled  
939 Beef, grnd, crumb, 75%, ckd, pan-browned  
937 Beef, grnd, crumb, 80%, ckd, pan-browned  
938 Beef, grnd, crumb, 85%, ckd, pan-browned  
411 Beef, jerky  
412 Beef, liver, fried  
414 Beef, rib roast, oven cooked, lean  
413 Beef, rib roast, oven cooked, lean & fat  
415 Beef, sirloin steak, grilled, lean & fat  
420 Beef, steak, porterhouse, grilled, lean  
416 Beef, steak, sirloin, grilled, lean  
418 Beef, steak, T-bone, grilled, lean  
419 Beef, steak, tenderloin, grilled, lean  
476 Bologna, beef  
477 Bologna, beef and pork  
478 Bologna, turkey  
479 Bratwurst, beef & pork, smoked  
480 Bratwurst, pork, cooked  
499 Catÿsh, breaded, fried  
435 Chicken giblets, simmered  
429 Chicken, breast, meat only, fried  
430 Chicken, breast, meat only, grilled  
442 Chicken, canned, meat only, with broth  
443 Chicken, Cornish hens, meat & skin, rstd  
431 Chicken, dark meat, meat only, fried  
432 Chicken, dark meat, meat only, roasted

## Meat, Con't

433 Chicken, drumstk, meat & skin, fried, batter  
434 Chicken, drumstk, meat & skin, fried, flour  
436 Chicken, light meat, meat only, fried  
437 Chicken, light meat, meat only, roasted  
444 Chicken, liver, simmered  
426 Chicken, meat & skin, fried, batter  
427 Chicken, meat & skin, fried, our  
428 Chicken, meat & skin, roasted  
445 Chicken, Rotisserie, light meat, roasted  
438 Chicken, thigh, meat & skin, fried, batter  
439 Chicken, thigh, meat & skin, fried, flour  
440 Chicken, wing, meat & skin, fried, batter  
441 Chicken, wing, meat & skin, fried, flour  
482 Chorizo, beef & pork  
501 Clam, breaded, fried  
502 Clam, canned, drained solids  
503 Cod, baked or broiled  
504 Crab, Alaskan King, cooked  
506 Crab, cake, egg, onion, margarine, fried  
505 Crab, meat, canned  
446 Duck, meat & skin, roasted  
447 Duck, meat only, roasted  
448 Duck, breast, meat & skin, boneless, rstd  
507 Eel, cooked, dry heat  
508 Fish ÿllet, breaded and fried  
509 Fish stick , breaded, preheated  
510 Flounder or Sole, baked or broiled  
449 Goose, meat & skin, roasted  
450 Goose, meat only, roasted  
451 Goose, Pate de foi gras (liver pate)  
511 Haddock, baked or broiled  
512 Halibut, baked or broiled  
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  
513 Herring, pickled  
422 Lamb, chops, cooked, lean

## Meat, Con't

421 Lamb, chops, cooked, lean & fat  
417 Lamb, ground, cooked, grilled  
500 Lamb, leg, lean, roasted  
425 Lamb, leg, roasted, lean & fat  
424 Lamb, loin grilled, lean  
423 Lamb, loin, grilled, lean & fat  
493 Lamb, rib, lean, cooked, roasted  
481 Liver, Braunschweiger  
514 Lobster, steamed  
515 Mackerel, cooked  
516 Mussels, steamed  
519 Oyster, breaded, fried  
518 Oyster, raw meat only  
489 Pastrami, beef, cured  
490 Pepperoni, pork, beef  
517 Perch, ocean, cooked  
520 Pollock, baked or broiled  
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, back ribs, lean & fat, cooked,  
468 Pork, ribs, spareribs, lean & fat, braised  
469 Pork, sausage, cooked, link  
470 Pork, sausage, cooked, patty  
522 Roughy, orange, baked or broiled  
491 Salami, beef & pork, cooked  
492 Salami, beef & pork, dry  
523 Salmon, baked or broiled  
524 Salmon, canned (pink), solids & liquid  
525 Salmon, smoked  
526 Sardine, Atlantic, cnd in oil, drained  
494 Sausage, summer, cervelat, beef & pork  
495 Sausage, Vienna  
527 Scallop, cooked, breaded, fried  
528 Scallop, steamed  
529 Shrimp, breaded, fried  
530 Shrimp, canned, drained solids  
531 Swordysh, baked or broiled

