

MN 2000
EF 454

Extension Folder 454-1979

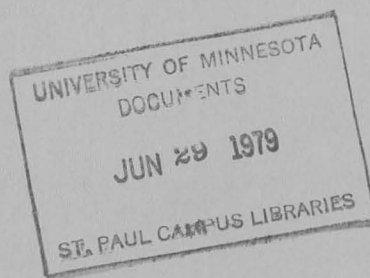
FOUNANA

Food Intake Analysis

USER'S GUIDE

CONTAINS EXTENSION FOLDERS:

- 454A Background Information
- 454B Input Sheet Directions
- 454C Input Sheet
- 454D Dictionary of Food Items



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FOINANA

Food Intake Analysis

BACKGROUND INFORMATION OF THE PRINT-OUT

FOINANA is an interactive computer program designed to help an individual assess the nutritional quality of a 24-hour food intake. The results can be used to determine whether the individual's eating patterns need to be changed. Objectives via computer:

- User will analyze diet based upon a 24-hour food intake and will know proportion of recommended dietary allowances for selected nutrients and calories included in the diet.
- User will obtain a listing of foods which are key sources of selected nutrients (i.e. iron, calcium, vitamins A and C).
- User will analyze diet according to recommendation of the Daily Food Guide.

The assumption has been made that users of this program have limited knowledge of nutrition.

To use FOINANA, a person needs:

- A computer terminal
- FOINANA Input Sheet Directions (EF 454B)
- FOINANA Input Sheet (EF 454C)
- FOINANA Dictionary of Food Items (EF 454D)

Prior to running the program, the user should have a coded food intake for a 24-hour period.

The format of print-out includes:

1. Introduction to program.
2. Instructions for supplying food intake data (statement optional).
3. User supplies food intake data.
4. Computer analyzes food intake and prints out analyses.

The users can determine the amount of information desired by responding yes or no to questions.

NAME

AGE CATEGORY (1-3) (4-6) (7-10) (11-14) (15-18) (19-22) (23-50) (50+)

SEX

ARE YOU PREGNANT? (This question is asked if female is 15-50 years.)

Please list the foods and beverages you ate in the last 24 hours.

<u>WHEN</u>	<u>FOOD ITEM NUMBER</u>	<u>HOW MUCH</u>
-------------	-------------------------	-----------------

Would you like to make any changes or additions in the above list of foods? (Yes-No)

Do you want a listing of the food groups in the Daily Food Guide? (Yes-No)

Would you like to know how the foods you ate fit into the Daily Food Guide? (Yes-No)

If YES, computer would classify and evaluate based on Daily Food Guide. User would know if recommended number of servings had been consumed.

This portion of the analysis will pertain to calories and the nutrients which supply calories. One gram of fat furnishes nine Calories. Proteins and carbohydrates each supply about four Calories per gram.

	Calories	Fats (gm)	Carbohydrates (gm)	Proteins (gm)
Recommended Dietary Allowances				
Your Diet				
Difference				

Would you like to know which foods you ate had the highest caloric value? (Yes-No)

Nutrients which are most often lacking in the American diets are iron, calcium, vitamins A and C. Would you like to know how you rated? (Yes-No)

	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Recommended Dietary Allowances				
Your Diet				
Difference				

Would you like to know which of the foods you ate were sources for iron? (Yes-No)

(List of foods which provided at least 1 mg of iron.)

Would you like to know additional food sources for iron? (Yes-No)

Computer Print Out:

Iron is found in a variety of foods in varying amounts. The only group which does not furnish some iron is the milk group. Good food sources are:

- | | |
|------------------|----------------------------------|
| Liver | Dry beans, cooked |
| Lean meats | Dark green vegetables |
| Heart | Egg yolks |
| Kidney | Dried fruits |
| Dry peas, cooked | Enriched or whole grain products |

Would you like to know which of the foods you ate were sources for calcium? (Yes-No)

(List of foods which provided at least 160 mg of calcium.)

Would you like to know additional food sources for calcium? (Yes-No)

Computer Print Out:

Calcium is present in greatest amounts in milk and milk products. Dark green leafy vegetables provide some calcium. Food sources include:

- | | |
|------------------|------------------------------------|
| Milk | Yogurt |
| Cheddar cheese | Collards |
| Cottage cheese | Kale |
| Processed cheese | Mustard greens |
| Ice cream | Canned salmon (if bones are eaten) |

Would you like to know which of the foods you ate were sources for Vitamin A? (Yes-No)

(List of foods which provided at least 1000 IU of Vitamin A.)

Would you like to know additional food sources for Vitamin A? (Yes-No)

Computer Print Out:

Vitamin A is present in dark, green leafy vegetables and deep yellow vegetables in carotene. Butterfat, liver and other foods fortified with Vitamin A are other sources. Vitamin A sources include:

- | | |
|-----------|----------------|
| Apricots | Collards |
| Broccoli | Pumpkin |
| Cantaloup | Spinach |
| Carrots | Sweet Potatoes |
| Chard | Winter Squash |

Would you like to know which of the foods you ate were sources for Vitamin C? (Yes-No)

(List of foods that provided at least 16 mg of Vitamin C.)

Would you like to know additional food sources for Vitamin C? (Yes-No)

Computer Print Out:

Vitamin C is found in a variety of fruits and vegetables.

- | | |
|-----------------|---------------------------------|
| Broccoli | Sweet red peppers |
| Brussel sprouts | Raw cabbage |
| Cantaloup | Potatoes (cooked in the jacket) |
| Grapefruit | Tomatoes |
| Green pepper | Spinach |
| Oranges | Greens (turnip, mustard, beet) |

Would you like to make any changes in the above food list? (Yes-No)

SOURCES OF THE DATA BASES:

1974 Recommended Dietary Allowances, Food and Nutrition Board, National Research Council, National Academy of Science.
USDA Home and Garden Bulletin 72, *Nutritive Value of Foods*. 1971.
Nutrient Analyses Data compiled by the Food Science and Human Nutrition Department, Michigan State University, East Lansing.

FOINANA Program includes Extension Folders:
454A Background Information
454B Input Sheet Directions
454C Input Sheet
454D Dictionary of Food Items

**Computer Print Out
(Sample)**

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RECOVER /SYSTEM: call:foinana
NOTE: FOINANA HAS BEEN SLIGHTLY REVISED INCLUDING
THE ADDITION OF NEW FOOD ITEMS. NEW DIRECTORIES
CAN BE OBTAINED FROM MURIEL BRINK
225 FOOD SCIENCE BLDG. ST. PAUL CAMPUS.
UNIVERSITY OF MINNESOTA. ST. PAUL. MN 55108
PHONE 376-4664
THIS PROGRAM PROVIDES AN ANALYSIS OF YOUR DAILY DIET
WHAT IS YOUR NAME ? foinana
DO YOU WISH INSTRUCTIONS ? no
AGE CATEGORIES ARE AS FOLLOWS:
1- 1 THRU 3 2- 4 THRU 6
3- 7 THRU 10 4- 11 THRU 14
5-15 THRU 18 6- 19 THRU 22
7-23 THRU 50 8- 51 OR OLDER
WHICH NUMBER AGE CATEGORY IS YOUR AGE ? 7
YOUR SEX - TYPE M FOR MALE F FOR FEMALE? F
ARE YOU PREGNANT ? no

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PLEASE LIST THE FOODS AND BEVERAGES YOU ATE DURING THE
LAST 24 HOURS.

? m,187,1.0
 ? m,249,1.0
 ? m,011,.33
 ? s,358,.5
 ? d,097,3.0
 ? d,153,.2
 ? d,180,.25
 ? d,407,1.0
 ? d,265,1.0
 ? d,003,1.0
 ? s, *DEL*
 e,050,3.0
 ? e,121,1.0
 ? e,166,10.
 ? e,3298 *DEL*
 e,328,1.0
 ? e,035,.5
 ? f

EXECUTE.

THAT LOOKS LIKE SOME VERY GOOD FOOD. THERE WILL BE A
SHORT PAUSE NOW WHILE I DIGEST YOUR DIET.

