

**NUTRI**

**BALANCE**

**2**



**Model:**  
**NB2-5000**

**#) (žal x 0.1oz  
5000g x 1g**

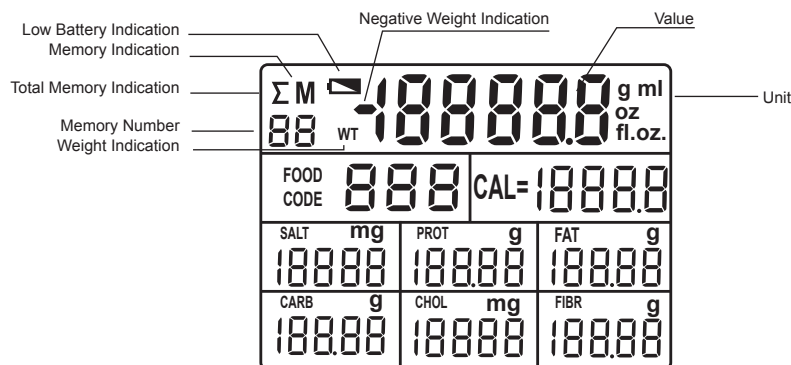


## **NUTRI-BALANCE 2 Manual**

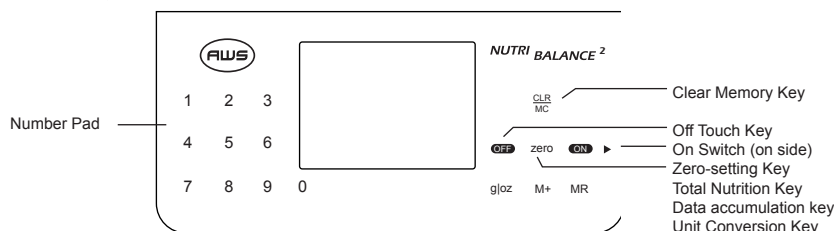
Thank you for purchasing the American Weigh NUTRI-BALANCE 2 nutritional scale. Please read all operating instructions carefully before use. Scales are precision instruments and should always be handled with proper care. To ensure years of reliable service, keep these simple tips in mind:

- Do not exceed the scales maximum capacity. Overloading your scale can permanently damage it!
- Avoid exposure to extreme heat or cold. Scales perform best at normal room temperature. If temperatures have changed dramatically, recalibration may be necessary.
- Store your scale in a clean, dry location. Dust, dirt, and moisture can accumulate on the weighing sensors and electronics causing innacuracy or malfunction.
- Avoid using your scale in close proximity to strong radio wave emitting devices such as cordless phones.
- Always weigh on a flat and level surface, free from vibrations and drafts. The corner of a room is usually the most stable.
- Avoid dropping your scale. The warranty does not cover damage due to rough treatment or overload.

## I. Display Overview



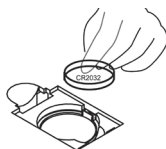
## II. Key Functions



## III. Installing Batteries.

This scale should come with batteries installed. However, you must first remove the plastic insulator strip from the battery compartment before using the scale for the first time. To install new batteries:

- Flip the scale over and locate the battery compartment.
- Insert 1 (one) new CR2032 battery into the compartment, making sure to insert them with the positive side facing up.



#### **IV. Weighing**

- Press the ON button on the right side of the scale to turn it on.
- Wait for the scale to go to zero.
- Place your food items on the scale and read the weight on the LCD.
- You may press the g/oz button to return to normal weighing mode at any time.
- The scale will turn off automatically if idle for 60 seconds.

#### **V. Tare Feature**

To weigh using a container, you may use the “zero” key to set the display back to zero.

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

**Special Note:** To weigh additional items in the same bowl, you can press the “zero” button in between each ingredient to reset the display to zero.

#### **VI. Obtaining Nutritional Data**

- With the scale on, place the item(s) onto the platform
- Find the 3-digit code for your food in the food code list (page 7)
- Using the number-pad, enter the 3-digit food code.
- The food code is displayed in the upper left hand corner of the LCD, below the weight.

- Press the CLR/MC button if you make a mistake. The code is confirmed once all 3 digits are entered.
- Once the code is confirmed, the display will show the nutritional data on the LCD.
- When you are finished with that food item, press the CLR/MC key to clear the food code and enter a new one.

## VII. 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.

- 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.
- Press (CLR/MC) to clear the previous food code.
- 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.
- 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 button to switch to Normal Weighing Mode before pressing the M+ key, if necessary.

