

DIGITAL SCALES™  
**DigiWEIGH**

Nutritional Scale

INSTRUCTIONS FOR USE

**CE**  
EN Series

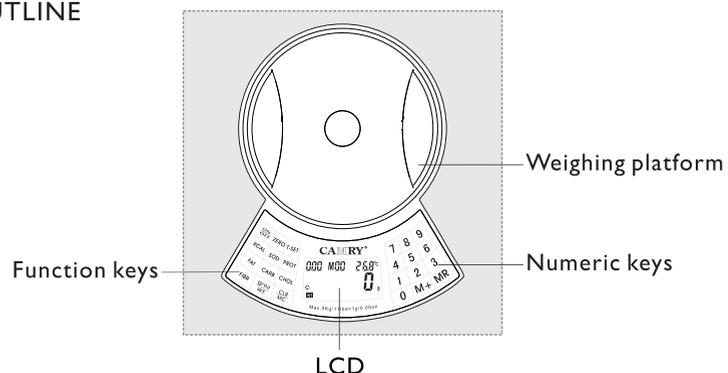
## INSTRUCTIONS FOR USE

### Model: EN Series

(Please read the instructions before use)

#### ■ INTRODUCTION OF PRODUCT

##### ● OUTLINE



##### ● FEATURES

1. With high precision strain gauge sensor and extra large LCD: 64mmX32mm
2. Complete database on 7 nutritional values of 999 food or ingredients

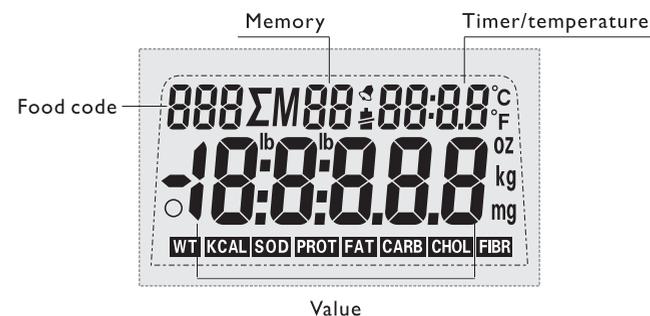
Nutrition	Code	Unit
calorie	KCAL	kcal
sodium	SOD	mg
protein	PROT	g
fat	FAT	g
carbohydrate	CARB	g
cholesterol	CHOL	mg
fibre	FIBR	g

3. Codes for 999 food are indicated on the list of food code in the appendix of the instruction manual
4. Temperature sensor and alarm timer inside
5. Low power/overload indication
6. Manual off/Auto off in 2 minutes

##### ● SPECIFICATIONS

1. Max. capacity: 5kg/11Lb
2. Division: 1g/0.05oz
3. Unit: g, kg, oz, lb:oz
4. Power: 1x9V alkaline battery (not included)
5. Temperature range: 0~40°C (32~104°F); Temperature division: 0.5°C/0.5°F
6. Alarm timer span: 99'59

##### ● LCD ILLUSTRATION



- Σ : Total memory icon      OZ : Ounce
- ⚡ : Low battery indicator      kg : Kilogram
- 🕒 : Timer icon      mg : Milligram
- °C : Centigrade      lb : Pound
- °F : Fahrenheit      ○ : Zero weight
- ◐ : Negative weight value      WT : Weight
- KCAL SOD PROT FAT CARB CHOL FIBR : Nutrition code

## • BUTTONS ILLUSTRATION

### ▼ Function keys

-  Power switch
-  Reset to zero during weighing
-  Set alarm timer span
-  1. Transfer weight unit under weighing mode.  
2. Back to show the weight of food under nutrition value mode  
3. Check total weight of all food items stored in memory.
-  To clear current LCD value
-        Nutrition codes  
1. Check nutrition value under nutrition value mode  
2. Check total nutrition value when recalling historical records

### ▼ Numeric keypad

-  Input food code or set alarm timer span
- ▼  To add the nutrition value of food item being weighed to memory.  
Max. 99 memory can be added.
- ▼  Check total nutrition value of the food items stored to memory.

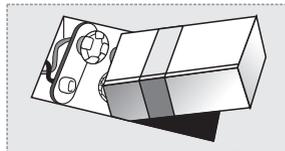
## • Working modes



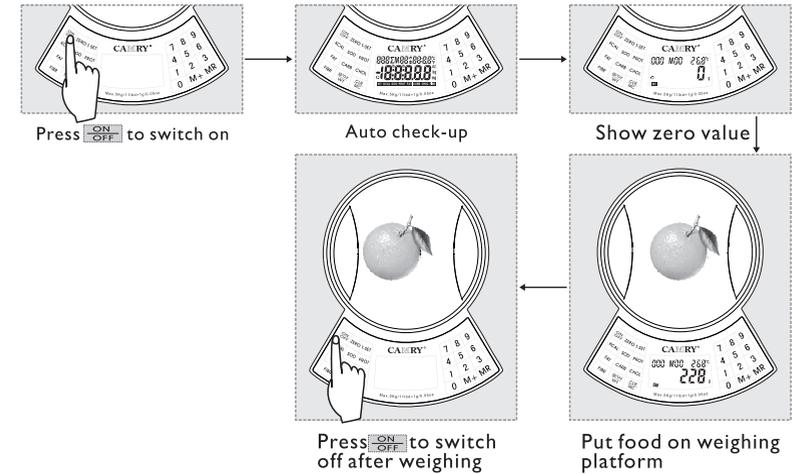
## ■ To operate

### • Install/replace battery

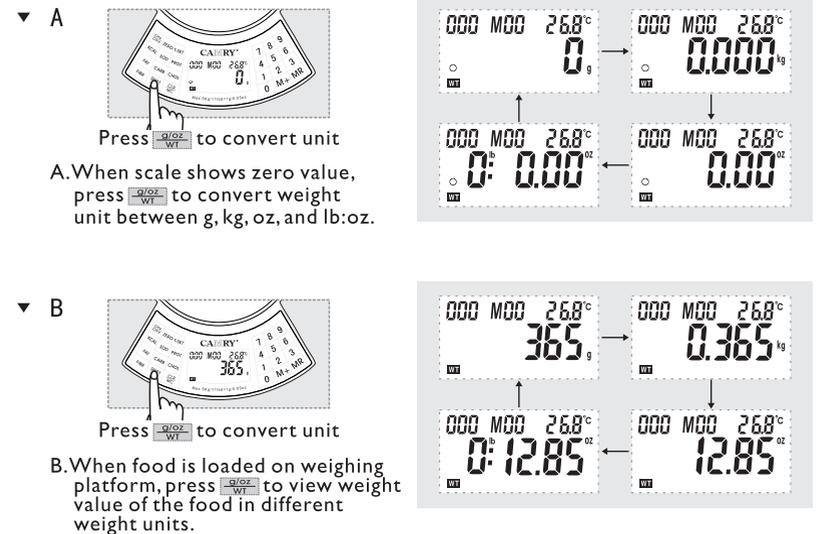
1. Open battery case cover at the back of scale
2. Attach new battery onto the 9-volt battery snaps. Please take note to polarity.



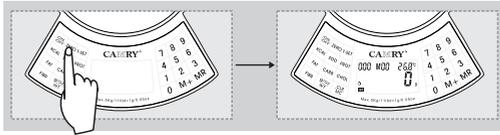
## • Weighing mode



## • To convert weight unit

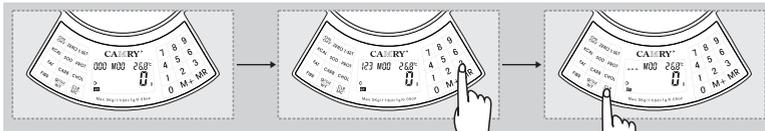


- Tare function



To weigh more loads consecutively without removing loads from scale. Put first load on the scale, get first weight reading. Press "ZERO" to reset the LCD reading to "0" before adding next load. You can repeat this operation.