MEAL NO.	FOOD RECALL FOR FOINANA FOOD EATEN	AMOUNT
M	187 APPLE JUICE, BOTTLED OR CANNED	1.00 CUP
M	249 BAGEL, 3 IN DIAM, EGG	1.00 BAGEL
M	11 CHEESE, NATURAL, CREAM, PACKAGE OF 3 OZ NET WT	.33 PKG
S	358 CANDY, FUDGE, FLAIN	.50 OUNCE
D	97 FISH AND SHELLFISH, HADDOCK, BREADED, FRIED	3.00 OZS
D	153 LETTUCE, RAW, BUTTERHEAD, BOSTON TYPES, HEAD 4 IN	.20 HD
D	180 TOMATOES, RAW, APPROX 3 IN DIAM 2 1/8 IN HIGH, WT 7	.25 TMATO
D	407 SOUPS, CND, CNDSE, PREPARED W/EQUAL VOL WATER, TOM	1.00 CUP
D	265 CAKE FROM MIXES, DEVILS FOOD, W/CHOC ICING, CUFCAK	1.00 CUFCAK
D	3 MILK, FL. PARTLY SKIMMED, 2% NONFAT MILK SOLIDS AD	1.00 CUP
E	50 BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN,	3.00 OZS
E	121 BEANS, SNAP, GREEN, COOKED, DRAINED	1.00 CUP
E	166 POTATOES, MEDIUM, FRENCH-FRIED, COOKED IN DEEP FAT	10.00 PCS
E	328 ROLLS, ENRICHED, HARD, ROUND OR RECTANGULAR	1.00 ROLL
E	35 MILK DESSERTS, ICE MILK, HARDENED	.50 CUP

WOULD YOU LIKE TO MAKE ANY CHANGES OR ADDITIONS IN THE
ABOVE LIST OF FOODS ? no

DO YOU WANT A LISTING OF THE FOOD GROUPS IN THE DAILY
FOOD GUIDE
? yes

DAILY FOOD GUIDE

- MILK GROUP
- MEAT GROUP
- FRUIT AND VEGETABLE GROUP
- BREAD AND CEREAL GROUP
- OTHER FOOD

WOULD YOU LIKE TO KNOW HOW THE FOODS YOU ATE FIT
INTO THE DAILY FOOD GUIDE ? **yes**

	SERVINGS
MILK GROUP	
3 MILK, FL, PARTLY SKIMMED, 2% NONFAT MILK SOLIDS ADDED	1.00
35 MILK DESSERTS, ICE MILK, HARDENED	.33

2.00 SERVINGS RECOMMENDED 1.33 SERVINGS CONSUMED

	SERVINGS
MEAT GROUP	
50 BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN, FAT	1.00
97 FISH AND SHELLFISH, HADDOCK, BREADED, FRIED	1.00

2.00 SERVINGS RECOMMENDED 2.00 SERVINGS CONSUMED

	SERVINGS
FRUIT AND VEGETABLE GROUP	
121 BEANS, SNAP, GREEN, COOKED, DRAINED	2.00
153 LETTUCE, RAW, BUTTERHEAD, BOSTON TYPES, HEAD 4 IN DIA	.40
166 POTATOES, MEDIUM, FRENCH-FRIED, COOKED IN DEEP FAT	1.00
180 TOMATOES, RAW, APPROX 3 IN DIAM 2 1/8 IN HIGH, WT 7 OZ	.25
187 APPLE JUICE, BOTTLED OR CANNED	2.00

4.00 SERVINGS RECOMMENDED 5.65 SERVINGS CONSUMED

	SERVINGS
BREAD AND CEREAL GROUP	
249 BAGEL, 3 IN DIAM, EGG	1.00
328 ROLLS, ENRICHED, HARD, ROUND OR RECTANGULAR	1.00

4.00 SERVINGS RECOMMENDED 2.00 SERVINGS CONSUMED

OTHER FOOD	SERVINGS
11 CHEESE, NATURAL, CREAM, PACKAGE OF 3 OZ NET WT	.33
265 CAKE FROM MIXES, DEVILS FOOD, W/CHOC ICING, CUPCAKE	1.00
358 CANDY, FUDGE, FLAIN	.50
407 SOUPS, COND, CONDSE, PREPARED W/EQUAL VOL WATER, TOMATO	1.00

THIS PORTION OF THE ANALYSIS WILL PERTAIN TO CALORIES AND THE NUTRIENTS WHICH SUPPLY CALORIES. ONE GRAM OF FAT FURNISHES NINE CALORIES. PROTEINS AND CARBOHYDRATES EACH SUPPLY ABOUT FOUR CALORIES PER GRAM.

	CALORIES	FATS (GM)	CARBOHYDRATES (GM)	PROTEINS (GM)
YOUR DIET	1729.	71.	200.	73.
RECOMMENDED	2000.			46.
DIETARY ALLOWANCE				
DIFFERENCE	-271.			27.

WOULD YOU LIKE TO KNOW WHICH FOODS YOU ATE HAD THE HIGHEST CALORIE VALUE. ? yes

NO.	FOOD EATEN	CALORIES
249	BAGEL, 3 IN DIAM, EGG	165.
166	POTATOES, MEDIUM, FRENCH-FRIED, COOKED IN DEEP FAT	155.
328	ROLLS, ENRICHED, HARD, ROUND OR RECTANGULAR	155.
50	BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN, FAT	330.
3	MILK, FL. PARTLY SKIMMED, 2(NONFAT MILK SOLIDS ADDED	145.

NUTRIENTS WHICH ARE MOST OFTEN LACKING IN AMERICAN DIETS ARE: IRON, CALCIUM, VITAMIN A AND C. WOULD YOU LIKE TO KNOW HOW YOU RATED ? yes

	IRON (MG)	CALCIUM (MG)	VIT. A (IU)	VIT. C (MG)
YOUR DIET	11.4	703.	3416.	60.
RECOMMENDED	18.0	800.	4000.	45.
DIETARY ALLOWANCE				
DIFFERENCE	-6.6	-97.	-584.	15.

WOULD YOU LIKE TO KNOW WHICH OF THE FOODS YOU ATE WERE
SOURCES OF IRON ? yes

50 BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN, FAT
97 FISH AND SHELLFISH, HADDOCK, BREADED, FRIED
187 APPLE JUICE, BOTTLED OR CANNED
249 BAGEL, 3 IN DIAM, EGG
328 ROLLS, ENRICHED, HARD, ROUND OR RECTANGULAR

WOULD YOU LIKE TO KNOW ADDITIONAL FOOD SOURCES FOR IRON ? yes

IRON IS FOUND IN A VARIETY OF FOODS IN VARYING AMOUNTS.
THE ONLY GROUP WHICH DOES NOT FURNISH SOME IRON IS THE
MILK GROUP. GOOD FOOD SOURCES ARE:

LIVER	DRY BEANS, COOKED
LEAN MEATS	DARK GREEN VEGETABLES
HEART	EGG YOLKS
KIDNEY	DRIED FRUIT
DRY PEAS, COOKED	ENRICHED OR WHOLE GRAIN PRODUCTS

WOULD YOU LIKE TO KNOW WHICH OF THE FOODS YOU ATE WERE
SOURCES FOR CALCIUM ? yes

3 MILK, FL. PARTLY SKIMMED, 2(NONFAT MILK SOLIDS ADDED

WOULD YOU LIKE TO KNOW ADDITIONAL FOOD SOURCES FOR
CALCIUM ? yes

CALCIUM IS PRESENT IN GREATEST AMOUNTS IN MILK AND MILK
PRODUCTS. DARK GREEN LEAFY VEGETABLES PROVIDE SOME
CALCIUM. FOOD SOURCES INCLUDE:

MILK	YOGHURT
CHEDDER CHEESE	COLLARDS
COTTAGE CHEESE	KALE
PROCESSED CHEESE	MUSTARD GREENS
ICE CREAM	CANNED SALMON (IF BONES ARE EATEN)

WOULD YOU LIKE TO KNOW WHICH OF THE FOODS YOU ATE
WERE SOURCES FOR VITAMIN A ? yes

407 SOUPS, CND, CNDSE, PREPARED W/EQUAL VOL WATER, TOMATO

WOULD YOU LIKE TO KNOW ADDITIONAL FOOD SOURCES FOR
VITAMIN A ? yes

VITAMIN A IS PRESENT IN DARK, GREEN LEAFY VEGETABLES AND DEEP YELLOW VEGETABLES IN CAROTENE. BUTTERFAT, LIVER, AND OTHER FOODS FORTIFIED WITH VITAMIN A ARE OTHER SOURCES. VITAMIN A SOURCES INCLUDE:

APRICOTS	COLLARDS
BROCCOLI	PUMPKIN
CANTALOUPE	SPINACH
CARROTS	SWEET POTATOES
CHARD	WINTER SQUASH

WOULD YOU LIKE TO KNOW WHICH OF THE FOODS YOU ATE WERE SOURCES FOR VITAMIN C ? yes

ACCORDING TO MY DATA, YOU EITHER DID NOT EAT A LARGE ENOUGH AMOUNT OF ANY OF THE FOOD ITEMS OR DID NOT EAT A FOOD ITEM WHICH WOULD PROVIDE AT LEAST 16 MILLIGRAMS OF VITAMIN C.

WOULD YOU LIKE TO KNOW ADDITIONAL FOOD SOURCES FOR VITAMIN C ? yes

VITAMIN C IS FOUND IN A VARIETY OF FRUITS AND VEGETABLES.

BROCCOLI	SWEET RED PEPPERS
BRUSSEL SPROUTS	RAW CABBAGE
CANTALOUPE	POTATOES (COOKED IN THE JACKET)
GRAPEFRUIT	TOMATO
GREEN PEPPER	SPINACH
ORANGES	GREENS (TURNIP, MUSTARD, BEET)

WOULD YOU LIKE TO MAKE ANY CHANGES OR ADDITIONS IN YOUR DAILY DIET ? no

YOU HAVE NOW COMPLETED THE COMPUTER ANALYSIS OF YOUR 24-HOUR FOOD RECALL. YOU MAY KEEP THIS PRINT-OUT SHEET FOR FUTURE REFERENCE. IF YOU HAVE ANY QUESTIONS, ASK YOUR EXTENSION HOME ECONOMIST.