## **VIII. Recalling Saved Nutritional Data**

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

- Press the "MR" key once. The total of all the nutritional ingredients will be displayed.  $\Sigma$  is displayed next to the memory indicator to indicate that the total memory is being displayed.
- Return to weighing mode by pressing the MR key again.

NOTE: The total weight of all ingredients cannot be displayed. If a particular nutritional value exceeds the display max, "----" will be displayed.

## **IX. Clearing Saved Nutritional Data**

To clear the saved data:

- With the scale in normal weighing mode, and the food code set to "000" tap the "CLR/MC" key once.
- "M" will flash on the LCD.
- To confirm the deletion of all records, press the "CLR/MC" key again. Otherwise press any other key to exit.

# 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 #	FOOD NAME	FOOD #
<b>DAIRY PRODUCTS cont.</b>			
Cream, sour		Shake, thick, vanilla	099
Regular	065	Yogurt	
Reduced fat	067	Lowfat milk, fruit flavored	100
Fat free	068	Lowfat milk, plain	101
Cream product, sweet		Nonfat milk, fruit flavored	102
Powdered	069	Nonfat milk, plain	103
Whipped topping, frozen	070	Whole milk, plain	104
Powdered with whole milk	072	Nonfat milk, low cal sweetener, vanilla or lemon	105
Pressurized	074	<b>EGGS</b>	
Frozen dessert		Raw, whole	106
Yogurt, soft serve, chocolate	076	Raw, white	109
Yogurt, soft serve, vanilla	077	Raw, yolk	110
Ice cream, chocolate	078	Hard cooked, no shell	111
Ice cream, vanilla	079	Poached, with salt	112
Ice cream light, vanilla	080	Scrambled, margarine, whole milk, salt	113
Ice cream, low fat, chocolate	081	Substitute, liquid	114
Ice cream, vanilla	082	<b>FATS &amp; OILS</b>	
Ice cream, soft serve, vanilla	083	Butter	
Sherbert, orange	084	Salted	115
<b>MILK</b>		Unsalted	118
Fluid		Lard	119
Whole (3.3% fat)	085	Margarine, salt	
Reduced fat (2%)	086	Regular (80% fat), hard	121
Lowfat (1%)	087	Regular (80% fat), soft	124
Nonfat (skim)	088	Spread (60% fat), hard	126
Buttermilk	089	Spread (60% fat), soft	129
Canned		Spread (40%)	131
Condensed, sweetened	090	Butter blend	133
Evaporated whole milk	091	Oils, salad or cooking	
Evaporated skim milk	092	Canola	135
Dried, Buttermilk	093	Corn	137
Milk beverage chocolate, commercial		Olive	139
Whole	094	Peanut	141
Reduced fat (2%)	095	Safflower	143
Lowfat (1%)	096	Sesame	145
Milk beverage		Soybean hydrogenated	147
Egg nog (commercial)	097	Sunflower	149
Shake, thick, chocolate	098		



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
Mayonaisse, regular	159	Scallop cooked, breaded, fried	194
Mayonaisse, light, cholesterol free	160	Scallop steamed	195
Mayonaisse, 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>		<b>FRUITS &amp; FRUITJUICES</b>	
Catfish, breaded, fried	169	Apples raw, unpeeled	205
Clam raw meat	170	Apples raw, peeled, sliced	206
Clam, breaded, fried	171	Apples dried	207
Clam, canned, drained solids	172	Apple juice, bottled or canned	208
Cod, baked or broiled	173	Applesauce, canned, sweetened	209
Crab, Alaskan King, steamed	174	Applesauce, canned, unsweetened	210
Canned crab meat	175	Apricots, raw, without pits	211
Crab cake, egg, onion, margarine, fried	176	Apricot canned, halves, fruit & liquids, heavy syrup	212
Fish fillet, battered or breaded or fried	177	Apricot canned, halves, fruit & liquids, juice pack	213
Fish stick & portion, breaded, frozen, reheated	178	Apricots, dried, sulfured	214
Flounder or Sole, baked or broiled	179	Asian pear, raw	215
Haddock, baked or broiled	180	Avocados, raw, without skin & seed	216
Halibut, baked or broiled	181		
Herring, pickled	182		
Lobster, steamed	183		
Ocean perch, baked or broiled	184		