- To input and clear food code

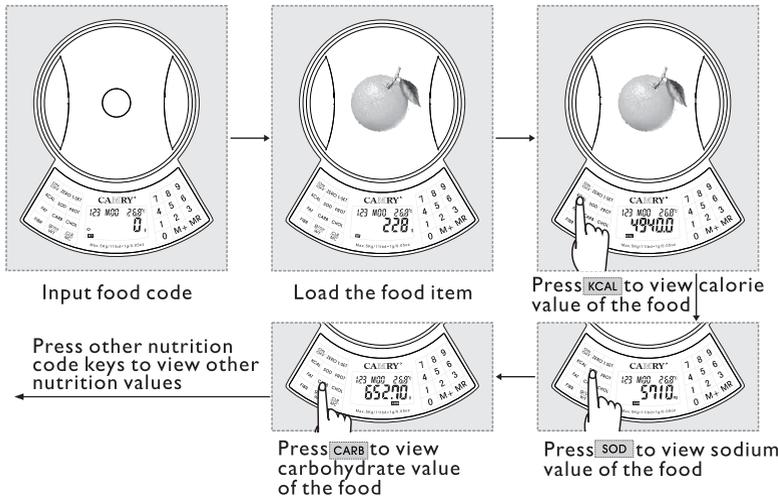


Find out code of the food being weighed on the food list

Input 3-digit food code in numeric keypad

Press **CLR** to clear food code and input new food code

- Nutrition value mode



Input food code

Load the food item

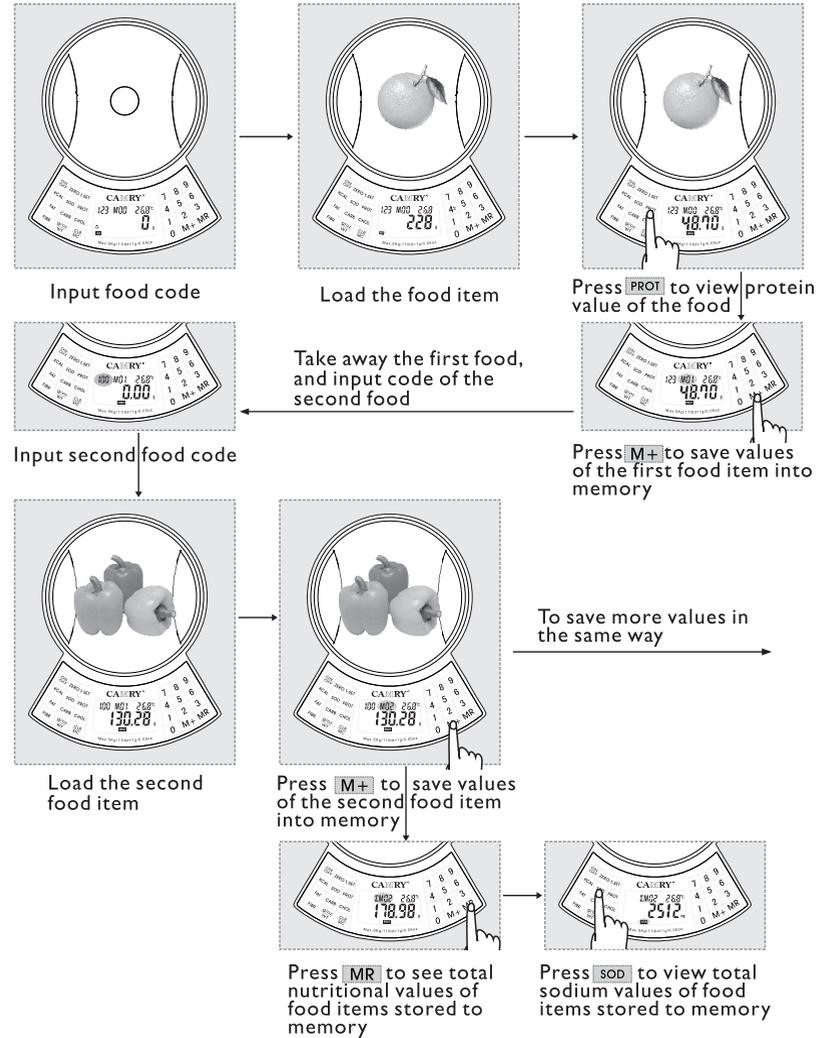
Press **KCAL** to view calorie value of the food

Press other nutrition code keys to view other nutrition values

Press **CARB** to view carbohydrate value of the food

Press **SOD** to view sodium value of the food

- To save nutritional values to memory



Input food code

Load the food item

Press **PROT** to view protein value of the food

Take away the first food, and input code of the second food

Input second food code

Press **M+** to save values of the first food item into memory

Load the second food item

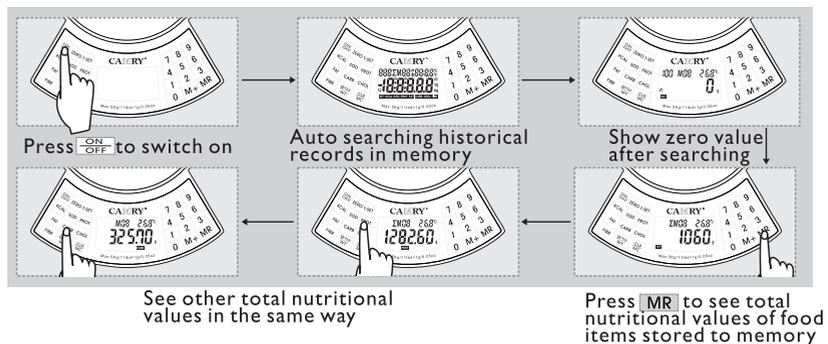
Press **M+** to save values of the second food item into memory

To save more values in the same way

Press **MR** to see total nutritional values of food items stored to memory

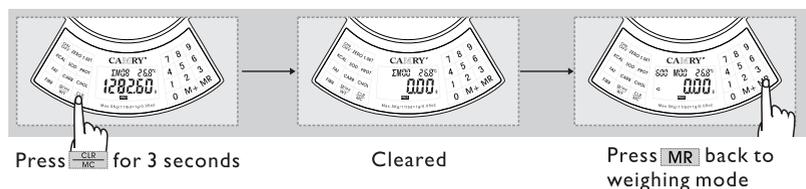
Press **SOD** to view total sodium values of food items stored to memory

- To recall historical records in memory

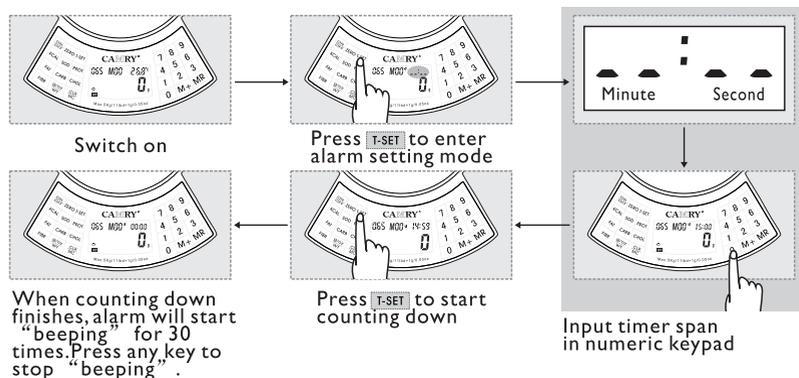


Every time you switch off the scale, nutritional values stored in memory can be saved. When you switch on the scale again, you can view last records of total values.