FOINANA

Food Intake Analysis

INPUT SHEET DIRECTIONS

Program Description

Would you like to know the nutritional value of foods you ate the last 24 hours? With the aid of the computer, you can analyze your diet according to the Daily Food Guide for calories and some of the key nutrients: protein, carbohydrate, fat, iron, calcium, vitamin A, and vitamin C.

The caloric and nutrient values are based upon the 1974 Recommended Dietary Allowances (RDA). The RDA are values of nutrients recommended by the Food and Nutrition Board of the National Research Council. RDA values do vary according to age and sex of individuals. These values are considered adequate for maintenance of good nutrition in healthy persons in the United States. The allowances are revised from time to time in accordance with newer knowledge of nutritional needs.

Program Directions

To help you analyze your diet, you will need:

1. Input Sheet (454C)
2. Dictionary of Food Items (454D)—This includes food item code numbers and description of food items.

You will be "talking" to the computer through a teletypewriter. The procedures to follow are:

1. Complete the FOINANA Input Sheet (454C), During the last 24 hours, I ate . . .
2. On the teletypewriter, type in the information as it is requested or respond to questions asked. If you make errors in typing the information, you will have opportunities to correct them.

Preparation of Input Sheet

You can influence the accuracy of the analysis. The more specific you can be about the type and amount

of food you ate, the more accurate the analysis. To prepare the Input Sheet you can either record the meals and snacks as you eat them or recall them at the end of the 24-hour period. If you choose the recall method, you may find it easier to begin with the most recent meal or snack, then think back over the 24 hours. You will want to list *all foods and beverages* eaten for the *24-hour period*.

Please use the following meal codes:

- B - Breakfast
- L - Lunch or supper
- D - Dinner
- S - Snack

1. Begin by filling in the first 3 columns of "During the last 24 hours, I ate . . ." (Input Sheet): Meal Code, Food Item and Amount. If you have eaten a combination dish, try to divide it into separate food items and amounts.

EXAMPLE

1 MEAL CODE	2 FOOD ITEM	3 AMOUNT
L	Ham Sandwich	
L	Bread	2 slices
L	Ham	2 ounces
L	Milk	8 ounces

2. After listing all of the food and beverages you ate in a 24-hour period, refer to the Dictionary of Food Items. The food items are listed in alphabetical order.
 - a. For ease in putting the data into the computer, copy meal code from Column 1 to Column 4.
 - b. For each food item:
 - Find the food item number which most closely describes the foods and beverages you ate.
 - Place that number in Column 5, Food Item No. The number must be 3 digits. Therefore, add zeros in front of the 1 and 2 digit numbers. For example, the item number for cheese, natural cheddar is 8, enter 008 in Column 5.

- In the last (6th) column, you will enter the amount you ate (Column 3). *Be sure* the unit used to describe the amount in Column 3 is the same as the unit in the Dictionary of Food Items. If not, convert the amount you ate to that unit. The amount must be written in whole numbers and/or the decimal equivalent (1.0 or 0.5), not fractions. You *must* enter the decimal point.

Example

4 MEAL CODE	5 FOOD ITEM NO.	6 AMOUNT EATEN
L	353	2.0 slices
L	113	2.0 ounces
L	001	1.0 cup

3. You are now ready to call out FOINANA and to type the data into the computer. Use the data columns 4, 5, and 6. Separate the entries by commas. Use a new line for each new food item.

Example: L,353,2.0
 L,113,2.0
 L,001,1.0

You will be asked to type in your name, age and sex. The age and sex data are important in the nutrient analysis.

FOINANA Program includes Extension Folders:
 454A Background Information
 454B Input Sheet Directions
 454C Input Sheet
 454D Dictionary of Food Items



DICTIONARY OF FOOD ITEMS

CODE	FOOD ITEM	
488	AMERICAN CHEESE FOOD (F.G. VELVEETA)	OZ.
475	APPLE BUTTER	TRSP.
187	APPLE JUICE, BOTTLED OR CANNED	CUP
422	APPLE SALAD	CUP
186	APPLES, RAW (ABOUT 3 PER LB)	APPLF
188	APPLESAUCE, CANNED, SWEETENED	CUP
193	APRICOT NECTAR, CANNED	CUP
190	APRICOTS, CANNED IN HEAVY SIRUP	CUP
418	APRICOTS, CANNED, DIET	CUP
192	APRICOTS, DRIED, COOKED, UNSWEETENED, FRUIT AND LIQUID	CUP
189	APRICOTS, RAW (ABOUT 12 PER LB)	APCTS
191	APRICOTS, DRIED, UNCOOKED, HALVES	PCS
590	ARTICHOKES, COOKED	CHOKE
118	ASPARAGUS, GREEN, CKD, DRAINED, PCS 1 1/2-2 IN LGTHS	CUP
119	ASPARAGUS, GREEN, CANNED, SOLIDS AND LIQUID	CUP
117	ASPARAGUS, GRN, CKD, DRAINED, SPEARS, 1/2 IN DIA BASE	SPRS
595	AU GRATIN POTATOES	CUP
194	AVOCADOS, WHOLE FRUIT, RAW, CALIF. (MID-LATE WINTER)	AVOCA
582	AWAKE	CUP
41	BACON (20 SLICES LB, 2 SLCS RAW) BROILED/FRIED, CRISP	SLCS
249	BAGEL, 3 IN DIAM, EGG	BAGEL
423	BAKED APPLES	APPLE
529	BANANA BREAD, ENRICHED	SLICE
195	BANANAS, RAW, MEDIUM SIZE	BANAN
106	BEANS, DRY, COMMON VARS, CKD, DRAINED, GREAT NORTHERN	CUP
107	BEANS, DRY, COMMON VARIETIES, COOKED, DRAINED, NAVY	CUP
108	BEANS, DRY, COMM VARS, CND, SLDS, LOD, WHITE W FRANKS	CUP
109	BEANS, DRY, COMM VARS, CND, WHITE W PORK, TOMATO SAUCE	CUP
110	BEANS, DRY, COMM VARS, CND, WHITE W PORK, SWEET SAUCE	CUP
111	BEANS, DRY, COMMON VARS, CANNED, SLDS, LQD, RED KIDNEY	CUP
112	BEANS, DRY, LIMA, COOKED, DRAINED	CUP
121	BEANS, SNAP, GFREN, COOKED, DRAINED	CUP
122	BEANS, SNAP, GFREN, CANNED, SOLIDS AND LIQUID	CUP
123	BEANS, SNAP, YELLOW OR WAX, COOKED, DRAINED	CUP
124	BEANS, SNAP, YELLOW OR WAX, CANNED, SOLIDS AND LIQUID	CUP
120	BEANS, LIMA, BABY, COOKED AND DRAINED	CUP
565	BEEF AND NOODLES	CUP
57	BEEF AND VEGETABLE STEW	CUP
560	BEEF HASH	CUP
58	BEEF POTPIE, BKD, 4 1/4 IN DIAM, WT BEFORE BAKING 8OZ	PIE
564	BEEF STROGANOFF (WITH MUSHROOMS)	CUP
54	BEEF, CANNED, CORNED BEEF	OZS
55	BEEF, CANNED, CORNED BEEF HASH	OZS
46	BEEF, CKD, ROAST, OVEN-CKD, SUCH AS RIB, LEAN AND FAT	OZS
47	BEEF, CKD, ROAST, OVEN-CKD, SUCH AS RIB, LEAN ONLY	OZS
48	BEEF, CKD, ROAST, OVEN-CKD, AS HEEL OF ROUND, LEAN/FAT	OZS

