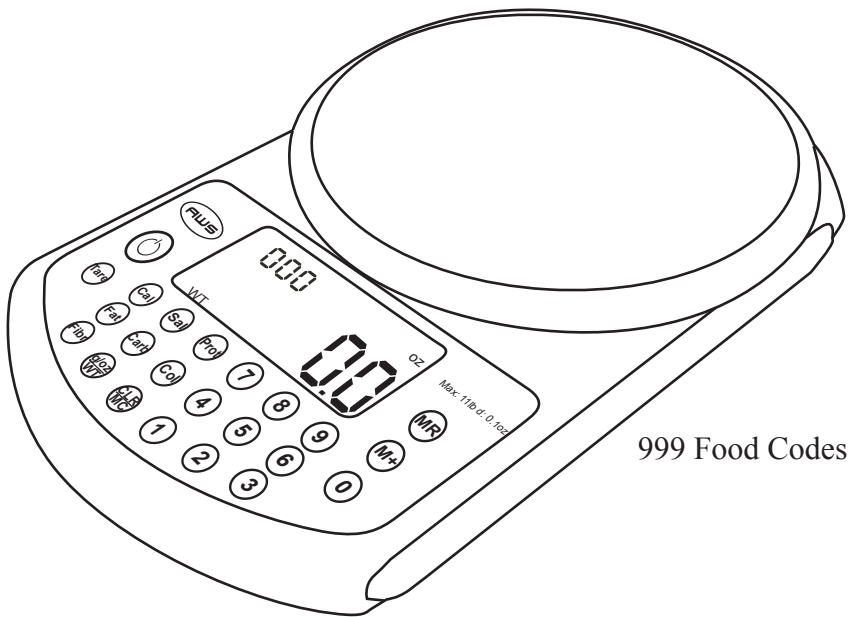


# NutriBalance-5000

*Nutritional Scale*

**11lb x 0.1oz  
5000g x 1g**



999 Food Codes

## User Manual

**DO NOT LOSE THIS MANUAL! IMPORTANT FOOD  
CODE REFERENCE TABLE INSIDE!**



# *NutriBalance-5000* **User Manual**

Thank you for purchasing the *NutriBalance-5000* from American Weigh Scales. Please read all operating instructions carefully before use. This electronic scale is a precision instrument. With normal care and proper treatment, it will provide years of reliable service.

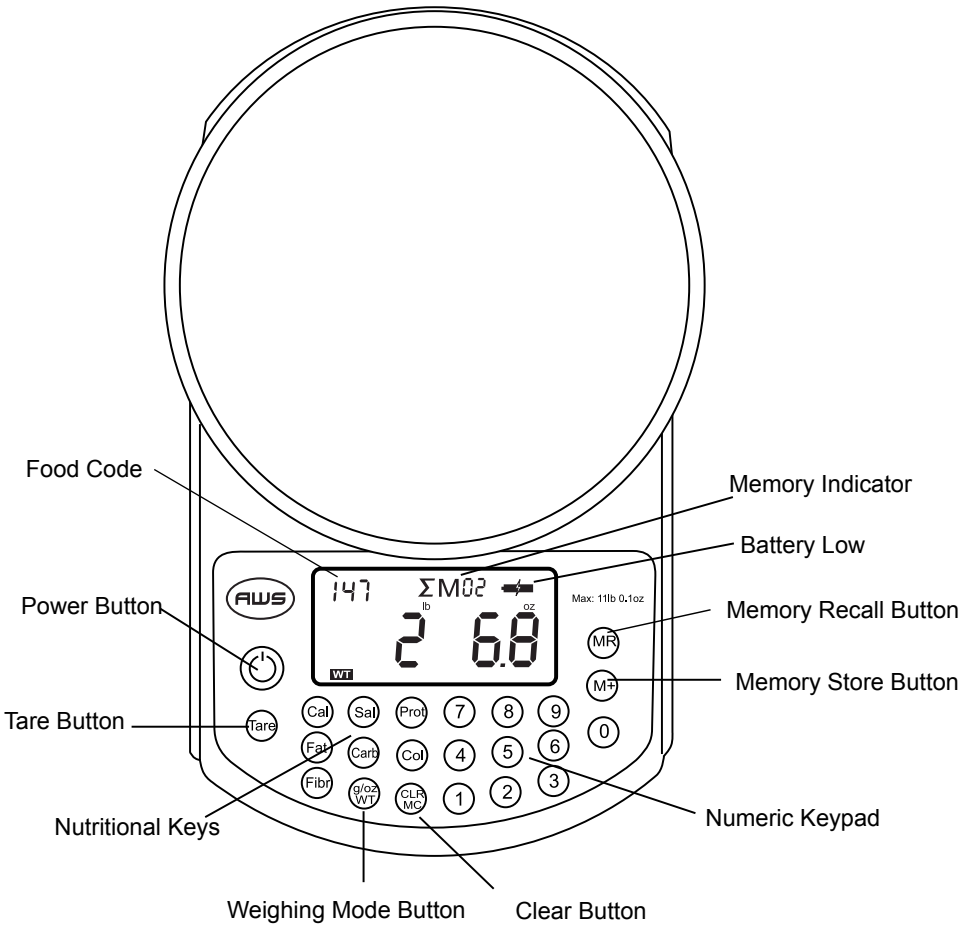
Never load the scale with more than the maximum capacity. Overloading will permanently damage it! Avoid any exposure to extreme heat or cold. Your scale works better when operated at normal room temperature. Always allow the scale to acclimate to normal room temperature for at least one hour before use. Give your scale sufficient warm up time. Usually 30-60 seconds before calibration to give the internal components a chance to stabilize.