- To clear historical records in memory

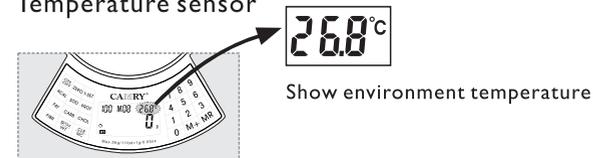


- To set alarm timer

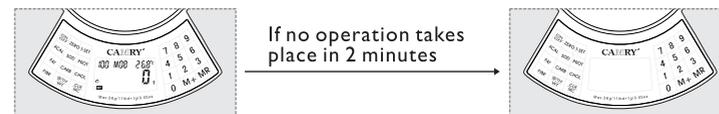


When setting timer span, you can press **CLR/MC** to clear input; During counting down, you can press **T-SET** to clear and re-input timer span.

- Temperature sensor

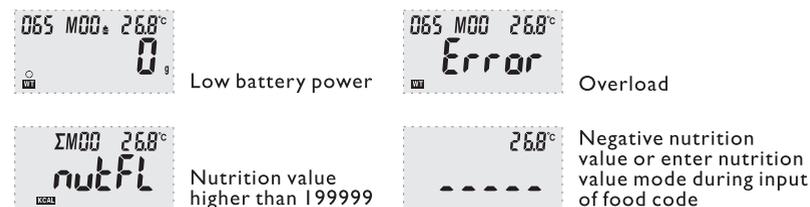


- Auto off (Battery power saving mode)



Auto shut-off occurs if display shows "0" or the same reading for 2 minutes.

- Indicators



- Advice for use and maintenance

- Place the scale on a flat and solid surface. Avoid interference of strong electro-magnetic field.
- If failed to turn on the scale, check if battery is correctly installed.
- DO NOT disassemble the scale in case inaccurate weighing.
- Treat the scale with care as it is a precise instrument.
- If the scale is not used for long, please take out battery and keep the scale in cool place with dry air.
- Nutritional values in the scale are mean value of standard statistics. They may be varied if the food with special ingredient or stored in special environment.
- DO NOT use for commercial or medical purpose.

# List of Food Code

## 8 categories of food or ingredients

### BREAD

Bread, cereal, pasta & rice  
 Bread  
 Breakfast/Granola Bar  
 Flour  
 Muffins  
 Pie, commercial  
 Cereal, cooked  
 Cereal, ready to eat  
 Pasta  
 Rice

### VEGETABLES

Beans  
 Beets  
 Broccoli  
 Cabbage, Chinese, shredded, cooked, drained  
 Carrots  
 Cauliflower  
 Celery  
 Corn, sweet, yellow (cooked & drained)  
 Mushrooms  
 Onions  
 Peppers  
 Potatoes  
 Potato products  
 Spinach  
 Squash  
 Sweet potatoes  
 Tomatoes

### MEATS AND POULTRY

Beef  
 Lamb

### Poultry

Chicken  
 Duck  
 Goose  
 Turkey  
 Pork

Veal  
 Venison  
 Mixed and Deli Meats  
 SEAFOOD  
 DRY BEANS AND NUTS  
 Beans, dry, cooked  
 Canned, solids & liquid  
 Soy products  
 Eggs

### DAIRY

Cheese, natural  
 Pasteurized process  
 Cream, sweet  
 Cream, sour  
 Cream product, sweet  
 Frozen dessert

### Milk

Fluid  
 Canned  
 Milk beverage  
 Yogurt

CAKES / BARS / DONUTS /  
 PASTRY  
 CANDY

CHOCOLATE  
 COOKIES  
 CRACKERS  
 PUDDINGS  
 SNACKS AND CHIPS  
 SUGAR  
 SYRUP

### OTHER SWEETS

Butter  
 Margarine, salt  
 Oils, salad or cooking  
 Salad dressings

### MIXED

Fast foods, breakfast items

### Fast foods other

Cheeseburger, regular with condiments  
 Cheeseburger, regular, plain  
 Cheeseburger, large with condiments  
 Hamburger, regular with condiments  
 Large with condiments, mayo type dressing, vegetables

### SOUPS

Soups canned, condensed, prepared with whole milk  
 Canned, condensed, prepared with water  
 Canned, ready to serve, chunky  
 Canned, ready to serve, low fat, reduced sodium  
 Dehydrated unprepared  
 Dehydrated prepared with water  
 Home prepared stock  
 Ready to serve sauces

Gravies, canned  
 MISCELENEAOUS

### BEVERAGES

Alcoholic  
 Carbonated  
 Coffee  
 Juice  
 Grapefruit juice  
 Grape juice  
 Orange juice  
 Fruit drinks  
 Lemonade  
 Tea

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

**BREAD**

**Bread, cereal, pasta & rice**

- 001 Bagels, plain
- 002 Bagels, cinnamon-raisin
- 003 Bagels, egg
- 004 Banana bread, recipe, margarine
- 005 Barley, pearled, uncooked
- 006 Biscuits, Plain or buttermilk, recipe, 2% milk
- 007 Biscuits, Refrigerated dough, baked, regular

**Bread**

- 008 Cracked wheat
- 009 Egg bread
- 010 French, Vienna, sour dough
- 011 Indian fry bread (naan)
- 012 Italian bread
- 013 Mixed grain, untoasted
- 014 Oatmeal, untoasted
- 015 Pita
- 016 Pumpernickel, untoasted
- 017 Raisin, untoasted
- 018 Rye, untoasted
- 019 Rye, reduced calorie
- 020 Wheat, untoasted
- 021 Wheat, reduced calorie
- 022 White, untoasted
- 023 White, soft crumbs
- 024 White, reduced calorie
- 025 Whole wheat, untoasted
- 026 Bread crumbs, dry, grated, plain, enriched
- 027 Bread crumbs, dry, grated, seasoned, unenriched
- 028 Bread stuffing, dry mix

**Breakfast/Granola Bar**

- 029 Breakfast bar, cereal crust, fruit filling, fat free
- 030 Granola bar, hard, plain
- 031 Granola bar, soft, uncoated, chocolate chip
- 032 Granola bar, soft, uncoated, raisin
- 033 Nutri grain cereal bar, fruit
- 034 Bulgur, cooked
- 035 Cornbread, mix
- 036 Cornbread, recipe, 2% milk
- 037 Cornmeal, yellow, dry, whole grain
- 038 Cornmeal, degermed, enriched
- 039 Cornstarch
- 040 Couscous, uncooked
- 041 Croutons, seasoned
- 042 English muffin, plain, untoasted
- 043 French toast, recipe, 2% milk, fried in margarine
- 044 French toast, frozen

**CODE FOOD NAME**

**Flour**

- 045 Bread flour, enriched
- 046 Buckwheat flour, whole groat
- 047 Cake or pastry flour, enriched, unsifted, spooned
- 048 Corn flour, masa, enriched
- 049 Self rising, enriched, unsifted, spooned
- 050 Wheat flour, all purpose, enriched, sifted, spooned
- 051 Wheat flour, all purpose, enriched, unsifted, spooned
- 052 Matzo, plain

**Muffins**

- 053 Muffins, blueberry, commercial
- 054 Muffins, blueberry, mix
- 055 Muffins, Bran with raisins
- 056 Muffins, Corn, Commercial
- 057 Muffins, corn mix
- 058 Muffins, Oatbran, commercial
- 059 Oat bran, uncooked
- 060 Pancakes, frozen, ready
- 061 Pancakes, complete mix
- 062 Pancakes, mix, 2% milk, egg & oil
- 063 Pie crust, baked, recipe
- 064 Pie crust, baked, frozen
- 065 Pie crust, graham cracker