## Meat, Con't

532 Trout, baked or broiled  
534 Tuna cnd, drained solids, oil, chunk light  
535 Tuna cand, drained solids, water, light  
536 Tuna cand, drained solids, water, white  
533 Tuna, baked or broiled  
452 Turkey, breast, meat & skin, roasted  
453 Turkey, dark meat, meat & skin, roasted  
454 Turkey, giblets, simmered  
455 Turkey, ground, cooked  
456 Turkey, light & dark meat  
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  
472 Veal, cutlet, braised, lean & fat  
473 Veal, cutlet, breaded, cooked, lean & fat  
474 Venison, loin, cooked, broiled, lean  
475 Venison, top round, cooked, broiled, lean  
538 Walleye, Pike

## Vegetable

159 Alfalfa sprouts, raw  
230 Artichoke, Jerusalem, fresh  
160 Artichokes, cooked, drained  
163 Asparagus, canned, spears, drained  
162 Asparagus, frozen, cooked, drained  
161 Asparagus, raw, cooked, drained  
164 Bamboo shoots, canned, drained  
179 Beets, canned, drained  
181 Beets, green, leaves, cooked, drained  
177 Beets, cooked, drained  
185 Broccoli, fresh, cooked, drained  
186 Broccoli, frozen, drained  
187 Broccoli, in cheese flavored sauce  
183 Broccoli, raw, spear  
189 Brussels sprouts, fresh, cooked, drained  
188 Brussels sprouts, frozen, cooked, drained  
304 Butternut, frozen, cooked, mashed  
191 Cabbage, cooked  
190 Cabbage, fresh, shredded  
193 Cabbage, Napa

## Vegetable, Con't

192 Cabbage, Pak choi or bok choy  
194 Cabbage, red, raw, shredded  
195 Cabbage, savoy, raw, shredded  
198 Carrots, baby  
172 Carrots, canned  
197 Carrots, fresh  
199 Carrots, fresh, cooked, drained  
200 Carrots, frozen, cooked, drained  
201 Cauliflower, fresh  
202 Cauliflower, fresh, cooked, drained  
203 Cauliflower, frozen, cooked, drained  
206 Celery, cooked  
204 Celery, fresh  
209 Chard, Swiss, fresh  
207 Chives, fresh  
208 Cilantro, fresh  
211 Collards, fresh, cooked, drained  
212 Collards, frozen, cooked, drained  
216 Corn, cream style, canned  
213 Corn, fresh, kernels on the cob  
214 Corn, frozen, kernels on the cob  
215 Corn, kernels, fresh  
217 Corn, whole kernel, canned  
236 Crisp head, iceberg, leaf  
237 Crisp head, iceberg, shredded  
219 Cucumber, peeled  
220 Cucumber, unpeeled  
223 Eggplant, cooked, drained  
224 Endive, curly, Escarole, fresh  
228 Fennel, bulb, raw  
225 Garlic, raw  
227 Ginger root, raw  
226 Grape leaves, canned  
175 Green beans , canned, drained  
173 Green beans , frozen, cooked, drained  
229 Hearts of palm, canned  
952 Jicama, raw  
231 Kale, fresh, cooked, drained  
232 Kale, frozen, cooked, drained  
233 Kohlrabi, cooked, drained  
234 Leeks, cooked, drained

