



Nutritional Scale

INSTRUCTIONS FOR USE



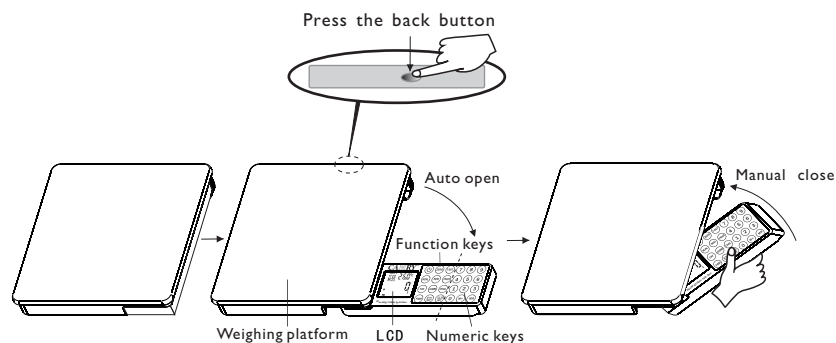
INSTRUCTIONS FOR USE

Model: EN 103

(Please read the instructions before use)

■ INTRODUCTION OF PRODUCT

● OUTLINE



● FEATURES

1. With high precision strain gauge sensor and extra large LCD: 40.5mmX37mm
2. Complete database on 7 nutritional values of 999 food or ingredients

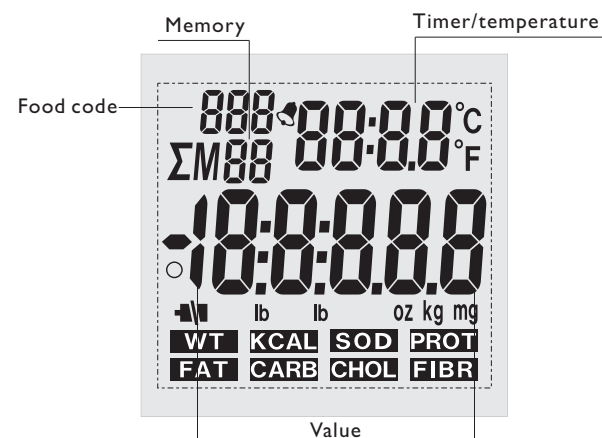
Nutrition	Code	Unit
calorie	KCAL	kcal
sodium	SOD	mg
protein	PROT	g
fat	FAT	g
carbohydrate	CARB	g
cholesterol	CHOL	mg
fibre	FIBR	g

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
- ZERO** Reset to zero during weighing
- T-SET** Set alarm timer span
- g/oz WT**
 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.
- CLR MC** To clear current LCD value
- KCAL SOD PROT FAT CARB CHOL FIBR** Nutrition codes
 1. Check nutrition value under nutrition value mode
 2. Check total nutrition value when recalling historical records

▼ Numeric keypad

- 0~9** Input food code or set alarm timer span
- ▼ **M+** To add the nutrition value of food item being weighed to memory. Max. 99 memory can be added.
- ▼ **MR** Check total nutrition value of the food items stored to memory.

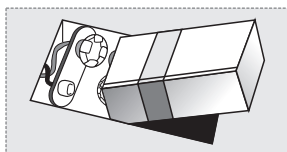
• Working modes



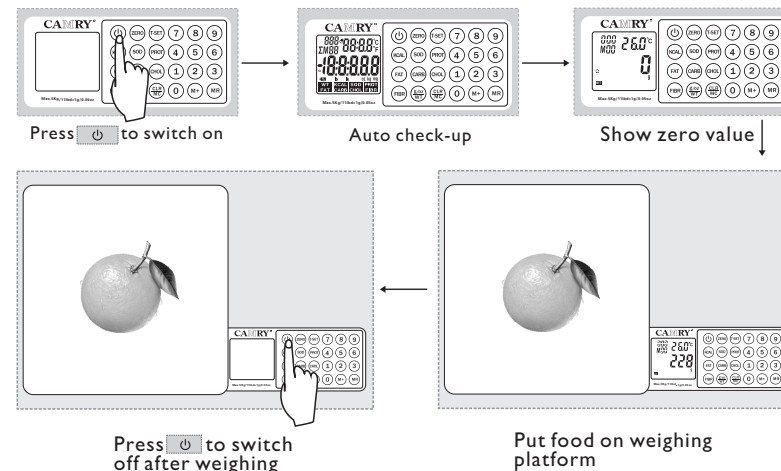
■ To operate

• 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.