**Pie, commercial**

- 066 Apple
- 067 Blueberry
- 068 Cherry
- 069 Chocolate Crème
- 070 Lemon meringue
- 071 Pecan
- 072 Pumpkin
- 073 Rolls, dinner
- 074 Rolls, hamburger or hotdog
- 075 Sweet rolls, cinnamon with raisins, commercial
- 076 Sweet rolls, cinnamon, frozen dough, baked with frosting
- 077 Taco shell, baked
- 078 Tapioca, pearl, dry
- 079 Toaster pastries, fruit
- 080 Toaster pastries, low fat
- 081 Tortilla, ready to cook, corn
- 082 Tortilla, ready to cook, flour
- 083 Waffles, plain, recipe
- 084 Waffles, plain, frozen, toasted
- 085 Waffles, plain, low fat
- 086 Whole wheat; hard wheats, stirred, spooned
- 087 Wheat germ, toasted plain

**Cereal, cooked**

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

- 088 Corn Grits, White
- 089 Corn Grits, Yellow
- 090 Corn Grits, Instant plain
- 091 Cream of wheat, Regular
- 092 Cream of wheat, Quick
- 093 Cream of wheat, Mix 'n eat, plain
- 094 Oatmeal, Instant, fortified, plain
- 095 Oatmeal, Instant, Apples & Cinnamon
- 096 Oatmeal, Instant, Maple & Brown sugar
- 097 Oatmeal, Regular, quick or instant, plain, nonfortified
- 098 Wheatena

**Cereal, ready to eat**

- 099 All Bran
- 100 Apple Cinnamon, Cheerios
- 101 Apple jacks
- 102 Basic 4
- 103 Cap'N Crunch
- 104 Cheerios
- 105 Chex, Corn
- 106 Chex, honey nut
- 107 Chex, multi bran
- 108 Chex, rice
- 109 Chex, wheat
- 110 Cinnamon Life
- 111 Cocoa Krispies
- 112 Cocoa Puffs
- 113 Complete Wheat Bran flakes
- 114 Cornflakes, General Mills, Total
- 115 Cornflakes, Kellogg's
- 116 Corn Pops
- 117 Crispix
- 118 Froot loops
- 119 Frosted Flakes
- 120 Frosted Mini Wheats, regular
- 121 Frosted Mini Wheats, bite size
- 122 Golden Grahams
- 123 Honey Nut Cheerios
- 124 Honey Nut Clusters
- 125 Kix
- 126 Life
- 127 Nature Valley, Granola
- 128 100% Natural Cereal, Oats, honey and raisins
- 129 100% Natural Cereal, Oats, honey and raisins, Low fat
- 130 Product 19
- 131 Puffed Rice
- 132 Puffed Wheat
- 133 Raisin Bran, General Mills, Total
- 134 Raisin Bran, Kellogg's
- 135 Raisin Nut Bran
- 136 Rice Krispies

**CODE FOOD NAME**

- 137 Shredded Wheat
- 138 Special K
- 139 Toasted Oatmeal, Quaker, Honey Nut
- 140 Total, Whole grain
- 141 Wheaties

**Pasta**

- 142 Marcaroni (elbow), enriched, cooked
- 143 Noodles, chow mein, canned
- 144 Noodles(egg), enriched, cooked, regular
- 145 Noodles(egg), enriched, cooked, spinach
- 146 Noodles, Japanese, soba, cooked
- 147 Pasta, fresh-refrigerated, plain, cooked
- 148 Spaghetti, cooked, enriched
- 149 Spaghetti, whole wheat, cooked

**Rice**

- 150 Rice, noodles, cooked
- 151 Rice, brown, long grain, cooked
- 152 White long grain, raw
- 153 White long grain, cooked
- 154 White long grain, instant
- 155 Parboiled, raw
- 156 parboiled, cooked
- 157 Wild, cooked
- 158 Rice cake, brown rice, plain

**VEGETABLES**

- 159 Alfafa sprouts, raw
- 160 Artichokes, cooked, drained
- 161 Asparagus, raw, cooked, drained
- 162 Asparagus, frozen, cooked, drained
- 163 Asparagus, canned, spears, drained
- 164 Bamboo shoots, canned, drained

**Beans**

- 165 Beans sprouts, raw
- 166 Bean sprouts cooked, drained
- 167 Black eyed peas, raw, cooked, drained
- 168 Black eyed peas, frozen, cooked, drained
- 169 Lima, Ford Hooks, frozen, cooked, drained
- 170 Lima, baby, frozen, cooked, drained
- 171 Snap, green, raw, cooked, drained
- 172 Snap, yellow, raw, cooked, drained
- 173 Snap, green, frozen, cooked, drained
- 174 Snap, yellow, frozen, cooked, drained
- 175 Snap, green, canned, drained
- 176 Snap, yellow, canned, drained

**Beets**

- 177 Slices, cooked, drained

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

- 178 Whole, cooked, drained
- 179 Slices, canned, drained
- 180 Whole, canned, drained
- 181 Green, leaves & stems, cooked, drained

**Broccoli**

- 182 Raw, chopped or diced
- 183 Raw, spear
- 184 Raw, flower cluster
- 185 Raw, cooked, drained, chopped
- 186 Frozen, drained, chopped
- 187 in cheese flavored sauce, frozen
- 188 Brussel sprouts, frozen, cooked, drained
- 189 Brussel sprouts, raw, cooked, drained
- 190 Cabbage raw, shredded
- 191 Cabbage cooked

**Cabbage, Chinese, shredded, cooked, drained**

- 192 Pak choi or bok choy
- 193 Napa
- 194 Cabbage, red, raw, shredded
- 195 Cabbage, savoy, raw, shredded

**Carrots**

- 196 Carrot juice, canned
- 197 Raw
- 198 baby
- 199 Raw, cooked, sliced, drained
- 200 Frozen; cooked, sliced, drained

**Cauliflower**

- 201 Raw
- 202 Raw, cooked, drained
- 203 Frozen; cooked, drained

**Celery**

- 204 Celery raw, stalk
- 205 Celery, pieces, diced
- 206 Celery, cooked, drained without salt
- 207 Chives, raw, chopped
- 208 Cilantro, raw
- 209 Chard, Swiss, raw
- 210 Coleslaw
- 211 Collards, cooked, drained, chopped, raw
- 212 Collards, frozen, cooked, drained, chopped

**Corn, sweet, yellow (cooked & drained)**

- 213 Raw, kernels on the cob
- 214 Frozen, kernels on the cob

**CODE FOOD NAME**

- 215 Kernels
- 216 Canned, cream style
- 217 Canned, whole kernel
- 218 Corn, sweet, white, cooked, drained
- 219 Cucumber, peeled
- 220 Cucumber, unpeeled
- 221 Dandelion greens, cooked, drained
- 222 Dill weed, raw
- 223 Eggplant, cooked, drained
- 224 Endive, curly (incl. Escarole), raw, small pieces
- 225 Garlic, raw
- 226 Grape leaves, canned
- 227 Ginger root, raw
- 228 Fennel, bulb, raw
- 229 Hearts of palm, canned
- 230 Jerusalem artichoke, raw, sliced
- 231 Kale, cooked, drained, chopped, raw
- 232 Kale, frozen, cooked, drained, chopped
- 233 Kohlrabi, cooked, drained, slices
- 234 Leeks, bulb & lower leaf, chopped, diced, cooked, drained
- 235 Lettuce, raw (Butterhead, Boston types)
- 236 Crisphead, iceberg, leaf
- 237 Crisphead, iceberg
- 238 Looseleaf, leaf
- 239 Looseleaf, pieces, shredded
- 240 Romaine or cos, inner leaf
- 241 Romaine or cos, pieces, shredded