## Vegetable, Con't

235 Lettuce, fresh  
241 Lettuce, Romaine , shredded  
240 Lettuce, Romaine, inner leaf  
238 Loose leaf, leaf  
239 Loose leaf, pieces, shredded  
246 Mushroom, Shiitake, dried  
244 Mushrooms, canned, drained  
243 Mushrooms, cooked, drained  
242 Mushrooms, fresh  
245 Mushrooms, Shiitake, cooked  
247 Mustard greens, cooked, drained  
249 Okra, frozen, cooked, drained  
248 Okra, raw, cooked, drained  
372 Olives, black, canned, ripe  
371 Olives, green, pickled  
252 Onion, dehydrated flakes  
250 Onion, fresh  
251 Onion, fresh, cooked, drained  
253 Onion, Spring, fresh  
254 Parsley, fresh  
255 Parsnips, cooked, drained  
258 Peas, green, canned, drained  
259 Peas, green, frozen, cooked, drained  
256 Peas, sugar snap, fresh, cooked, drained  
257 Peas, sugar snap, frzn, cooked, drained  
266 Pepper, bell pepper, cooked, drained  
264 Pepper, bell, green or red, fresh  
260 Peppers, banana, fresh  
261 Peppers, chili, fresh, green or red  
263 Peppers, Jalapenos, canned  
268 Pimento, canned  
387 Plantain, without peel, fresh  
966 Plantains, cooked  
276 Potato au gratin, mix, prep. w. butter  
277 Potato au gratin, prep w. butter  
284 Potato pancakes, home made  
285 Potato salad, home made  
271 Potato, baked with skin  
272 Potato, baked, flesh only  
273 Potato, baked, skin only  
086 Potato, Baked, with cheese

## Vegetable, Con't

279 Potato, hash browns, frozen  
280 Potato, hash browns, home made  
281 Potato, mash'd, dehyd, milk, butter, salt  
282 Potato, mashed, milk  
283 Potato, mashed, milk, margarine  
274 Potato, peeled, after boiling  
275 Potato, peeled, before boiling  
796 Potato, red, with skin, baked  
286 Potato, scalloped, dry mix, 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, drained  
289 Pumpkin, canned  
288 Pumpkin, cooked, mashed  
290 Radishes, raw  
291 Rutabagas, cooked, drained  
292 Sauerkraut, canned  
295 Shallots, fresh  
296 Soybeans, green, cooked, drained  
300 Spinach, canned, drained  
297 Spinach, fresh  
298 Spinach, fresh, cooked, drained  
299 Spinach, frozen, cooked, drained  
303 Squash, baked  
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  
318 Turnip greens, fresh, cooked, drained  
319 Turnip greens, frozen, cooked, drained  
317 Turnips, cooked, cubed  
321 Vegetables, mixed, canned, drained  
322 Vegetables, mixed, frozen, cooked, drained  
324 Yam, cooked, broiled, or baked  
302 Zucchini, cooked, drained  
301 Zucchini, fresh

## Snacks & Other

029 Bar, Breakfast, cereal crust, fat free  
774 Bar, fruit & juice, frozen  
031 Bar, granola , soft, chocolate chip  
030 Bar, granola bar, hard, plain  
032 Bar, granola, soft, raisin  
033 Bar, nutri grain cereal , fruit  
758 Bar, Rice krispies treat  
178 Chips, baked  
746 Chips, Chex mix  
747 Chips, corn, plain  
218 Chips, crisps Potato, plain  
752 Chips, potato , plain, salted  
753 Chips, potato , sour cream & onion  
755 Chips, potato, fat free  
754 Chips, potato, low fat  
760 Chips, tortilla, baked  
762 Chips, tortilla, nacho, low fat  
761 Chips, tortilla, nacho, regular  
759 Chips, tortilla, plain, regular  
725 Cracker, cheese  
727 Cracker, graham, crushed  
726 Cracker, graham, plain  
052 Cracker, matzo, plain  
728 Cracker, melba toast, plain  
729 Cracker, rye wafer, whole grain, plain  
730 Cracker, saltine, square  
731 Cracker, standard, round or bite sized  
733 Cracker, wheat thins crackers  
734 Cracker, whole wheat crackers  
205 Crackers, with cheese filling  
748 Popcorn, air popped, unsalted  
750 Popcorn, caramel, peanuts  
751 Popcorn, cheese flavor  
749 Popcorn, oil popped, salted  
756 Pretzels, stick  
757 Pretzels, twisted