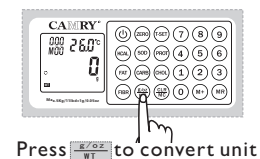


• Weighing mode

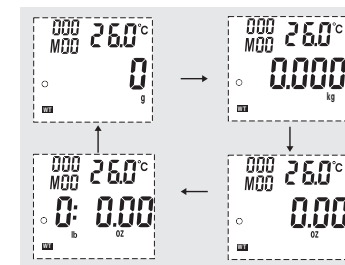


• To convert weight unit

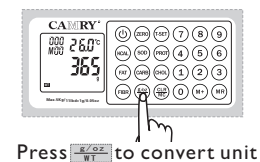
▼ A



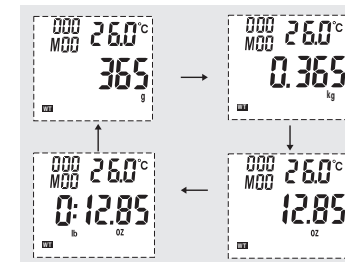
A. When scale shows zero value, press **g/oz WT** to convert weight unit between g, kg, oz, and lb:oz.



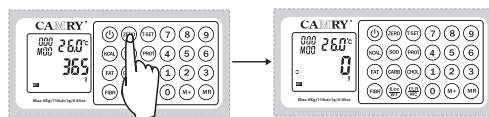
▼ B



B. When food is loaded on weighing platform, press **g/oz WT** to view weight value of the food in different weight units.

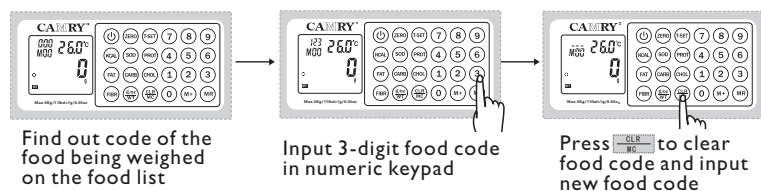


- Tare function

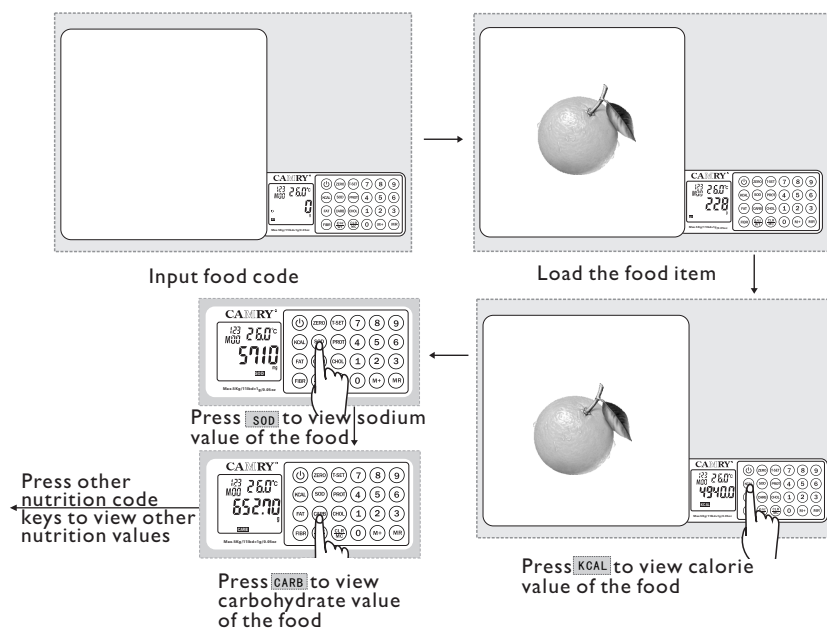


To weigh more loads consecutively without removing loads from scale.
Put first load on the scale, get first weight reading. Press "ZERO" to reset the LCD reading to "0" before adding next load. You can repeat this operation.