**Mushrooms**

- 242 Raw
- 243 Cooked, drained
- 244 Canned, drained
- 245 Shitake, cooked
- 246 Shitake, dried
- 247 Mustard greens, cooked, drained
- 248 Okra, raw; sliced, cooked, drained
- 249 Okra, frozen, sliced, cooked, drained

**Onions**

- 250 Raw
- 251 Raw, cooked, drained
- 252 Dehydrated flakes
- 253 Spring, raw
- 254 Parsley, raw
- 255 Parsnips, sliced, cooked, drained
- 256 Peas, edible pod, raw; cooked, drained
- 257 Peas, edible pod, frozen; cooked, drained
- 258 Peas, green, canned, drained
- 259 Peas, green, frozen, boiled, drain

**Peppers**

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

- 260 Banana, raw
- 261 Hot chili, raw green
- 262 Hot chili, raw, red
- 263 Jalapenos, canned, sliced, solids, liquids
- 264 Sweet pepper, raw, green, chopped
- 265 Sweet pepper, raw, red, chopped
- 266 Sweet pepper, cooked, drained, chopped, green
- 267 Sweet pepper, cooked, drained, chopped, red
- 268 Pimento, canned
- 269 Pickles, cucumber, dill
- 270 Pickles, relish, sweet

**Potatoes**

- 271 Baked with skin
- 272 Baked, flesh only
- 273 Baked, skin only
- 274 Peeled after boiling
- 275 Peeled before boiling

**Potato products**

- 276 Au gratin, dry mix, whole mix, butter
- 277 Au gratin, home recipe, butter
- 278 French fried, frozen, oven heated
- 279 Hashed brown, frozen
- 280 Hashed brown, home recipe
- 281 Mashed, dehydrated flakes, whole milk, butter, salt
- 282 Mashed, home recipe, whole milk
- 283 Mashed, home recipe, whole milk & margarine
- 284 Potato pancakes, home prepared
- 285 Potato salad, home prepared
- 286 Scalloped, dry mix, whole milk, butter
- 287 Scalloped, home recipe, butter
- 288 Pumpkin, cooked, mashed
- 289 Pumpkin, canned
- 290 Radishes, raw
- 291 Rutabagas, cooked, drained
- 292 Sauerkraut, canned, solids, liquid
- 293 Seaweed, kelp, raw
- 294 Seaweed, spirulina, dried
- 295 Shallots, raw, chopped
- 296 Soybeans, green, cooked, drained

**Spinach**

- 297 Raw
- 298 Raw; cooked, drained
- 299 Frozen; cooked, drained
- 300 Canned, drained, pieces

**Squash**

- 301 Summer, sliced, raw
- 302 Cooked, drained

**CODE FOOD NAME**

- 303 Winter, baked, cubes
- 304 Butternut, frozen, cooked, mashed

**Sweet potatoes**

- 305 Cooked, baked with skin
- 306 Boiled, without skin
- 307 Candied
- 308 Canned, syrup pack, drained

**Tomatoes**

- 309 Raw
- 310 Cherry
- 311 Canned, solids, liquid
- 312 Sundried, plain
- 313 Tomato juice, canned, salt
- 314 Canned, paste
- 315 Canned, sauce
- 316 Canned, stewed
- 317 Turnips, cooked, cubed
- 318 Turnip greens, raw, cooked, drained
- 319 Turnip greens, frozen, cooked, drained
- 320 Vegetable juice, cocktail, canned
- 321 Vegetables, mixed, canned, drained
- 322 Vegetables, mixed, frozen; cooked, drained
- 323 Waterchestnuts, canned, slices, solids, liquid
- 324 Yam, cooked, broiled, drained, or baked

**FRUIT**

- 325 Apples, raw, with skin
- 326 Apples, raw, peeled
- 327 Apples, dried
- 328 Apples, stewed with added sugar
- 329 Apples, stewed without added sugar
- 330 Applesauce, canned, sweetened
- 331 Applesauce, canned, unsweetened
- 332 Apricots, raw
- 333 Apricots, canned, halves, fruit & liquids, heavy syrup
- 334 Apricots, canned, halves, fruit & liquids, juice pack
- 335 Apricots, dried, sulfured
- 336 Asian pears, raw
- 337 Avocados, raw, without skin & seed
- 338 Bananas, raw, whole
- 339 Blackberries, raw
- 340 Blackberries, canned, heavy syrup
- 341 Blueberries, raw
- 342 Blueberries, frozen, sweetened
- 343 Carambola (starfruit), raw
- 344 Cherries, sour, red, pitted, canned, water pack
- 345 Cherries, sweet, raw, without pits & stems
- 346 Cherry pie filling, canned
- 347 Cranberries, dried, sweetened

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

348	Cranberry sauce, sweetened, canned
349	Currants, dried
350	Dates without pits, whole
351	Figs, dried
352	Fruit cocktail, canned, fruit & liquid, heavy syrup
353	Fruit cocktail, canned, fruit & liquid, juice pack
354	Grapefruit, raw without peel, membrane & seeds, pink or red
355	Grapefruit, raw without peel, membrane & seeds, white
356	Grapefruit, raw without peel, membrane & seeds, canned, light syrup
357	Grapes, seedless, raw
358	Kiwi fruit, raw, without skin
359	Lemons, raw, without skin
360	Lemon juice, raw
361	Lemon juice, canned or bottled, unsweetened
362	Lime juice, raw
363	Lime juice, canned, unsweetened
364	Mandarin oranges, light syrup
365	Mangos, raw, without skin & seed, whole
366	Maraschino Cherries, canned, drained
367	Melon, Cantaloupe, wedge without rind
368	Melon, Honeydew, wedge without rind
369	Nectarines, raw
370	Oranges, raw, without peel & seeds
371	Olives, pickled, green
372	Olives, canned, ripe, black
373	Papayas, raw
374	Peaches, raw
375	Peaches, canned, heavy syrup
376	Peaches, canned, juice pack
377	Peaches, dried
378	Pears, raw
379	Pears, canned, heavy syrup
380	Pears, canned, juice pack
381	Pineapple, raw, diced
382	Pineapple, canned, heavy syrup, crushed, chunks
383	Pineapple, canned, heavy syrup, slices
384	Pineapple, canned, juice pack, crushed, sliced or chunks
385	Pineapple, canned, juice pack, slices
386	Pineapple juice, unsweetened, canned
387	Plantain, without peel, raw
388	Plums, raw
389	Prunes, dried, pitted, uncooked
390	Prunes, stewed, unsweetened, fruit & liquid
391	Prune juice, canned or bottled
392	Raisins, seedless
393	Raspberries, raw
394	Raspberries, frozen, sweetened, thawed
395	Rhubarb, frozen, cooked with sugar