CODE FOOD ITEM

49	BEEF, CKD, ROAST, OVEN-CKD, AS HEEL OF ROUND, LEAN ONLY	OZS
50	BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN, FAT	OZS
51	BEEF, CKD, STEAK, BROILED, SUCH AS SIRLOIN, LEAN ONLY	OZS
52	BEEF, CKD, STEAK, BROILED, SUCH AS ROUND, LEAN, FAT	OZS
53	BEEF, CKD, STEAK, BROILED, SUCH AS ROUND, LEAN ONLY	OZS
42	BEEF, COOKED, BRAISED, SIMMERED, POT-RSTD, LEAN, FAT	OZS
43	BEEF, COOKED, BRAISED, SIMMERED, POT-RSTD, LEAN ONLY	OZS
44	BEEF, COOKED, HAMBURGER (GROUND BEEF) BROILED, LEAN	OZS
45	BEEF, COOKED, HAMBURGER (GROUND BEEF) BROILED, REGULAR	OZS
56	BEEF, DRIED OR CHIPPED	OZS
129	BEEF GREENS, LEAVES AND STEMS, COOKED, DRAINED	CUP
128	BEETS, CANNED, SOLIDS AND LIQUID	CUP
126	BEETS, COOKED, DRAINED, PEELED, WHOLE, 2 IN DIAM	BEETS
127	BEETS, COOKED, DRAINED, PEELED, DICED OR SLICED	CUP
370	BEVERAGES, ALCOHOLIC, BEER	FOZ
371	BEVERAGES, ALCOHOLIC, GIN, RUM, VODKA, WHSKY, 80 PROOF	FOZ
372	BEVERAGES, ALCOHOLIC, GIN, RUM, VODKA, WHSKY, 86 PROOF	FOZ
373	BEVERAGES, ALCOHOLIC, GIN, RUM, VODKA, WHSKY, 90 PROOF	FOZ
374	BEVERAGES, ALCOHOLIC, GIN, RUM, VODKA, WHSKY, 94 PROOF	FOZ
379	BEVERAGES, CARBONATED, SWTND, NONALCOHOLIC, COLA TYPE	FOZ
381	BEVERAGES, CARBONATED, SWTND, NONALCOHOLIC, GINGER ALE	FOZ
382	BEVERAGES, CARBONATED, SWTND, NONALCOHOLIC, ROOT BEER	FOZ
375	BEVERAGES, ALCOHOLIC, GIN, RUM, VODKA, WHSKY, 100 PROOF	FOZ
378	BEVGS, CARBNATD, SWIND, NONALCOHOLIC, CARBNATD WATER	FOZ
380	BEVGS, CARBNATD, SWIND, NONALCOHL, FRT-FLV SODAS, MIXES	FOZ
250	BISCUITS, BKG PWDR FROM HOME RECIPE W ENRICHED FLOUR	BISCUIT
196	BLACKBERRIES, RAW	CUP
197	BLUEBERRIES, RAW	CUP
476	BLUEBERRY AND OTHER FRUIT FLAVORED SYRUP	TBSP.
432	BOSTON CREAM PIE, 1/6 OF 9 IN PIE, UNENRICHED	PIECE
383	BOUILLON CUBES, APPROX 1/2 IN	CUBE
251	BRAN FLAKES (40 (BRAN), ADDED THIAMIN AND IRON	CUP
252	BRAN FLAKES WITH RAISINS, ADDED THIAMIN AND IRON	CUP
533	BRAN MUFFINS, ENRICHED	MUFFIN
426	BREAD PUDDING WITH RAISINS	CUP
534	BREAD STICKS, UNENRICHED	STICKS
526	BREAD STUFFING	CUP
257	BREAD, WHITE, ENR, SLICE, 18 SL PER LOAF	SLICE
258	BREAD, WHITE, ENR, SLICE, 18 SL PER LOAF, TOASTED	SLICE
259	BREAD, WHOLE WHEAT, SLICE, 16 SL PER LOAF	SLICE
260	BREAD, WHOLE WHEAT, SLICE, 16 SL PER LOAF, TOASTED	SLICE
253	BREADS, BOSTON BROWN BREAD, SLICE 3 BY 3/4 IN	SLICE
254	BREADS, CRACKED-WHEAT BREAD, SLICE, 18 SLICES PER LOAF	SLICE
255	BREADS, RAISIN BREAD, SLICE, 18 SLICES PER LOAF	SLICE
256	BREADS, RYE BREAD, AM, LIGHT (1/3 RYE, 2/3 WHEAT) SLICE	SLICE
130	BROCCOLI, COOKED, DRAINED, WHOLE STALKS, MEDIUM SIZE	STALK
131	BROCCOLI, COOKED, DRAINED, STALKS CUT INTO 1/2 IN PCS	CUP
132	BROCCOLI, FRZ, CKD, DRAINED, CHOPPED FROM 10OZ PKG	CUP
133	BROSSELS SPROUTS, 7-8 SPROUTS PER CUP, COOKED	CUP
340	BUTTER, REGULAR, 4 STICKS LB, PAT (1 IN SQ, 90 PER LB)	PAT
341	BUTTER, WHPD, 6 STICKS, 2, 8 OZ CONT LB, PAT (120 LB)	PAT
5	BUTTERMILK, FLUID, CULTURED, MADE FROM SKIM MILK	CUP
427	BUTTERSCOTCH PUDDING	CUP
138	CABBAGE, CELERY OR CHINESE, RAW, CUT IN 1 IN PIECES	CUP

CODE FOOD ITEM

134	CABBAGE, COMMON VAR, RAW, COARSELY SHREDED OR SLICED	CUP
135	CABBAGE, COMMON VARIETIES, COOKED	CUP
136	CABBAGE, RED, RAW, COARSELY SHREDED	CUP
137	CABBAGE, SAVOY, RAW, COARSELY SHREDED	CUP
264	CAKE FROM MIXES, DEVILS FOOD, W/CHOCOLATE ICING, PIECE	PIECE
265	CAKE FROM MIXES, DEVILS FOOD, W/CHOC ICING, CUPCAKE	CUPCAK
445	CAKE, CHEESE CAKE, 1/6 OF 9 IN PIE	PIECE
448	CAKE, CHOCOLATE HOSTESS DING DONG	CAKE
450	CAKE, HOSTESS HO HO	CAKE
449	CAKE, HOSTESS TWINKIE	CAKE
267	CAKES FROM MIXES, WHITE, 2 LAYER, CHOC ICING, PIECE	PIECE
261	CAKES MADE FROM MIXES, ANGELFOOD, PC 1/12 - 10 IN DIA	PIECE
262	CAKES MADE FROM MIXES, CUPCAKES, SMALL WITHOUT ICING	CUPCAK
263	CAKES MADE FROM MIXES, CUPCAKES, SMALL W/CHOC ICING	CUPCAK
266	CAKES MADE FROM MIXES, GINGERBREAD, PC, 1/9 OF 8IN SQ	PIECE
268	CAKES MADE FROM HOME RECIPES, BOSTON CREAM PIE	PIECE
272	CAKES, FROM HOME RECIPES, POUND, SLICE, 1/2 IN THICK	SLICE
275	CAKES, FROM HOME RECIPES, YELLOW, W/CHOC ICING, PIECE	PIECE
270	CAKES, HOME RECIPES, PLAIN SHEET, W/OUT ICING, PIECE	PIECE
271	CAKES, HOME RECIPES, PLN SHEET, W/BOILED WHITE ICING PC	PIECE
273	CAKES, HOME RECIPES, SPONGE, PIECE, 1/12 OF 10 IN DIAM	PIECE
274	CAKES, HOME RECIPES, YELLOW, 2 LAYER, W/OUT ICING PC	PIECE
269	CAKES, HOME RECIPES, FRUITCAKE, DK, W/ENR FLOUR, SLICE	SLICE
542	CANADIAN BACON (1 OZ.)	SLICE
354	CANDY, CARAMELS, PLAIN OR CHOCOLATE	OUNCE
355	CANDY, CHOCOLATE, MILK, PLAIN	OUNCE
356	CANDY, CHOCOLATE-COATED PEANUTS	OUNCE
457	CANDY, CHOCOLATE CREAMS	CREAM
459	CANDY, CHOCOLATE KISSES	KISSES
357	CANDY, FONDANT, MINTS, UNCOATED, CANDY CORN	OUNCE
358	CANDY, FUDGE, PLAIN	OUNCE
359	CANDY, GUM DROPS	OUNCE
360	CANDY, HARD	OUNCE
456	CANDY, JELLY BEANS	BEANS
458	CANDY, LOLLIPOP, MEDIUM SIZED	POP
361	CANDY, MARSHMALLOWS	OUNCE
198	CANTALOUPS, RAW, MEDIUM, 5 IN DIAM ABOUT 1 2/3 LBS	MEL
141	CARROTS, COOKED, DICED	CUP
140	CARROTS, RAW, GRATED	CUP
139	CARROTS, RAW, WHOLE, 5 1/2 BY 1 IN (25 THIN STRIPS)	CART
142	CAULIFLOWER, COOKED, FLOWERBUDS	CUP
144	CELERY, RAW, PIECES, DICED	CUP
143	CELERY, RAW, STALK, LG OUTER, 8 BY 1 1/2 IN ROOT END	STALK
511	CEREAL, ALPHA BITS	CUP
502	CEREAL, APPLE JACKS	CUP
495	CEREAL, BRAN FLAKES (KELLOGG)	CUP
512	CEREAL, CAPTAIN CRUNCH	CUP
503	CEREAL, CHEERIOS	CUP
514	CEREAL, COCOA KRISPIES	CUP
509	CEREAL, COCOA PUFFS	CUP
521	CEREAL, COCOA WHEATS	CUP
510	CEREAL, CORN CHEX	CUP
508	CEREAL, CREAM OF WHEAT, COOKED	CUP
501	CEREAL, CRISPY CRITTERS	CUP