Keep your scale in a clean environment. Dust, dirt, moisture, vibration, air currents and a close distance to other electronic equipment can all cause an adverse effect on the reliability and accuracy of your scale.

Handle with care. Gently apply all items to be weighed onto tray top. Although this scale is designed to be quite durable, try to avoid rough treatment as this may permanently damage the internal sensor.

Avoid shaking, dropping or otherwise shocking the scale. This is a precision instrument and must be handled with extreme care. Only operate the scale on a stable, vibration free surface.

# FUNCTION DESCRIPTION



**Food Code** - This is where the food code is displayed

**Power Button** - Turns the scale ON or OFF.

**Tare Button** - Resets the display to zero. Subtracts the weight of a container.

**Nutritional Keys** - Press to display the nutritional data, based on weight for the food code you entered

**Weighing Mode Button** - Press to enter Weighing Mode. Press repeatedly to change weighing units (oz, lb:oz, g, kg).

**Clear Button** - Clears the food code. Hold to clear memory data.


**Numeric Keypad** - Used to enter food codes.

**Memory Store Button** - Stores the food code and weight of the current item to memory.


**Memory Recall Button** - Recalls the combined nutritional values for all items in memory.

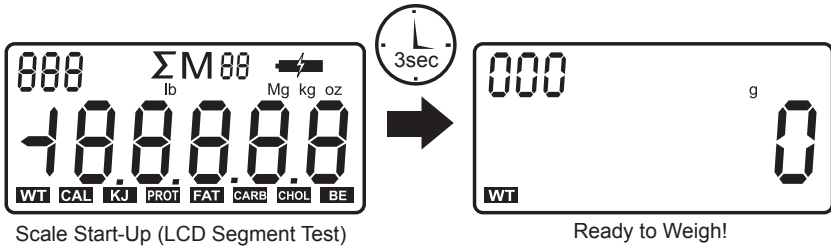
**Battery Low Indicator** - This symbol indicates that the battery is low. Change batteries.

## KEYPAD DESCRIPTION

1.  - Press to turn the scale on or off.
2. **Numerical Keys (0-9)**  
-Used to enter food codes.
3. **Function Keys (Cal, Sal, Prot...)**
  - a. Nutritional Keys:
    - Cal** - Displays Calorie Information
    - Sal** - Displays Salt Information
    - Prot** - Displays Protein Information
    - Fat** - Displays Fat Information
    - Carb** - Displays Carbohydrate Information
    - Col** - Displays Cholesterol Information
    - Fibr** - Displays Fiber Information
  - b. Other Function Keys
    - M+** - Saves Data to Memory
    - MR** - Recalls Data from Memory
    - g/oz/WT** - Sets the scale to Weighing Mode; Continue pressing to change weighing units (lb/oz, g, kg)
    - Tare** - Returns the scale to Zero. Use to subtract the weight of a container. (Duplicate Key)
    - CLR/MC** - Press this key in Weighing Mode to clear the food code. Hold for 2 sec to clear memory.

## I. Powering On

1. Push the  button to turn the scale on.
2. The LCD segments will all light up for about 3 seconds, then the scale will enter normal Weighing Mode. Do not place any items to weigh on the scale until the display shows zero. (0g / 0oz etc.)



## II. Tare Feature

To weigh using a container, you should place it on the platform before turning the scale on. However, you may use the “Tare” button to subtract the weight of a container as well.

1. Place the container on the scale. (Tare item)
2. Press the Tare button to return the display to zero (0g / 0oz etc.)
3. You may now place your item(s) to be weighed into the container. (Net Weight Items)

## II. Weighing

1. Turn on the scale as described in Part I. Wait for the scale to go to zero.
2. Place your food items on the scale and read the weight on the LCD.
3. The scale will turn off automatically if idle for 60 seconds.