**CODE FOOD NAME**

396	Strawberries, raw, large
397	Strawberries, raw, medium
398	Strawberries, frozen, sweetened, sliced, thawed
399	Tangerines, raw, without peels & seeds
400	Watermelon, raw, wedge
<b>MEATS AND POULTRY</b>	
<b>Beef</b>	
401	Bottom round, cooked, lean & fat
402	Bottom round, cooked, lean
403	Braised or pot roast, lean & fat
404	Braised or pot roast, lean
405	Canned, corned
406	Eye of round, lean & fat
407	Eye of round, lean
408	Ground beef 83%, broiled
409	Ground beef 79%, broiled
410	Ground beef 73%, broiled
411	Jerky
412	Liver, fried, sliver
413	Roast, oven cooked, rib, lean & fat
414	Roast, oven cooked, rib, lean
415	Steak, sirloin, broiled, piece, lean & fat
416	Steak, sirloin, broiled, piece, lean
417	Steak, sirloin tip, broiled, lean
418	Steak, T-bone, broiled, lean
419	Steak, tenderloin, broiled, lean
420	Steak, porterhouse / short-loin, broiled, lean
<b>Lamb</b>	
421	Chops, cooked, lean & fat
422	Chops, cooked, lean
423	Loin broiled, lean & fat
424	Loin broiled, lean
425	Leg, roasted, lean & fat
<b>Poultry</b>	
<b>Chicken</b>	
426	Broilers or fryers, meat & skin, fried, batter
427	Broilers or fryers, meat & skin, fried, flour
428	Broilers or fryers, meat & skin, roasted
429	Broilers or fryers, breast, meat only, fried
430	Broilers or fryers, breast, meat only, roasted
431	Broilers or fryers, dark meat, meat only, fried
432	Broilers or fryers, dark meat, meat only, roasted
433	Broilers or fryers, drumstick, meat & skin, fried, batter
434	Broilers or fryers, drumstick, meat & skin, fried, flour
435	Chicken giblets, simmered
436	Broilers or fryers, light meat, meat only, fried
437	Broilers or fryers, light meat, meat only, roasted
438	Broilers or fryers, thigh, meat & skin, fried, batter

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

439	Broilers or fryers, thigh, meat & skin, fried, flour
440	Broilers or fryers, wing, meat & skin, fried, batter
441	Broilers or fryers, wing, meat & skin, fried, flour
442	Canned, meat only, with broth
443	Cornish game hens, meat & skin, roasted
444	Liver, simmered
445	Roasting, light meat, meat only, roasted
<b>Duck</b>	
446	Meat & skin, roasted
447	Meat only, roasted
448	Pekin, breast, meat & skin, boneless, roasted
<b>Goose</b>	
449	Meat & skin, roasted
450	Meat only, roasted
451	Pate de froe gras (goose liver pate)
<b>Turkey</b>	
452	Breast, pre-basted, meat & skin, roasted
453	Dark meat, meat & skin, roasted
454	Gibbles, simmered
455	Ground, cooked
456	Light & dark meat, diced, seasoned
457	Light meat, meat & skin, roasted
458	Light meat, meat only, roasted
459	Patties, breaded or battered, fried
<b>Pork</b>	
460	Bacon, cured, cooked
461	Bacon, Canadian, cured, cooked
462	Ham, canned
463	Ham, fresh, cooked, lean & fat
464	Ham, cured, lean & fat
465	Ham, leg, roasted piece, lean & fat
466	Rib roast, lean & fat
467	Ribs, lean & fat, cooked, backribs
468	Ribs, lean & fat, cooked, spareribs, braised
469	Sausage, cooked, link
470	Sausage, cooked, patty
471	Tenderloin, broiled, lean
<b>Veal</b>	
472	Cutlet, braised, lean & fat
473	Cutlet, breaded, cooked, lean & fat
<b>Venison</b>	
474	Loin, cooked, broiled, lean
475	Top round, cooked, broiled, lean
<b>Mixed and Deli Meats</b>	

**CODE FOOD NAME**

476	Bologna, beef
477	Bologna, beef and pork
478	Bologna, turkey
479	Bratwurst, beef & pork, smoked
480	Bratwurst, pork, cooked
481	Braunschweiger (liver sausage, pork)
482	Chorizo, beef & pork
483	Dried beef, cured
484	Ham, cooked, regular
485	Ham, cooked, extra lean
486	Ham, honey, smoked, cooked
487	Hot dog / Frankfurter, beef
488	Hot dog / Frankfurter, beef & pork
489	Pastrami, beef, cured
490	Pepperoni, pork, beef
491	Salami, beef & pork, cooked
492	Salami, beef & pork, dry
493	Sausage, Polish & Kielbasa
494	Summer sausage, cervelat, beef & pork
495	Vienna sausage
496	Turkey, white, deli cut
<b>SEAFOOD</b>	
497	Bass, freshwater, cooked, dry heat
498	Bass, sea, cooked, dry heat
499	Catfish, breaded, fried
500	Clam, raw meat
501	Clam, breaded, fried
502	Clam, canned, drained solids
503	Cod, baked or broiled
504	Crab, Alaskan King, cooked
505	Crab meat, canned
506	Crab cake, egg, onion, margarine, fried
507	Eel, cooked, dry heat
508	Fish fillet, battered or breaded and fried
509	Fish stick / portion, breaded, frozen, preheated
510	Flounder or Sole, baked or broiled
511	Haddock, baked or broiled
512	Halibut, baked or broiled
513	Herring, pickled
514	Lobster, steamed
515	Mackerel
516	Mussels, steamed
517	Ocean perch, cooked
518	Oyster, raw meat only
519	Oyster, breaded, fried
520	Pollock, baked or broiled
521	Rockfish, baked or broiled
522	Roughy, orange, baked or broiled
523	Salmon, baked or broiled
524	Salmon, canned (pink), solids & liquid (incl bones)

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

525	Salmon, smoked (chinook)
526	Sardine, Atlantic, canned in oil, drained solids (incl bones)
527	Scallop, cooked, breaded, fried
528	Scallop, steamed
529	Shrimp, breaded, fried
530	Shrimp, canned, drained solids
531	Swordfish, baked or broiled
532	Trout, baked or broiled
533	Tuna, baked or broiled
534	Tuna canned, drained solids, oil pack, chunk light
535	Tuna canned, drained solids, water pack, chunk light
536	Tuna canned, drained solids, water pack, solid white
537	Tuna salad: light tuna in oil, pickle relish, mayo type salad dressing
538	Walleye, Pike

**DRY BEANS AND NUTS**

539	Almonds, shelled
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**Beans, dry, cooked**

540	Black
541	Great Northern
542	Kidney, red
543	Lima, large
544	Pea, navy
545	Pinto

**Canned, solids & liquid**

546	Baked beans, plain or vegetarian
547	Black eyed peas, dry, cooked
548	Black eyed peas, dry, canned, solids & liquids
549	Kidney, red
550	Lima, large
551	White beans
552	Brazil nuts, shelled
553	Carob flour
554	Cashews, salted, dry roasted
555	Cashews, salted, oil roasted
556	Chestnuts, European, roasted, shelled
557	Chickpeas, dry cooked
558	Chickpeas, canned, solids & liquids
559	Coconut, raw, shredded, not packed
560	Coconut, raw, shredded, dried, sweetened
561	Hazelnuts, chopped
562	Hummus, commercial
563	Lentils, dry, cooked
564	Macademia nuts, dry roasted, salted
565	Peanuts, dry roasted

**CODE FOOD NAME**

566	Peanuts, oil roasted
567	Peanuts, dry roasted, salted
568	Peanuts, dry roasted, unsalted
569	Peanuts, oil roasted, salted
570	Peanut butter, regular, smooth
571	Peanut butter, regular, chunk
572	Peanut butter, reduced fat, smooth
573	Peas, split, dry, cooked
574	Pecan halves
575	Pine nuts, shelled
576	Pistachio nuts, dry roasted, salt, shelled
577	Pumpkin kernels, roasted, salt
578	Refried beans, canned
579	Sesame seeds

**Soy products**

580	Miso
581	Soybeans, dry cooked
582	Soy milk
583	Soy nuts, dry roasted
584	Tofu, firm
585	Tofu, soft
586	Sunflower seeds, dry roasted, salt
587	Tahini
588	Walnuts, English, chopped

**Eggs**

589	Raw, whole
590	Raw, white
591	Raw, yolk
592	Hard boiled, no shell
593	Poached with salt
594	Scrambled, margarine, whole milk, salt
595	Substitute, liquid
596	Omelet, plain