## Cake, Candy, Cookies, Pastries, Pie, muffins

671 Brownies, without icing, fat free  
670 Brownies, without icing, regular  
672 Brownies, dry mix, low fat

## Cake, Candy, Cookies, Pastries, Pie, muffins, Con't

668 Cake, Angel food  
675 Cake, cheesecake  
176 Cake, cheesecake, no bake, from mix  
676 Cake, chocolate with choc. frosting  
677 Cake, coffee  
687 Cake, cupcake with frosting  
682 Cake, fruitcake  
683 Cake, pound cake, butter  
684 Cake, pound cake, fat free  
685 Cake, snack, choc, creme filled, frosting  
686 Cake, snack, chocolate, frosting, low fat  
673 Cakes, dry mix, Angel food  
674 Cakes, dry mix, no frosting  
700 Candy, chocolate bar, milk, plain  
180 Candy, chocolate, bar, white  
699 Candy, caramel, chocolate flavored roll  
698 Candy, caramel, plain  
701 Candy, chocolate bar, milk, with almonds  
702 Candy, chocolate bar, milk, with peanuts  
708 Candy, chocolate bar, special dark  
704 Candy, chocolate chips, semi sweet  
705 Candy, chocolate chips, white  
706 Candy, chocolate coated peanuts  
707 Candy, chocolate coated raisins  
688 Candy, gummy bears  
689 Candy, hard candy  
690 Candy, Jelly beans  
693 Candy, M&M's, peanut (M&M Mars)  
694 Candy, M&M's, plain (M&M Mars)  
695 Candy, Milky way (M&M Mars)  
696 Candy, Reese's peanut butter cup  
697 Candy, Snickers bar  
721 Cookie sugar  
709 Cookie, butter  
710 Cookie, chocolate chip  
712 Cookie, chocolate chip , dough  
711 Cookie, chocolate chip, low fat  
719 Cookie, chocolate cream filling  
713 Cookie, Fig Bar  
716 Cookie, oatmeal , fat free  
714 Cookie, oatmeal, regular, large

## Cake, Candy, Cookies, Pastries, Pie, muffins, Con't

715 Cookie, oatmeal, soft type  
717 Cookie, peanut butter  
718 Cookie, peanut butter, with margarine  
720 Cookie, shortbread, plain  
722 Cookie, sugar, dough, refrigerated  
723 Cookie, sugar, recipe, margarine  
724 Cookie, vanilla wafer, low fat  
778 Gelatin, dessert , low fat  
777 Gelatin, dessert , reg.  
053 Muffins, blueberry  
054 Muffins, blueberry, mix  
055 Muffins, bran with raisins  
057 Muffins, corn mix  
056 Muffins, corn, commercial  
058 Muffins, oat bran, commercial  
679 Pastry, Danish , fruit  
678 Pastry, Danish, cream cheese  
680 Pastry, doughnut, cake  
681 Pastry, doughnut, glazed  
766 Pastry, frozen, baked  
075 Pastry, rolls, cinnamon with raisins  
076 Pastry, rolls, cinnamon, with frosting  
079 Pastry, toaster, fruit  
792 Pastry, toaster, pop tarts, frosted  
793 Pastry, toaster, pop tarts, fruit  
080 Pastry, toasters, low fat  
064 Pie crust, baked, frozen  
063 Pie crust, baked, recipe  
065 Pie crust, graham cracker  
972 Pie filling blueberry, canned  
987 Pie filling, apple  
066 Pie, apple  
087 Pie, Banana cream  
067 Pie, blueberry  
669 Pie, Boston Cream  
068 Pie, cherry  
069 Pie, chocolate creme  
182 Pie, coconut cream  
070 Pie, lemon meringue  
781 Pie, peach  
071 Pie, pecan