CODE FOOD ITEM

CODE	FOOD ITEM	UNIT
518	CEREAL, FROSTY-OS	CUP
499	CEREAL, FRUIT LOOPS	CUP
491	CEREAL, GRAPE NUTS	CUP
492	CEREAL, GRAPE NUT FLAKES	CUP
522	CEREAL, HIGH PROTEIN CEREAL (GERBER)	CUP
513	CEREAL, HONEYCOMB	CUP
523	CEREAL, INSTANT OATMEAL WITH RAISINS AND SPICE (QUAKER)	CUP
497	CEREAL, KELLOGGS STARS	CUP
489	CEREAL, KIX	CUP
498	CEREAL, LIFE	CUP
494	CEREAL, OAT FLAKES	CUP
516	CEREAL, PUFFA PUFFA RICE	CUP
496	CEREAL, PUFFED WHEAT (SUGAR COATED)	CUP
505	CEREAL, QUISP	CUP
490	CEREAL, RAISIN BRAN	CUP
506	CEREAL, RALSTON	CUP
519	CEREAL, RICE CHEX	CUP
504	CEREAL, RICE KRISPIES	CUP
520	CEREAL, RICE KRINKLES	CUP
493	CEREAL, SPECIAL K	CUP
500	CEREAL, SUGAR POPS	CUP
515	CEREAL, SUGAR SMACKS	CUP
517	CEREAL, SUPER SUGAR CRISPS	CUP
507	CEREAL, TOTAL	CUP
524	CEREAL, TRIX	CUP
486	CHEESE SAUCE	CUP
6	CHEESE, NATURAL, BLUE OR ROQUEFORT TYPE, OUNCE	OUNCE
8	CHEESE, NATURAL, CHEDDAR, OUNCE	OUNCE
11	CHEESE, NATURAL, CREAM, PACKAGE OF 3 OZ NET WT	PKG
12	CHEESE, NATURAL, PARMESAN, GRATED, TABLESPOON	TBSP
13	CHEESE, NATURAL, SWISS, OUNCE	OUNCE
14	CHEESE, PASTEURIZED, PROCESSED, AMERICAN, OUNCE	OUNCE
15	CHEESE, PASTEURIZED, PROCESSED, SWISS, OUNCE	OUNCE
17	CHEESE, PASTEURIZED PROCESS CHEESE SPREAD, AMERICAN	OZ
16	CHEESE, PASTRZD, PROCESS CHEESE FOOD, AMERICAN, TBLS	TBSP
7	CHEESE, NATURAL, CAMEMBERT 4 OZ PKG WITH 3 WDGs PER PKG	WEDGE
9	CHEESE, NATURAL, CTG LG, SM CURD CRMD CUP, CURD-PRESSED	CUP
10	CHEESE, NATURAL, CTG LG, SM CURD UNCRMD CUP, CURD PRESSED	CUP
199	CHERRIES, CANNED, RED, SOUP, PITTED, WATER PACK	CUP
568	CHICKEN ALA KING	CUP
579	CHICKEN AND NOODLES	CUP
63	CHICKEN POTPIE, BKD 4 1/4 IN DIAM, WT BEFORE BKG 8 OZ	PIE
572	CHICKEN RICE SOUP	CUP
569	CHICKEN SALAD	T.
570	CHICKEN VEGETABLE STEW	CUP
62	CHICKEN, CANNED, BONELESS	OZS
59	CHICKEN, COOKED, FLESH ONLY, BROILED	OZS
60	CHICKEN, CKD, FRIED, 1/2 BREAST	OZS
61	CHICKEN, CKD, FRIED, DRUMSTICK	OZS
64	CHILI CON CARNE, CANNED, WITH BEANS	CUP
65	CHILI CON CARNE, CANNED, WITHOUT BEANS	CUP
473	CHIP DIP (FRENCH ONION)	TBSP.
362	CHOCOLATE FLAVORED SIRUP OR TOPPING, THIN TYPE	FL OZ
363	CHOCOLATE FLAVORED SIRUP OR TOPPING, FUDGE TYPE	FL OZ

CODE FOOD ITEM

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540 CHOP SUEY CUP
469 COCONUT MILK CUP
113 COCONUT, FRESH, MEAT ONLY, SHREDDED OR GRTD, FIRM PKD CUP
553 CODFISH STEAK, FRIED OZ.
532 COFFEECAKE 1/8 IN OF 8 IN CAKE, ENRICHED PIECE
145 COLLARDS, COOKED CUP
433 COOKIE, CHOCOLATE, NONENRICHED COOKIE
452 COOKIE, COCONUT MACARON COOKIE
434 COOKIE, OATMEAL, NONENRICHED COOKIE
438 COOKIE, RAISIN, NONENRICHED COOKIE
437 COOKIE, SUGAR (HOMEMADE), NONENRICHED COOKIE
276 COOKIES, BROWNIES, W/NUTS, HOME RECIPE, W/ENR FLOUR PIECE
277 COOKIES, CHOCOLATE CHIP, FROM HOME RECIPE W/ENR FLOUR CKE
278 COOKIES, FIG BARS, COMMERCIAL CKE
279 COOKIES, SANDWICH, CHOCOLATE OR VANILLA, COMMERCIAL CKE
282 CORN (HOMINY) GRITS, DEGERMED, COOKED, ENRICHED CUP
283 CORN (HOMINY) GRITS, DEGERMED, COOKED, UNENRICHED CUP
525 CORN CURLS, WHISTLES, ETC. OZ.
280 CORN FLAKES, ADDED NUTRIENTS, PLAIN CUP
281 CORN FLAKES, ADDED NUTRIENTS, SUGAR-COVERED CUP
286 CORN MUFFINS, W/ENRICHED DEGERMED CORNMEAL, ENR FLOUR MUFFIN
589 CORN, CREAM STYLE, YELLOW CUP
287 CORN, PUFFED, PRESWEETENED, ADDED NUTRIENTS CUP
288 CORN, SHREDDED, ADDED NUTRIENTS CUP
147 CORN, SWEET, CANNED, SOLIDS AND LIQUIDS CUP
146 CORN, SWEET, COOKED, EAR 5 BY 1 3/4 INCHES EAR
284 CORNMEAL, DEGERMED, ENRICHED, COOKED CUP
285 CORNMEAL, DEGERMED, UNENRICHED, COOKED CUP
148 COWPEAS, COOKED, IMMATURE SEEDS CUP
289 CRACKERS, GRAHAM, 2 1/2 IN SQUARE CRACKE
290 CRACKERS, SALTINES CRACKE
421 CRANAPPLE JUICE CUP
200 CRANBERRY JUICE COCKTAIL, CANNED CUP
201 CRANBERRY SAUCE, SWEETENED, CANNED, STRAINED CUP
539 CREAM CHIPPED BEEF CUP
 18 CREAM, HALF AND HALF (CREAM AND MILK) CUP
 19 CREAM, LIGHT, COFFEE OR TABLE CUP
 20 CREAM, LIGHT, COFFEE OR TABLE TBSP
 21 CREAM, SOUR TBSP
 22 CREAM, WHIPPED TOPPING (PRESSURIZED) TBSP
 23 CREAM, WHIPPING, UNWHIPPED (VOL DOUBLE WHIPPED) LIGHT TBSP
 24 CREAM, WHIPPING, UNWHIPPED (VOL DOUBLE WHIPPED) HEAVY TBSP
598 CREAMED POTATOES CUP
149 CUCUMBERS, 10 OZ RAW, PARED, CNTR SLICE 1/8 IN THICK SLCS
150 DANDELION GREENS, COOKED CUP
291 DANISH PASTRY, PLAIN (w/OUT FRUIT OR NUTS) ROUND PC PASTRY
202 DATES, PITTED, CUT CUP
546 DEVEILED HAM T.
466 DIET COKE CUP
435 DOUGHNUT WITH SUGAR ICING, GLAZED, NONENRICHED DGHNUT
430 DOUGHNUT, YEAST, JELLY-FILLED, NONENRICHED DGHNUT
431 DOUGHNUT, YEAST, RAISED, NONENRICHED DGHNUT
292 DOUGHNUTS, CAKE TYPE DOUGHN
549 DUCK, ROASTED (1 OZ.) SLICE