**DAIRY**

**Cheese, natural**

597	Blue
598	Camembert
599	Cheddar or Colby
600	Cheddar or Colby, low fat
601	Cheese, cottage, large or small curd
602	Cheese, cottage, creamed with fruit
603	Cheese, cottage, low fat (2%)
604	Cheese, cottage, low fat (1%)
605	Cheese, cottage, nonfat
606	Cream cheese, regular
607	Cream cheese, low fat
608	Cream cheese, fat free
609	Cheese, Shredded

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

610	Feta
611	Gouda
612	Monterey
613	Mozzarella, whole milk
614	Muenster
615	Neufchatel
616	Parmesan
617	Provolone
618	Ricotta, whole milk
619	Ricotta, part skim milk
620	Romano
621	Swiss

**Pasteurized process**

622	American, regular
623	American, fat free
624	Swiss

**Cream, sweet**

625	Half and half
626	Light coffee
627	Whipping cream, unwhipped
628	Whipped topping (pressurized)

**Cream, sour**

629	Regular
630	Reduced fat
631	Fat free
632	Dill dip

**Cream product, sweet**

633	Powdered
634	Powdered with whole milk
635	Pressurized
636	Whipped topping, frozen

**Frozen dessert**

637	Yogurt, soft serve, chocolate
638	Yogurt, soft serve, vanilla
639	Ice cream, chocolate
640	Ice cream, chocolate, light
641	Ice cream, vanilla
642	Ice cream, vanilla, light
643	Ice cream, soft serve, vanilla
644	Sherbert

**Milk Fluid**

645	Whole (3.25%)
646	Reduced fat (2%)

**CODE FOOD NAME**

647	Lowfat (1%)
648	nonfat (skim)
649	Buttermilk
650	Soy milk

**Canned**

651	Condensed, sweetened
652	Evaporated, whole milk
653	Evaporated, skim milk
654	Dried, Buttermilk

**Milk beverage**

655	Chocolate commercial
656	Chocolate commercial, reduced fat
657	Chocolate commercial, low fat
658	Eggnog
659	Milk Shake, thick, chocolate
660	Milk Shake, thick, vanilla
661	Yogurt & Juice blend

**Yogurt**

662	Lowfat, fruit flavored
663	Lowfat, plain
664	Nonfat, fruit flavored
665	Nonfat, plain
666	Whole milk, plain
667	Nonfat milk, low cal sweetener, vanilla or lemon

**CAKES / BARS / DONUTS / PASTRY**

668	Angelfood
669	Boston Cream
670	Brownies, commercial, without icing, regular
671	Brownies, commercial, without icing, fat free
672	Brownies, dry mix, reduced calories
673	Cakes, dry mix, Angelfood
674	Cake, dry mix, yellow, light, water, egg white, no frosting
675	Cheesecake
676	Chocolate with chocolate frosting
677	Coffee cake, crumb
678	Danish pastry, cream cheese
679	Danish pastry, fruit
680	Doughnut, cake
681	Doughnut, yeast leavened, glazed
682	Fruitcake
683	Pound, Butter
684	Pound, fat free
685	Snack Cake, Chocolate, crème filled, frosting
686	Snack Cake, Chocolate, frosting, low fat
687	Snack Cake, Yellow, with chocolate frosting

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

**CANDY**

688	Gummy bears
689	Hard candy
690	Jelly beans
691	Marshmallows, miniature
692	Marshmallows, regular
693	M&M's, peanut (M&M Mars)
694	M&M's, plain (M&M Mars)
695	Milky way (M&M Mars)
696	Reese's Peanut butter cup (Hershey)
697	Snickers bar (M&M Mars)
698	Caramel, plain
699	Caramel, chocolate flavored roll

**CHOCOLATE**

700	Chocolate, milk, plain
701	Chocolate, milk, with almonds
702	Chocolate, milk, with peanuts, Mr. Goodbar
703	Chocolate chips, milk
704	Chocolate chips, semi sweet
705	Chocolate chips, white
706	Chocolate coated, peanuts
707	Chocolate coated, raisins
708	Special dark, sweet chocolate (Hershey)

**COOKIES**

709	Butter, commercial
710	Chocolate chip, commercial, regular
711	Chocolate chip, commercial, reduced fat
712	Chocolate chip, commercial, refrigerated dough
713	Fig Bar
714	Oatmeal, Regular, large
715	Oatmeal, Soft type
716	Oatmeal, Fat free
717	Peanut butter, commercial
718	Peanut butter, recipe with margarine
719	Chocolate with cream filling
720	Shortbread, commercial, plain
721	Sugar, commercial
722	Sugar, refrigerated dough
723	Sugar, recipe, margarine
724	Vanilla wafer, low fat

**CRACKERS**

725	Cheese
726	Graham, plain
727	Graham, crushed
728	Melba toast, plain
729	Rye wafer, whole grain, plain
730	Saltine, square

**CODE FOOD NAME**

731	Standard cracker, bite sized
732	Standard cracker, round
733	Wheat thins
734	Whole wheat

**PUDDINGS**

735	Dry mix & 2% milk, chocolate, instant
736	Dry mix & 2% milk, chocolate, regular, cooked
737	Dry mix & 2% milk, vanilla, instant
738	Dry mix & 2% milk, vanilla, regular, cooked
739	Ready to eat, regular, chocolate
740	Ready to eat, regular, rice
741	Ready to eat, regular, tapioca
742	Ready to eat, regular, vanilla
743	Ready to eat, fat free, chocolate
744	Ready to eat, fat free, tapioca
745	Ready to eat, fat free, vanilla

**SNACKS AND CHIPS**

746	Chex Mix
747	Corn chips, plain
748	Popcorn, air popped, unsalted
749	Popcorn, oil popped, salted
750	Popcorn, caramel, peanuts
751	Popcorn, cheese flavor
752	Potato chips, plain, salted
753	Potato chips, sour cream & onion
754	Potato chips, reduced fat
755	Potato chips, fat free
756	Pretzels, stick
757	Pretzels, twisted
758	Rice krispies treat, square
759	Tortilla chips, plain, regular
760	Tortilla chips, low fat, baked
761	Tortilla chips, nacho, regular
762	Tortilla chips, nacho, light, reduced fat

**SUGAR**

763	Brown, packed
764	Brown, unpacked
765	White, granulated
766	White, powdered, unsifted

**SYRUP**

767	Thin, chocolate flavored
768	Chocolate flavored, fudge type
769	Corn, light
770	Maple
771	Molasses

**OTHER SWEETS**

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

772	Frosting, ready to eat, chocolate
773	Frosting, ready to eat, vanilla
774	Frozen, fruit & juice bar
775	Ice pop
776	Italian ice, Restaurant prepared
777	Gelatin, dessert powder & water, regular
778	Gelatin, dessert powder & water, reduced calorie
779	Honey
780	Jams & Preserves
781	Jellies

**Butter**

782	Salted
783	Unsalted
784	Lard

**Margarine, salt**

785	Regular (80% fat), hard
786	Regular (80% fat), soft
787	Spread (60% fat), hard
788	Spread (60% fat), soft
789	Spread (40%)
790	Butter blend

**Oils, salad or cooking**

791	Canola
792	Corn
793	Olive
794	Peanut
795	Safflower
796	Sesame
797	Soybean, hydrogenated
798	Sunflower

**Salad dressings**

799	Blue cheese, regular
800	Blue cheese, light
801	Caesar, regular
802	Caesar, light
803	Coleslaw dressing
804	French, regular
805	French, light
806	Italian, regular
807	Italian, light
808	Mayonaise, regular
809	Mayonaise, light (cholesterol free)
810	Mayonaise, fat free
811	Ranch, regular
812	Ranch, light
813	Ranch, fat free
814	Russian, regular