**Special Note:** To weigh additional items in the same bowl, you can press the Tare button in between adding ingredients to reset the display to zero.

**Overload:** The maximum weight that the scale can weigh at one time is 11 lbs (5kg). Weighing items more than this will cause the display to show “Error”. Remove the excess weight.

## II. Obtaining Nutritional Data

1. With the scale on, place the food item onto the weighing platform.
2. Find the 3-digit code for your item in the food code list (page 8).
3. Using the number-pad, enter the 3-digit food code. The food code is displayed in the upper left hand corner of the LCD.
4. Press the CLR/MC button if you make a mistake. The code is confirmed once all 3 digits are entered.
5. Once the code is confirmed, you may press any of the nutritional keys (Cal, Sal, Prot, Fat, Carb, Col, Fibr) to obtain nutritional information. See the Keypad Description section for further information on the nutritional keys.
6. When you are finished with that food item, press the CLR/MC key to clear the food code and enter a new one.
7. You may press the g/oz/WT button to return to normal weighing mode at any time.

## II. Saving Nutritional Data

This scale has a memory function which allows you to accumulate the nutritional data for multiple foods. This is great for finding out how much nutrition is in a whole meal, or how much nutrition you have consumed for the day.

1. Place the first item on the scale and enter its food code. Now press “M+” to save the weight and code into memory. M01 will be shown to let you know there is one item in memory.
2. Press (CLR/MC) to clear the previous food code.
3. Place the second item on the scale and enter its food code. Now press “M+” to save the weight and code into memory. M02 will be shown to let you know there are two items in memory.
4. Repeat the above steps to accumulate all values. The maximum is 99 records.

**NOTE:** You **MUST** be in Normal Weighing Mode to accumulate weight data. Press the g/oz/WT button to switch to Normal Weighing Mode before pressing the M+ key, if necessary.

## II. Recalling Saved Nutritional Data

To see the total values for the food items you saved into memory, follow these steps:

1. Press the “MR” key once. The total calories of the food items will be displayed.  $\Sigma$  is displayed next to the memory indicator to indicate that the total memory is being displayed.
2. You can now press any of the other nutritional buttons to display the total of the other nutritional values such as carbohydrates, etc.
3. Return to weighing mode by pressing the g/oz/WT button.

## NUTRITIONAL SCALE - FOOD GROUPS & VALUES

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



FOOD NAME	FOOD #
<b>DAIRY PRODUCTS cont.</b>	
Cream, sour	
Regular	065
Reduced fat	067
Fat free	068
Cream product, sweet	
Powdered	069
Whipped topping, frozen	070
Powdered with whole milk	072
Pressurized	074
Frozen dessert	
Yogurt, soft serve, chocolate	076
Yogurt, soft serve, vanilla	077
Ice cream, chocolate	078
Ice cream, vanilla	079
Ice cream light, vanilla	080
Ice cream, low fat, chocolate	081
Ice cream, vanilla	082
Ice cream, soft serve, vanilla	083
Sherbert, orange	084
<b>MILK</b>	
Fluid	
Whole (3.3% fat)	085
Reduced fat (2%)	086
Lowfat (1%)	087
Nonfat (skim)	088
Buttermilk	089
Canned	
Condensed, sweetened	090
Evaporated whole milk	091
Evaporated skim milk	092
Dried, Buttermilk	093
Milk beverage chocolate, commercial	
Whole	094
Reduced fat (2%)	095
Lowfat (1%)	096
Milk beverage	
Eggnog (commercial)	097
Shake, thick, chocolate	098

FOOD NAME	FOOD #
Shake, thick, vanilla	099
Yogurt	
Lowfat milk, fruit flavored	100
Lowfat milk, plain	101
Nonfat milk, fruit flavored	102
Nonfat milk, plain	103
Whole milk, plain	104
Nonfat milk, low cal sweetener, vanilla or lemon	105
<b>EGGS</b>	
Raw, whole	106
Raw, white	109
Raw, yolk	110
Hard cooked, no shell	111
Poached, with salt	112
Scrambled, margarine, whole milk, salt	113
Substitute, liquid	114
<b>FATS &amp; OILS</b>	
Butter	
Salted	115
Unsalted	118
Lard	119
Margarine, salt	
Regular (80% fat), hard	121
Regular (80% fat), soft	124
Spread (60% fat), hard	126
Spread (60% fat), soft	129
Spread (40%)	131
Butter blend	133
Oils, salad or cooking	
Canola	135
Corn	137
Olive	139
Peanut	141
Safflower	143
Sesame	145
Soybean hydrogenated	147
Sunflower	149