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CODE FOOD ITEM

443	ECLAIR, CUSTARD FILLING, CHOCOLATE ICING	ECLAIR
484	EGGNOG	CUPS
40	EGGS, LARGE 24 OZ PER OZ SCRAMBLED WITH MILK AND FAT	EGG
39	EGGS, LG 24OZ DZ, RAW/COOKED IN SHELL,WHOLE W/O SHELL	EGG
151	ENDIVE, CURLY (INCLUDING ESCAROLE)	OZS
293	FARINA, QUICK-COOKING, ENRICHED, COOKED	CUP
203	FIGS, DRIED, LARGE, 2 BY 1 INCH	FIG
92	FISH AND SHELLFISH, BLUEFISH, BAKED WITH TABLE FAT	OZS
93	FISH AND SHELLFISH, CLAMS, RAW, MEAT ONLY	OZS
94	FISH AND SHELLFISH, CLAMS, CANNED, SOLIDS AND LIQUIDS	OZS
95	FISH AND SHELLFISH, CRABMEAT, CANNED	OZS
97	FISH AND SHELLFISH, HADDOCK, BREADED, FRIED	OZS
98	FISH AND SHELLFISH, OCFAN PERCH, BREADED, FRIED	OZS
99	FISH AND SHELLFISH, OYSTERS, RAW, MEAT ONLY	CUP
100	FISH AND SHELLFISH, SALMON, PINK, CANNED	OZS
101	FISH AND SHELLFISH, SARDINES, CND IN OIL,DRAINED SLDS	OZS
102	FISH AND SHELLFISH, SHAD, BAKED W TABLE FAT AND BACON	OZS
103	FISH AND SHELLFISH, SHRIMP, CANNED, MEAT	OZS
104	FISH AND SHELLFISH, SWORDFISH,BROILED, BUTTER OR OLEO	OZS
105	FISH AND SHELLFISH, TUNA, CND IN OIL, DRAINED SOLIDS	OZS
554	FISH CAKES OR HALLS	CAKE
96	FISH STICK,BREADED,FRZ,CKD,10 STICKS/PKG	STK
528	FRENCH TOAST	SLICE
465	FRESCA	CUP
561	FRIED EGG	EGG
594	FRIED POTATOES	CUP
424	FROZEN GREEN PEAS AND PEARL ONIONS	CUP
204	FRUIT COCKTAIL, CANNED, IN HEAVY SIRUP	CUP
416	FRUIT SALAD	CUP
385	GELATIN DESSERT, PREPARED WITH WATER	CUP
384	GELATIN, PLAIN, DRY POWDER IN ENVELOPE	ENVELO
576	GOULASH (GR. BEEF, TOMATO, NOODLES)	CUP
208	GRAPEFRUIT JUICE, FRESH	CUP
209	GRAPEFRUIT JUICE, CANNED, WHITE, UNSWEETENED	CUP
210	GRAPEFRUIT JUICE, FRZN, CONC, UNSWEETENED, DILUTED	CUP
207	GRAPEFRUIT, CANNED, SIRUP PACK	CUP
205	GRAPEFRUIT, RAW, MEDIUM, 3 3/4 IN DIAM, WHITE	GFRT
206	GRAPEFRUIT, RAW, MEDIUM, 3 3/4 IN DIAM, PINK OR RED	GFRT
212	GRAPEJUICE, CANNED OR BOTTLED	CUP
213	GRAPEJUICE, FRZN, CONC, SWEETENED, DIL, 3 PARTS WATER	CUP
211	GRAPES,RAW,ALL TYPES	CUP
481	GRAVY, BROWN	TBSP.
547	HAM SALAD SANDWICH (WITH 2 SLICES ENRICHED BREAD)	WHOLE
586	HAWAIIAN PUNCH (PINEAPPLE AND ORANGE)	CUP
66	HEART, BEEF, LEAN, BRAISED	OZS
580	HI-C	OZ.
527	HOLLYWOOD DIET BREAD	SLICE
364	HONEY, STRAINED OR EXTRACTED	TBSP
480	HOT PEPPERS, CANNED	PODS
439	ICE CREAM CONE, NONENRICHED	CONE
485	ICE CREAM, FRENCH STYLE, 16 PCT.	CUP
460	ICING, BUTTER	T.
29	IMIT CREAM PRODS (W VEG FAT), WHIPPED TOPPING, FROZEN	TBSP
27	IMIT CRM PRODS (VEG FAT)SOUP DRESSING W/NFAT DRY MILK	TBSP

CODE FOOD ITEM

CODE	FOOD ITEM	UNIT
3	MILK, FL. PARTLY SKIMMED, 2(NONFAT MILK SOLIDS ADDED	CUP
2	MILK, FLUID, NONFAT (SKIM)	CUP
1	MILK, FLUID, WHOLE 3.5(FAT	CUP
482	MILK, 1 PCT. FAT	CUP
483	MILKSHAKE	CUP
588	MIXED VEGETABLES, FROZEN	CUP
296	MUFFINS, WITH ENRICHED WHITE FLOUR, MUFFIN, 3 IN DIAM	MUFFIN
155	MUSHROOMS, CANNED, SOLIDS AND LIQUID	CUP
478	MUSTARD	TBSP.
156	MUSTARD GREENS, COOKED	CUP
470	NESTLES QUIK	TSP.
535	NOODLES (CHOW MEIN), UNENRICHED	CUPS
297	NOODLES (EGG NOODLES), COOKED, ENRICHED	CUP
299	OATMEAL OR ROLLED OATS, COOKED	CUP
28	IMIT CRM PRODS (W VEG FAT), WHIPPED TOPPING, PRESSRZD	TBSP
25	IMITATION CRM PRODS (WITH VEG FAT), CREAMERS, POWDERED	TSP
26	IMITATION CRM PRODS (W VEG FAT), CREAMERS, LIQUID FRZN	TBSP
463	INSTANT BREAKFAST (WITH 8 OZ. MILK)	PKG.
474	ITALIAN SALAD DRESSING	TBSP.
365	JAMS AND PRESERVES	TBSP
366	JELLIES	TBSP
152	KALE, LEAVES INCLUDING STEMS, COOKED	CUP
467	KOOL AID	CUP
468	KOOL AID, PRE-SWEETENED	CUP
67	LAMB, CKD, CHOP, THICK, WITH BONE, BROILED, LEAN, FAT	CHOP
68	LAMB, CKD, CHOP, THICK, WITH BONE, BROILED, LEAN ONLY	CHOP
69	LAMB, COOKED, LEG, ROASTED, LEAN AND FAT	OZS
70	LAMB, COOKED, LEG, ROASTED, LEAN ONLY	OZS
71	LAMB, COOKED, SHOULDER, ROASTED, LEAN AND FAT	OZS
72	LAMB, COOKED, SHOULDER, ROASTED, LEAN ONLY	OZS
428	LEMON PUDDING, PIE FILLING	CUP
215	LEMONADE CONC, DILUTED WITH 4 1/3 PARTS WATER BY VOL	CUP
214	LEMONS, RAW, 2 1/8 IN DIAM, SIZE 165 USED FOR JUICE	LEMON
153	LETTUCE, RAW, BUTTERHEAD, BOSTON TYPES, HEAD 4 IN DIA	HD
154	LETTUCE, RAW, CRISPHEAD, ICEBERG HEAD, 4 3/4 IN DIAM	HD
216	LIMEADE CONC, FRZN, DIL WITH 4 1/3 PARTS WATER BY VOL	CUP
73	LIVER, BEEF, FRIED	OZS
295	MACARONI (ENRICHED) AND CHEESE, BAKED	CUP
538	MACARONI SALAD	CUP
294	MACARONI, COOKED, ENRICHED, COOKED UNTIL TENDER	CUP
587	MANDARIN ORANGE SEGMENTS	CUP
342	MARGARINE, REG, 4 STICKS LB, PAT (1 IN SQ, 90 PER LB)	PAT
343	MARGARINE, WHIPPED, 6 STICKS PER POUND, STICK	CUP
344	MARGARINE, WHIPPED, SOFT, 2-8 OZ TUBS PER LB, TUB	TUB
345	MARGARINE, WHIPPED, SOFT, 2-8 OZ TUBS PER LB, TBSP	TBSP
563	MEAT LOAF (SLICE 4 IN X 3 IN X 3/8 IN)	SLICE
530	MELBA TOAST, ENRICHED	PIECE
30	MILK BEVERAGES, CUCUA, HOMEMADE	CUP
32	MILK BEVERAGES, MALTED MILK, BEVERAGE	CUP
31	MILK BEVG, CHOC FLVR DRINK W SKIM MILK W 2(BUTTERFAT	CUP
33	MILK DESSERTS, CUSTARD, BAKED	CUP
34	MILK DESSERTS, ICE CREAM, REGULAR (APPROX 10(FAT)	CUP
35	MILK DESSERTS, ICE MILK, HARDENED	CUP
36	MILK DESSERTS, ICE MILK, SOFT-SERVE	CUP
4	MILK, CND, CONC, UNDILUTED, EVAPORATED, UNSWEETENED	CUP