## Cake, Candy, Cookies, Pastries, Pie, muffins, Con't

- 072 Pie, pumpkin
- 775 Popsicle
- 736 Pudding, choc, mix prep w 2% milk, reg
- 735 Pudding, choc, mix prep w. 2% milk, inst
- 743 Pudding, choc,fat free
- 739 Pudding, choc, regular
- 740 Pudding, rice, regular
- 078 Pudding, tapioca, pearl, dry
- 744 Pudding, tapioca, fat free
- 741 Pudding, tapioca, regular
- 738 Pudding, vanilla, mix prep w 2% mlk, reg
- 737 Pudding, vanilla, mix prep w. 2% mlk, inst
- 745 Pudding, vanilla, fat free
- 742 Pudding, vanilla, regular

## Prepared Foods

- 818 Alfredo egg noodles, dry mix
- 977 Baked Beans, with franks, canned
- 841 Burrito, beans & cheese, fast food
- 842 Burrito, beans & meat, fast food
- 829 Cheese, mozzarella sticks
- 846 Cheeseburger, dbl, 3-piece bun
- 843 Cheeseburger, dbl, lettuce, tomato, mayo
- 845 Cheeseburger, dbl, plain, fast food
- 848 Cheeseburger, lettuce, tomato, mayo,
- 844 Cheeseburger, single, regular, dlx.
- 847 Cheeseburger, single, regular, plain
- 849 Chicken fillet (breaded & fried) sandwich
- 850 Chicken nuggets, (breaded & fried)
- 822 Chicken pot pie, frozen
- 823 Chili con carne with beans, canned
- 851 Chili con carne, fast food
- 852 Coleslaw, fast food
- 824 Corn dog, frozen
- 262 Enchilada beef with cheese, fast food
- 855 Fish (breaded & fried) sandwich, tartar
- 941 French fried onions
- 856 French fries, fast food
- 278 French fries, frozen, oven heated
- 352 Fruit cocktail, canned, heavy syrup

## Prepared Foods, Con't

- 353 Fruit cocktail, canned, juice pack
- 825 Ham cheese stuffed sandwich
- 857 Hamburger, double, regular
- 858 Hamburger, single, regular
- 862 Hot dog, chili, fast food
- 861 Hot dog, plain, fast food
- 654 Meatballs with pasta sauce, canned
- 650 Meatballs with pasta sauce, frozen
- 764 Nachos with cheese, fast food
- 864 Onion rings, breaded, fried, fast food
- 840 Pancakes, butter & syrup, fast food
- 060 Pancakes, frozen, ready
- 826 Pasta, lasagna with meat & sauce
- 827 Pasta, lasagna, vegetable
- 819 Pasta, macaroni, beef
- 820 Pasta, ravioli, tomato & meat sauce
- 834 Pasta, spaghetti Bolognese
- 836 Pasta, tortellini, pasta, cheese filling
- 865 Pizza, cheese, fast food
- 788 Pizza, meat and vegetable
- 786 Pizza, pepperoni , frozen, cooked
- 866 Pizza, pepperoni, fast food
- 832 Pork and beans, tomato sauce, canned
- 839 Potatoes, hash brown, fast food
- 863 Potatoes, mashed, fast food
- 831 Rice, Mexican rice, side dish, dry mix
- 867 Salad, chicken, no dressing, fast food
- 833 Salisbury steak entree, frozen
- 837 Sandwich, Breakfast, egg & sausage
- 928 Sandwich, sub, cold cuts
- 871 Sandwich, sub, oil & vinegar, combo
- 872 Sandwich, sub, roast beef, mayo
- 873 Sandwich, sub, tuna salad, mayo
- 868 Shake, chocolate, fast food
- 869 Shake, vanilla, fast food
- 870 Shrimp, breaded, fried, fast food
- 835 Spinach souffle, home-prepared
- 821 Stew, beef, canned
- 838 Toast, French with butter, fast food
- 044 Toast, French, frozen
- 830 Vegetarian burger patty, frozen
- 084 Waffles, plain, frozen, toasted