FOOD NAME	FOOD #	FOOD NAME	FOOD #
<b>FRUITS &amp; FRUITJUICES</b> cont.			
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	
		Regular	326
		Quick	327
		Mix 'n Eat, plain	328
		Oatmeal, regular, quick or instant, plain, nonfortified	329
		Oatmeal, instant, fortified, plain	330
		Quaker Instant, Apples & Cinnamon	331
		Quaker Instant, Maple & Brown Sugar	332
		Wheatena	333
		Breakfast cereals, ready to eat	
		All Bran	334
		Apple Cinnamon, Cheerios	335
		Apple Jacks	336
		Basic 4	337
		Cap'N Crunch	338
		Cheerios	339
		Chex, Corn	340
		Chex, Honey Nut	341
		Chex, Multi Bran	342
		Chex, Rice	343
		Chex, Wheat	344
		Cinnamon Life	345
		Cocoa Krispies	346
		Cocoa Puffs	347
		Cornflakes, General Mills, Total	348
		Cornflakes, Kellogg's	349
		Corn Pops	350
		Crispix	351
		Complete Wheat Bran Flakes	352
		Froot Loops	353
		Frosted Flakes	354

## GRAIN PRODUCTS

Bagels, plain	292
Bagels, cinnamon raisin	293
Bagels, egg	294
Banana bread, recipe, margarine	295
Barley, pearled, uncooked	296
Biscuits	
Plain or buttermilk, recipe, 2% milk	297
Refrigerated dough, baked, regular	298
Breads enriched	
Cracked wheat	299
Egg bread	300
French or Vienna (incl. Sourdough)	301
Indian fry bread	302
Italian bread	303
Mixed grain, untoasted	304
Oatmeal, untoasted	305
Pita	306
Pumpernickel, untoasted	307
Raisin, untoasted	308
Rye, untoasted	309
Rye, reduced calorie	310
Wheat, untoasted	311
Wheat, reduced calorie	312
White, untoasted	313
White, soft crumbs	314
White, reduced calorie	315
Whole wheat, untoasted	316
Bread crumbs, dry, grated, plain enriched	318

FOOD NAME	FOOD #	FOOD NAME	FOOD #
<b>GRAIN PRODUCTS</b> cont.			
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

FOOD NAME	FOOD #	FOOD NAME	FOOD #
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
<b>LEGUMES, NUTS &amp; SEEDS</b>		Peanut butter, regular, chunk	551
Almonds, shelled	517	Peanut butter, reduced fat, smooth	552
Beans, dry, cooked		Peas, split, dry, cooked	553
Black	519	Pecan halves	554
Great Northern	520	Pine nuts, shelled	556
Kidney, red	521	Pistachio nuts, dry roasted, salt, shelled	557
Lima, large	522	Pumpkin kernels, roasted, salt	558
Pea, navy	523	Refried beans, canned	559
Pinto	524	Sesame seeds	560
Canned, solids & liquid		Soybeans, dry, cooked	561
Baked beans, plain or vegetarian	525	Soy products	
Kidney, red	526	Miso	562
Lima, large	527	Soy milk	563
White	528	Tofu, firm	564
		Tofu, soft	565
		Sunflower seed, dry roasted, salt	566