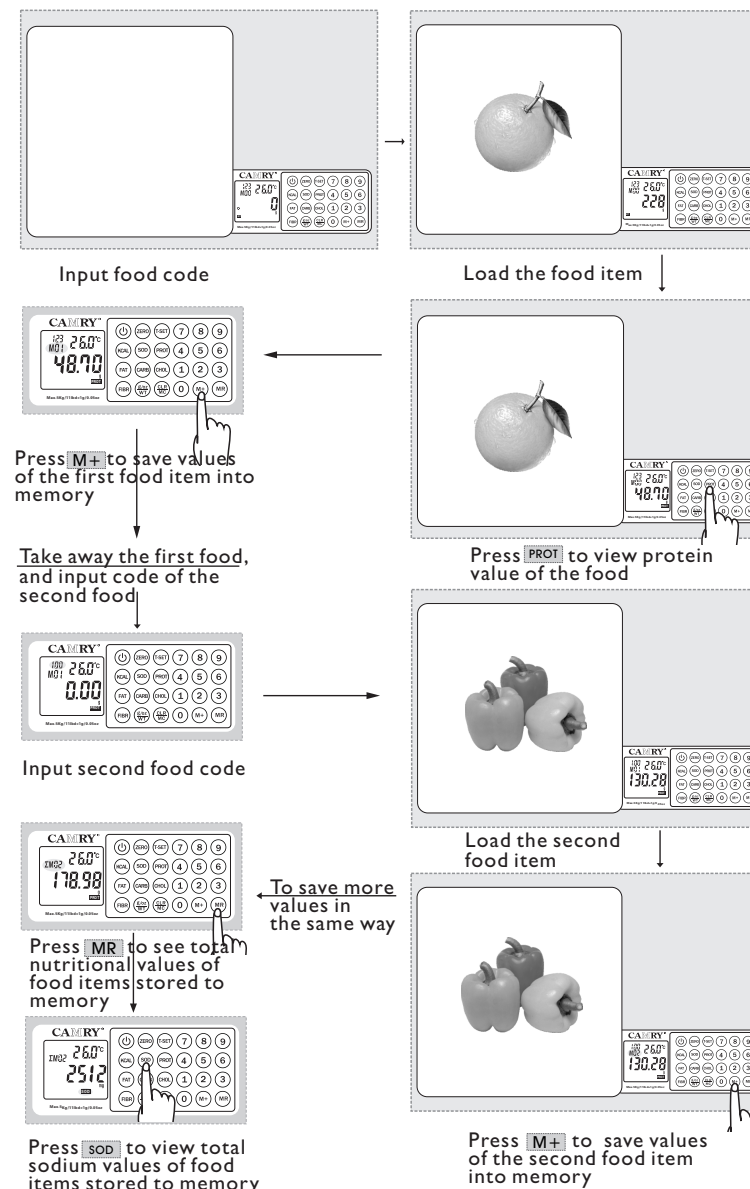
- To input and clear food code



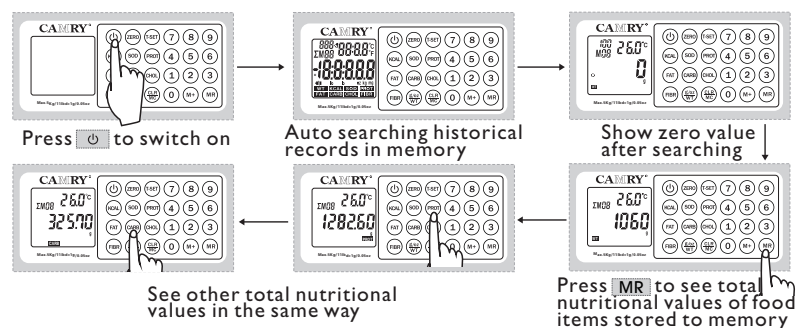
- Nutrition value mode



- To save nutritional values to memory

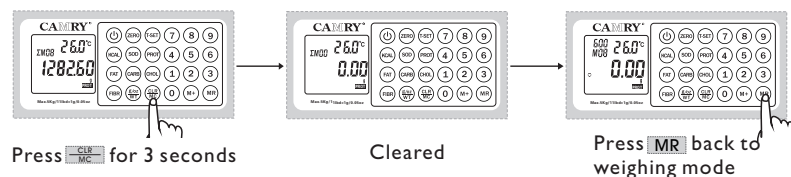


- To recall historical records in memory

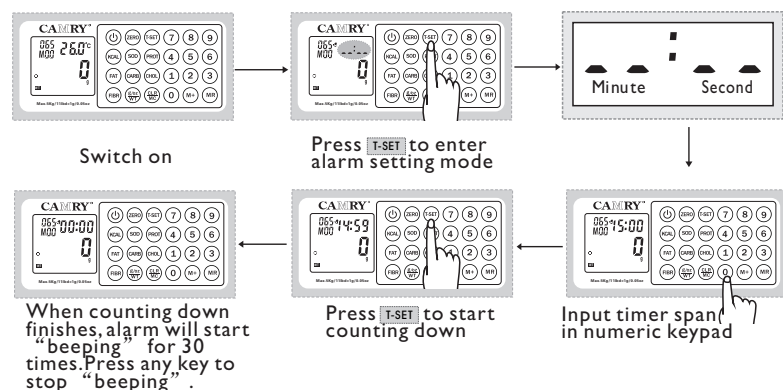


Every time you switch off the scale, nutritional values stored in memory can be saved. When you switch on the scale again, you can view last records of total values.

- To clear historical records in memory

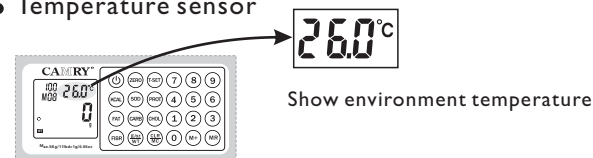


- To set alarm timer

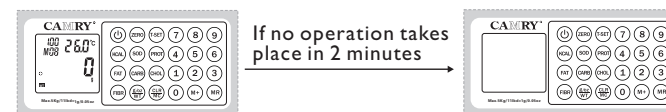


When setting timer span, you can press **CLR/MC** to clear input; During counting down, you can press **T-SET** to clear and re-input timer span.

- Temperature sensor

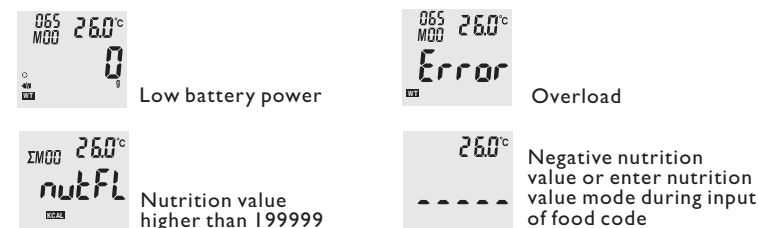


- Auto off (Battery power saving mode)



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

- Indicators



⚠ Advice for use and maintenance

1. Place the scale on a flat and solid surface. Avoid interference of strong electro-magnetic field.
2. If failed to turn on the scale, check if battery is correctly installed.
3. DO NOT disassemble the scale in case inaccurate weighing.
4. Treat the scale with care as it is a precise instrument.
5. If the scale is not used for long, please take out battery and keep the scale in cool place with dry air.
6. 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.
7. DO NOT use for commercial or medical purpose.

List of Food Code

OUTLINE

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
FRUIT

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
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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
MEATS AND POULTRY	
Beef	
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
Lamb	
421	Chops, cooked, lean & fat
422	Chops, cooked, lean
423	Loin broiled, lean & fat
424	Loin broiled, lean
425	Leg, roasted, lean & fat
Poultry	
Chicken	
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
Duck	
446	Meat & skin, roasted
447	Meat only, roasted
448	Pekin, breast, meat & skin, boneless, roasted
Goose	
449	Meat & skin, roasted
450	Meat only, roasted
451	Pate de foie gras (goose liver pate)
Turkey	
452	Breast, pre-basted, meat & skin, roasted
453	Dark meat, meat & skin, roasted
454	Giblets, 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
Pork	
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
Veal	
472	Cutlet, braised, lean & fat
473	Cutlet, breaded, cooked, lean & fat
Venison	
474	Loin, cooked, broiled, lean
475	Top round, cooked, broiled, lean
Mixed and Deli Meats	

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
SEAFOOD	
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 (chinnook)
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, commercial
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