**CODE FOOD NAME**

815	Russian, low cal
816	Thousand Island, regular
817	Thousand Island, light

**MIXED**

818	Alfredo egg noodles in a creamy sauce, dry mix
819	Beef macaroni, frozen, Healthy choice
820	Beef ravioli in tomato & meat sauce, canned
821	Beef stew, canned
822	Chicken pot pie, frozen
823	Chili con carne with beans, canned
824	Corn dog, frozen
825	Ham 'n cheese stuffed sandwich, frozen
826	Lasagna with meat & sauce
827	Lasagna, vegetable
828	Macaroni & cheese, canned with corn oil
829	Mozzarella cheese sticks
830	Meatless burger patty, frozen, Morningstar farms
831	Mexican rice, side dish, dry
832	Pork and beans with tomato sauce, canned
833	Salisbury steak entrée, frozen
834	Spaghetti bolognese, frozen, Healthy Choice
835	Spinach souffle, home-prepared
836	Tortellini, pasta with cheese filling, frozen

**Fast foods, breakfast items**

837	Biscuit with egg & sausage
838	French toast with butter
839	Hash brown potatoes
840	Pancakes, butter & syrup
841	Burrito, beans & cheese
842	Burrito, beans & meat

**Fast foods other**

**Cheeseburger, regular with condiments**

843	Double patty, vegetables and dressing
844	Single patty

**Cheeseburger, regular, plain**

845	Double patty
846	Double patty, 3-piece bun
847	single bun

**Cheeseburger, large with condiments**

848	Single patty, with mayo type dressing & vegetables
849	Chicken fillet (breaded & fried) sandwich, plain
850	Chicken pieces, boneless (breaded & fried), plain
851	Chili con carne
852	Coleslaw

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

- 853 Ice milk, vanilla, soft, cone
- 854 Sundae, hot fudge
- 855 Fish sandwich, tartar sauce, cheese
- 856 French fries

**Hamburger, regular with condiments**

- 857 Double patty
- 858 Single patty

**Large with condiments, mayo type dressing, vegetables**

- 859 Double patty
- 860 Single patty
- 861 Hot dog, plain
- 862 Hot dog, chili
- 863 Mashed potatoes
- 864 Onion rings, breaded, fried
- 865 Pizza, cheese
- 866 Pizza, pepperoni
- 867 Salad, chicken, no dressing
- 868 Shake, chocolate
- 869 Shake, vanilla
- 870 Shrimp, breaded, fried
- 871 Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable
- 872 Sub sandwich, roast beef, mayo, vegetable
- 873 Sub sandwich, tuna salad, mayo, lettuce
- 874 Taco, beef

**SOUPS**

**Soups canned, condensed, prepared with whole milk**

- 875 Broccoli-cheese
- 876 Cheddar Cheese
- 877 Clam chowder, New England
- 878 Cream of Celery
- 879 Cream of Chicken
- 880 Cream of Mushroom
- 881 Tomato

**Canned, condensed, prepared with water**

- 882 Beef broth, bouillon
- 883 Beef noodle
- 884 Chicken noodle
- 885 Clam chowder, Manhattan
- 886 Cream of chicken
- 887 Cream of Mushroom
- 888 Minestrone
- 889 Pea, green

**CODE FOOD NAME**

- 890 Tomato
- 891 Vegetable beef
- 892 Vegetarian Vegetable

**Canned, ready to serve, chunky**

- 893 Chicken noodle
- 894 Chicken, vegetable
- 895 Vegetable, beef

**Canned, ready to serve, low fat, reduced sodium**

- 896 Chicken broth
- 897 Chicken noodle
- 898 Chicken, rice, vegetable
- 899 Clam chowder, New England
- 900 Lentil
- 901 Minestrone
- 902 Vegetable

**Dehydrated unprepared**

- 903 Beef bouillon
- 904 Onion
- 905 Ramen noodle, chicken flavor

**Dehydrated prepared with water**

- 906 Chicken noodle
- 907 Onion

**Home prepared stock**

- 908 Beef
- 909 Chicken
- 910 Fish

**Ready to serve sauces**

- 911 Barbecue
- 912 Cheese
- 913 Enchilada sauce
- 914 Nacho cheese
- 915 Salsa
- 916 Soy
- 917 Spaghetti/ Marinara/ Pasta
- 918 Sweet 'n sour
- 919 Teriyaki
- 920 Worcestershire

**Gravies, canned**

- 921 Beef
- 922 Chicken
- 923 Mushroom
- 924 Turkey

**MISCELENEAOUS**

**FOOD LIST FOR ELECTRONICS DIET SCALE**

**CODE FOOD NAME**

- 925 Bacon bits
- 926 Baking powder; sodium aluminium sulfate
- 927 Baking powder; straight phosphate
- 928 Baking powder; low sodium
- 929 Baking soda
- 930 Ketchup
- 931 Celery seed
- 932 Chili powder
- 933 Chocolate, unsweetened, baking, solid
- 934 Chocolate, unsweetened, baking, liquid
- 935 Cinnamon
- 936 Cocoa powder, unsweetened
- 937 Cream of Tartar
- 938 Curry powder
- 939 Garlic powder
- 940 Horseradish, prepared
- 941 French fried onions
- 942 Mustard, prepared, yellow
- 943 Nutella
- 944 Onion powder
- 945 Paprika
- 946 Parsley, dried
- 947 Pepper, black
- 948 Vanilla extract
- 949 Vinegar, cider
- 950 Vinegar, distilled
- 951 Yeast, dry, active'
- 952 Yeast, compressed

**BEVERAGES**

**Alcoholic**

- 953 Beer, regular
- 954 Beer, light
- 955 Gin, rum, shooters, tequila, vodka, whisky (80 proof)
- 956 Liqueur (53 proof)
- 957 Wine, red
- 958 Wine, rose/blush
- 959 Wine, white

**Carbonated**

- 960 Cola
- 961 Cola, diet
- 962 Ginger ale
- 963 Grape soda
- 964 Lemon Lime soda
- 965 Lemon Lime soda, diet
- 966 Citrus soda, with caffeine
- 967 Orange soda
- 968 Root beer soda
- 969 Chocolate powder mix

**CODE FOOD NAME**

**Coffee**

- 970 Brewed
- 971 Espresso
- 972 Instant prepared

**Juice**

- 973 Apple juice, bottled or canned
- 974 Apple juice, frozen, concentrate, undiluted
- 975 Apple juice, frozen, concentrate, diluted

**Grapefruit juice**

- 976 Raw, pink
- 977 Raw, white
- 978 Raw, canned, unsweetened
- 979 Raw, canned, sweetened
- 980 Raw, frozen, concentrate, unsweetened, undiluted
- 981 Raw, frozen, concentrate, unsweetened, diluted

**Grape juice**

- 982 Canned or bottled
- 983 Frozen concentrate, sweetened, undiluted
- 984 Frozen concentrate, sweetened, diluted

**Orange juice**

- 985 Raw, all varieties
- 986 Canned, unsweetened
- 987 Chilled
- 988 Undiluted
- 989 Diluted

**Fruit drinks**

- 990 Cranberry juice cocktail
- 991 Fruit punch drink
- 992 Grape drink

**Lemonade**

- 993 Frozen concentrate prepared
- 994 Powder, prepared regular with water

**Tea**

- 995 Black
- 996 Herb
- 997 Instant, powder, prepared, unsweetened
- 998 Sweetened, lemon flavor
- 999 Sweetened with sweetener, lemon flavor