FOOD NAME	FOOD #	FOOD NAME	FOOD #
Tahini	568	Cooked ham, extra lean	604
Walnuts, English, chopped	569	Frankfurter, beef & pork	605
<b>MEAT &amp; MEAT PRODUCTS</b>		Frankfurter, beef	606
Beef cooked, cuts braised or pot roast		Pork sausage, cooked, link	607
Lean & fat	571	Pork sausage, cooked, patty	608
Lean only	572	Salami, beef & pork, cooked	609
Beef cooked, bottom round		Salami, beef & pork, dry	610
Lean & fat	573	Vienna sausage	611
Lean only	574	Veal, lean & fat, cooked, cutlet braised	612
Ground beef, broiled		<b>MIXED DISHES &amp; FAST FOODS</b>	
83% lean	575	Beef macaroni, frozen, HEALTHY CHOICE	613
79% lean	576	Beef stew, canned	614
73% lean	577	Chicken pot pie, frozen	615
Liver, fried, sliver	578	Chili con carne with beans, canned	616
Roast, oven cooked, rib, lean & fat	579	Macaroni & cheese, canned, with corn oil	617
Roast, oven cooked, rib, lean only	580	Meatless burger patty, frozen, MORNINGSTAR FARMS	618
Eye of round, lean & fat	581	Spaghetti bolognese, frozen, HEALTHY CHOICE	619
Eye of round, lean only	582	Spinach souffle, home-prepared	620
Steak, sirloin, broiled, piece, lean & fat	583	Tortellini, pasta with cheese filling, frozen	621
Steak, sirloin, broiled, piece, lean only	584	Fast foods, breakfast items	
Beef, canned, corned	585	Biscuit with egg & sausage	622
Beef, dried, chipped	586	Danish pastry, fruit	623
Lamb, cooked		Danish pastry, cheese	624
Chops, lean & fat	587	French toast with butter	625
Chops, lean only	588	Hash brown potatoes	626
Loin broiled, lean & fat	589	Pancakes, butter & syrup	627
Loin broiled, lean only	590	Burrito, beans & chesse	628
Leg, roasted, lean & fat	591	Burrito, beans & meat	629
Pork, cured, cooked, bacon, regular	592	Cheeseburger, regular with condiments	
Pork, cured, cooked, bacon, Canadian	593	Double patty, mayo type dressing	630
Ham, lean & fat	594	Single patty	631
Ham, canned	595	Cheeseburger, regular, plain	
Pork, fresh, cooked, lean & fat	596	Double patty	632
Ham, leg, roasted, piece, lean & fat	597	Double patty, 3-piece bun	633
Rib roast, lean & fat	598	Single bun	634
Ribs, lean & fat, cooked, backribs	599		
Ribs, lean & fat, cooked, spareribs, braised	600		
Sausages, Lunch Meat, Bologna, beef & pork	601		
Sausages, brown & serve, cooked	602		
Cooked ham, regular	603		

FOOD NAME	FOOD #
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### MIXED DISHES & FAST FOODS cont.

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 #
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### POULTRY & POULTRY PRODUCTS

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

### SOUPS, SAUCES & GRAVIES

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



FOOD NAME	FOOD #	FOOD NAME	FOOD #
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 #
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### SUGARS & SWEETS cont.

Ready to eat, regular, chocolate	762
Ready to eat, regular, rice	763
Ready to eat, regular, tapioca	764
Ready to eat, regular, vanilla	765
Ready to eat, fat free, chocolate	766
Ready to eat, fat free, tapioca	767
Ready to eat, fat free, vanilla	768

#### Sugar

Brown, packed	769
Brown, unpacked	770
White, granulated	772
White, powdered, unsifted	775

#### Syrup

Thin, chocolate flavored	777
Chocolate flavored, fudge type	778
Corn, light	779
Maple	780
Molasses	781

### VEGETABLES & VEGETABLE PRODUCTS

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 #
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#### Beets

Slices, cooked, drained	803
Whole, cooked, drained	804
Slices, canned, drained	805
Whole, canned, drained	806
Greens, leaves & stems, cooked, drained	807
Black eyed peas, raw, cooked, drained	808
Black eyed peas, frozen, cooked, drained	809

#### Broccoli

Raw, chopped or diced	810
Raw, spear	811
Raw, flower cluster	812
Raw, cooked, drained, chopped	813
Raw, cooked, drained, spear	814
Frozen, drained, chopped	815

Brussel sprouts, raw, cooked, drained	816
Brussel sprouts, frozen, cooked, drained	817
Cabbage, raw, shredded	818
Cabbage, cooked	819

Cabbage, chinese, shredded, cooked, drained	
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Pak choi or bok choy	820
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Pe tsai	821
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Cabbage, red, raw, shredded	822
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Cabbage, savoy, raw, shredded	823
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#### 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