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

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

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

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

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

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

FOOD NAME	FOOD #
Tahini	568
Walnuts, English, chopped	569

### MEAT & MEAT PRODUCTS

#### Beef cooked, cuts braised or pot roast

Lean & fat	571
Lean only	572

#### Beef cooked, bottom round

Lean & fat	573
Lean only	574

#### Ground beef, broiled

83% lean	575
79% lean	576
73% lean	577

Liver, fried, sliver	578
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Roast, oven cooked, rib, lean & fat	579
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Roast, oven cooked, rib, lean only	580
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Eye of round, lean & fat	581
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Eye of round, lean only	582
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Steak, sirloin, broiled, piece, lean & fat	583
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Steak, sirloin, broiled, piece, lean only	584
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Beef, canned, corned	585
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Beef, dried, chipped	586
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#### Lamb, cooked

Chops, lean & fat	587
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Chops, lean only	588
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Loin broiled, lean & fat	589
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Loin broiled, lean only	590
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Leg, roasted, lean & fat	591
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Pork, cured, cooked, bacon, regular	592
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Pork, cured, cooked, bacon, Canadian	593
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Ham, lean & fat	594
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Ham, canned	595
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Pork, fresh, cooked, lean & fat	596
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Ham, leg, roasted, piece, lean & fat	597
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Rib roast, lean & fat	598
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Ribs, lean & fat, cooked, backribs	599
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Ribs, lean & fat, cooked, spare ribs, braised	600
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Sausages, Lunch Meat, Bologna, beef & pork	601
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Sausages, brown & serve, cooked	602
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Cooked ham, regular	603
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FOOD NAME	FOOD #
Cooked ham, extra lean	604
Frankfurter, beef & pork	605
Frankfurter, beef	606
Pork sausage, cooked, link	607
Pork sausage, cooked, patty	608
Salami, beef & pork, cooked	609
Salami, beef & pork, dry	610
Vienna sausage	611
Veal, lean & fat, cooked, cutlet braised	612

### MIXED DISHES & FAST FOODS

Beef macaroni, frozen, HEALTHY CHOICE	613
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Beef stew, canned	614
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Chicken pot pie, frozen	615
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Chili con carne with beans, canned	616
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Macaroni & cheese, canned, with corn oil	617
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Meatless burger patty, frozen, MORNINGSTAR FARMS	618
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Spaghetti bolognese, frozen, HEALTHY CHOICE	619
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Spinach souffle, home-prepared	620
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Tortellini, pasta with cheese filling, frozen	621
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#### Fast foods, breakfast items

Biscuit with egg & sausage	622
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Danish pastry, fruit	623
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Danish pastry, cheese	624
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French toast with butter	625
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Hash brown potatoes	626
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Pancakes, butter & syrup	627
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Burrito, beans & chesse	628
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Burrito, beans & meat	629
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#### Cheeseburger, regular with condiments

Double patty, mayo type dressing	630
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Single patty	631
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#### Cheeseburger, regular, plain

Double patty	632
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Double patty, 3-piece bun	633
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Single bun	634
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FOOD NAME	FOOD #
<b>MIXED DISHES &amp; FAST FOODS cont.</b>	
Cheeseburger, large with condiments	
Single patty, with mayo type dressing & vegetables	635
Chicken fillet (breaded & fried) sandwich, plain	636
Chicken pieces, boneless (breaded & fried), plain	637
Chili con carne	638
Coleslaw	639
Ice milk, vanilla, soft, cone	640
Sundae, hot fudge	641
Fish sandwich, tartar sauce, cheese	642
French fries	643
Hamburger, regular with condiments	
Double patty	644
Single patty	645
Large with condiments, mayo type dressing, vegetables	
Double patty	646
Single patty	647
Hot dog, plain	648
Hot dog, chili	649
Mashed potatoes	650
Onion rings, breaded, fried	651
Pizza, cheese	652
Pizza, pepperoni	653
Salad, chicken, no dressing	654
Shake, chocolate	655
Shake, vanilla	656
Shrimp, breaded, fried	657
Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable	658
Sub sandwich, roast beef, mayo, vegetable	659
Sub sandwich, tuna salad, mayo, lettuce	660
Taco, beef	661

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

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

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

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



# FOOD GUIDE PYRAMID

## A GUIDE TO DAILY FOOD CHOICE

Fats, Oils & Sweets  
**USE SPARINGLY**

### KEY

● Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fat and added sugars in foods

Milk, Yogurt & Cheese Group  
**2-3 SERVINGS**

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group  
**2-3 SERVINGS**

Vegetable Group  
**3-5 SERVINGS**

Fruit Group  
**2-4 SERVINGS**

Bread, Cereal, Rice & Pasta Group  
**6-11 SERVINGS**