CODE FOOD ITEM

CODE	FOOD ITEM	
298	OATS (WITH OR WITHOUT CORN) PUFFED, ADDED NUTRIENTS	CUP
386	OLIVES, PICKLED, GREEN	MED
387	OLIVES, PICKLED, RIPE, MISSION	LG
157	ONIONS, MATURE, COOKED	CUP
158	ONIONS, YOUNG GREEN, SMALL, WITHOUT TOPS	ONIOS
583	ORANGE DRINK (REHYDRATED CRYSTALS)	CUP
219	ORANGE JUICE, CANNED, UNSWEETENED	CUP
221	ORANGE JUICE, DEHYDRATED CRYSTALS W/WATER	CUP
218	ORANGE JUICE, FRESH, ALL VARIETIES	CUP
220	ORANGE JUICE, FRZN CONC, DILUTED	CUP
222	ORANGE-APRICOT JUICE DRINK	CUP
223	ORANGE-GRAPEFRUIT JUICE, FRZN CONC, DIL 3 PARTS WATER	CUP
217	ORANGES, RAW, 2 5/8 IN DIAM, ALL COMMERCIAL VARIETIES	ORANG
472	OVALTINE (WITH 8 OZ. MILK)	OZ.
302	PANCAKES, PLAIN OR BUTTERMILK (FROM MIX W/EGG, MILK)	CAKE
300	PANCAKES, 4 IN DIAM, WHEAT, ENR FLOUR (HOME RECIPE)	CAKE
301	PANCAKES, 4 IN DIAM, BUCKWHEAT (FROM MIX W/EGG, MILK)	CAKE
224	PAPAYAS, RAW, 1/2 INCH CURES	CUP
487	PARMESAN CHEESE	OZ.
159	PARSNIPS, COOKED	CUP
227	PEACHES, CND, SLDS, LIQ, SYRP PACK, HVY, HALVES, SLICES	CUP
228	PEACHES, CND, YELLOW-FLESH, SOLIDS-LIQUID, WATER PACK	CUP
229	PEACHES, DRIED, UNCOOKED	CUP
230	PEACHES, DRIED, CKD, UNSWEETENED, 10-12 HALVES, JUICE	CUP
226	PEACHES, RAW, SLICED	CUP
225	PEACHES, RAW, WHOLE, MEDIUM, 2 IN DIAM ABOUT 4 PER LB	PEACH
115	PEANUT BUTTER	TBS
114	PEANUTS, ROASTED, SALTED, HALVES	CUP
232	PEARS, CND, SLDS, LIQ, SYRP PACK, HVY, HALVES, SLICES	CUP
231	PEARS, RAW, 3 BY 2 1/2 INCH DIAMETER	PEAR
592	PEAS AND CARROTS, FROZEN	CUP
161	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	CUP
160	PEAS, GREEN, COOKED	CUP
116	PEAS, SPLIT, DRY, COOKED	CUP
163	PEPPERS, SWEET, COOKED, BOILED, DRAINED	POD
162	PEPPERS, SWT, RAW, 5 PER LB GRN POD W/OUT STEM, SEEDS	POD
388	PICKLES, CUCUMBER, DILL, MED, WHOLE, 3 3/4 LG, 1 1/4 DIA	PKLE
389	PICKLES, CUCUMBER, FRESH, SLICED, 1 1/2 IN DIAM	SLCS
390	PICKLES, CUCUMBER, SWT GHERKIN, SM, WHOLE, 2 1/2 IN LG	PKLE
391	PICKLES, CUCUMBER, RELISH, FINELY CHOPPED, SWEET	TBSP
454	PIE, BANANA CREAM, 1/6 OF 9 IN PIE	PIECE
442	PIE, BLUEBERRY, 1/6 OF 9 IN PIE	PIECE
444	PIE, CREAM, 1/6 OF 9 IN PIE	PIECE
441	PIE, PEACH, 1/6 OF 9 IN PIE	PIECE
447	PIE, PECAN, 1/6 OF 9 IN PIE	PIECE
451	PIE, RAISIN, 1/6 OF 9 IN PIE	PIECE
440	PIE, RHUBARB, 1/6 OF 9 IN PIE	PIECE
446	PIE, STRAWBERRY, 1/6 OF 9 IN PIE	PIECE
304	PIE, 1 CRUST, BUTTERSCOTCH, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
306	PIE, 1 CRUST, CUSTARD, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
307	PIE, 1 CRUST, LEMON MERINGUE, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
309	PIE, 1 CRUST, PECAN, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
310	PIE, 1 CRUST, PINEAPPLE, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
311	PIE, 1 CRUST, PUMPKIN, 1/7 OF 9 IN PIE, 4 IN SECTION	PCE
303	PIE, 2 CRUST, APPLE 1/7 OF 9 IN PIE, 4 IN SECTION	PCE

CODE FOOD ITEM

305	PIE,2 CRUST,CHERRY,1/7 OF 9 IN PIE,4 IN SECTION	PCE
308	PIE,2 CRUST,MINCE,1/7 OF 9 IN PIE,4 IN SECTION	PCE
420	PINEAPPLE CHUNKS, FROZEN	CUP
236	PINEAPPLE JUICE, CANNED	CUP
585	PINEAPPLE-GRAPEFRUIT DRINK	CUP
234	PINEAPPLE, CND, HVY SYRP PACK, SOLIDS, LIQ, CRUSHED	CUP
235	PINEAPPLE, CND, HVY SYRP PACK, SOLIDS, LIQUID, SLICED	LARGE
419	PINEAPPLE, DIET	SLICE
233	PINEAPPLE, RAW, DICED	CUP
312	PIZZA (CHEESE) 5 1/2 IN SECTOR, 1/8 OF 14 IN DIAM PIE	PCE
237	PLUMS, ALL EXCEPT PRUNES, RAW, 2 IN DIA, ABOUT 2 OZ	PLUM
238	PLUMS, ALL EXCEPT PRUNES, CND, SYRP PK. (W PITS)JUICE	CUP
562	POACHED EGG	EGG
429	POP-TART (TOASTER PASTRY), NONENRICHED	PASTRY
313	POPCORN, POPPED, PLAIN, LARGE KERNEL	CUP
314	POPCORN, POPPED, WITH OIL AND SALT	CUP
315	POPCORN, POPPED, SUGAR COATED	CUP
392	POPSICLE, 3 FL OZ SIZE	POP
74	PORK, CURED, CKD, HAM, LIGHT CURE, LEAN, FAT, ROASTED	OZS
75	PORK, CURED, CKD, LUNCHEON MEAT, BOILED HAM, SLICED	OZS
76	PORK, CURED, CKD, LUNCHEON MEAT, CND, SPICED,UNSPICED	OZS
77	PORK, FRESH, COOKED, CHOP, THICK WITH BONE, LEAN, FAT	CHOP
78	PORK, FRESH, COOKED, CHOP, THICK WITH BONE, LEAN ONLY	CHOP
81	PORK, FRESH, COOKED, CUTS, SIMMERED, LEAN AND FAT	OZS
82	PORK, FRESH, COOKED, CUTS, SIMMERED, LEAN ONLY	OZS
79	PORK, FSH, CKD, ROAST, OVEN-CKD, NO LIQUID, LEAN, FAT	OZS
80	PORK, FSH, CKD, ROAST, OVEN-CKD, NO LIQUID, LEAN ONLY	OZS
176	POTATO CHIPS, MEDIUM, 2 INCH DIAM	CHIPS
597	POTATO SOUP	CUP
164	POTATOES, MED, (3 PER LB RAW),BKD,PEELED AFTER BAKING	PTATO
165	POTATOES, MEDIUM, BOILED, PEELED AFTER BOILING	PTATO
166	POTATOES, MEDIUM, FRENCH-FRIED, COOKED IN DEEP FAT	PCS
167	POTATOES, MEDIUM, FRENCH-FRIED, FROZEN, HEATED	PCS
168	POTATOES, MEDIUM, MASHED, MILK ADDED	CUP
169	POTATOES, MEDIUM, MASHED, MILK AND BUTTER ADDED	CUP
316	PRETZELS, DUTCH, TWISTED	PTZL
318	PRETZELS, STICK, SMALL, 2 1/4 INCHES	STICKS
319	PRETZELS, STICK, REGULAR, 3 1/8 INCHES	STICKS
317	PRETZELS, THIN, TWISTED	PTZL
241	PRUNE JUICE, CANNED OR BOTTLED	CUP
239	PRUNES, DRIED, SOFTENIZED, MEDIUM, UNCOOKED	PRUNES
240	PRUNES, DRIED, SOFTENIZED, MED, COOKED, UNSWEETENED	CUP
393	PUDDING, HOME RECIPE WITH STARCH BASE, CHOCOLATE	CUP
394	PUDDING, HOME REC W/STARCH BASE, VANILLA(BLANC MANGE)	CUP
242	RAISINS, SEEDLESS, PKG, 1/2 OZ OR 1 1/2 TBSP PER PKG	PACKAG
417	RASPBERRIES, CANNED	CUP
243	RASPBERRIES, RED, RAW	CUP
573	RAVIOLI	CUP
551	RED SNAPPER	OZ.
244	RHUBARB, COOKED, SUGAR ADDED	CUP
425	RICE PUDDING WITH RAISINS	CUP
453	RICE, GLORIFIED RICE	CUP
324	RICE, PUFFED, ADDED NUTRIENTS	CUP
320	RICE, WHITE, ENRICHED, COOKED	CUP
321	RICE, WHITE, ENRICHED, INSTANT, READY-TO-SERVE	CUP