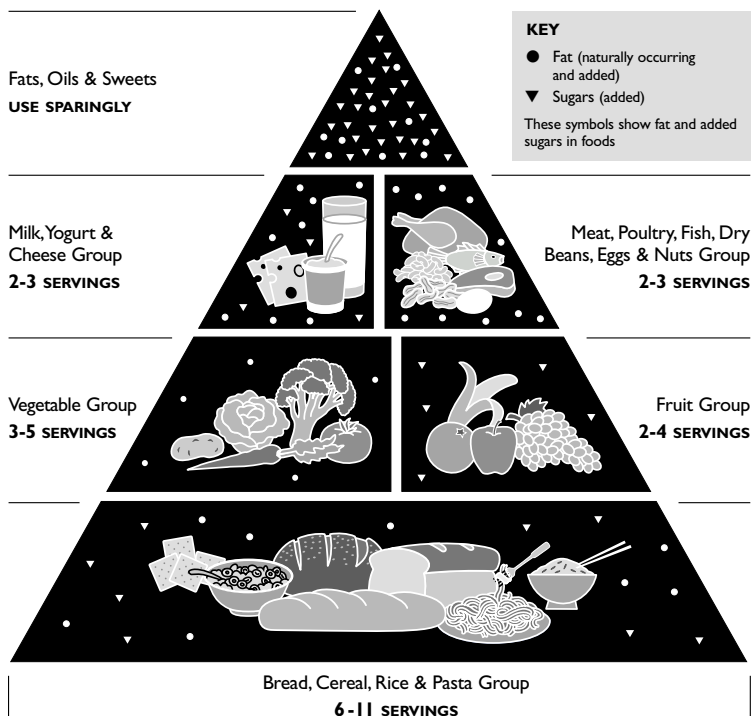
FOOD NAME	FOOD #	FOOD NAME	FOOD #
Collards, cooked, drained, chopped, raw	843	Raw, cooked, drained	886
Collards, frozen; cooked, drained, chopped	844	Dehydrated flakes	888
Corn, sweet, yellow (cooked & drained)		Spring, raw	889
Raw, kernels on cob	845	Parsley, raw	891
Frozen, kernels on cob	846	Parsnips, 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 NAME	FOOD #	FOOD NAME	FOOD #
<b>VEGETABLES &amp; VEGETABLE PRODUCTS</b> cont.		Vegetables, mixed, frozen; cooked, drained	962
		Waterchestnuts, canned, slices, solids, liquid	963
<b>MISCELLANEOUS ITEMS</b>			
Radishes, raw	927	Bacon bits	964
Rutabagas, cooked, drained, cooked	928	Baking powder, sodium aluminum sulfate	965
Sauerkraut, canned, solids, liquid	929	Baking powder, straight phosphate	966
Seaweed, Kelp, raw	930	Baking powder, low sodium	967
Seaweed, Spirulina, dried	931	Baking soda	968
Shallots, raw, chopped	932	Catsup	969
Soybeans, green, cooked, drained	933	Celery seed	970
Spinach		Chili powder	971
Raw	934	Chocolate, unsweetened, baking, solid	972
Raw; cooked, drained	936	Chocolate, unsweetened, baking, liquid	973
Frozen; cooked, drained	937	Cinnamon	974
Canned, drained, pieces	938	Cocoa powder, unsweetened	975
Squash		Cream of Tartar	976
Summer, sliced, raw	939	Curry powder	977
Cooked, drained	940	Garlic powder	978
Winter, baked, cubes	941	Horseradish, prepared	979
Butternut, frozen, cooked, mash	942	Mustard, prepared, yellow	980
Sweet potatoes		Olives, canned, pickled, green	981
Cooked, baked with skin	943	Olives, canned, ripe, black	982
Boiled, without skin	944	Onion powder	983
Candied	945	Oregano, ground	984
Canned, syrup pack, drained	946	Paprika	985
Tomatoes		Parsley, dried	986
Raw	947	Pepper, black	987
Cherry	948	Pickles (cucumber), dill, whole	988
Canned, solids, liquid	950	Pickle relish, sweet	989
Sundried, plain	951	Potato chips, plain, salted	990
Tomato juice, canned, salt	952	Potato chips, sour cream & onion	991
Canned, paste	953	Potato chips, reduced fat	992
Canned, puree	954	Potato chips, fat free	993
Canned, sauce	955	Vanilla extract	994
Canned, stewed	956	Vinegar, cider	995
Turnips, cooked, cubed	957	Vinegar, distilled	996
Turnip greens, raw; cooked, drained	958	Yeast, dry, active	997
Turnip greens, frozen; cooked, drained	959	Yeast, compressed	999
Vegetable juice, cocktail, canned	960		
Vegetables, mixed, canned, drained	961		

Certain food code numbers have been omitted in the food code sequence as they were duplications based on volume measurements.

## FOOD GUIDE PYRAMID

### A GUIDE TO DAILY FOOD CHOICE



Model	NB2-5000
Capacity	5000g / 176 $\frac{1}{4}$ fl.oz. / 17 $\frac{1}{2}$ oz / 5000mL
Resolution	1g / 0.1fl.oz. / 0.1oz / 1mL
Weighing Units	g, fl.oz., oz, mL
Food Codes	999 food codes
Memory	99 Ingredient Memory for Data Recall Mode
Scale Dimensions (inches)	6.2 x 8.8 x 0.7"
Power	1 x CR2032 Battery (included)
Warranty	10 Year Warranty

## American Weigh Scales, Inc.

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