## Condiments

### Spreads, Dressing, Dips, Etc.

925 Bacon bits, pork  
911 Barbecue sauce  
763 Brown sugar  
698 Caramel, plain  
912 Cheese sauce  
767 Chocolate flavored syrup  
606 Cream cheese  
041 Croutons, seasoned  
632 Dill dip  
800 Dressing, blue cheese, low fat  
799 Dressing, blue cheese, regular  
802 Dressing, Caesar, low fat  
801 Dressing, Caesar, regular  
803 Dressing, coleslaw  
805 Dressing, French, low fat  
804 Dressing, French, regular  
807 Dressing, Italian, low fat  
294 Dressing, Italian salad, fat free  
806 Dressing, Italian, regular  
553 Dressing, Miracle whip, light  
550 Dressing, Miracle whip, regular  
810 Dressing, mayonnaise, fat free  
809 Dressing, mayo, light (cholesterol free)  
808 Dressing, mayonnaise, regular  
813 Dressing, ranch, fat free  
812 Dressing, ranch, low fat  
811 Dressing, ranch, regular  
815 Dressing, Russian, low fat  
814 Dressing, Russian, regular  
828 Dressing, salad, ranch, fat free  
798 Dressing, Thousand Island, fat free  
817 Dressing, Thousand Island, low fat  
816 Dressing, Thousand Island, regular  
913 Enchilada sauce  
772 Frosting, chocolate, ready to eat  
773 Frosting, vanilla, ready to eat  
944 Guacamole  
943 Hazelnut spread

## Condiments

### Spreads, Dressing, Dips, Etc., Con't

779 Honey  
940 Horseradish, prepared  
562 Hummus  
780 Jams  
930 Ketchup  
770 Maple syrup  
366 Maraschino cherry  
691 Marshmallows, miniature  
692 Marshmallows, regular  
771 Molasses  
942 Mustard, prepared  
914 Nacho sauce  
372 Olives, black  
371 Olives, green  
572 Peanut butter, reduced fat, smooth  
571 Peanut butter, regular, chunk  
570 Peanut butter, regular, smooth  
269 Pickles, cucumber, dill  
270 Pickles, relish, sweet  
578 Refried beans  
915 Salsa  
629 Sour cream, reg  
630 Sour cream, low fat  
631 Sour cream, fat free  
947 Whipped cream, topping, cnd  
765 White sugar

# Cooking

926 Baking powder  
929 Baking soda  
046 Buckwheat our, whole groat  
931 Celery seed  
932 Chili powder  
969 Chocolate powder mix  
934 Chocolate, baking, unsweet, liquid  
933 Chocolate, baking, unsweet, solid  
935 Cinnamon  
936 Cocoa powder, unsweetened  
039 Cornstarch  
222 Dill weed, fresh  
045 Flour, bread  
047 Flour, cake  
048 Flour, Corn, masa  
049 Flour, Self rising  
267 Flour, wheat whole grain  
050 Flour, Wheat, all purpose  
225 Garlic, raw  
778 Gelatin, dessert powder & water, low fat  
777 Gelatin, dessert powder & water, regular  
791 Oil, corn, canola, peanut, veg  
927 Shortening, all Purpose  
580 Soy, Miso  
763 Sugar, brown  
765 Sugar, white, granulated  
948 Vanilla extract  
951 Yeast, dry, active