CODE FOOD ITEM

323	RICE, WHITE, PARBOILED, COOKED	CUP
322	RICE, WHITE, UNENRICHED, COOKED	CUP
537	RITZ CRACKERS, UNENRICHED	CRACK
325	ROLLS, ENRICHED, CLOVERLEAF OR PAN, HOME RECIPE	ROLL
326	ROLLS, ENRICHED, CLOVERLEAF OR PAN, COMMERCIAL	ROLL
327	ROLLS, ENRICHED, FRANKFURTER OR HAMBURGER	ROLL
328	ROLLS, ENRICHED, HARD, ROUND OR RECTANGULAR	POLL
329	RYE WAFERS, WHOLE-GRAIN, 1 7/8 BY 3 1/2 INCHES	WFRS
346	SALAD DRESSINGS, BLUE CHEESE	TBSP
347	SALAD DRESSINGS, COMMERCIAL, MAYONNAISE TYPE, REGULAR	TBSP
348	SALAD DRESSINGS, COMM, MAY TYPE, SP DIET, LOW-CALORIE	TBSP
349	SALAD DRESSINGS, FRENCH, REGULAR	TBSP
350	SALAD DRESSINGS, FRENCH, SP DIET, LOW-FAT W/ART SWTNR	TBSP
351	SALAD DRESSINGS, HOME COOKED, BOILED	TBSP
352	SALAD DRESSINGS, MAYONNAISE,	TBSP
353	SALAD DRESSINGS, THOUSAND ISLAND	TBSP
559	SALMON LOAF PATTIES	OZ.
477	SALTED ALMONDS	ALMOND
462	SAUCE, BUTTERSCOTCH	T.
461	SAUCE, CHOCOLATE	T.
171	SAUERKRAUT, CANNED, SOLIDS AND LIQUID	CUP
83	SAUSAGE, BOLOGNA, SLICE, 3 IN DIAM BY 1/8 INCH	SLCS
84	SAUSAGE, BRAUNSCHWEIGER, SLICE 2 IN DIAM BY 1/4 INCH	SLCS
86	SAUSAGE, PORK LINKS, COOKED (16 LINKS PER LB RAW)	LINKS
87	SAUSAGE, SALAMI, DRY TYPE	OZ
88	SAUSAGE, SALAMI, COOKED	OZ
89	SAUSAGE, VIENNA, CANNED (7 SAUSAGES PER 5 OZ CAN)	SAUS
85	SAUSAGE, HOT DOG, HEATED (10 PER LB PURCHASED)	HOT D
596	SCALLOPED POTATOES	CUP
552	SCALLOPS, FRIED	PCS.
395	SHERBET	CUP
550	SHRIMP, FRIED, MEDIUM SIZE	SHRIMP
367	SIRUPS, SORGHUM	TBSP
368	SIRUPS, TABLE BLENDS, CHIFFLY CORN, LIGHT AND DARK	TBSP
566	SLOPPY JOE MIXTURE	CUP
556	SOLE FILLET (FISH)	OZ.
396	SOUPS, COND, CONDENSE, PREPRD W/EQ VOL MLK, CREAM CHICKEN	CUP
397	SOUPS, COND, CONDENSE, PREPRD W/EQ VOL MLK, CREAM MUSHROOM	CUP
398	SOUPS, COND, CONDENSE, PREPARED W/EQUAL VOL OF MLK, TOMATO	CUP
399	SOUPS, COND, CONDENSE, PREPARED W/EQ VOL WATER, BEAN W/PORK	CUP
401	SOUPS, COND, CONDENSE, PREPRD W/EQ VOL WATER, BEEF NOODLE	CUP
402	SOUPS, COND, CONDENSE, CLAM CHWDR, MANHATTAN (W/TOM, NO MLK)	CUP
403	SOUPS, COND, CONDENSE, PRPD W/EQ VOL WATER, CREAM CHICKEN	CUP
404	SOUPS, COND, CONDENSE, PRPD W/EQ VOL WATER, CREAM MUSHROOM	CUP
405	SOUPS, COND, CONDENSE, PREPRD W/EQ VOL WATER, MINISTRONE	CUP
406	SOUPS, COND, CONDENSE, PREPARED W/EQ VOL WATER, SPLIT PEA	CUP
407	SOUPS, COND, CONDENSE, PREPARED W/EQUAL VOL WATER, TOMATO	CUP
408	SOUPS, COND, CONDENSE, PREPARED W/EQ VOL WATER, VEG BEEF	CUP
409	SOUPS, COND, CONDENSE, PREPARED W/EQ VOL WATER, VEGETARIAN	CUP
400	SOUPS, COND, CONDENSED, BEEF BROTH, BOUILLON CONSOMME	CUP
471	SPACE FOOD STICK	STICK
333	SPAGHETTI IN TOMATO SAUCE WITH CHEESE, HOME RECIPE	CUP
334	SPAGHETTI IN TOMATO SAUCE WITH CHEESE, CANNED	CUP
331	SPAGHETTI WITH MEAT BALLS, TOMATO SAUCE, HOME RECIPE	CUP
332	SPAGHETTI WITH MEAT BALLS, AND TOMATO SAUCE, CANNED	CUP

CODE FOOD ITEM

CODE	FOOD ITEM	
574	SPAGHETTI-OS (CANNED)	CUP
330	SPAGHETTI, COOKED, TENDER STAGE, ENRICHED	CUP
578	SPANISH RICE	CUP
541	SPARE RIBS, COOKED	RIBS
173	SPINACH, CANNED, DRAINED SOLIDS	CUP
172	SPINACH, COOKED	CUP
125	SPROUTED MUNG BEANS, COOKED, DRAINED	CUP
174	SQUASH, COOKED, SUMMER, DICED	CUP
175	SQUASH, COOKED, WINTER, BAKED, MASHED	CUP
584	START	CUP
245	STRAWBERRIES, RAW, CAPPED	CUP
369	SUGARS, WHITE, GRANULATED	TBSP
479	SUNFLOWER SEEDS	OZ.
531	SWEET ROLL, ENRICHED	ROLL
176	SWEETPOTATOES, CKD, MED, BAKED, PEELED AFTER BAKING	SWPOT
177	SWEETPOTATOES, CKD, MED, BOILED, PEELED AFTER BOILING	SWPOT
178	SWEETPOTATOES, CANDIED, 3 1/2 BY 2 1/4 INCHES	SWPOT
179	SWEETPOTATOES, CANNED, VACUUM OR SOLID PACK	CUP
581	TANG	CUP
247	TANGERINE JUICE, CANNED, SWEETENED	CUP
246	TANGERINES, RAW, MEDIUM, 2 3/8 IN DIAM, SIZE 176	TANGER
410	TAPIOCA DESSERTS, APPLF	CUP
411	TAPIOCA DESSERTS, CREAM PUDDING	CUP
412	TARTAR SAUCE	TBSP
182	TOMATO CATSUP, TABLESPOON	TBSP
183	TOMATO JUICE, CANNED, CUP	CUP
571	TOMATO RICE SOUP	CUP
593	TOMATO SAUCE	CUP
181	TOMATOES, CANNED, SOLIDS AND LIQUIDS	CUP
591	TOMATOES, GREEN, RAW (1 1/2 IN DIA. 1 IN HIGH, 3 1/2 OTOMATO	OTOMATO
180	TOMATOES, RAW, APPROX 3 IN DIAM 2 1/8 IN HIGH, WT 7 OZ	TMATO
536	TORTILLA 6 IN DIAMETER, UNENRICHED	TORTIL
577	TUNA NOODLE CASSEROLE	CUP
555	TUNA SALAD	CUP
557	TUNA SALAD SANDWICH (WITH 2 SLICES ENRICHED BREAD)	WHOLE
548	TURKEY MEAT (1 OZ EACH)	SLICES
575	TURKEY NOODLE SOUP	CUP
185	TURNIP GREENS, COOKED	CUP
184	TURNIPS, COOKED, DICED	CUP
436	VANILLA WAFER, NONENRICHED	WAFER
544	VEAL CHOP	MED.
543	VEAL, BRAISED CHUCK	OZ.
90	VEAL, MEDIUM FAT, COOKED, BONE REMOVED, CUTLET	OZS
91	VEAL, MEDIUM FAT, COOKED, BONE REMOVED, ROAST	OZS
545	VENISON ROAST	OZ.
413	VINEGAR	TBSP
336	WAFFLES, FROM MIX, ENRICHED, EGG, MILK ADDED, 7 IN DIA	WAFF
335	WAFFLES, WITH ENRICHED FLOUR, 7 IN DIAM	WAFF
248	WATERMELON, RAW, WEDGE, 4 BY 8 INCHES	WEDGE
339	WHEAT FLAKES, ADDED NUTRIENTS	CUP
337	WHEAT, PUFFED, ADDED NUTRIENTS	CUP
338	WHEAT, SHREDDED, PLAIN	RIS
455	WHIPPED TOPPING	T.
558	WHITE FISH	OZ.
414	WHITE SAUCE, MEDIUM	CUP

CODE FOOD ITEM

CODE	FOOD ITEM	
567	WHOPPER	BURGER
376	WINES, DESSERT	FOZ
377	WINES, TABLE	FOZ
415	YEAST, BREWERS, DRY	TBSP
37	YOGHURT, MADE FROM PARTIALLY SKIMMED MILK	CUP
38	YOGHURT, MADE FROM WHOLE MILK	CUP
464	7-UP	CUP

FOINANA Program includes Extension Folders:

- 454A Background Information
- 454B Input Sheet Directions
- 454C Input Sheet
- 454D Dictionary of Food Items

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